

The Port Isaac, Port Gaverne and Trelights Newsletter • No: 264 • June 2006 • 40p

see page 15

The end of an era

I t's really is the end of an era as *Trio* printer Francis, and his wife Judith, retire. Francis has been printing *Trio* since July 1997 when Robin's Blackthorn Press closed down. Says Robin Penna, "Francis was a good man to work with and provided an excellent service".

We have know him since we took over *Trio* in April 1999 and during that time he has also become a friend, so we are therefore glad that he is not actually disappearing from *Wakefields* for the time being.

Avian Sandercock - who looks like being just as nice a man as Francis! - has taken over the business and to ensure a smooth transition, Francis will be working alongside him for the next twelve months.

So it's not really goodbye to Francis and Judith (yet) but it is hello and a very warm welcome to Avian. If you want to contact him about any printing you need his number is 01840 212562.



School Governors report

All the usual news plus:

Surf News Page 3

Your Letters Page 4

> RNLI news Page 9

Situations VaCant Page 2

Annual Parish Meeting Page 17

Goodbye Dr Davison. Hello Dr Barfield

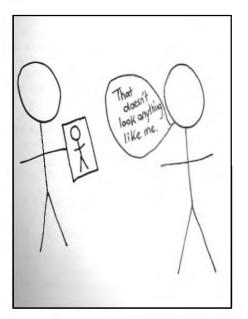
Patient representatives of Port Isaac Practice presented Dr Stuart Davison with a battery powered golf bag buggy and a long wave radio at a retirement party held for him at Wyndhurst Orchard Nursing Home on Thursday April 27th.

Dr Davison has been a Partner of the Practice for 28 years, being the Senior Partner for the last six years. He has always been keen to ensure that the community has the best possible local access to health care and has played a leading role in implementing government changes that brought services, where possible, into the practice such as consultant led clinics in Dermatology, Gynaecology and Psychiatry.

His interest in mental health was instrumental in setting up a new Practice based service for patients with mental health problems, winning a prestigious award for his innovative scheme. For the past four years, Stuart has been a member of the Professional Executive Committee of the North & East Cornwall Primary Care Trust.

Dr Davison will be sorely missed by all his patients and colleagues and we all wish him a long and happy retirement.

Dr Sandra Barfield started at the Practice at the beginning of May.



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

Published by Sam & Dee, Calenia, Trewetha Lane, Port Isaac, Cornwall PL29 3RN tel/fax: 01208 880862/880905 Email deesam@btopenworld.com

Situations Vacant

The Takeaway Staff required for the summer season.

Good rates of pay

Contact Rachael on 01208 880281

Reliable person

required to assist with cleaning and bed making duties in beautiful house at the top of the village, plus occasional other cleaning

Fridays and the odd Saturday 10.00am-approx 2.30pm

Very good pay

Please contact Annie Price (HMS) on **01208 880386 or 07831 105379** as soon as possible

Environmental issues



Water

At the moment we are told that we don't have a water

shortage ^b in our area. However, Thames Water has put hose-pipe bans on all households in its area and it will come to us in the future along with other, more drastic, moves if we aren't careful. So, before turning on the tap ... THINK

- When cleaning your teeth, don't run water all the time. Wet the brush, clean teeth and then turn on the tap to rinse.
- Consider, if renewing, putting in a dual flush loo.
 Every flush uses much less water.
- Have a shower rather than a bath.
- Save water for the garden by installing water butts. These are not expensive and rainwater is much better for the plants and flowers than tap water.
- Don't use the dish washer until it is full (also saves electricity) or save the washing up and do it in the sink.
- Don't use the washing machine for only a few items. Again, wait until you have a full load and only wash on 40° cycle if possible (Ed: I mostly use 30° and it's fine). This is much kinder to the environment and saves on water and power.

We are constantly being reminded about how our climate is changing. Floods and droughts are now far more frequent than in the past. If we are not careful we will pay the price – water for thought!

Surf's Up! Boardriders go from strength to streng

ou do realise your kids are running riot?" shouted the purple faced man. "Absolutely." I retorted. "Skateboarding is not a crime." And so it was, as I explained to the ferry port supervisor how disappointed the parents would be to see their kids back so soon, that the Boardriders made their mark on the international scene! This was going to be one unforgettable trip!

Some hours later, with spirits still high we arrived at our house in Morgat on the Crozon Peninsula. Set on three floors and overlooking the beach we'd landed ourselves a beauty. The boys wrestled for the best rooms whilst myself, Ru and Tony, actually got them. In no rush to unpack (no parents on this trip!) we headed off to the nearest break to taste some French l'eau sur la tete. Three foot wedges were tackled and hoots rang out as they took it in turns to tuck in. The surf would remain peachy throughout the trip.

Vien

I decided early on to introduce a job rota and routine. It went something like this groms wake up call (using a large ladle and steel wok); go to boulangerie for baguettes (groms to order in French); check surf report; go surfing; make and eat soupasta (combo of soup and pasta!); go surfing again; eat more baguettes and soupasta; music around the open fire; watch surf dvds. Throughout the week the groms were put through a punishing

regime of surfing heats, competitions, cooking, cleaning, video analysis, guitar playing, sing songing and ping ponging!

What a week. What an experience. So many great waves, so many laughs. It really was an amazing trip. Thanks goes to the groms whose spirit was infectious; their thirst for knowledge, unquenchable; and their energy ... totally draining!!

This was the first trip for the Surf's Up! Boardriders Club - the first of many.

Membership

With over 170 active members, The Surf's Up! Boardriders Club is one of the most inclusive, dynamic and inspirational clubs in the UK. It's a club that encourages responsibility and where all the important club decisions are made by the Boardriders committee made up of ten groms who meet once a month to discuss future plans, "As a non profit making club and with so many members this is a huge responsibility for them, but a great education in planning and money management. They consult with the other members to find out what they want and think and then together we work out how we can achieve it. It's their club and it's only right that they shape the future of it." comments Pete Craske, the club founder.

Surf's Up! Boardriders have the unique opportunity of working with Pete Craske who is recognised in the industry as one of the great innovators in surf coaching. Pete wrote the nationally recognised BSA junior training scheme and all the groms get a logbook to record their progress and certificates to reward their achievements in line with the scheme. Some of the groms now represent the British team. Here's what the groms also enjoy ...

- A Boardriders Clubhouse (shack!) on Polzeath beach full of boards and wetsuits for groms to use at any time.

- a membership photocard for discounts in surf shops, beach cafes etc
- regular BBQ's at the Homer Park Surf Lodge
- private cinema sessions of surf films and Boardrider



Groms collected £1500 for Surf Relief trips - free use of the skate ramp and gym

- at the surf lodge
- summer camp
- subsidised overseas trips
- Boardriders website with chat room

And in the winter it doesn't end there. We run after-school sessions with a difference:

- skating at Mount Hawk
- surf confidence sessions at Roserrow golf and country club
- surf fitness sessions at the surf lodge - weekend surf surfaris throughout Cornwall

Future Plans

The club encourages the groms to take on new challenges and the big one for this year is to run their own national grom surf competition in September on both Polzeath and Harlyn beaches. Some of them will also travel to Sri Lanka next

February on an exchange programme in conjunction with the charity Surf Relief UK - the cost

being subsidised by the Pete's book -Surf's Up! - Great for

Beginners and Improvers - on general release later in the year.



Clubhouse!? \rightarrow

affordable housing

Dear Trio

Who is 'affordable housing' aimed at? I don't know, and, after reading about it in last month's *Trio*, and speaking to people who went to the 'public' meeting, I don't think anybody knows.

Speaking as a layman, who knows as much about it as the next man, affordable housing implies that it should be aimed at people who can't afford to buy a home. Now, looking at the average wage around here being approx 20 grand a year, and, if I'm right, mortgage companies offer three times your income, then that makes it 60-80 grand available. It might be a very simplistic way of looking at it but sometimes, simplifying things is the best way.

Chris Lanyon Trelights, Port Isaac

another sports centre?

Dear Trio

WHY? I can see the headlines now: PORT ISAAC GETS ITS OWN SPORTS CENTRE, HIP, HIP, HOORAY! Wadebridge has one, Camelford has one, so why do we need one? Once it is built it then becomes a drain on us all.

I know people will say 'it is there for everyone' but unfortunately we are all getting older and it seems quite expensive to build a white elephant to hold whist drives in.

Instead of spending $\pounds 250,000$ on it, spend $\pounds 100,000$ on a luxury coach and let all the villagers benefit from this and use the sports halls that are already nearby.

Chris Lanyon Trelights, Port Isaac

why an 'Essex Girl' subscribes to Trio

Dear Trio

I would like to thank you for your publication which I enjoy as it keeps me up-to-date with what is happening in the village. I have been visiting Port Isaac since 1960, when I came down with my parents. For the last twenty years I have come down again with my parents, motherin-law and young family. The set-up has now changed and the parents and mother-in-law have sadly passed away but my sons are bringing girlfriends and children down, so another generation is learning to love Port Isaac.

We have stayed with Daisy Hicks and we live in fear of her retiring. We also appreciate her book sales and you will often hear my husband saying, "it is only a car, not a bus", when I come out with a pile of them!

The village is, more or less, the same although there are more people visiting with the increased popularity, due no doubt to Doc Martin and the nearby Eden project. However, it is wonderful for us to sit at home, on an autumn evening watching the television and seeing the place where we have spent such wonderful times.

I apologise for waffling on but I thought you might be interested to know why an 'Essex Girl' subscribes to *Trio.* My thanks again.

> Jill Whitaker Hornchurch, Essex



Dear Trio

I was glad to see Siân Fletcher's letter in the last issue of *Trio* about Robin Penna's Maps & Guides. But there is a larger problem here. It is almost impossible to buy copies of such basics as 'Town Trail' and '15 Walks' at all any more.

My set of maps and guides, some of which go back to the 1980s, are getting a bit ragged, and I set out this year to replace a few. I finally tracked down a new 'Trail' but the useful little simplified 'Footpath Map', with its options for the more faint hearted (or sore footed) walker, has vanished totally!

If the Parish Council get involved in no other way, it could at least arrange for the reprinting of these lovely guides; and negotiate a new, central distribution point. There is nothing else. And indeed, it would be hard to improve on the 'Trail' with Robin's line drawings and well-referenced discussion of controversial issues such as where Wesley preached.

If the Council is really serious about the need for good, up-to-date guides that capture the spirit of the place, I think they should invite Robin to embark on revised versions that will bring the story (and the amenities) into the 21^{st} century.

Jane Schopflin Highgate, London

Due to popular demand, a selection of Robin's maps, walks and guides are now for sale in *Secrets*. The '15 Walks' book is shortly to be reprinted and should be available during June,

another satisfied customer

Hi Dee & Sam

Just like to sign up for another year of *Trio*. Tell me, why do I bin the local free papers without even a glance, yet sit and read all the stories of life in a small cluster of villages at the other end of the country?

Is this a condition common to subscribers? We just love the contributor's articles and appreciate all the hours you both put in to give us pleasure?

Trevor & Chris Hobbs London

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

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

le have some more new faces at Playgroup and we'd like to say a huge welcome to Olivia, Sam and Oliver and, of course, your carers.

The children have all had a wonderful time over the past few weeks, splashing in the water canal and enjoying the new sand pit. They have also been great at tidy up time! I think the children actually prefer tidying up to playing with the toys! Wilf and Issy are especially helpful.

We are hoping to get out and about more when the weather is good so watch out for us around the village. We are also going on some outings this term and are really looking forward to meeting the animals at Trevathan Farm as well as the ponies at Springfields.

The committee have had several meetings and are currently applying for a grant to improve the 'Home Corner' for the children. This is one of the areas the children use the most and we feel that they deserve some new equipment to enhance their time with us.

