

TRIO

The Port Isaac, Port Gaverne and Trelights Newsletter • No: 269 • November 2006 • 40p

Christmas Lights

many hands make lights work!

The good news and the bad news. Thanks to some generous people – local people and local businesses, second home owners and visitors – we have received donations totalling over £3500 for our new Christmas Lights. That's the good news.

The bad news is twofold. Firstly, after a very positive first meeting with SWEB and being told that the boxes we need would cost between £100 and £200 each, the price has now increased to between £400 and £500 each!

The second piece of bad news is that, before the lights can be put up they all need to be tensioned and fixings need to be put up to attach the lights to. The problem here is the time and manpower required to do this work.

As always, it's the same old faces who are involved with the lights and as well as having day jobs and a life they cannot possibly find the time to do all this work without lots of additional volunteers. So the ball is in your court. We know that the rumours are that the lights will only be in the bottom of the village – but this is unfounded rumour. With additional help there will be lights or displays at the top of the village.

So, if you want a lights display in your village this Christmas, we need your time as well as your money. You don't have to go up ladders and some of the pre-erection work will be done under cover in the lovely warm Village Hall with tea and coffee and cake!!!

Join the team at the Village Hall on

Sunday November 12th – between 11.30am-3.00pm

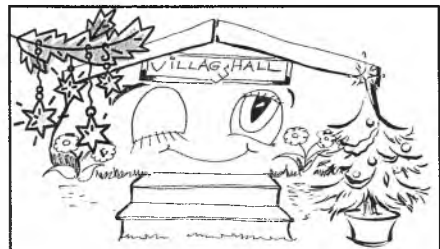
Sunday November 19th – between 10.00am-2.00pm

The lights will be put up on Saturday November 25th, December 2nd and 9th. If you are able to help call Sam on 880905 to find out where and what time to turn up. You'll be welcomed with open arms and there is an exceptionally good refreshment stop at Bill & Vanessa's on Rose Hill!!

(continued on page 2)

Help make Port Isaac look special this Christmas -
Enter the Christmas Lights Competition

Full details on page 3



Saturday December 16th
 following the switch-on of the
 Village Christmas Lights

The

'Rock of Ages' Christmas Party

Christmas songs plus numbers
 previously performed by Port
 Isaac's very own *Extraordinaires*,

*Applebeats, All New Soul &
 Blues Brothers & Sisters*

*Showband, Cosmic Wave and
 the Beach Boys*

(profits to be split between the
 Village Hall, Christmas Lights &
 Village Fireworks)

Doors open 8.00pm

**Tickets, priced £5 each,
 now on sale from Secrets or
 members of the band**

This issue

Children's Design
 the *Trio* Christmas
 Cover competition -
 page 5

Your Letters - page 7

Lanyon & Lorimer
 Review - page 9

Climate Friendly
 Parish Project - page 11

Port Isaac singers raise over £1055 for Hospice Care



Cornwall Hospice Care
Caring for our community

Despite it being a Friday, St Minver Church was full on October 13th when the Fishermen's Friends and the Port Isaac Chorale, directed by Jan Townsend, jointly gave a concert in aid of Cornish Hospice Care. Jon Cleave was the compere and the enjoyable evening raised in excess of £1055.

Thanks must go to all those who contributed to making it such a success and those who supported Cornish Hospice Care by attending.

Today I met the man who
invented crosswords.
I can't remember his name
but it was P something,
T something, R.

Trio subscription rate increase

The changes to postal charges and the now regular bigger *Trio* mean that, with immediate effect, the subscription rate will increase to £15 a year.

Trio is issued eleven times a year and is available in local shops or by post -£15 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.

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Bingo!

welcome to come along and join in the fun. Free tea and mince pies will be served during the interval. All proceeds will be given to the Priory Centre, Bodmin, the local centre for mentally handicapped adults.

You know Christmas is not far away when it's time for the annual Bingo in aid of the mentally handicapped. It will be held in the Church Rooms on Tuesday December 5th starting at 7.30pm.

As usual the prizes will be with Christmas in mind and everyone is

Mid Green Leather 2-seater Sofa

Free to anyone who
will collect

Call 880355

(Continued from front page)

*Donations are still coming in - and still welcomed!
Thank you to*

- Ray Calcutt * David & Julia Bolton, Port Gaverne
- Dave Brown, Preston * Leone Brown, Hampshire
- Buffalo Pictures Ltd * Bob & Sandie Bulgin, Port Isaac
- Marjorie & Michael Butler, Broadstairs * Buttermilk Shop, Port Isaac
- Central Garage, Port Isaac * Cornish Property Maintenance
- Anita Davies - in memory of Jeff, Port Isaac
- Edna & Alan Davies, Port Isaac * Bill Dawe, St Endellion
- Mr & Mrs Dowse, Horsham * The Edge, Port Isaac
- Molly & Nick Farmer, Port Isaac * Mr & Mrs Feldman
- The Frank McNichol Trust * Mr & Mrs Glanfield, Somerton
- The Golden Lion, Port Isaac * Mr & Mrs Goodsell, London
- Mr & Mrs Griffith, Slimbridge * Mr & Mrs Hadden-Paton, Dorset
- Peggy Hills, Port Isaac * Home Management Services, Port Isaac
- ICF Services, Port Isaac * Bill & Vanessa Isaacs, Port Isaac
- Garden of Eden Landscaping Services, Port Isaac
- Treva Hambly, Isle of Wight * Paul Honey, Port Isaac
- Just Shellfish, Port Isaac * Jacki & Paul Kynaston, Exeter
- Mr & Mrs Lawford, Exeter * The Mote, Port Isaac
- Ours, Port Isaac * Andy & Alison Penny, Port Isaac
- Plumline, Port Isaac * Port Hair, Port Isaac
- Port Isaac Co-op * Port Isaac Rowing Club
- Port Isaac Taxis * Alison Rees
- Sarah Roberts, Liverpool * Chris Routh, Bath
- Mr & Mrs Scott, Trewarmett * Secrets, Port Isaac
- Richard & Helen Slade, The Folly * Mr & Mrs Smith, London
- Mr & Mrs Smith, Guildford * Dugald & Helen Sproull, Port Isaac
- St Endellion Parish Council * Stanley House Pasty Shop, Port Isaac
- Mr & Mrs Stephenson * Mr S Sufi, London
- Christopher & Rebecca Tabor, London * The Takeaway, Port Isaac
- Mr & Mrs Thrussell, Hertfordshire * Janet Townsend, Port Isaac
- Mr & Mrs Vaisey, Port Isaac * Mr & Mrs Wait, Sutton Coldfield
- Mr & Mrs Watson, Port Isaac * Angela Walsh
- Wavehunters, Port Isaac * Nicola Williams, Port Isaac

Sleeping Beauty

At the time of going
to press there are
still a few tickets left
for the Port Isaac
Panto on December

28th, 29th & 30th.