A belated mention of our successful Easter Coffee Morning and a huge thankyou to the generous people who supported us in any way, shape or form - including Barbara Hawkins, Trelawney Garden Leisure, Sharon at Port Hair, Angela at the Nail Bay and especially Alison and Alison, plus our competition judge, Robyn Dummer.

We would love to see any new faces at Playgroup. The children really do have a fantastic time and we welcome all.



For any more information on the Port Isaac Stay and Play Group please call either Sharon on 880444 or Marie on 880977.



NEWS FROM TRELIGHTS

The Trelights Village Green Committee is holding its annual Coffee Morning and Table Top Sale on Saturday, June 17th at 11.00 a.m. in Coronation Park, Trelights.

There will be stalls for bric-a-brac, cakes etc, plants and books and also a raffle. Proceeds are in aid of the Village Christmas lights.

All Welcome

Teed to go to Wadebridge? Don't have a lot to do and not in too much of a rush? Then leave the car at home and get the bus. You

can be there and back in 2hrs 20mins with nearly an hour in Wadebridge, plus you get to see lots of things from the bus that you miss in the car. Bus times are displayed near the Peapod.



Beauty at the Home Spa

**** Now that summer has arrived (!), we all want to start wearing our lovely, strappy sandals and flip-flops. We've looked after our hair, we wear colourful clothes, our spay tan's looking great, but, oh dear, our feet look tired and dull, we've got dry skin on the back of our heels (not very nice). What we need is a good pedicure!

What is a pedicure

Cut of the nails, polish, massage? A pedicure is a full treatment on the skin, including cut, file, cuticles, exfoliation, massage, buff, mask and polish.

Nature's Oasis for **Beautiful Feet**

Relaxing Soak - Soak feet in a sanitising foot soak for about five minutes.

Nail Trim & File - Trim toe nails using a clipper. Clip straight across and not too short. Smooth edges with a file.

Soften - Use a softener on any calluses and other dry skin areas and on your cuticles.

Cuticles - Put cuticles back with a rough towel or a nail file.

Exfoliation - Exfoliate both feet to soften and remove dry skin the rougher the better. At this point, you can also use a mask or hot wax treatment to soften the skin and enhance the treatment. Wrap feet in cling film and leave for about ten minutes. Dry feet and use a foot file to really buff and smooth the skin.

Massage – Massage a hydrating cream into the feet to smooth and relax.

Polish – Use a basecoat first, followed by two coats of varnish to the nail and then a topcoat to stop chipping.

* You now have beautiful feet!

Angela Bushell 🗱 The Nail Bay & 🖡 Skin Care Treatment Centre 🖡 *****

The best tunes are played on the oldest fiddles

Ryder Cup Roserrow Golf Club he threat of rain had been hanging over the event for a

few days (according to the BBC Weather Centre, heavy rain was a certainty for Ryder Cup Day, but what do they know - b _ _ _ _ r all. Slightly chilly, yes, but heavy rain for a PIGS Day, no way. Sorry, BBC but nearly a Michael Fish moment!).

It amazes me every year to see 26 golfers congregate at Roserrow at 7.45am, yes, that is the morning! some looking bright and breezy. some not so bright and a few, who shall remain nameless so as not to embarrass their family and friends, looked b____ y awful (there, I told you Karl, Steve, Tim and Mike that I wouldn't mention your names!). Several coffees' down the hatch later and everybody was ready to play for the treasured jug that had stood proudly on the trophy shelf at the Lion for the first four years of its life.

First to tee off in the pairs competition was owner of the Slipway, Mark 'Hot Toes' Forbes. He acquired this new nickname by his movements around the club house; he was prowling round like a cat on a hot tin roof - so eager to get into the fray that he was skipping round like a gay Morris Dancer on speed. His partner, former owner of the hotel, Jim 'The Iceman' Bishop understandably didn't want to associate with 'Hot Toes' - only joking. Their opponents were the Edkins brothers; Mike 'Memory Man' and Joe 'Bally Boy', who managed to halve their match.

In the second pairs match out, Steve and Dave lost in their match with Richard 'The Ball Boy' Hambly and Gary 'Put it where?' Pattenden. Steve also lost his position of number one in the Buggy Olympics to Gary who managed to, gracefully it must be said, topple the buggy and park it on its side. Luckily there was a paramedic on board!

Karl 'have I mentioned my hole in one?' Daly paired up with Richard 'The Hitman' Hart from Treknow and took on Paul 'The Beaver' Honey and Matt 'The Animal' Main, with Karl and Richard getting the result.

Fourth out was Chris 'Have Patience' Witherden and Andrew 'The Pussycat' Grills against Matt



'Red Neck' Jollyee and Kev 'The Hammer' Grills. The result, another win for the Slipway with Chris and Andrew winning 5/4.

Fifth pairing, Dan 'The Milky Bar Kid' Grills and Dan 'Can you smell fish' Brewer versus Andy 'The Adonis' Penny and The Turtle. This match ended all square after a remarkable fight back from Andy and Billy.

Sixth out, Jim '4 legged caddy' Dyer and Billy 'What, two rounds?' Pattenden up against the elder statesman Chris 'The Plant' Potter and Tony 'You're so big' Horswill. This match went to the 18th with the Slipway pairing of Jim and Billy gaining the point.

Last out as a singles match was Tim 'Wobbly' Worrell against the Lard Man. The result was a foregone conclusion, I whopped his a $_$ $_$ e, 6 and 5.

A light lunch was enjoyed by all before the afternoon battle started. With the Slipway only needing to win six of the afternoon singles, the result was never in doubt and after four years, the Ryder Cup finally left the Lion and has taken up residency at the Slipway.

There was only one shot of note that deserves a mention from the singles match play and that was from 'Wobbly' Worrall who, on the Par 5 17th hit a fantastic drive and then proceeded to hit a five iron onto the green and into the hole for an albatross. So Tim will now be known as 'The Wobbly Albatross'.

A lovely dinner of roast beef and a few beers preceded the presentation of Nearest Pin which went to Kev 'The Hammer' Grills; Longest Drive to the Adonis himself, Andy Penny. Simon Welsh of Roserrow gave free rounds of golf to Kev and Andy. Best Stabelford score on the singles went to Paul 'Beaver Boy' Honey on a countback. Congratulations to all three of you. Also, a presentation of £50 for the 2's Competition went to the 'Wobbly Albatross' for hitting the only 2.

And finally my thanks go out to all the boys and two lovely ladies, Barbara and Janet, who made the Ryder Cup a great day. And congratulations to the winning Slipway team who will no doubt be back next year to defend the trophy.

The Lard Man

By the way Dave, get rid of the lime coloured jacket - you looked like you work for Highway Maintenance.

GINGER BEER Can anyone tell us how to make Ginger Beer?

We think you need a plant or a starter to get things going.

Any advice or recipes please contact Dee on 880905. Thanks



Mr Rowe -You really shouldn't insult Trio when wearing your red lacy headress!

News from the Port Isaac Brownies News from the Port Isaac Brownies What a fun and enjoyable month May has been! We started off this term What a fun and enjoyable month May has been! We started off this term with a beautiful sunny evening going on our sponsored walk, in our pyjamas! We'd like to say a massive thank you to all the girls for their determination in getting sponsors, and all the generous people who sponsored us. We're still collecting the money in but at present we're predicting around £400!!!!! FANTASTIC! We'd like to thank Mark and his staff at the Slipway for supplying us with much needed refreshments and allowing us to invade the terrace, it was very much appreciated.

We made the most of the brief, sunny weather and we had a really enjoyable evening over at the playing field playing rounders. I don't think either one of us was too sure on the rules, our motto was 'hit and run' which went down well with the girls and a good time was had by all!

With the help of the talented Alyson Lorimer we're spending three of the meetings this term practising hard for the Music Festival. We've got a variety of songs and dances that we're rehersing, no doubt as usual the girls will shine! This is all helping towards the music badge that some of the girls are working towards this term.

Thats all for this month. Thankyou to all the supportive people, and the parents that give us such encouraging feed back, you know who you are!

Cuckoo and Wren

FRIENDS OF THE SCHOOL

Can you believe we are nearly in summer - this year has gone fast! We are pleased to say we are having fun raising money for the children. We have also been spending some money on various projects. We have purchased gardening equipment for the Gardening Club, who are making the school look fantastic. Thank you to Liz, Jules and Alan for all their gardening skills. We have also bought PE equipment for the children to use. The leavers are going on their camp away to Isles of Scilly and FOS are paying for their trip down to Penzance. We are also going to fund the whole school trip in the summer term - we will be spending the day at Crealy Adventure Park.

WHATS HAPPENING THIS TERM

Sports Day/Summer Fair - We are having our annual Summer Fair/Sports Day on Wednesday 14th June. If the weather is good to us both events will happen at the playing fields. If the weather is not so good will have the summer fair only, in the school hall. We will be having the usual cake stall, raffle, bric-a-brac, lucky dip, BBQ, cream teas, and strawberries and cream. If there is any group who would like to have a stall on the day please contact Jan at the School 880494 or Jennie Tiddy 881038. Hope to see you all there!

 ${\bf Cookbook}\,$ - The cook book is near its completion and will be ready to purchase soon. More details to follow.

The 100 Club - Winners 100 club April - 1st Billy Hawkins-£30, 2nd Kim Lanyon-£20, 3rd Debbie Pattenden -£10, 4th Barbara Cotton-£5, 5th Louise Houston-£5, 6th Sarah Martin-£5

Linda Collings has decided to hand over the running of the 100 Club and we would like to take this opportunity to say a BIG thank you to her for all her hard work and dedication to the school. The 100 Club is a huge success and has raised thousands for the school. THANK YOU. Carol Hambly (881001) and Marie Moseley (880977) have taken over and they will be the people to contact if you wish to join the club and if you have any questions. The draw takes place on the third Tuesday of each month outside the school.

Jennie Tiddy, Chairman FOS

LIGHT UP YOUR LIFE WITH LIGHT THERAPY

Have you been feeling off colour recently - the saying can literally mean just that! Every living thing needs light to grow and thrive. When plants don't get enough daylight their growth rate slows down, flowers are slow to blossom; people can feel just the same, but we call it lethargy and feeling off-colour. You may know someone who finds the winter months, with their lack of light, difficult and depressing. Light affects us in different ways and also can have a therapeutic affect.

What is Light Therapy? Colour and light therapy involves shining coloured light onto the body in a sequence through coloured gel or glass filters. This form of therapy has been used in this country in a limited way in hospitals since 1945. This has taken the form of using blue light on jaundice babies, thus saving a transfusion. Light Therapy can help emotional as well as physical problems. It a pleasant form of therapy and is a most beneficial way to regain good health and wellbeing. This treatment is often combined with counselling.

What are the benefits of Light Therapy?

Light therapy can help with

- Post operative exhaustion
- Post viral syndrome
- Skin, muscle and bone problems
- Stress
- Anxiety
- Trauma situations
- Promote general health and well being

What happens when I come for a Light treatment?

On your first visit a full history will be taken, including any medical problems, to ensure the correct colour combination is used.

How will I feel after my treatment?

You will feel very relaxed and you may feel tired. It is advisable to rest after your treatment and drink plenty of water. It would be better to have a relaxing evening after this treatment as with any complementary therapy.



My darling man has just had his birthday and this year decided to have a boy's night with me as 'honorary boy'. I declined the offer of 'honorary boy' but offered to do the cooking any way, which I think was the idea in the invitation. There were nine guests with good appetites and a veggie. The menu was to be roast lamb, a nut roast, jersey royals, roast parsnips, broccoli, carrots and broad beans (which would have to be frozen). What I have decided to include this month is the nut roast which was enjoyed by everyone at the supper including the non veggies. I have had this recipe for years and it works really well for summer lunches too. It's fab with the spinach salad from last month. Nigel also gave me a challenge of a squidgy cake with raspberries, so I have included that too. I hope these work for you too. Enjoy!!

Orah

	rah's Nut Roast	Luscious Raspberry & Lemon Dessert Cake
150g celery chopped		CURE
6 crushed garlic cloves		350g butter
350g button mushrooms		350g castor sugar
2 tbsp soy sauce		6 large duck eggs(take out of the fridge at least an
3 tbsp sherry		hour before using)
2 diced red peppers		350g self raising flour
400g diced courgettes		2tsp vanilla extract
100g pine nuts toasted and roughly		Grated rind of 2 lemons chopped
100g walnuts bashed with the end o	f a rolling pin to a	Filling and Drizzle
rough crumb		Juice of 2 lemons
175g fresh white breadcrumbs		60 g caster sugar
2 tbsp chopped fresh sage		Raspberries 2 punnets (use your judgement, I can't
3 tbsp chopped fresh parsley		remember how many I used exactly)
2 eggs lightly beaten		2 tblsp lemon curd
1 tbsp tomato puree		
1 tbsp Tabasco sauce		1. Grease and line 2- 23cm diameter sandwich tins and
Loads of ground black pepper		preheat oven to 170 °C/325 °C/Gas Mark 3
1. Preheat oven to 190 °C/375° F/ 6	Gas mark 5	2. Cream butter and sugar.
2. Grease and line a 30cm loaf tin w	ith grease proof	3. Beat eggs and vanilla extract and slowly add to the
paper and grease well.		butter and sugar a little at a time.
3. In a large saucepan fry the onions and celery in the		4. If the mixture looks like it's going to curdle, I
oil until glazed then add the garlic.		normally get to about the last tbsp and panic, add a
4. Add the mushrooms and cook unt	il juices are released.	little flour.
5. Add the soy sauce and sherry and has all gone.	d cook until the liquid	5. Add the rest of the flour gently folding it in until mixed really well finish by folding in the grated rind.
6. Stir in the peppers and courgette	es cooking for about	6. Share mixture between the two tins and smooth
8 mins until softened.		surface.
7. Take off the heat and cool slight	ly before mixing in	7. Place the raspberries evenly spread over the cake
the nuts, breadcrumbs, herbs, eggs		mixture in each tin.
tabasco sauce and black pepper.		8. Bake in the oven for 20-25 mins.
8. Spoon into the loaf tin pressing down, bake for 40-45		9. Make a drizzle mixture with the juice and sugar and
mins.		boil until the sugar is dissolved.
9. A tomato sauce using a can of chopped tomatoes, 1		10. Once cooked turn the sponges onto a fine mesh wire
tbsp balsamic wine vinegar, 4 crushed garlic, 1 tsp herbs		rack and carefully drizzle the syrup over one sponge,
and 1 tsp tomato puree works really well. Just put it all		this will be the base sponge. Try making holes in it with
in a pan and simmer for 15 mins. Finish with a dash of		a skewer before drizzling.
tabasco and a grind or 2 of black pepper. Zap in a		11. Once cool sandwich together with lemon curd and
liquidizer, if you have one, or keep it chunky.		dust with icing sugar. Squidgy with luscious raspberries.

Our crews have been busy this past month with three 'shouts', bringing the Stations active call out's up to 16 since February this year.

On April 13th, with Nigel Sherratt on the helm and Nikki Bradbury and Andy Cameron crewing, our boat launched at 14-38 hours to make for the Boscastle Harbour area, to give assistance to a scuba diver reported in distress and with possible back injuries. On reaching the casualty the diver was found to be out of the water on a rock. Assistance was given to the helicopter crewman who was already on site, enabling the diver to be winched to safety and on to hospital care. Our lifeboat returned to Port Isaac at 16-15 hours and was prepared ready for service by 16-30 hours.

On April 28th at 12-50 hours, with Richard Hambly on the helm and Nigel Sherratt, Andy Cameron and Mark Grills crewing, the inshore boat called to attend a RIB that had experienced engine failure on her maiden first of the year passage from Port Gaverne to Rock. The boat was located a quarter mile North of Port Gaverne by which time the occupants had managed to restart their engine. Our lifeboat stood by and escorted the vessel back into safe harbour at Port Gaverne, returning to Station at 13-25 hours, the boat being prepared and ready for service at 13-40 hours.

The most recent incident involved a call out at 17-30 hours on May 13th to assist two surfers cut off by the tide two miles NNE of Port Isaac. Kevin Dingle took the helm with Nigel Sherratt and Andy Cameron on crew. The casualties were successfully located and recovered together with their equipment returning them to Port Isaac Station at 18-20 hours. The boat was prepared and ready for service by 18-40 hours.

Fundraising

I am sure all Port Isaac RNLI supporters will be delighted to hear that our popular local artist, Barbara Hawkins, has generously agreed to create a lifeboat painting, 'Winter Shout', to be reproduced as our Station Christmas card for this year. Barbara has donated this original painting to be drawn at our Port Isaac Christmas Fair to be held at the Village Hall on Saturday December 2nd. Invest in tickets now and perhaps win one of Barbara's stunning and much sought after paintings.

The original painting will be on display in The Pottery, Roscarrock Hill where Draw tickets may also be purchased. It is also intended to have fine art reproductions available as well as Christmas Cards and Notelets based on what will no doubt become a definitive lifeboat painting recording Port Isaac Lifeboat operations.

Further draw tickets may be obtained by telephoning 01208880765, 01208 880581 or 01208 880386.

St Endellion Parlsh 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	

Contributior	is required:	Please note:
Plymouth Hayle Falmouth Truro Redruth Newquay St Austell Bude Bodmin Wadebridge	£30* £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



London Marathon Another one for the record book for our ex-Port Isaac crew member, Greg Hingley who again ran the London Marathon this year, representing and fund raising for Port Isaac RNLI. His time was recorded as 3 hours 52 minutes which beats his previous record by 4 minutes! Well done Greg from all of your friends on the lifeboat crew and committee.

RNLI Service On Sunday June 11th at 12 noon we have the annual RNLI Service on the Platt with St Breward Silver Band in attendance. All are welcome, presenting, as it does, a flavour of days gone by as this celebrates the dedication of our Lifeboat crews who have served from Port Isaac since 1869.

This will also be the final time Father Michael Bartlett takes this historic service as he is to shortly retire from the diocese.

Bob B, Press Officer

Trelights Methodist Church

A very successful Spring Fayre was held in the Schoolroom at Trelights on Tuesday April 18th. Many thanks to everyone who in any way helped to raise the sum of £240 for Chapel funds. It was a very happy occasion and many who attended were able to renew friendships over a cup of tea. It was a very worthwhile effort in many ways.

We look forward to meeting again at our Garden Fete in the summer. Notice to follow.

Joan Murray

It's never too late to be who you might have been!

Past times

Bingo

A bingo in aid of the Christmas lights fund realised the sum of £160. Many thanks to all helpers and supporters and all who donated prizes.

Lifeboat

Shout – On June 4th, the Lifeboat was launched to answer a Mayday call from the cruiser 'Palinus' that was in danger of going ashore on rocks near Rumps Point. She was taken in tow and the tow was later transferred to the Padstow fishing vessel, 'Spinaway' that had also answered the call. Port Isaac Lifeboat escorted both vessels to Padstow Harbour. Crewmembers were Andy Walton, Bob Young and Richard Hambly.

Fundraising – Members of the Port Isaac branch staffed the RNLI stand on the opening day of the Royal Cornwall Show. A total of £490 was raised for the RNLI from draw tickets for a Volvo car, collecting boxes and the sale of souvenirs.

A Coffee Morning, held at the Slipway Hotel on June 14th, courtesy of Mr & Mrs Carpenter, raised £96.

Animal Welfare

The bazaar at the Church Rooms on June 2nd raised £185 for Peggy Haynes' Animal Welfare charity.

Bad Luck Comes in Threes!! Two weeks ago, Tamsin Andrews was thrown from her horse whilst riding on Lobber and she was rushed to hospital by the Air Ambulance with a suspected broken ankle. The last week, Neville and

Tracy had to deal with a double emergency when Enid was rushed

21st Birthday Thanks

Thank you to everyone who came to my 21st and for all your cards and gifts by Air Ambulance to Treliske suffering from appendicitis and Tamsin was rushed off again, this time with meningitis. Both are now recovering, as are Neville and Tracy who would like to thank all who came forward to help them during the crisis.

June 1997

Local Artists Exhibition After a successful five weeks, the exhibition closed on May 30th. Thanks were expressed by Frank McNichol to Mrs Ross for the use of the Port Gaverne Hotel. Over 60 works were sold. The raffle prize was won by a Wadebridge resident. The final receipts in aid of the MacMillan Nursing Service totalled £1170.

Cancer Research Campaign

Kathie Carney expressed thanks on behalf of the Port Isaac branch to all who sold May Flowers in their shops, raising £237.48.

RNLI

Shouts - Since last month, the Lifeboat carried out the following services:

April 20th - Two divers in difficulty at Lobber Point - Landed Two. Fisherman cut off at Port Gaverne -Landed one. May 8th - Man reported cut off north of Tintagel Head. Picked up by helicopter.

May 11th - Whilst out on exercise, our boat was diverted to Polzeath where the Rock Lifeboat had broken down. Towed to Rock - four crew landed.

May 12th - Called to assist local coastguards at Port Gaverne where a dog was cut off on rocks -Landed one dog.

May 22nd - Assisted local coastguards and Royal Navy Bomb Disposal Team - explosive object found by our crew at Tregardock Beach.

All these services were carried out by the old Lifeboat, D366. The new Lifeboat, D517 arrived at the Station on May 29th. The changeover was effected by a team of volunteers led by Bob Monk. Thanks to all who helped.

The new boat had her first service on June 5th when two divers were in difficulty at Port Gaverne – Landed two.

The new RNLI Boathouse Keeper (Asst) is Daniel Brewer.

Bess Coates

Magical Managers 05/06

Divis	sion One			
LW	POS	TEAM	MANAGER	PTS
1	1	COME ON LAMPARD	Rachel Grills	1163
2	2	S.T.D. ALLSTARS	Jamie Hewett	1134
3	3	S B MILAN	Scott Bennett	1124
5	4	WORLD DOMINATION XI	Andrew Grills	1014
4	5	MAYBEES	Tom Bishop	1008
Divis	sion Two			
LW	POS	TEAM	MANAGER	PTS
1	1	DON'T MIND GOING DOWN	Jon Poupard	1009
2	2	BOB'S BABES	Bob Irons	994
4	3	THREE STRIDES BEFORE THE WIRE	Kevin Grills	969
3	4	THE CAPPUCCINO KID	Gary Mac	962
5	5	THE GRIM REAPERS	Phill Kent	942
Divis	sion Thre	e		
LW	POS	TEAM	MANAGER	PTS
1	1	BUNG'S DREAMERS	Kevin Gill	1066
2	2	WHATSS UP	Neil Pooley	1032
3	3	THE AVIATORS	Daniel Grills	1008
4	4	ALWAYS ON TOP	Mark Forbes	954
5	5	JUMPERS FOR GOALPOSTS	Steve Norton	942
		Up to May 5 _{th} 2006 - 37 G	ames Played	

Holiday memories

Many holidaymakers visit Port Isaac at Easter and many more will come during the Spring Bank Holiday and during the summer. I wonder what they will remember most about their stay in this beautiful part of North Cornwall. Will it be the weather, the beaches, the food, the people they met and the things they did or, will it be the events which happened here in the past, events which still influence the families who live here, and shape the village we know today? Among them, tragedies at sea, the shipwrecks and drownings, the rescues and recoveries - those who lost their lives, those who were injured, and those who were saved.

We've just returned from a holiday on Jersey and what I will remember especially is the Island's past under enemy occupation. We visited the German underground hospital, now called the Jersey War Tunnels, which were built by the forced labour of Islanders and others, mainly Russians and Slavs. The latter were regarded by the Germans as sub-human and were treated abominably. Many of them starved to death and others died, and their bodies were left in the tunnels they were excavating. They died from over-work, illness, accidents and exhaustion. It was a salutary experience to be taken back to that time in the Island's history and to understand what the people had to endure between 1940 and 1945.