Either call into
Secrets or phone
880905 to check
on availability.

POLICE SURGERY

Come and speak to your local community Police Officer, PC 4374 Malcolm Taylor, to discuss any local issues that may concern you.

Location - Port Isaac School, in the Elliot hut to the rear of the main building off the playground

On the following dates -
Thursday November 16th,
 2.00pm - 4.00pm

Thursday December 14th,
 2.00pm - 4.00pm

Thursday January 18th 2007,
 2.00pm - 4.00pm

Police Notice NO PARKING



There is **NO PARKING** at all, day or night, in Fore Street, Back Hill, Trewetha Lane and Church Hill. All these areas are clearly signed.

Keep our roads clear for emergency vehicles including our lifeboat.

Police and Traffic Wardens will be taking positive action at all times regardless of whether you are a resident, visitor, business or tradesman.

You have been warned!

Golden Wedding

17.11.1956 - 17.11.2006

**Don & Joyce
Hambly**

*will be holding
Open House on
November 17th
at Andy & Alison's
home -
14 Mayfield Road
All welcome from
midday onwards*

**Congratulations
Mum & Dad
on your
Golden Wedding
Anniversary**

Lots of Love
Andy, Alison, Donna,
Katie, Ian, Cerin & Tom

 *
 * **Congratulations** *
 * **Cerin** *
 * **on your 18th** *
 * **Lots of Love** *
 * **Mum, Dad, Katie,** *
 * **Ian & Tom** *
 *

**Teddy bears sleep by day.
At night they stay awake to
chase away bad dreams.**

Christmas Lights competition

Walking round the village last Christmas, I thought how nice it was that so many had dressed their houses and windows with lights and decorations. It gave me the idea that perhaps this Christmas we could have a competition for the best-decorated house, with prizes for first, second and third, and any profits made could go towards the village Christmas lights, with the hope that the lights could be extended further up the village. There will be a separate competition for shops/businesses to enter. The entry fee will be £5 for houses and £10 for shops/businesses.

An independent judge will be asked to choose the displays he/she thinks the best, which might not be the biggest or the grandest.

Details of when the judging will take place will be sent to you nearer the time.

To date we have not been overwhelmed with entries. Perhaps now that the nights are drawing in and seems a bit more like winter you might be turning your thoughts to Christmas and decorations and you may wish to take part. Please complete and return the entry form below and send with your remittance, made payable to 'Port Isaac Illuminations' to Mel Dingle, 22 Trewetha Lane, Port Isaac, Cornwall PL29 3RW.

Port Isaac Christmas Lights Competition

I/we wish to enter my/our home/business into the competition and enclose my/our entry fee of £5 (home)/£10 (business)

Name Business name

Address



Brownies



News from the Port Isaac Brownies

What a time the Port Isaac Brownies have been having

Welcome

A big welcome to Imogen who joined us in September. We hope you enjoy your time with us. We now have 21 Brownies and from January we will have a full pack of 24 when three more girls join us. We are so overwhelmed with the success of our pack and thank everyone who has supported us.

Craft Activities - lots of mess and fun!

We are working towards our Craft Badge and so far this term have made salt dough name plaques, felt embroidered badges and we also dyed pillowcases and then embroidered our names on them.

Halloween

After a session making costumes we had a very successful Safari Supper. Dressed in our very scary costumes we made our way down to Mabel's house for chicken nuggets, chips and sausages - a big thankyou to Natasha and crew for the wonderful meal and their hospitality. Then it was up to Holly's house for ice cream and lots of sauce - big thanks here to Carol for her hospitality. It's surprising how quiet the girls were when they were eating! Then it was back to the School Hall for lots of gory games including apple bobbing, jelly and flour dunking and eating doughnuts without using your hands. It was a fantastic Halloween evening and thank you to all who helped make it such a great night.

What's next??!

There's load of activities planned in the run-up to Christmas. Our new Brownie Flag is to be blessed ready for use at the annual Brownie Christmas Carol Concert.

By the time you read this we will have joined the St Peter's Church parade and laid a wreath for Remembrance Sunday.

We hope to hold a Christmas Coffee Morning when the girls will sing their favourite Christmas Carols - see next month's *Trio*.

We will be holding a big celebration when our new Brownies take the Promise before Christmas. More news next month.

Brownie Promise

I promise to do my best, to love my God, to serve my Queen and country, to help other people and to keep the Brownie Guide law.

Camping

Five lucky Brownies were picked to go on their first overnight camp. Toots, Esme, Ruth, Daisy and Christina along with Claire and I joined four other experienced Guiders and ten other Brownies at the Bodmin Guide Hut. Our theme for the weekend was the 'X Factor'. We made costumes, did lots of arts and crafts work and played lots of games. We also got to sing along with the Karaoke machine and eventually got to sleep about 11.00pm - very early for 15 excited Brownies! The girls had 'secret' midnight snacks and after a long night the girls got up and prepared themselves for the 'X Factor' final, to be performed in front of their parents. Toots, Esme and Christina sang solos, Daisy performed a lovely duet with a Brownie from Camelford and Ruth joined a pop group with other Brownies. We were very proud of the girls who were well behaved and we really enjoyed the camp. We hope to do it again next year.

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☆☆ Happy Birthday to ☆☆☆
☆☆ Jessica who was 8 ☆☆☆
☆☆ on Bonfire Night ☆☆☆
☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆

Well done to Toots, Esme, Daisy and Laura who have become leaders of their respective sixes. Well done also to Ruth, Christina, Catherine and Doo Doo who have become seconders in their respective six.

Next month we will be announcing 'Brownie(s) of the Year'

For more information on anything to do with Brownies contact wither Jennie (Wren) on 881038 or Claire (Cuckoo) on 880878

Children's Competition Design the Trio Christmas Cover



Calling all children up to 12 years old. Do you fancy having a go at designing the *Trio* Christmas Cover?

The competition will be divided into two age groups - up to 7 years old and 8-12 years old. Winning designs from each age group will be reproduced as the back and front covers of the Christmas *Trio*. - and there will be prizes for the winning entries.

You need to get working straight away as designs have to be in by **Sunday November 26th**. This year the *Trio* Christmas cover will be printed in colour so your design can be as colourful as you like.

Ideally entries should be made on white A4 size paper or you can do a design on the computer if you would prefer. If you need some paper call into *Secrets*. Do not include the *Trio* header or any other details, we'll add those later.

So get into an artistic mood and get working on a design. When it's finished, either drop it into *Secrets* or into Calenia, 3 Trewetha Lane, and remember, don't leave it too late - the final date for entries is

Sunday November 26th.

ST PETER'S CHURCH CHRISTMAS MINI-MARKET

**SATURDAY NOVEMBER 18TH
10.0AM IN THE CHURCH ROOMS**



**RAFFLE, CAKES, JAMS
BRIC-A-BRAC
CHARITY STALLS**

**PLEASE COME AND SUPPORT OUR
VILLAGE CHURCH AND ENJOY
A COFFEE AND MINCE PIE**



Your Christmas greetings

The bumper Christmas edition of *Trio* will be published on December 12th. The copy date for anything you would like to be included in this issue is Monday December 4th.