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.

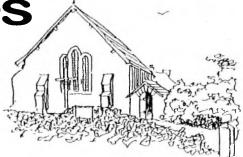
> Telephone Katrina Gill on 01208 850465

Dorothy Williams

Marlene and Carolyn would like to thank family and friends and all who sent sympathy cards and letters in the sad loss of our mother, Dorothy. Also, thanks to all who attended the funeral service. It has been a great comfort to us both. It was also very moving to be there the day following our visit because it was Liberation Day; the day each year when the Islanders commemorate and celebrate their freedom from German occupation on 9th May 1945. We joined the vast crowds filling Liberation Square for an open -air service, a re-enactment of the events of that historic day, with bands playing, Union flags being run up, and service men and women and members of other uniformed organisations marching in procession.

In the crowd we spoke to a couple of men who'd been children on that day in 1945, and who remembered the hardships of those times, and the happiness and excitement of Liberation, with oranges and sweets being given out by British Tommies.

Those who spoke at the service said they were glad that former enemies



now visited Jersey as friends, but they also described vividly the privations and sufferings of those years, and emphasised the importance of remembering them, as well as of celebrating freedom.

So my memories of this holiday will be not only of sun and sand and sea, but also of the evils of war and oppression, of the joy of freedom, and of the importance of remembering what human beings can do to one another, so that it may not happen again.

Church Diary Dates

Thursday June 1st 7.00pm - Channel of Blessing meeting - St Peter's Church, Port Isaac

Sunday June 4th Pentecost 10.00am - Sung Eucharist - St Peter's Church, Port Isaac 6.00pm - Deanery Youth Service - St Kew Parish Church (All Welcome)

Tuesday June 6th 7.00pm - Channel of Blessing meeting - St Endellion Church

Sunday June 11th 7.00pm-Evening Worship with Taize Music by candlelight-St Endellion Church

Wednesday June 7th 7.30pm - Healing Eucharist - St Kew Parish Church

Tuesday June 13th - Friday June 16th Parish Retreat Shell Cottage, Penberth Cove

Friday June 16th 3.00pm - Mothers' Union Archdeaconry service - St Endellion Church

Thursday June 22nd 7.00pm - Channel of Blessing meeting - St Kew Church

Saturday June 24th 7.00pm - Eucharist (St John Baptist) - St Endellion Church

Sunday June 25th (St Peter's Patronal Festival) 10.00am - Sung Eucharist - St Peter's Church, Port Isaac 6.00pm - Songs of Praise - St Peter's Church, Port Isaac

Tuesday June 27th 7.00pm - Channel of Blessing meeting - St Peter's Church, Port Isaac

Thursday June 29th, Ascension Day 7.00pm - Sung Eucharist - St Endellion Church 8.00pm - Julian Meeting - St Endellion Church

Monday July 3rd 7.00pm - Eucharist (St Thomas) - St Endellion Church

Wednesday July 5th 7.30pm - Healing Eucharist - St Endellion Church

The World Cup - List of Rules

Specially compiled for *Trio* is some extremely important advice to be passed on to all women, particularly wives, girlfriends, fiances, mothers, sisters, daughters, etc. Make sure that these rules are communicated prior to the World Cup that commences in June this year...

List Of Rules

1. From 9 June to 9 July 2006, you should read the sports section of the newspaper so that you are aware of what is going on regarding the World Cup, and that way you will be able to join in the conversations. If you fail to do this, then you will be looked at in a bad way, or you will be totally ignored. DO NOT complain about not receiving any attention.

2. During the World Cup, the television is mine, at all times, without any exceptions. If you even take a glimpse of the remote control, you will lose it (your eye).

3. If you have to pass by in front of the TV during a game, I don't mind, as long as you do it crawling on the floor and without distracting me. If you decide to stand nude in front of the TV, make sure you put clothes on right after because if you catch a cold. I wont have time to take you to the doctor or look after you during the World Cup month.

4. During the games I will be blind, deaf and mute, unless I require a refill of my drink or something to eat. You are out of your mind if you expect me to listen to you, open the door, answer the telephone, or pick up the baby that just fell from the second floor... it wont happen.

5. It would be a good idea for you to keep at least two six packs in the fridge at all times, as well as plenty of things to nibble on, and please do not make any funny faces to my friends when they come over to watch the games. In return, you will be allowed to use the TV between 12 midnight and 6.00am unless they replay a good game that I missed during the day. 6. Please, please, please, if you see me upset because one of my teams is losing, DO NOT say "get over it, its only a game", or "don't worry, they'll win next time". If you say these things, you will only make me angrier and I will love you less. Remember, you will never ever know more about football than me and your so called "words of encouragement" will only lead to a break up or divorce.

7. You are welcome to sit with me to watch one game and you can talk to me during halftime but only when the commercials are on, and only if the halftime score is pleasing me. In addition, please note I am saying "one" game, hence do not use the World Cup as a nice cheesy excuse to "spend time together".

8. The replays of the goals are very important. I don't care if I have seen them or I haven't seen them, I want to see them again. Many times.

9. Tell your friends NOT to have any babies, or any other child related parties or gatherings that requires my attendance because:

a) I will not go, b) I will not go, and c) I will not go.

10. But, if a friend of mine invites us to his house on a Sunday to watch a game, we will be there in a flash.

11. The daily World Cup highlights show on TV every night is just as important as the games themselves. Do not even think about saying "but you have already seen this...why don't you change the channel to something we can all watch??". The reply will be: "Refer to Rule 2 of this list".

12. And finally, please save your expressions such as "Thank God the World Cup is only every four years". I am immune to these words, because after this comes the Champions League, Italian League, Spanish League, Premier League, etc etc.

Dee Ed: Perhaps a response from the ladies for next month?

For sale

Due to our age we have to sell our



Sleeps six 45hp engine, GRP Free mooring

£30,000

For further details contact Jack Rowe on 01208 880210 FOR SALE

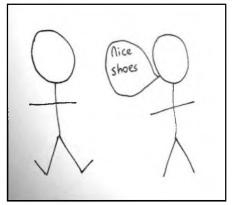
Two drawer mahogany repro filing cabinet with dark green leather top

Hardly used In very good condition £50 ono

Please contact Annie Price on 01208 880386 or 07831 105379

The best way to forget your troubles is to wear tight shoes!

Blessed are the cracked, for they let in the light





- Do you have a tiny garden or yard? Do you have bland and bare patio areas?
- Have you ever wanted to live the good life growing your own fruit and vegetables?

• Do you prefer not to dig?

If the answer to any of these questions is 'yes' then I urge you to consider giving 'container' growing a bash.

Flowers - If you are wanting instant beauty (no you can't have me - ha ha!) then, as has been discussed in this column previously, a nice pot filled with seasonal bedding can be cheap, colourful and should go on for weeks. If you choose to plant a shrub go for an 'evergreen' for year round loveliness - the colour is unlikely to last as long as bedding, but there is less watering to do (roots go deeper). Do buy some flowering plant food and water that in regularly, and remember to dead-head the plants to lengthen the flowering time.

Fruit and vegetables - You can grow pretty much anything in a container, and you don't have to have fancy pots or do all that much. Packets of seeds are dead cheap, as are seed potatoes and onion sets. Dwarf fruit trees and bushes can be picked up for a few pounds if you hunt around, and can live very happily in a pot. Choose to grow something you like. If you don't like cabbages don't grow cabbages. If you love spuds, grow spuds. There's nothing like harvesting something you have grown yourself - it's so satisfying. Courgettes, tomatoes, strawberries? Choose plants which you like to eat and which look good and you have both useful and gorgeous (I love chilli plants - vibrant colours, great shapes).

Containers - What containers should you use? Whatever you can get your hands on, as long as they are sturdy, deep enough for the job (don't grow parsnips in a window box - herbs would be fine), will hold compost, and have drainage: old plastic containers, sinks, tyres, dustbins, buckets and hanging baskets. Drill a few holes in the bottom if the containers are sealed, and if they are big, make sure they are in their permanent resting place before you fill them! Obvious tip I know, but guess who filled a dustbin and planted it up by the back door?

How to do it - Use a good quality multi-purpose compost to fill the containers, water after planting and keep the compost moist. Seed packets have pretty good instructions on the back, but if you are unsure about any aspect of growing your plants, ask the advice of the person from whom you are buying them, look in a book, or ask a lovely local person who 'knows his onions' (AAAALLLAAAANNNNNNNN!). Use a liquid feed to put back some nutrients into the soil after about a month. Make sure the containers are in light, sunny spots (not too windy though) - and watch it all happen before your eyes!

Pests and diseases - Sadly pests are sure to bother you at some stage. Planting in pots is a bit of a deterrant to slugs and snails, and if you put salt on the top of the compost and grease around the rim of the container, that should deter a few more. If pests of a winged variety declare war



then try picking off what you can, and then squirt with very watered down washing up liquid. Pick off any leaves which look really ropey and diseased and you might just nip the ailment 'in the bud'!



Busy L

_izz\

I've got some spuds and onions in containers at home, but will be growing a lot more once my mini greenhouse and shed arrive and I can get some order to the garden. I'm still tripping over bicycles, pots of paint and garden chairs. My veggie containers and flower pots have been moved a dozen times by the decorator, the oil man, and by me, but things are still growing - container gardening is sooooo flexible.

The children at the school are growing carrots, lettuces, radishes and spring onions in containers. Runner beans next. Once some old tyres appear it will be pumpkins, marrows, gourds and the like. Even our delicious editor is

umpkins, marrows, gourds and the like. Even our delicious editor is growing salad leaves and herbs - "...have you seen them, have you seen them!?" Yes, Dee and I'm expecting to taste them too!

Go on, give it a go. It's easy peasy. So what if things don't go quite to plan? And after all, if Dee can do it...

schoolchat P news and views from Port Isaac School

Happy Birthday... Birthdays celebrated in May were:

- Stephen 11
- Daryl 9
- Iomas 7

Tesco Computer Vouchers

•f you have any blue vouchers please drop them in to the office or give to someone who can bring them in. Last count nearly 4000!

Active Club

n Monday May 9th, Miss Martin and Ms Weatherhead started Active club. At first we got into our PE kit and came up with ideas for games to play and went and did some hockey skills and eventually some hockey!

It Active club we play lots of games. Active club is for seven years and over. A lot of people go to Active club. We play bulldog and rounders and tag and stuck in the mud. It is good fun and keeps us fit! Holly, Year 2

Computer Club

he infants have a computer club on Thursdays. We learn how to use the computer and we get to play games. Mr & Mrs Elgar run the club for us. We all get our own booklet to put stickers in each time we go to the club.

Sinead, Year 2

Gardening Club

n the 4th May we started a new club called Gardening Club. The club is run by Liz Watson, aka Busy Lizzy and Jules Mille -Wilson, aka Rockery Chick. We meet from 3:30 - 4:30pm and do lots of exciting things. On the 4th May we planted a plum tree and named it Mr Purply Plum and Poppy and I have the job to look

after it. We also planted some flowers and some vegetables. Some of us planted flowers in the troughs at the front of

the school. It was really fun and we all enjoyed it. Soon we will plant some brussel sprouts and nobody is looking forward to that (ha ha).

Rosie, Year 6

Football Club

In the 29th of April, the senior class had the opportunity to join a football club after school on Thursdays. We have two professional trainers from the FA and one has been the goalie for the England Women's Team! They are teaching us some good footballing skills.

Laura, Year 4

Sports Day & Learning Summer Fayre Together

All the action takes place on the playing field on Wednesday 14th June. There will be field events in the morning followed by the track events and the Fayre in the afternoon.

Come along and cheer on the children!