If you would like to include your own personal or business Christmas greeting in this special festive issue you do need to start thinking about it now.

Basically you have two options (see examples below). Just send in your message - hand in at *Secrets* or put it through the letterbox or send it in the post to 3 Trewetha Lane, Port Isaac, Cornwall PL29 3RN - along with the appropriate payment (cheques made payable to *Trio*) to arrive NO LATER THAN the copy date of

MONDAY DECEMBER 4th

A - £4

Merry Christmas and a Happy
New Year. Love Dee

B - £8



Merry Christmas
and a Happy New
Year.

Love Sam

Thank You

I would like to say a huge thank you to John & Saira and to Steve & Richard for all their help and support at the time of my recent fall. I am now back home and slowly recovering after six days in Treliske. As the song says, "Everybody needs good neighbours". Thank goodness there are plenty in Port Isaac. Once again, thank you all.

Bess Coates

The Musings of our very own grumpy old man!

It would be nigh on impossible at this time of year to miss Allan Chadband – or one of team Chaddie – collecting for ex-members of HM Forces who have been injured while fighting for their country.

Our eldest son, prompted I suspect by the fact that his youngest daughter has to do a project on the Victorians, looked through a box of family memorabilia and, together with family photographs, came across a 1944 newspaper cutting sent in by the late Rev W Martyn. I quote:

“Another of our boys, Jim Lobb, whose mother was widowed early in the last war (that was 1914-18), we hear has been killed in Tunisia. A real nice boy, and everyone is sorry.”

Billy Martyn couldn't even get his facts right – my grandfather was killed on May 26th 1917, just one month before his second son was born. My grandmother then married a widower (Bill Lobb) and, in due course, Jim came along – not James as the Church roll call would have it.

There was only a widow's pension on which to raise her three children, plus Jim. She 'took in' laundry to supplement her meagre pension, all hand washed, and yet I never heard her complain about the problems that she had to surmount.

The point I am trying to make is that, in 1944, Jim Lobb, my step-uncle, had his life ripped from him in North Africa and all we have to show for it is a name on the War Memorial and three lines on a faded cutting from a local newspaper.

I would like to suggest that we, the community, should meet and try to put together a Remembrance Booklet to add just a little to the names on the granite outside the Church Rooms. I feel sure that the History Group would fund any costs and, it could be sold, possibly with the proceeds going to St Peter's Church funds. If anyone else is interested in such a project I am easily contacted – 880754.

The tragedy is that we have learnt so little after two such dreadful wars. Tony Blair still sends young men to fight – and die. He was supported by most of his party and the Conservatives. We appear to give our Prime Minister so much power that he can, virtually single-handedly, drag our country into war. Some of his party must have had reservations! Maybe they could see their advancement in a political career being blocked if they did not acquiesce? Iraq is obviously a mess and anyone with two brain cells should know that for invading forces, Afghanistan and trouble are synonymous. One suggestion has been that it would stop the flow of drugs into the country. If that were so, bring back our troops and put them on customs duty at ports and airports. Big business would squeal but, so what! How much cost can be placed on the life of a soldier or airman.

This year, Ann and I have two granddaughters in the sixth forms of the respective schools. Both should do well and go on to university with a huge debt at the end. A generation before them, it was possible to do a university course and finish it without being in the red.

Some time ago it was getting difficult for bright youngsters, who had reached the ripe old age of 18, to get work to match their abilities and aspirations. So the Government of the day came up with a 'bright' scheme. Change Colleges of Advanced Technology (CATS) and Polytechnics into Universities. Send these youngsters to university and get them (or their families) to pay for the privilege. The courses that they had been studying (eg Higher National Certificates) were to be upgraded to degree level. Brilliant! At a stroke, dispense with unemployed teenagers.

I know that much of what I was (supposedly) teaching at HNC level became the basis for at least the first year of the replacement degree. The only thing was that new technology was replacing old skills, eg in engineering, computer aided design and computer aided manufacture (and the machinery

for such aids) not only replaced the technician level but also many of the top level craft skills of pattern-makers.

The Government's hastily thought out scheme (aping the USA) has led to a system where umpteen courses are at an unnecessarily high standard for the work that students will have to take when they finish their courses. It just goes to show that politicians should not be allowed to delve into long-term situations. Examples which spring to mind are railways, housing and, with the Internet, the demise of Post Offices (without junk mail the GPO would be obsolete rather than obsolescent).

It is not just the Government of the day that gets things wrong. At the local level the Old School was replaced by the new school – health and safety was a criterion. There was money, so it had to be spent. Not safe for children but OK as a hotel!! Byron Buse lived, in his early days, at Marnays, St Endellion. It was demolished some 40 years ago to make way for a road-widening scheme. Early days yet I suppose!

Finally, the EU came up with money for the bridge over the main line at Bodmin Road, oops Parkway. It had to be strengthened to take 44 tonne lorries even though these leviathans would, within 50 metres, meet Respryn Bridge, maximum weight 7½ tonnes. Result, sat nav enables such a monster to demolish the parapet of an early 16th century bridge. So, it isn't just politicians.

Makes you want to weep.

George Steer

DeeEd: How worrying is this? I agree with most of what George has to say! Grumpy Old Woman in the making?

**So I went into a pet shop and I said,
“Can I buy a goldfish?” The guy behind the counter said, “Do you want an aquarium?” I said, “I don't care what star sign it is”.**

get your facts right!

Dear Trio

I think Mr Grills has got his letters mixed up. He refers to 'Mr Epping' saying that he would not be returning to Port Isaac again - if he takes the trouble to read the letters again he will find that it was another lady who said that. I too have been coming to Port Isaac for many years now and I love the place, the people and the way that 95% of them work together.

As for how long I was watching the naked girl on the Platt, I should tell him that I have three granddaughters, all with respect for themselves and other people. They have been brought up by an iron fist in a velvet glove. You have to bring them up this way or you end up with your sons racing about, showing off in their cars and your very young daughters getting into all sorts of trouble.

Yes, I do remember being young and yes, I did roam the streets at one o'clock in the morning, but we were putting out incendiary bombs, helping people and not making their lives a misery.

I have every respect for the youngsters that work in the cafes etc; it's very hard work plus the fact that they haven't much else to choose from.

But, once again, if Mr Grills had read my letter properly he would have noticed that I said these kids were from 10-15 years old and too young to work in cafes and restaurants.

I do very much hope to visit Port Isaac again - as a matter of fact, I was watching Mr Grills brother singing at the Slipway with the Fishermen only two or three weeks ago. You have a lovely village and community down there and may God help you to keep it that way.

Sincerely from 'The Man in Epping,

Reg North



Port Isaac 1st Rainbows have arrived!