Race for Life

A very big 'THANK YOU' to everyone who sponsored us to run on Sunday May 7th in Truro - we had a fabulous day and have raised approx £500. If you pledged money, please can we collect it as soon as possible so that it can be paid to Cancer Research UK. Thanks

Sarah, Joe & Jan

Calling All 3 and 4 Year old children!

• ome along to school on Monday eafternoons and have some fun with Miss Martin and the pupils in her class. Bring an adult with you at 1.30p.m and stay until 3.15p.m.

Fancy a night of luxury?

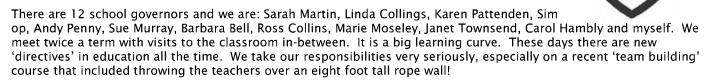
PAMPER NIGHT

for ladies only! Tuesday June 27th in the School at 8.00pm Tickets £10

(including a choice of treatments) Entry is limited and by ticket only so be sure to purchase yours before the event to avoid disappointment Bring a plate of food and a bottle

Port Isaac School Governors' news

I used to be that all school governing bodies were legally required to produce an "Annual Report to Parents". Now that it is no longer needed, we have all decided that we rather liked it anyway! We feel that it is a good way of letting everyone know what we do. On this occasion we have chosen to also include this edited version in *Trio* for those who are not directly involved in our school but interested in our progress.



It is both rewarding and a pleasure to be part of Port Isaac School. The 'team' of staff, governors, parents and 'supporters' are hard-working, cheerful, dedicated and fun.

Barbara Hawkins, Chair

Our role at Port Isaac School involving the community:

- In the last year The Golden Circle have visited the school for lunch with the children for Christmas dinner, Easter Roast and will be coming again in July.
- Yoga Classes are held weekly in the hall.
- Local gardeners, 'Rockery Chick' & 'Busy Lizzie' run a gardening club after school on a Wednesday (come and help dig!).
- The Parish Council are now meeting twice a month in the evening
- Brownies, having been re-established in the village and proving to be wildly popular, meet once a week in the school hall.
- Once a week, in term time, 3 year olds come into school in an afternoon with parents to a learning together session.

Linda Collings

Health & Safety and Buildings:

The edible garden is really coming to life with a variety of vegetables being sown and these will be for sale later in the season.

The monster project, after some delays, is nearly complete and Jules & Liz's gardening club is already making an impact with large colourful planters around the playground with green shoots coming through.

We are still optimistic that a local day nursery will be moving into the school using the 'Elliot hut' for pre-school children.

Areas have been identified where we can expand the internal space should numbers increase, as we hope they will, and we are hopeful that we can benefit from the sports project in the playing fields.

Andy Penny

SATS and Target Setting:

The small number of pupils (2) taking their Key Stage 2 tests last year makes comparisons with other schools or national figures difficult. However we do monitor each child's progress carefully, using a tracking system of different yearly test results, to ensure that all children are making adequate progress.

This year we have a larger number of pupils taking the Key Stage 2 tests and it will therefore make comparisons with other schools more meaningful.

When OFSTED looked at our results over a period of time, they described our children's progress as being at least above national averages.

Janet Townsend

A smaller school has great advantages. New children entering the school for the first time already know most of the other children and their families. Not for them the daunting task of facing hundreds of unfamiliar faces on their first day.

This is especially important for children with special needs: a smaller friendly school with pupils who are already aware of the disadvantage a child may face can be a great confidence booster. Another advantage is that we can be very flexible for those already with special needs and also can identify any needs that may arise during a child's school career.

Barbara Bell, Vice Chair

The role of parents (in and out of school and how much it is appreciated):

We are both parents and parent governors at Port Isaac School. We would like parents to know that there is a parents' information board in the reception area of the school which is regularly updated and a suggestion box for any of your ideas. All governors are approachable and more than willing to hear any ideas or concerns that you may have.

We are greatly supported by the Friends of the School who do lots of fundraising and help with school functions providing refreshments etc which is much appreciated

> Debbie Pattenden & Carol Hambly



Life in the classroom

Well, another year has flown past. However, it has been a thoroughly enjoyable, hard working year with the children putting in a huge effort with their learning. I believe that each and every child has grown and accomplished so much during this school year. I will be sorry to say goodbye to the year 2 children as I have been teaching them since they were in reception which seems like ages ago!

The story telling project has been fantastic and the recent filming was a stimulating experience for all involved and we look forward to seeing the finished result with anticipation!

This term we are lucky enough to have Mr Collinson, supported by Mrs Marshall, completing his final teaching practise with the class which has given me the opportunity to teach the Foundation Stage more and take them on more out of school trips!

May I take this opportunity to thank all staff, governors and parents for the continued support you give all of us!

Sarah Martin

The role of a parent governor:

have been a parent governor for a full year now and have very much enjoyed seeing and being involved in how our school works. Like many parents, I didn't fully realise how much the teachers and staff do behind the scenes and it has been great to be part of such a dedicated team of people. I have found one of the main roles of a parent governor is to visit school to monitor and see if our children are enjoying their lessons. From my observations the children are happy, engaged and eager to learn because our school is a stimulating and exciting environment.

Marie Moseley



Governors' News

continued from previous page

Summary of the Year

Lt is amazing that another year is nearly over and we will soon be saying goodbye to our Year 6. It is a year which has seen the beginnings of some promising initiatives, in particular, our 'Gardens for Life' project, where we have linked with schools around the world and the Eden Project in a study of plants.

I also need to say a big thank you for the outstanding support we have received from parents, governors and the Friends of the school. The amount of money raised and help given in so many areas of school life has been incredible.

I would also like to pay tribute to our staff team. It is fantastic to lead an organisation with such talented and dedicated staff who are able to work together to further the schools' development.

Overall, I believe we have had another successful year and that with the help of our governing body, especially the chairperson, that the school has once again moved forward and is well set for the future. It is encouraging to have heard from a number of prospective new parents recently.

Simon Bishop, Head Teacher

Extra curricular activities -

- The Gardens for Life project has really taken off with the help of Liz & Jules and Mr & Mrs Elgar.
- For a small school our public performances are fantastic (maybe I'm a littlebiased!). The end of year play last July, The Christmas Presence Play and Harvest Festival in the RNLI boathouse all spring to mind.
- The children have had lots of singing practice with Mrs Townsend and recorded a song played on Radio Cornwall at Christmas as part of a competition.
- The football team played valiantly in several matches against local schools. They improved with every game but did not manage to win.
- We all planted hyacinths and daffodils back in November and held a Flower Festival in March.
- In school we have had Dan Bishop with his puppets and information about the rainforest, a circus skills workshop, a space lab exhibit and The Legend of Enchandia performance (Jazz Man and the Hairy Fairy being very popular!)
- Each class has had the chance to go on trips or visits as varied as a Tudor Workshop at The Royal Cornwall Museum, a walk to St Endellion Church, Teddy Bear's Picnic, Beach School, Canoe Trips on the river Tamar, meeting firemen at Delabole Fire station and touring the Slate Quarry.
- In the past year we have designed T-shirts, dressed as our favourite book character, worn our own clothes and jeans, all to raise money for Children In Need, Jeans 4 Genes, Unicef and Comic Relief.

When asked to write a little about the different activities that the children have been involved in during the past year I quickly realised that I could write a book!

Sue Murray





minutes of the meeting.

PARISH COUNCIL

The meeting held on Monday 9th May was the 'Annual General Meeting' that includes the election or appointment of Parish Council officers. David Phelps was reelected Chairman and Malcolm Lee, Vice-Chairman. The various parish council committees were also reappointed. For details please ask Robin Penna who was appointed Trio 'correspondent'.

Planning

An application to make alterations to the front of 34 Church Hill (Brian Orchard's former house) was recommended for approval.

District Council approvals or refusals of recent applications were also announced. Again, I won't give details of approvals/refusals as the list is very long but shall do so in future reports if readers ask me to.

Neither of our County Councillors nor our District Councillor was present to make reports.

Footpaths

Cllr Robin Penna, Footpath Coordinator, read a letter which will be sent to Cornwall County Council about footpath no 17 (from the road near Bodannon, across the valley to Tresungers). This path has many obstructions, and there have been complaints from holidaymakers. The path is designated 'silver' category (out of the three County Council categories: gold, silver, and bronze) and therefore not high priority. The Parish Council feels, however, that the obstructions are serious enough to warrant immediate action and is asking that the County Council do something about them quickly.

At its next meeting on the 31st May, the Footpath Committee will consider the possibility of replacing the stile at the road by Trewetha Farm with a kissing-gate.

Affordable Housing/Sports Hall

This saga continues with its slow legal progress. Solicitor lan Chisholm has been asked to draw up options to present the case for the Parish Council to the West Country Housing Association. It is very important to make sure that the Parish Council gets what is wanted and especially to ensure that any housing provided is primarily for occupation by locals.

This is an informal report and Parish Council News

Yellow Lines

The junction of Trewetha Lane and Lundy Road is a dangerous spot because visibility there is often obscured by parked vehicles. To try and improve the situation, the introduction of yellow lines is to be considered.

Meetings At Trelights

So seldom do any local residents attend Parish Council meetings at Trelights Chapel room, and as Port Isaac Primary School is a more suitable venue, it has been decided to no longer hold meetings at Trelights. A one-off donation of £50 is to be made to the Chapel.

Road Direction Sign

The direction signs at the junction of New Road and Back Hill are in a very bad state. The Highway Authority has said, however, that there is no more money in their budget to allow for renovations. The Parish Council is not satisfied with this and is going to make a further application to Paul Allen the Divisional Surveyor for the work to be done.

Land At Mayfield Drive

North Cornwall District Council is seeking legal advice about the ownership of the lane and the piece of land, at the rear of Mayfield Drive, which has been fenced off and is being used for the storage of building materials.

Waste Water Treatment

An evening visit of the Parish Council to the Waste Water Treatment Plant (which we are not allowed now to call the 'sewage works'!) is being arranged soon in hope of an explanation for the reason of last year's smells.

Speed Visor

The results of the Speed Visor installed at Trewetha Lane in November and December seem to show that out of 16,143 cars passing the site in 24 days a certain percentage were travelling in excess of 40 miles per hour. What is the matter with these drivers don't they realise the danger?

The next meeting of the Parish Council will be on Monday 12th June, 7.30pm at Port Isaac Primary School.

> Robin Penna **Parish Councillor**

Annual Parish Meeting

he Annual Parish Meeting is held every year to give the St Endellion electorate a chance to hear what Parish Council and local services representatives have to report and to put questions to them relating to everyday affairs in the Parish. This year the meeting was held at Port Isaac Primary School at 7.30 in the evening of Tuesday 2nd May 2006. Next year it is planned to hold the meeting on Thursday 19th April but this is to be confirmed.

Chairman's report

CLLR DAVID PHELP'S report concerned changes that had occurred in the last year.

- The school will now be the venue for Parish Council meetings.
- Change of County Councillor. Last year Helen Richards fulfilled the post, and he thanked her for all her work in the past. County Councillors Collin Brewer and Jeremy Rowe are both doing a good job and are very helpful.
- New road signs were put up at the beginning of last summer at the top of Church Hill and these have made a great improvement, although not with-

(continued from previous page)

out a few problems still.

- He described Ted Childs' hard work in obtaining a £375 grant from East Cornwall Rural Transport.
- The 'Information Gateway' boards are now in place at the bottom of the village and at the District Council car park.
- Thanks were also due to the Parish Council Footpath Committee, and STEER, for much hard work.
- STEER has obtained a District Council 'Community Chest' grant towards the cost of repairing 3 stone stiles on the footpath to Port Quin.
- The 30mph speed limit will soon be extended from the village around the next corner, towards Trewetha.
- The Affordable Housing/Sports Hall project is progressing but taking time.
- He ended his report by referring to the problem with a bad smell at the lower part of the village last summer. The Council had contacted the District Council and the South West Water Authority and eventually the problem had been resolved. It remains to be seen whether it reoccurs.