After the overwhelming success of the Port Isaac Brownie pack, we decided it was time to introduce Rainbows, the youngest members of the guiding family (ages 5 & 6). So we took it upon ourselves to become Rainbow leaders and have enjoyed training with the Camelford Rainbows.

We will meet in Port Isaac School Hall every Tuesday from 4.45pm-6.00pm and we begin our journey on Tuesday November 7th. We would love to hear from all parents/guardians/carers of girls who are interested in joining Rainbows. We would also like to hear from any interested young leaders - girls over 14 years of age - to join in our fun and games.

For further details and information please call Jennie Tiddy, aka Wren, on 01208 881038 or 07971 584746 or Marie Mosely, aka 'to be decided by the Rainbows' on 01208 880977.

Letters to Trio

"Have things changed? I think so!"

Dear Trio

In answer to Kevin Grills' letter in *Trio*, October 06 edition, "our youngsters are no worse than we were" -

I respect Kevin's comments and point of view. However, I would like to point out one or two things to him. Whether you are a 'local' or not, it doesn't take rocket science to notice how things have changed in this village (and most other villages, towns and cities in this country).

The 'youths' who spend all their school holidays working in local restaurants, cafes and shops are, on the whole, not causing the disruptions (unless they get out of hand, letting off steam after work - Fore Street late on a Friday and Saturday night in particular). My main concern is the younger members of our community who aren't exactly making themselves popular with their petty anti-social behaviour, bad language and lack of respect for their elders. Petty vandalism - and believe me, I've experienced it because I've dared to stand up to them - will, without parental guidance, lead to thuggery and worse behaviour.

When I was young - many moons ago - we had fun and didn't always play by the rules, but it was innocent fun with no harm to people, property or the countryside.

Have things changed? I think so Kevin.

*Annie Price
Port Isaac*

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*

Past times

October 1988

Port Isaac Playgroup – A Coffee Morning for new Playgroup equipment raised £97.62.

St Endellion Conservatives – A Coffee Morning at Trelights raised £60 for branch funds.

RNLI

Fundraising – A regular visitor to Port Isaac for some 20 years, Peter Morris from Essex ran in the London Marathon and raise £250 for the RNLI which he presented when on holiday in August.

In August, Jet Ski Races at Port Gaverne drew many spectators in spite of the bad weather. Over £400 was raised for the RNLI.

The Harvest Festival Auction at the Cornish Arms, Pendoggett, began with a short service by Father Alan Wainwright. A large display of donated gifts then came under the hammer of Neville Andrews who persuaded those present to part with £467. Hilary Butler from Camelford bought the Harvest Loaf that was later sold by the slice, with cheese and garlic, in the Golden Lion where a further £41 was raised, making the total a record £508.

Dedication – A new lifeboat was formally handed over and dedicated on Sunday September 4th. The Platt was packed for the ceremony that was attended by locals, visitors and guests representing the Rescue Services, neighbouring lifeboat stations and branches and civic authorities. The new boat was donated by Peter & Molly Tabor of Glastonbury. The service of dedication was conducted by Father Hugh Fryer and Rev John Young. Music was provided by the St Breward Band and the Port Isaac Singers.

Shouts – On September 10th the lifeboat joined Padstow Lifeboat and a helicopter from RNAS Culdrose in the search for two divers reported overdue off Trevoze Head. The divers were found, unharmed, by the helicopter and rescued.

The same evening the lifeboat joined a search for an aircraft

reported to have ditched in the sea off Pentire. HM Coastguard ended the search after two hours when checks confirmed that no aircraft was missing.

On September 11th the lifeboat stood by below cliffs at Polzeath while a Coastguard Team raised a party of seven people to safety.

On September 13th, in poor sea and weather conditions, the lifeboat was launched to assist a windsurfer reported in difficulties off Trebetherick but was recalled when the casualty reached safety unaided.

On September 14th the lifeboat was launched to assist a swimmer reported in trouble at Trevone Bay. The boat was recalled when the swimmer reached safety soon afterwards.

November 1998

Longcross Harvest Festival – This raised £1035 for local charities. The Air Ambulance received £215 and the remainder was distributed to local handicapped and senior citizens and various other organisations in St Endellion Parish.

RNLI

Shout – On October 16th the lifeboat was launched and stood by off rocks at Port Quin while HM Coastguard brought two holidaymakers to safety.

Donations – Carpet Distributors, Hadfields of Somerton, Somerset, presented Port Isaac RNLI with a cheque for £200, the proceeds of a scheme arranged by John Wiseman.

October 1997

Port Isaac School Curry Night – This raised £359 towards the Library project and special thanks were made to Fred Thompson and Janet Chadband.

Port Isaac Football Club – Port Isaac won against Boscastle (who normally play three divisions higher), 4-2, at Homer Park. The result made the headlines in the Sunday Independent and the Port Isaac team were awarded the prestigious Sunday Independent 'Team of the Day' certificate.

This victory was followed by a 6-3 away victory against St Breward in the Junior Cup, avenging defeat on the opening day of the season.

Dugald Sproull was welcomed as the new President, succeeding Mark Prout who retired from the position after ten years.

November 1997

RNLI

Stormalong – A great weekend was enjoyed by all who came to the Shanty Weekend including Forebitter from Mystic Seaport, USA. A great singalong was enjoyed by all. Thanks to everyone's support £382 was raised for the RNLI and £200 for the Port Isaac Crew Fund.

Shouts – On September 18th a surfer was reported to be in difficulties off Trebarwith. The lifeboat picked him up and landed him at Trebarwith Strand.

On September 20th a boat was reported broken down and drifting towards Gull Rock off Trebarwith. The boat was towed back to Port Gaverne and its crew of three men were landed safely.

On October 3rd a search was begun after dark for a missing person at Tintagel. After searching in vain the lifeboat returned to Port Isaac. The search was resumed in daylight and the lifeboat crew located a woman's body that was later recovered and brought back to the boathouse. A sad experience.

British Legion Poppy Appeal – The sum of £868.87 was raised for the appeal.

Bess Coates

DeeEd: *We would like to send our love and best wishes to Bess following her recent fall.*

It is brilliant that so many people now send in contributions to *Trio*. A lot of you hand in neatly typed copy and it would be a great help if you could either email it to deesam@btopenworld.com or put it on a disk or CD to save me having to retype it. If you don't have any disks I can let you have one. However, please don't worry if you don't have access to a computer, just carry on as you are now.

schoolchat

news and views from
Port Isaac School



Monsters Monsters!

This term we have been writing about monsters as part of our literacy lessons. Here are three that have been invented by our Year 6 boys.

My monster is called El Karauki, which is French for death bringer.

He has been alive for many years killing any in his path,
but he feasts on the raw flesh of humans.

My monster lives in the rarely seen caves of Amsterdam.

My monster is as gray as the clouds of winter.

He has red bloodshot eyes that glow in the dusk.

My monster kills any with their birthday in October.

In spite of all happiness my monster kills anything and everything.

Mangan yr6.

My monster is called the Craylin

It has been alive for thousands of centuries in the caves and lakes of
Africa.

It feeds on the raw flesh of HUMANS and the locals
supply it with food or it will kill them all.

It can swim faster than a shark and kills more than a human in one day
and is known in France as the Killing Machine.

It is as swift as a golden eagle and as sly as a fox and has no known
weakness.

It is dark green. And has not one emotion.

by James yr6

My monsters name is Destructor. He lives on Port Isaac school's roof
and that is why there are only 30 children left in the school. He eats
little children. His weakness is his wings. His wings are made of leather.
His wing span is 20 feet across. His colour is red, black, yellow, brown
and grey. He is 20 feet long and tall. He weighs 9 stone. He carries a
gun that shoots out chain saws. In France he is called EL Destructor.
He also chomps on anything that gets in his way. He has lived for a

Thinking Of Others

This half term we have been very busy raising money for good causes.

- All the proceeds from our Harvest Festival went to Shelterbox
- We wore our jeans on Jeans For Genes Day
- We all wore pink or red and sent our donations to Breast Cancer Research.

Tesco Sports Equipment Vouchers

Tesco are handing these out and we are collecting them in!

Last time we were able to exchange them for lots of items to use indoors and out so please if you have any vouchers drop them in to school or pass them on to someone who can!

Thank you.

*Happy
Birthday...
Birthdays celebrated
in October were;*

- Nathan 11
- Louise

An evening with Lanyon & Lorimer ... the review



There have been many classic double acts who have appeared on stage - Morecambe and Wise, The Two Ronnies, Abbott and Costello, Roger De Courcy and Nookie Bear - but on Saturday 14th October along came Lanyon and Lorimer (The Laurel and Hardy of the 21st century).

The evening started with a walk to your seat through Christmas decorations from the 80's (*Ed: Wrong - these were tasteful decorations to create a certain ambiance!*), grabbing a drink at the bar and awaiting a three course meal (no pie and mushy peas at this venue), cooked by D-list celebrity chef Christopher 'Coal Train' Lanyon. A soup (Lidl's special variety) or paté to start, main course of chicken (Co-op frozen, buy two get third free) followed by a choice of dessert - very nice! All served up by a merry band of waitresses - 'All juice and cleavage' as pointed out by a fellow guest.

Nigel 'The Tenor' Sherratt unfortunately turned up in fancy dress as Keith 'Cheggars' Chegwin from 70's kid's TV show, *Multi-Coloured Swap Shop*.

We were entertained on stage during eating by Robin Penna - aka Rowlf the Dog - the Muppet's show's wisecracking piano player and Mr Lorimer banging his drum like the pink bunny from the Duracell ad - I hope Alison got someone else to insert the batteries?

As the lights dimmed a quick raffle took place, people gracefully collecting their prizes apart from one person, who on hearing he had won a bottle of Bacardi stood up and then disappeared just like David Blaine - c'mon Billy, when are you going to do a bungee jump for Turtles In Need?

And so to the main event. Due to the adult nature of the show and this being a family newsletter I've had to water down the lyrical content. However, if there had been a swear box on stage, enough would have been raised to wipe out Africa's debt and still have some left over to send Chris and Kim on a second holiday to the USA next year. Lardman and Lorimer were introduced on stage by Secret Sam - The Paxman of Port Isaac- with his wandering microphone asking for questions from the audience - 46 from Steve 'sign language' Appleby, still none the wiser after his music orientated question, but who now knows his new dog was a David Blunkett reject.

Back on stage Mr Lorimer was telling us how he and his wife have gone through 10 spindriers since they've been married, learned of his secret life in

his bespoke designed shed where he reads his monthly magazine, Sheds and Shedsability and bangs away on Sam Jrs tin drum. Lardman was divulging his life as a ghost writer for the Karma Sutra and giving many explanations how The Pigs got their nicknames. The evening was rounded off by a joke session Bernard Manning would have been proud of.

Well done Chris and Sam for a fun evening and if you want a script writer for next time, I'm available for a small fee!!

*The Beaver -
now on a plane to Canada*

PS: Next year's laugh-in will be called, 'A year in Provence with Lanyon & Lorimer', due to the amount of wine drunk on the night.

RNLIC ongratulations from the crew, committee and all friends of ex-crewmember Greg Hingley who once again ran the London Marathon for the RNLi this year.

news

Of the 122 who ran for the RNLi, Greg was selected as one of the key runners in the top 40 selected to represent the RNLi and he put in a great performance. As in the past Greg wished his efforts to support Port Isaac Station fundraising and we have just been advised that his personal sponsorship raised £2,431.68p - a really great result.

No doubt Greg and Richard Hambly will be arranging a "Golden Lion Evening" sometime in the New Year. It will be good to see Greg in the village and to have the opportunity to support his 2007 fundraising efforts.

In this year's marathon there was one supporter who went the extra mile for the RNLi. This was Brian Love (63) from Padstow who ran the London Marathon as a "thank you" to the crews of Rock and Padstow who saved his life in 2004.

Bob B, Chairman

**FUN ONE
BADMINTON**

Is a new Badminton Club for children between the ages of 8-15yrs

**Every Thursday
from 6:30pm-7:30pm
at Port Isaac Village Hall**

All abilities are welcome from the very beginner onwards

Professional coaching is be available

Please wear suitable loose fitting clothing

**Contact David Philp on
01208 880056**

**FUN ONE
BADMINTON**



Church Diary Dates

Friday November 10th

7.00pm - PCC meeting, St Peter's Church

Sunday November 12th

(Remembrance Sunday)

10.00am - Said Eucharist, St Peter's Church

10.30am - British Legion

Remembrance Service, St Peter's Church

6.00pm - Evening Worship with Taize Music, St Endellion Church

Saturday November 18th

10.30am - Mini Market, St Peter's Church Rooms

10.00am - Diocesan Synod Truro

Wednesday November 22nd

7.30pm - 'Mothers' Union, Trevinnick Farm

Saturday November 25th

12noon - Memorial service for Kathleen Castle, St Peter's Church

Thursday November 30th

7.00pm - Eucharist, St Endellion, followed at 8.00pm by Julian meeting

A FEW MORE UNEDITED ANSWERS FROM A BIBLE STUDIES TEST FOR 10-11 YEAR OLDS!

The people who followed the Lord were called the 12 decibels.

The Epistels were the wives of the Apostles.

One of the opossums was St Matthew who was also a taximan.

St Paul cavorted to Christianity. He preached holy acrimony which is another name for marriage.

Christians have only one spouse. This is called monotony

Two Minutes Silence

I'm glad the 'Two Minutes Silence' has now been restored to its original place at 11 o'clock on the eleventh day of the eleventh month. Although not everyone keeps it, it's important that we do have this pause in our national life, not only to remember those who gave their lives for their country in the two World Wars, and in other conflicts since, but to think of those who are risking their lives now in Iraq and Afghanistan.