Police Report

PC TAYLOR introduced his new Sergeant, Robin Mercroft, who had been in place for two months, Sergeant Hogg having now gone to St Austell. He gave the crime figures from May 2005 to March 2006 as follows:

- There had been a total of 41 crimes in the area this was down from 58 in April 2005 and comprised 6 assaults down from twelve; ten acts of criminal damage down from fourteen; eleven thefts up from ten;
 6 burglaries down from ten. Altogether a step in the right direction,
- There are plans to extend the Neighbourhood Watch scheme to include Trelights. Mrs Pat Pearson has agreed to take on this area.
- Parking in Fore Street is a constant pain with locals ignoring the restriction, so it is difficult to know what to do. There have been meetings with Area Highways Surveyor, Rob Constance, on this matter, and alternatives have been discussed - such as yellow lines because everybody knows what double yellow lines mean whilst they do not always understand restriction signs. It was, however, just a thought and nothing had been decided.

CLLR PHELPS asked: locals know they are not allowed to park in Fore Street, as it is a restricted area, what will yellow lines achieve?

PC TAYLOR replied that a lot of visitors to the village do not realise it is prohibited to park vehicles in Fore Street, see other cars parked, and therefore assume it is ok to do so. Not everyone one knows what a restricted parking area is.

CLLR BARBARA BELL pointed out that the restriction signs have been there for about three years and are in the same place as signs stating the restriction from April to September.

CLLR ROBIN PENNA said he thought that clear signs, 'Parking prohibited except where indicated', would be more effective than the present Ministry of Transport 'symbolic' signs. CLLR MALCOLM LEE said it is always the same locals who are ignoring the restriction, they know what the restriction is, and would carry on doing the same even if there were double yellow lines. He also asked whether the Parish Council will be consulted on any solution to the problem.

PC TAYLOR replied, yes, the Parish Council will be consulted.

 He informed the Council that the number of parking tickets being issued was on the increase.

CLLR D PHELPS said that Mini Motor Bikes had been used on the playing field but that the Parish Council could not allow this under the terms of it's insurance policy. He also reported vandalism problems in the playing field. CLLR JENNY TIDDY reported that cars were causing problems in the playing field and racing in the village.

District Councillor

CLLR BILL DAWE said that the number of council houses in April 2006 was 3,397. He said that the Homefinder Scheme is a loss; the new signs at Church Hill are a great improvement; and the Lions report going though parliament at the moment will decide the future outcome of the council situation.

St Endellion Economic Regeneration (STEER) Chairman

DAVID RAYNOR explained that the principal aim of STEER is to help regenerate the local economy by improving local amenities and employment which has to be achieved by public consultation with local, and in our case, non-local, resi-

Thoughts of a Grumpy Old Man (GOM)!

S ince the last edition of *Trio*, to use an expression of my Mother, "We have hardly had time to be sanitary!" Firstly, our daughter invited us to their new home in Devizes. With all the diplomacy of a charging buffalo, she added that we might wish to bring our garden tools – long handled shears, secateurs etc and clothes that were commensurate with such articles. It transpired that her garden borders were infected by a few miles of stroil – which to the uninitiated is a dialect term for couch grass – as well as trees and shrubs that obviously had to been in contact with a pair of shears since they had been planted.

If I could convert a portion of their considerable lawn into a patch that could be used for vegetables, I would not be expected to go anywhere near Sainsburys or any other establishment of that ilk. I was given a couple of books, so that kept me away from any book shops which, in my view, are the shops, with the possible exception of butchers, that I should be expected to enter.

I can recommend 'How to be a bad bird watcher'. Ann and I are interested bird watchers but lights years away from being twitchers. One of the anecdotes in the book related to an EXPERT who, on holding a small warbler in his hands, suggested to his audience that the bird was a ?? warbler (I've forgotten which one and I haven't time to read the book again). On releasing the bird, it flew up into a tree and sang "chiff, chaff". Now, on hearing that song, **we** would know the name of the bird, even if it was one of many 'Little Brown Jobs' (LBJs). The moral being, 'Don't follow the diktats of so called experts without question'.

Having spent a week at our daughters, we were invited to nip down to our sons. Now you don't get to our age and not learn a thing or two, especially when it follows a week of heavy gardening. As we had a quantity of plants of our own whose roots needed to be in contact with our own garden, we declined the kind offer, headed for home and a garden that was well on its way to becoming overgrown.

I should add here that, although our daughter has a much bigger house in Devizes than they had in Blandford, I prefer Dorset to Wiltshire. We regularly used to use the A361 when we drove from Oxfordshire to Cornwall. We knew every twist and turn of the road through Swindon, Devizes, Trowbridge, Frome, Shepton Mallet, ie right across the north of Salisbury Plain. Then came the M4 and M5! Forty years ago the Plain would be plastered with sheep. I guess that the change from W H Hudson's book of 1910 (A Shepherd's Life) had not been that great. Now the Plain is mainly arable and the fleeces that we wear are made from the bi-products of oil and not from sheep. I think the Wool Marketing Board has done little to benefit the farmer.

The other reason for my preference for Dorset is that the Arne peninsula, east of Wareham, is a beautiful area of heath land and the view along the coast road from Abbotsbury to Burton Bradstock, on a clear day, looking over Lyme Bay is something to raise the spirits of the most miserable of us. Returning to our garden ...

We can't sing the praises of David Philp enough. For a small fee he has relieved us of cartloads of garden rubbish – that which we cannot compost. In Wiltshire, and Northamptonshire, the respective Councils do the job, a job that was done by our Council until Maggie Thatcher stuck her nose in. Once David had seen to our wants, we went on our annual jaunt to the Scilly Isles. Our Gig Club was there in Roscarrock but, as usual, the youth of Port Isaac was absent. Our crews came about halfway down the list, the men being annoyed as Boscastle beat them by one place. Nevertheless, they had a good time; in fact there were well over a thousand youngsters, and some not -so-youngsters, who did partake of a libation or three, the whole amorphous mass being self-regulating and easily overseen by a couple of policemen. Compare that with the normal football supporter element!

The Scilly Isles are beautiful, but changing. When we first went there, ten years ago, it was possible to walk along the centre of the main street in Hugh Town on St Marys with impunity. The out islands were once a paradise

of tranquillity but gradually their way of life is being changed – usually by incomers and greed. One by one the uninhabited islands are becoming sanitized. Now only St Agnes keeps its laidback charm – similar to North Cornwall sixty years ago. The husband of the B&B at which we stay was at one time the Cox'n of the St Marys Lifeboat and then operated the boat that took the medical staff to the out islands.

A laidback, self-effacing man who never blew his own trumpet over his exploits and was therefore overlooked by the RNLI dignitaries for any medals. In fact, it appears that those who raise money for that charity are thought more of than the man about whom I write. Such is life!!

Returning to the bird watching theme, whilst sitting in a hide (Lowermoor) on St Marys, we spotted a snipe. Later on that day the twitchers were saying that it was a Jack snipe. Jack or Jill, it didn't matter unduly to us - we had recognised, and named, a snipe. The only difference between a snipe (common) and a Jack snipe appears to be the bill length - but I have not been able, when looking through binoculars, to tell the difference between a long bill and a very long bill if the difference is measured in millimetres. We were just happy to have seen a snipe.

Returning from the Scillies, we were confronted by seven bags of garden rubbish at the bottom of the path leading to our bungalow. This path is convenient, as is also the space outside our garages. The rubbish problem was duly sorted – with the aid of David Philp – and we await the summer visitors who park and leave their cars outside the garages.

We also learnt of three people from Port Isaac who had died. In order of age:

 Dorothy Williams (89). Now, I haven't seen Dorothy for years. One of my first recollections was attending the reception of her wedding to George in a long room above Sherratt's Shop (now Barnecutts). Umpteen years on - plus a few - I can still recall

www-Websites of the month www



Tn Our Time' is an excellent Radio 4 programme I have been listening to (download or listen again at <u>http://www.bbc.co.uk/</u> <u>radio4/history/inourtime/</u>) and the most recent broadcast was all about faeries. We know about faeries and their ilk going back over 6000 years, and this put me in mind of Cornish folk tales and whether there are good websites for this.



An excellent site http://www.gandolf.com/cornwall/index.shtml which is packed full of information and lots of jolly illustrations of faeries, giants and others has been put together by Bill Rowe. He says that he became interested in Cornwall because his father's side of the family is Cornish. His name, *Rowe,* is common in Cornwall. After finding some long out-of-print books on Cornwall, and especially on Cornish culture, I found that Cornish folklore is interesting, charming, and delightful ...

The main page for Cornwall covers an introduction to Cornish Folklore, Færies, Giants, Legends, Occult, Cornish Places, Superstitions, Wreckers, Smugglers, Shipwrecks, and Piracy. In addition there is a useful glossary of terms and a list of books and references to Cornish folk tales. One character I particularly liked is the giant called Bolster who was able to place his feet six miles apart. As Mr Rowe points out this would make him about twelve miles high. He reproduces the front piece illustration by George Cruikshank for Robert Hunt's book Popular Romances of the West of England: or The Drolls, Traditions, and Superstitions of Old Cornwall. Bolter has a tiny head and an enormous body and is shown striding from the Beacon to Carn Brea- six miles!

Another site which caught my eye is http://www.an-daras.com/home.htm the doorway to Cornish folk arts. This has stories and traditions from across Cornwall and is a site which also is linked to an online shop where you can get some Cornish Dance and Music items. It has links to Cornish Folk events as well.

Cornish Connexions http://www.connexions.co.uk/culture/index.htm covers more ground on our folklore friends like Piskies, Faeries, Knockers and the Small People and is well worth a look.

Finally Port Isaac has some tales – more than I know or are on the web. However, one I found is about Cruel Copinger (see http://www.smuggling.co.uk/gazetteer_sw_13.html). He seems to be a real historical figure, but maybe somewhat embroidered in the telling of the story. This extract from the site explains:

"Cruel' Copinger was the most notorious of Cornwall's many smugglers, and the Rev RS Hawker paints a vivid picture of Copinger's arrival in a furious storm. The population turned out in the hope of a wreck, and spied a strange vessel of foreign rig ... in fierce struggle with the waves of Harty Race. She was deeply lade or waterlogged, and rolled heavily in the trough of the sea, nearing the shore as she felt the tide. Gradually the pale and dismayed faces of the crew became visible, and among them one man of Herculean height and mould, who stood near the wheel with a speaking-trumpet in his hands. The sails were blown to rags, and the rudder was apparently lashed for running ashore ... the tall seaman, who was manifestly the skipper of the boat, had cast off his garments, and stood prepared upon the deck to encounter a battle with the surges for life and rescue. He plunged over the bulwarks, and arose to sight buffeting the seas. With stalwart arm and powerful chest he made his way through the surf, rode manfully from billow to billow until, with a bound, he stood at last upright upon the sand, a fine stately semblance of one of the old Vikings of the northern seas".

It is a really good story, full of passion, tragedy and adventure. Have a look at the site.

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

Kerbside recycling

J ust a reminder of how our award-winning, fortnightly kerbside recycling scheme works. Collection dates are listed on the back cover of *Trio* and your bags should be put out before 7.00am.

The blue bags are for newspapers & magazines, catalogues & brochures, junk mail & stationery and BT & Thomson phone directories. Do not include plastic sleeves and wrappings, wrapping paper and wallpaper. However, cardboard food packets & sleeves and brown envelopes should be recycled with cardboard boxes and cereal packets & egg boxes. Flatten and box or bundle together. The clear bag is for drinks & food cans, aerosol cans, plastic bottles and foil (put this in a carrier bag first). Empty and wash them all first. The red bag is for clothes, shoes & accessories and household linen and drapery. Don't include dirty and torn clothes or odd shoes or rags and damp items.