Those two brief minutes on Armistice Day and on Remembrance Sunday, give us an opportunity to express thanks for the sacrifices of the dead, and of those who still bear the physical, mental and emotional scars of their service.

It's important, too, to think of also of the pain and sadness of the families of those parted from their loved ones, during wars and conflicts. Those who live daily with the fear that they may never see their loved ones again.

Dietrich Bonhoeffer, that courageous opponent of the Nazis, understood their feelings as he himself experienced the anguish of separation from those he loved. Writing from his prison cell he noted that, 'Nothing can fill the gap when you are away from those you love. It is nonsense to say that God fills the gap. He keeps it open, so that our communion with another may be kept alive, even at the cost of pain.'

In the face of great suffering, our own or that of others, often the only possible response, is silence. In such suffering we are taken to the foot of the cross, to Jesus, the one who stands with us in our suffering because he himself shared it to the full; to Jesus the one who also gives us hope, for he shows us by his resurrection that suffering and death are not the end.

Judith Pollinger, 01208 880181

CLIC Coffee Morning success

We have been absolutely overwhelmed by your response to our request to help us make funds for the CLIC Sargent charity for children with cancer and leukaemia.

The Coffee Morning with Light Lunches held in the Village Hall on September 30th raised an unbelievable £2228.50.

Thank you so much to you all for your help beforehand, on the day, being there and spending your money, creating such a happy atmosphere, for donations of goods to sell and for the money sent from all over the country from people with family ties to Port Isaac and their friends. The generosity, kindness in different ways and all the support we have had from so many of you is very comforting. We, as a family, are so very grateful to you all.

The money raised is being split evenly between the CLIC House in Bristol and the CLIC Ward at Trelliske Hospital, Truro.

Matthew continues his treatment on a regular basis and is soon to embark on an eight-week regime of intensive chemotherapy to the "limit of his body's endurance". We still have no prognosis, so please keep him in your prayers; his road is still very long.

Janet Chadband and family

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

Telephone Judith Pollinger on 01208 880181

Port Isaac Stay & Play Group

October has been a busy month for the children at playgroup. They have been preparing for Halloween and Guy Fawkes Night making scary masks and potato prints. November and December will be full of craft activities for Christmas and we hope to set a date for the nativity at St Peter's Church.

The adults have been busy too with the AGM. Lee, Marie and Sharon were re-elected to the posts of chairperson, secretary and treasurer respectively. We are also very pleased to welcome three new committee members: Julia, Sarah and Marie. Everyone felt the playgroup had had a successful year and wished to thank everybody who has helped throughout.



Paul Johnson

(now Sunset Johnson ...!)

Recorded Live
at Port Isaac
Listen now at:

www.sunsetjohnson.com

The Men's Coffee Morning ... and didn't they do well!!



John Mac on the cake stall - and yes, the men made all the cakes themselves



Andy Penny preparing the fresh orange juice

Did we
really make
over £400
for the
Village Hall?



Robin on the piano

St Mellion aka The Great Potato Famine 2006

Only one thing springs to mind on a day of great weather and below average golf - possibly the worst meal on tour since the hard pie debacle at St Austell. You can tell how bad it must have been when the 'Human Dustbin' Andy Penny pushes it away and demands to see the manager (most of us thought he was going to eat him). Twelve golfers waited with baited breath as the 'Man Mountain' (how many other nicknames can he have), dressed in jacket and tie - quite a formidable sight in itself - began to get more riled the longer it took the manager to take his b _ _ _ s in hand and face the Adonis.

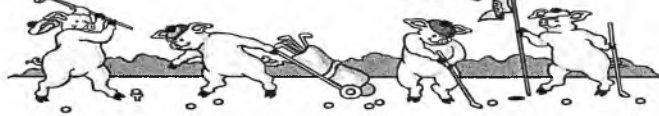
The reason for Mr Penny's complaint - a bought factory steak and ale pie, a small pool of onion gravy and a dollop of lime green snot which bore little or no resemblance to mushy peas and, brace yourselves, NO POTATOES, yes, you did read it right - NO POTATOES. Not a chip, not a new potato or any other potato product. Now, to serve that to 12 slightly above average build knackered golfers was brave, to say the least, but to try it with a potato efishianoda (*DeeEd: correct spelling aficionado but I much prefer the Lardman's!*) was pure folly. After watching the manager squirm and writhe under the pressure from Andy, Des, Geoff, Justin, Mike, Tim, Steve, Karl, Tony, Chris, Paul, Chris and Chunks (don't ask!), he finally offered us free food next time we book ... if we do!!!

Port Isaac Surgery

The Dispensary at the Surgery takes phone calls from patients between 11.30am and 1.00pm and again between 3.30pm and 4.30pm, Monday to Friday. At other times of the day you will hear a recorded message advising you of these times.

The Direct Line for calling the Dispensary is 880242.

PIGS on tour



The golf on the day was poor but the Stableford Competition was won by Karl 'how am I supposed to win anything playing off 12?' Daly.

Second was Chunks from Bowood (look, I did ask you all nicely not to ask!).

Third was Steve 'The Golf Punk' Bunt.

Nearest the Pin was Steve 'The Punk'.

Longest Drive - finally, Paul 'that was the best £1300 golf weekend I ever had ... till the next time' Honey.

2's Competition - Andy 'The Adonis, Human Dustbin, Man Mountain, Potato Efishianoda' Penny.

The golf course itself was, in places, like playing in Bosnia with greens being dug up, spiked and generally abuses and, yes, I know they have to be done but we are the PIGS!

Every hole at St Mellion is a challenge but I don't think Mike and Des realised just how much - and after letting their group through, myself, Tony 'The Stallion' and Chunks (please don't!) witnessed some of the worst golf shots ever seen. Watching Des and his sherpa climb the side of a mountain in a vain search for his ball was painful, but not as painful as watching Mike take six shots to go 100 yards (and I'm being generous) and then pick his ball up to give it a damn good talking to.

The Lard Man

Thanks to Billy for breaking the ice - and possibly the floor - when he fell head over heels at 'An Audience with' - truly priceless, yet again.

Suffering with constipation?
We have the foolproof cure
Ring the Lard Man or the Chippy

The Four Parishes Golf Event

The Friends of St Endellion organised a friendly golf competition for the parishes of St Endellion, St Kew, Port Isaac and St Minver, prior to their proposed joining together. The competition was held on September 25th at St Enodoc's Holywell Course, which was kindly donated by the Club Committee. The competition format was four ball Stableford with each group of four made up of one person from each of the churches which meant we all got to know each other.

After the competition all the players thoroughly enjoyed supper provided by the golf club and this was followed by prize giving by the Rev Judith Pollinger. St Minver were the overall winners and have kindly agreed to organise the event next year.