Finally, glass bottles and jars should be put out in a carrier bag (not a cardboard box). Do not include broken glass, sheet glass or mirrors, pyrex, china, drinking glasses, spectacles or light bulbs.

Any problems, call the Recycling Helpline on 01208 269010.

If you are interested in finding out what happens to all your recycling, you can now visit the new East Cornwall Recycling Centre at Bodmin Business Park. Call 01208 74617 to arrange a visit.

Carn Awn Singers summer concert

Carn Awn Singers are now working towards their Annual Concert at St Peter's Church, Port Isaac which will be on Wednesday 5th July at 7.45 pm. Programmes will be available on the door or from members of the Singers. There will be a mixture of new pieces and some old favourites, with something to suit different musical tastes.

The Singers are delighted that John Bennalick has kindly agreed to make a return visit as compere, which he does in his own inimitable way and we are looking forward to hearing his entertaining stories and anecdotes. We are extremely fortunate that the very talented young musicians - The Shelley Boys from Lanivet - will once again be our special guest artistes at this concert and, as always, will provide a real musical treat.

If you are planning a concert or require further information about the Singers, please ring Jane Sadleir on 01840

(continued from previous page)

- George with his eyes closed, singing like a bird. I shall have to ask Dorothy's brother, Cyril Brown, about it. They had an elder brother, Wilfred, who was a wizard at all things to do with wirelesses. When their parents lived in Springside (the old Coastguard station), Wilfred rigged up a system whereby another sister, Ivy, sang into a microphone in the washhouse (later to become Jack Couch's workshop). Across the court, the strains of a Nelly Wallace hit, 'Red Sails in the Sunset', came through the wireless in the cottage loud and clear. This was almost 70 years ago!
- Jack Spry (82). He was an excellent production engineer and had studied at Hatfield under WAT Chapman whose books on the subject were necessary reading for any aspiring production engineer 40 years ago. He was also a founder member of the Cornwall Heritage Trust a body that looks after ancient sites that English Heritage cannot be bothered with because they don't pay their way! He also sold me the garages that had been where his father had stored coal when he had transported it from Port Isaac Road Station pre Dr Beeching. Dr Beeching was not at fault; he was only carrying out the wishes of the Government of the day. Governments should <u>never</u> interfere with long-term problems. Anyway, I shall be eternally grateful to Jack for selling me the garages.
- Elaine Found (75). Now, age-wise things are getting a bit close to home. Elaine, and her twin sister Alison, were part of the large number of children in Port Isaac in my youth. (Ed: Elaine made the most lovely Pasty Pie once tasted, never forgotten)

There are so many incomers in the village at present that the old ways of showing respect to the family no longer exist. Even the 'old' Port Isaac families are not blameless.

I don't very much like incomers, especially those who put on airs of selfimportance. Some of them are quite nice people, but mostly they are not Cornish and so the village that once was Cornish, no longer is. Except for its position, the community could be anywhere.

Dialect is going or gone – the wireless and TV have much to answer for in this case. Radio Cornwall produced a series called 'Talking for Britain'. A few groups were interviewed, less than ten people in all, and 'attention seekers' were invited to phone in. Many of the Cornish born presenters don't understand dialect and we have a friend who changes accent depending on the person being spoken to, ie Standard English if the person is an incomer.

I think really that I don't much like people who don't like the things that I do. But then, I am a GOM and I don't care for the way that this village has changed, and especially the speed at which the change has taken place. What I would like to do is get, say, Percy May, Brian Nichols and Tom Warne together and record the conversation.

George 'GOM' Steer

AIR AMBULANCE CHARITY SHOP, DELABOLE



Judging by the amount of items brought into the shop recently it would appear that everyone has been spring cleaning. Apart from lots of clothing, a great amount of bedding, curtains and household items have been donated and the shelves are overflowing, consequently we have had to turn some goods away as space is at a premium, so apologies to those concerned.

Carnival time will soon be upon us again so perhaps you may find something suitable in the shop that can be made into a costume!

An apology is due to Mrs Phillips of St Teath who kindly gave the lovely doll, mentioned in last month's article and referred to as donated by a lady from Rock - our wires must have got crossed !

Takings for April amounted to £399.66 net.

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

VOLUNTEERS REQUIRED FOR AIR AMBULANCE SHOP, DELABOLE

Have you got a few hours to spare each week, as the shop is very undermanned at present, due to illness, holidays and other commitments? The Air Ambulance shop needs some more volunteer helpers, either on a regular basis or to be available to cover when the need arises, mornings or afternoons to be arranged.

If you are interested please phone Joyce Henderson on 01840 213195 or Jane Sadleir on 01840 213796

shops, services The Trio Directory & businesses & businesses

restaurants & hotels

CHRISTOPHER KEY **SOLICITOR**

Friendly office open **Monday-Friday** 9.30am-12.30pm

Appointments out of office hours by arrangement

Trebiffen, Boscastle PL350BN Tel: 01840 250200 Fax: 01840 250900



OPEN every day Dinner from 6.00pm

Sunday Roasts from 12noon **BOOKING ADVISABLE**

Takeawavs freshly cooked Fish & Chips and Homemade Pizza always available

01208 880670

Rockery Chick

Jules Miller-Wilson

07816 674366





CENTRAL GARAGE New Road, Port Isaac

MOT TESTING CRYPTON TUNING TYRE SUPPLIER **BOTTLED GAS** telephone Ross:

01208 880334



Units 1 L2. 2, Paardeberg Road Bodmin PL31 1EY

Busy Liz Watson 07811 962090



ics carpentr With house prices the way they are. improve it not misuse it All types of carpentry work undertaken First & Second Fix

Renovation Work, Tiling Phone 01208 880198 Mobile 0781 3666417



Farm Shop & Licensed Restaurant Open Daily from 9.30am

Home-produced Aberdeen Angus beef, lamb, free-range eggs and seasonal vegetables

Homemade jams, pickles and marmalades

Local produce, cheeses, country wines and ciders

STRAWBERRIES READY NOW!!! other fruit ready end of June

Breakfast, delicious homemade cakes and cream teas Hot food all day

Kid's Play Area with zip slide, motorised minidiggers and tractors etc

Pets Corner

Sunday Roast: Bookings Advisable Find us at St Endellion on the B3314 Tel 01208 880164



Harrods' most popular mud wrap, **GUAM -** £45

Total Marine experience facial GUAM Microcellular - £28 (contains 150,000 micro cells of vit, min, omega 3)

Detox Foot Spa - £15

For all details, vouchers and bookings, call Angela on **880966**

Also offering PARTY PAMPER treatments in the comfort of your home





Ornamental walling • Patios Crazy paving • Flag Stones • Turfing

Fencing • Hedging • Rockeries Water features

For a free quotation phone Jim Dyer on 01208 880476 or 07970 919389 (mobile)

LET'S TALK SHOP



Stylish gifts by the sea

OPENING FRIDAY 26тн MAY 10.00am

For an exciting mix of vintage-style home accessories, simple tableware, hand painted wooden boats, colourful children's clothing, and a number of everyday luxuries that make beautiful presents for friends and family

Pop in and take a look!

COME AND FIND US IN THE AQUARIUM!

The Slipway Hotel & Restaurant OPEN ALL DAY FOR:

coffees, teas & pastries

varied lunch menu including seafood specialities

Bar open all afternoon and cream teas served

dinner from 6.30pm every day with menu focussing on the use of local fish, game and produce *'Fresh Catch of the Day' every evening*

We are also serving roast lunches every Sunday at The Mill House, Trebarwith from noon until 3pm (tel: 01840 770200)

Regular Live Music at The Mill House please watch the noticeboards

THE SLIPWAY AND THE MILL OPEN ALL DAY, EVERY DAY

The Slipway Hotel, The Harbour Front, Port Isaac, Cornwall PL29 3RH Telephone: +44(0)1208 880264 - Fax: +44(0)1208 880408 Email: slipway@portisaachotel.com



WESTERN SUPPLY COMPANY Builders Merchant & Decorator Centre for Trade & DIY

Come and see our wide range of products including:

An Extensive Range of Decorative Slabs & Decking
Fencing Panels Plasterboard
Plywood
Cement
Planed Timber & Mouldings Graded Sawn Timber
Treated Timber
Concrete Blocks
Sand Chippings ■ Insulation Products ■ Plumbing Fittings Electrical Fittings & Cable Screws Fixings Hardware New and Secondhand Goods etc ... and a paint mixing machine that can mix thousands of colours

COME AND HAVE A LOOK!

Atlantic Road, Delabole (01840) 212580 Open 7 days (Sat & Sun morning only) - Ample Parking - Deliveries arranged



Join us at



Enjoy stunning panoramic views

Come for breakfast, lunch, evening meal or a light snack from 9.30am (all day)

Eat in or takeaway

Ensuite accommodation available Two rooms with superb sea views

Curry Day most Saturdays

Tony, Sharon and all the team offer a warm and friendly welcome

4 The Terrace, Port Isaac www.crowsnestweb.co.uk

теl: 01208 880305

Nigel J Sherratt **ELECTRICIAN**

Kittiwake Cottage Middle Street Port Isaac Tel: 01208 880867 Cornwall **PL29 3RH** Mob: 0779 2359960



We supply the Cream Teas, Cakes, Tea, Coffee and Drinks ... You supply the company!!

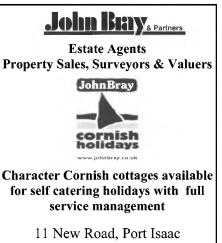
We look forward to seeing you

Tel· Maggie & Gary 01208 Victoria House \$109 Fore Street, Port Isaac



Do you need someone reliable?

If you would like to talk to me and/ or receive details please contact Annie Price Tel/Fax: 01208 880386 Mobile: 07831 105379 annieprice@harbourway.wanadoo.co.uk



Tel: 01208 880302, Fax: 880144

Are you elderly and in need of a helping hand at home?

All aspects of help undertaken cooking is my speciality. I am reliable and caring, being an ex social services home carer. I have many years experience

in care of the elderly.

Please call Cheryl for fair and competitive rates Home - 01208 880198 or Mobile 07778 330287

Log on to www.thisisnorthcornwall.co.uk

To find jobs and to win cash prizes. Log on to advertise almost anything on our local notice boards. Log on and add your business to the North Cornwall Directory. Go on...its free.