The Team Prize went to Peter Battle, Roger Heydon, Rod Baker and Keith Godfrey (pictured). Individual prizes went to Rob Heath and Fiona Densham. There were also competitions for Putting and Guessing the Church Teams' Scores. The money raised (£535) was divided between the four parishes.

So this cowboy walks into a German car showroom and says 'Audi!'



Port Isaac & District Neighbourhood Watch



Youth Forum

We hear, all too often, that there is nothing for the youngsters to do in the village and bored youths look for excitement in ways that do not always please the majority of residents. Kick Boxing and Badminton are already available in the village but I am happy to report that, in early November, a meeting is to take place involving interested parties from the village, the Youth Service and the Police to look at ways more activities can be provided for the young people.

Similar schemes are running in other villages and towns in the area and are proving successful. After the initial meeting there will be full consultation with interested parties and it is hoped that the youngsters themselves will take part in any future planning.

The results of the first meeting will be reported in the next issue of *Trio* and I hope that anyone who is interested in making such a scheme successful will be encouraged to come forward and help.

Report Problems

When problems do occur in the village, many people feel that they do not want to report them. However, this is the only way that the authorities can take action. Many people do not want to ring the 08452 777444 number in Exeter but Wadebridge Police Station is manned 24-hours (only open to the public during the day) and any call made will be answered as soon as possible. PC Taylor, our Neighbourhood Beat Officer can be reached on 0796 8087667. If he is not on duty there is an answer machine. Another useful number is Crimestoppers - 0800 555111. The more people who report an incident will result in action being taken more quickly. You can also contact your local Neighbourhood Watch Coordinator.

Now that the Neighbourhood Watch Office is operational in Camelford, we should receive information regarding potential problems that may occur in the village. This information will enable us all to be aware and take appropriate action.

Winter Safety Advice

1. Always lock all windows and doors when you go out.
2. Leave a light on downstairs when you go out.
3. Tell a neighbour if you are going away.
4. Leave a key with a neighbour so that they can clear the post from the letter box.
5. Look out for elderly neighbours, especially if the weather is very cold and icy.

Pat Pearson, 01208 880969

A few ways to convince everyone that you are as sane as the next person!

Sit in your parked car with sunglasses on and point a hair dryer at passing cars. See if they slow down.

Put decaf in the coffee maker for 3 weeks. Once everyone has gotten over their caffeine addictions, switch to espresso.

Finish all your sentences with "in accordance with the prophecy"

As often as possible, skip rather than walk.

Order a Diet Water whenever you go out to eat - with a serious face.

Sing along at the opera.

Go to a poetry recital and ask why the poems don't rhyme.

Five days in advance, tell your friends you can't attend their party because you're not in the mood.

When the money comes out the hole in the wall, scream "I won! I won!"

When leaving the zoo, start running towards the parking lot yelling, "run for your lives, they're loose!!"

Tell your children that "due to the economy, we are going to have to let one of you go."

Magical Managers 2006/07

Division One

LW	POS	TEAM	MANAGER	PTS
1	1	BADA BING!	Paul Honey	250
2	2	LET'S GET TWISTED	Ben Skinner	333
4	3	ANCHORAGE	James Durston	207
3	4	COME ON LAMPARD	Rachel Grills	204
5	5	TOM'S TEAM	Tom Lobb	199

Division Two

LW	POS	TEAM	MANAGER	PTS
1	1	WHATSS UP	Neil Pooley	243
2	2	THEM OR US	Andy Penny	233
6	3	THE TROWELS	Des Pooley	231
3	4	HARTLAND ROAD ALLSTARS	Bryan Nicholls	227
4	5	THE CORNISH PISKIES	Margaret Honey	222

Division Three

LW	POS	TEAM	MANAGER	PTS
1	1	GILLER'S KILLERS	Alek Gill	214
2	2	THE ONLY WAY IS UP!	Jill McDonnell	207
6	3	RUSSIAN ANTIQUES	Karl Daly	206
7	4	CHELSEA SCUM	Josh Brewer	206
3	5	2 ABSOLUTE SAINTS!?	Harry & Holly Hambly	201

Up to October 27th 2006 - 9 Games Played

WWW.

Websites of the month

WWW.



Ethical Christmas Presents is my topic for this month. We have had the pleasure of being given a present of giving a goat to a family in Africa – the first kid produced by the goat is given to another family as well. This is a scheme run by Oxfam and you can find out more details at <http://www.oxfamunwrapped.com/>. There are a great range of gifts which

vary in price from a few pounds to over £1000 – from what they call stocking-fillers (a bucket for example) to funding a school for a village. Some of the other ideas include:

- * A school desk and chair (£15);
- * Starter packs of seeds and tools (£24);
- * Emergency shelter kits (£30);
- * A beehive and training (£84);
- * A boat offering access to local markets, schools and hospitals – as well as emergency transport during floods (£90);
- * A water tank that can supply clean water for up to 3000 people per day in a refugee camp (£2160).



Another good site is Fairtrade and retailers websites can be found here... <http://tinyurl.com/tlxa4>. Fairtrade is a scheme which aims to help poor farmers in other parts of the world by helping them get a fair price for their goods. You can get fairtrade products at our local shops sometimes, the Co-op for example.

One of these sites I found attractive is zero point zero which says it is the first carbon offset delivery service, and describes itself as an ethical superstore. It has lots of useful products and if delivery really is carbon neutral that's pretty good too, and some of their products would make very nice Christmas Presents.

Christmas cards are a tricky one. The amount of paper they use and the transport needed to carry them everywhere is quite a big deal these days. But they keep us in contact, so are there any alternatives. Well, if you are online and enjoy things coming through email there are some very good fun cards that can be sent that way, and my guess (although I don't really know) is that e-cards are less environmentally damaging than ordinary ones although the government thinks so – check out the envirowise website at <http://tinyurl.com/y89q9b> for details of how to send e-cards. One American site has lots of nice ones, with animation and you can also play around with them, making Santa move about with his reindeer – that sort of thing – with your mouse.

Finally you will have noticed these website addresses tinyurl. These are addresses which are provided by a website called – strangely enough – www.tinyurl.com. If you go to that website and enter a very long website address, it translates it into a very short one, much easier to include in articles such as this. When you put the tinyurl address into your web browser it gets redirected to the long one. Hope that makes sense...

If you have any comments or suggestions about this column, please do contact me on tonywainwright@hotmail.com

Trelights Methodist Church

is holding a

Christmas Fayre

in the Schoolroom

on Tuesday December 5th at
2.30pm

Cake Stall, White
Elephant, Books etc
Raffle
Refreshments

All welcome

*Proceeds for
Cornwall Air Ambulance
and Children's Hospice
South West*

Some of the good things about being over 50

In a hostage situation you are likely to be released first.

No one expects you to run - anywhere.

There is nothing left to learn the hard way.

Things you buy now won't wear out.