A resource for promoting North Cornwall to the masses, that exists purely through sponsorship

www.thisisnorthcornwall.com

THE MILL, PORT ISAAC 2 LUXURY CONVERTED HOL-IDAY BARNS

No worries about Parking Two & Three Bedrooms Fully Heated * Garden Pets welcome * Quiet Location Five minute walk to shops and pubs

From £250 per week in low season

Apply Bertie Watson Tel & Fax 01208 880298 M 07889 682263 www.portisaacmill.co.uk Email: bertiewatson@tiscali.co.uk

'Heydays'

Trewetha Lane, Port Isaac

Beautifully appointed, detached, spacious holiday home. Three double bedrooms and two bathrooms. Enclosed gardens and sea views from sitting room. Private parking for two cars **Call 07870 275415** or email **e.arnull@btinternet.co**



Charmed in Cornwall 44a Fore St Port Isaac

Jackie Llewelyn-Bowen's latest and most glamorous adventure

A lady's shop full of lovely ladies' things

(Husbands, if they promise to behave, are welcome)

HOLIDAY ACCOMMODATION

LARGE HOLIDAY HOME in old village

sleeps 10 log fire, gardens Garage parking in village

for details call 01942 610603 or email: <u>dave@alternativesteel</u>





WESTAWAY PORT ISAAC CORNWALL Bed & Breakfast Accommodation Westaway is located just one mile south west of Port Isaac. A friendly welcome is guaranteed and the accommodation is both comfortable and to a high standard. Stunning panoramic sea views incorporating both Trevose Head and Port Quin. Open all Year Please contact Jocelyn or David 01208 881156 Email: westawaywest@btinternet.com

www.westawaycornwall.co.uk

T.F. GRILLS

Builder and Carpenter also Painting and Decorating Free Estimates Telephone: 01208 880094

Window Cleaning Domestic & Commercial

Regular & Reliable John Brown 01208 880707



Property Maintenance Telephone: 01208 880069 Mobile: 0777 9523108 Big enough to cope-Small enough to care

GUITAR TUITION

Guitar tuition by experienced teacher - member of the Registry of Guitar Tutors registryofguitartutors.com

Pupils of all ages taken Contact: Ian Fenton 32 Tintagel Terrace, Port Isaac telephone: 01208 880343



For all your service, supplies and sales of copiers, printers and fax machines

Call –



The Post Office

Port Isaac



Barclays, Lloyds TSB & Co-operative personal banking Girobank and Savings bank services Cheque encashments, cheque and cash deposits (no extra bank charges)

OPENING HOURS: 9.00am - 1.00pm & 2.00pm - 4.30pm Early Closing: Wednesday 1.00pm & Saturday 12.30pm

Early Closing: Wednesday 1.00pm & Saturday 12.30pm



PENDRAGON HOUSE COMPLEMENTARY THERAPY CENTRE

At Pendragon House we can treat your Mind, Body and Soul in a relaxed friendly environment

Fully qualified professional therapists carry out all our treatments

There is also an opportunity to purchase gifts and natural remedies

Osteopathy * Acupuncture * Aromatherapy Homeopathy * Reiki Healing * Full Body Massage Hot Stone Massage * Sports Massage Counselling * Indian Head Massage Colour & Light Therapy * Foot & Ankle Massage Reflexology * Rejuvenating Holistic Massages

Tel: 01208 880715

Email: enquiries@pendragontherapy.co.uk www.pendragontherapy.co.uk



A Food Lovers Paradise in North Cornwall

The best of Cornish food: Cheeses, Preserves, Wine & Beer, Ice Cream The best selection of food & wine from around the world to be found in Cornwall Enjoy great food in our café – now serving delicious Italian pizzas Cookery books & culinary gifts, including Nigella Lawson's Living Kitchen Phone for details of our popular cookery demonstrations High quality ready prepared meals

Open All Year Round Close to Tintagel Visitor Centre Tuesday – Saturday 10am-5.30pm (Sundays & Mondays in the School Holidays) Tel: 01840 770880

REFLEXOLOGY & AROMATHERAPY

Natural *Harmony*

A WAY TO BETTER HEALTH

Sandra Horswill RAW DIP ITEC SPINDRIFT NATURAL HEALTH CLINIC 12 Silvershell View Port Isaac Cornwall PL29 3TU Tel: 01208 880620 Mobile: 07817 962334

TRELAWNEY GARAGE

14 New Road, Port Isaac

01208 880536

Servicing & Repairs

Petrol & Diesel Supplies Breakdown Service

Accessories

GAS DELIVERIES 13kg, 19kg and 47kg

Fishing Tackle & Bait

To advertise in *Trio* call 01208 880905 or 880862 or email: deesam@btopenworld.com

Still not made a will? FREEPHONE 0808 178 8834 Ref: DW71

WILLS WRITTEN FOR JUST £39.50 inclusive FOR THIS MONTH ONLY

We will professionally draft your will for just £39.50 (SINGLE), £79.00 (MIRROR) FOR THIS MONTH ONLY in order to promote our range of legal services. For your assurance we are members of The Society of Will Writers.

Without a Will -

Married Your spouse may have to share your estate with others.

Unmarried partners Your partner may receive nothing at all, even if you have children together.

Parents The courts will decide who will bring up your children, not your family.

FREE Professional Advice

Please feel free to call us for free advice on issues such as -

- How to prevent your home being used to pay for **nursing care costs.**
- Stealth Tax How to minimise and often avoid Inheritance Tax.
- How to legally appoint a family member as your attorney to care for your financial affairs should you become unable due to old age, illness or accident.

Making a will is one of the most thoughtful things you can do for your loved ones so don't put it off any longer. Call Freephone NOW. For a FREE info pack or APPOINTMENT

FREEPHONE 0808 178 8834 ref DW71

Wilkinson King Associates are members of THE SOCIETY OF WILL WRITERS

Roy Speakman A.B.I.C.C. BUILDING CONTRACTOR Specialist Carpentry Period Reconstruction Kitchen/Bathroom installations All roof work undertaken Tel: 01208 880477 The Special food for special occasions Neddings Drinks Parties Hot and Cold Buffets Ready Meals for Holiday Cottages

Business Lunches

Dinner Parties Barbecues

We specialize in creating tailored menus to suit your personal tastes

and budget - whether you would like

dinner for 8 or a wedding celebration to serve 200.

To discuss menu ideas for any

occasion why not visit or call us at

The Good Food Deli Café

Tintagel

01840 770880

8 PARK PENNKARN

ROCKHEAD, DELABOLE N CORNWALLPL33 9HA

Mobile 07976 534458

Telephone 01840 213684

wavehunters•Uk **port**isaac•northcornwall



At the Animal Surf Academy, WITH ANDY AND THE TEAM

The junior academy is open TO ALL OUR LOCAL KIDS! Starting on May 28th every Sunday and Wednesday afternoon. From beginners to advance, from 6 to 18. This month it's free, that's right 8 lessons for free (Includes all equipment hire, parents welcome as well)

Just give us a call on 01208 880617 or pop in the Wavehunters shop as there are limited places available, so booking is a must.

PAUL HONEY

PAINTER & DECORATOR

INC ... INTERIOR & EXTERIOR MAINTENANCE, WALL & FLOOR TILING, ARTEXING, COVING & WALLPAPERING

01208 881122

ROMAN BLINDS & CURTAINS by NICOLA VICKERY INTERIORS Most soft furnishing undertaken

Most soft furnishing undertaken Stylish solutions for difficult windows! Free quotations - **01208 880834**

MORGAN Heating & Plumbing LPG - Oil - Gas Servicing, breakdowns and installations 24/7 EMERGENCY REPAIRS 24/7

plus Professional Property Maintenance Call Tony on 01637 852649 or 07716 748784

QUALITY IS OUR PRIORITY





L. OULTON

Carpenter and Joiner

Single Items • Full Load Garden waste • Household

> Phone Ken on 0797 1167444 or 07967 262173



Three Gates Meadow	Tel:
New Road	01208 880609
Port Isaac	Mobile:
Cornwall PL29 3SD	07971 479309

REGISTERED OSTEOPATH

Nicola Halse DO by appointment only Rosecare Villa Farm Wainhouse Corner, St Gennys Telephone: 01840 230032



Phone 01208 880056 or 07817 161136



OFFICES AT CAMELFORD, 6 MARKET PLACE 01840 212121 TINTAGEL, FORE STREET 01840 770825

Cock-a-Doodle-Do

Selling items old and new



Just arrived, a collection of cast iron pieces, to include large and small Wellington boot racks with built-in scrapers

Rusty metal work, wall mounted planters

A range of folding fabric tea light lanterns, for those summer evening barbecues

To arrive shortly, Vanessa Arbuthnott Hen & Feather Pottery collection, to match our existing range of fabrics and oilcloths

And, at last, the beautiful port and sailing boat plaques will be back in stock in the next two weeks

All this and our usual eclectic mix of old and new items

Why not call in and take a look around Find our lovely little shop in Foundry Court, just off the Main Street

Tel: 01208 816849

www.cock-a-doodle-do.com email: bridge2@btinternet.com 3 Foundry Court, Wadebridge, Cornwall PL27 7QN

Take a look at the Port Isaac website: www.portisaac.org.uk



PAINTINGS, CARDS AND ORIGINAL IDEAS by KATIE CHILDS - OPEN EVERY DAY 2 THE TERRACE PORT ISAAC-Tel: 01208 880988 www.cliffsidegallery.com



www.pjcleaning.biz

CORNWALL'S PREMIER CLEANING COMPANY

Holiday changeover cleans * Spring cleaning One-off cleans * Regular office and house cleaning Property maintenance * Carpet and Upholstery cleaning

For a friendly and professional service call 01840-213424 or 07788-457537 **R.A. HANCOCK**

AGRICULTURAL & DOMESTIC WORK SALES & SERVICE SLIMLINE RADIATORS DIMPLEX & CREDA COMPLETE SHOWER INSTALLATIONS

Hartland Road · Port Isaac Telephone: 01208 880328





FIRST CLASS Angel Kair Company All aspects of Hairdressing DECORATOR in the comfort of your own home Tidy and efficient Toni is back! Brighten up your home, shop After 12 years working or office, inside or out successfully in a top West End Competitive, realistic and salon in London, I am back affordable prices living in Wadebridge and For free quotes contact running my freelance John on hairdressing business 01208 880354 or Call me for an appointment 07929 410384 07929 459557



CARPETCLEANING

DRY CLEAN CARPET

SPECIALISTS

 DRY SYSTEM – No wet carpets, mildew or mould
 IMMEDIATE USE – no drying time
 ORGANIC SYSTEM – no bleach, chemicals or noxious fumes
 REDUCES ALLERGENS BY 70%
 COMPETITIVE PRICES
 DOMESTIC AND COMMERCIAL

<u>WE'RE YOUR LOCAL CARPET</u> <u>CLEANING SPECIALISTS</u>

PHONE FOR A NO OBLIGATION QUOTATION NOW ON:

01208 880647 Mobile: 07773 787 366/07967 038897





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

Monday June 5th 'In the Bag' kerbside recycling collection – have your bags out by 7.00am

June 8th, 9th & 10th Royal Cornwall Show

Sunday June 11th Annual RNLI Lifeboat Service on the Platt

Monday June 12th St Endellion Parish Council meeting at Port Isaac Primary School - 7.30pm

Wednesday June 14th Port Isaac School Summer Fayre & Sports Day

Saturday June 17th Trelights Village Green Committee Coffee Morning in Coronation Park, Trelights – 11.00am

Monday June 19th 'In the Bag' recycling collection – have your bags out by 7.00am

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

Monday July 3rd 'In the Bag' recycling collection – have your bags out by 7.00am

Wednesday July 5th Carn Awn Singers Annual Concert in St Peter's Church

Monday July 17th 'In the Bag' recycling collection – have your bags out by 7.00am

Tuesday July 18th Whist Drive in St Endellion Church Hall – 7.30pm

Wednesday July 19th St Peter's Church Summer Mini-Market in the Church Rooms – 10.00am Come along and bag a bargain

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

Monday July 31st 'In the Bag' recycling collection – have your bags out by 7.00am

Monday August 14th 'In the Bag' recycling collection – have your bags out by 7.00am

Tuesday August 15th Whist Drive in St Endellion Church Hall – 7.30pm

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

St Peter's Church Flower Festival in the Church

Saturday 19th August -Trelights Village Green Committee Barbeque in Coronation Park, Trelights – 7.00pm

Sunday August 20th Port Isaac RNLI Funday

Saturday August 26th Port Isaac Garden Society Show at Port Isaac School

Sunday September 17th Harvest Thanksgiving in St Peter's Church

Tuesday September 19th Whist Drive in St Endellion Church Hall – 7.30pm

Friday September 29th Port Isaac RNLI Harvest Festival

Tuesday October 17th Whist Drive in St Endellion Church Hall – 7.30pm

<u>Issue</u>	<u>Copy Date</u>
July	June 19 th
August	July 24 th
September	August 28 th
October	September 25 th
November	October 30 th
December	December 4 th

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

Tuesday November 21st Whist Drive in St Endellion Church Hall – 7.30pm

Saturday December 2nd Port Isaac RNLI Christmas Market in the Village Hall

Saturday December 16th Big 'Switch on' of Port Isaac's Christmas Lights with the St Breward Band

Rubbish is collected every

Friday morning unless there

is a Bank Holiday in the week, when the bin men come on Saturday

Publication Date 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!