You can live without sex but not your glasses.

You no longer think of speed limits as challenge.

Your eyes won't get much worse.

Your joints are more accurate meteorologists than the national weather service.

Your secrets are safe with your friends because they can't remember them either.

Your supply of brain cells is finally down to manageable size.



Another Pie !! I hope you liked the last one. It is that time of year even though it is oh-so-mild. My family have really got into pies and the like. I was going to try a suet pudding but haven't quite got it together, maybe next month?

As you may have heard, we are leaving Port Isaac therefore I shall present my last article in December. We have such a strong sense of community in Winchester, the second home thing has always required more energy than I can give it. We have loved our home in Cornwall but it is time to let it go and focus my energies closer to home. I shall continue writing recipes and working on my book.

Orah

Steak, Kidney and Mushroom Pie

4 tbsp oil
 2 chopped onions
 200g chopped bacon
 1kg diced braising steak
 4 tbsp cornflour
 300g halved lambs kidneys
 300ml beef stock
 300ml Guinness
 2 heaped tsp English mustard powder
 Bay leaves and rosemary, tied to make a bouquet garni
 200g halved button mushrooms
 225g ready-made puff pastry.
 beaten egg to glaze

1. Preheat the oven to 160 °C/325 °F/Gas Mark 3.
2. In a large casserole dish heat the oil.
3. Toss the steak and kidneys in the flour and fry in batches in the dish until browned then set aside.
4. Fry the onions until glazed in the casserole dish and add the chopped bacon scraping the residual meat juices into the onions and bacon.
5. Pour in the stock, Guinness, mustard and bouquet garni and cover and cook in the oven for 1½ hours.
6. Add the mushrooms and fish out the bouquet garni then cook for another 30 mins giving it a good stir.
7. Preheat the oven to 220 °C/425 °F/Gas Mark 7.
8. Roll out the pastry with a strip cut off to fit around the dampened rim of the dish.
9. Brush the pastry strip with water and fill the dish with the meat.
10. Lay the pastry over to seal and crimp the edges.
11. Make a slit in the pastry and brush with the beaten egg baking for 35 mins until the pastry is risen crisp and golden.

Complementary Therapies & Arthritis

Most arthritic and rheumatic aches and pains come and go. Even a persistent condition like osteoarthritis may only be painful at times, often because the joint has twisted and strained. Most pains in bones and joints last for a few days, weeks, or months, but when these aches and pains persist we all tend to seek treatment.

About 30% of the British Population has used, or is using some form of complementary medicine. This increases to nearly 60% among those who have arthritis. Some claim great benefit but, as with all arthritic treatments, it is often difficult to know if an individual's improvement is due to illness waxing and waning naturally or because of a specific treatment.

However, complementary therapies such as massage, acupuncture and reflexology can play an important role in encouraging positive changes in lifestyle and outlook, such as increased self reliance, a positive attitude, learning relaxation techniques and appropriate exercises. Lifestyle changes like these may help to stabilise or improve your arthritis. Often, for arthritis, a cure is not always possible and these changes can be as important as more conventional Treatments.

For further information or if you would like to discuss a treatment that may help to relieve some of your symptoms please contact Debbie Wells on 01208-880715



Whatever you say to your dog, however stupid it might be, your dog will just give you the look that says, "Wow, you're right, you are so clever!" and

The reason a dog has so many friends is that he wags his tail and not his tongue!

Compost Corner aka Manure Monthly!

November already. I can't believe it. I'm still working in a tee-shirt (when it's not raining). The mild climate at a time when we would expect to be wrapping up in our Winter woollies may mean that your plants are still flowering and grass is still needing a cut. It is lovely to have the flowering season last so long, but do beware as a change could happen at any time. Nasty winds and sudden frost pockets can cause no end of damage to plants so a little preparation and planning at this time is advisable.



Moving your containers to a protected area such as in a greenhouse, in a sheltered corner or even just up next to the walls of the house where the temperature is slightly higher, can prevent pots from cracking and plants from suffering from extremes of weather. Horticultural fleece (a light breathable membrane) is a Godsend for 'tender' plants - which cannot be moved. It doesn't matter if you don't know a 'tender' from a 'frost hardy' plant - if in doubt, wrap it up. A light, loose, covering of fleece tied securely or tucked under heavier pots can make all the difference to the condition of a plant through the Winter.

I hope you have been cutting back your fast growing and out-of-shape shrubs, and lopping off the dead foliage? It makes such a difference to the state of your garden in the Spring if things are neat and tidy over Winter - new growth begins on plants which are the right shape and size, and perennials and Spring bulbs aren't fighting through beds filled with grot. And what better time of year to have a bonfire? I know a beach where a few bags of my garden waste are going to be burnt!!

One last suggestion for November is to give your tools a clean and a service. My lawnmower is going in for a professional clean up before it's put away for the Winter, and my hand tools will be sharpened. Do keep things oiled to prevent them 'seizing up' and rusting, and make sure they are stored in a dry place.

Port Isaac School Gardening Club

I want to use my last paragraph this month to appeal on behalf of the Port Isaac School Gardening Club. We had lots of fun this year growing a huge number of vegetables, flowers, herbs and fruits. I want to plan well ahead for next year and am therefore asking now for a bit of help. We badly need a small amount of good quality top soil (and help shifting it), and some assistance in improving water supply on the allotment area. If you think you can help us with either of these things, please give me a call and I will explain further, and we would be so grateful. Our children seem to really enjoy this club, and benefit enormously from understanding where these foods come from. I look forward to hearing from you generous, helpful, strong and clever people...

Busy Lizzy, 07811 962090



Environmental issues



As I write this article, Sir Nicholas Stern is about to deliver a 700-page report on global warming. Mr Blair (our esteemed Prime Minister!) has said, "the Stern report should be seen across the globe as the final word on why the world must act now to limit the damage we are doing to our planet".

I will report on the main points of the report in next month's *Trio* but, please, take on board all I have suggested in past issues. If we ~~want to have a reasonable world for~~ our future generations we need to start to think about

- The way we travel and move around
- The way we light our home
- The ways in which we can save water
- The way we take our holidays

The Green Tax will follow shortly!

Annie Price

News from the Carn Awn Singers

The Singers have now recommenced their regular practices and are working towards some forthcoming concerts both before and after Christmas and the dates should be finalised by the time the December edition is published. Several new items have been added to the repertoire but to ensure that there is something for every taste, the old favourites will also be included.

If in the meantime you are planning a concert or would like further information about the Singers, please contact Jane Sadleir on 01840 213796

I phoned the local ramblers club today and this bloke just went on and on ...

Note: This is an informal report and not taken from the minutes of the meeting.

This month's meeting was held on October 9th, at Port Isaac Primary School.

Coast and Valleys Project

David Attwell, North Cornwall Heritage Coast and Countryside Service, described the progress being made on this project to re-instate the natural environment along two stretches of the coast from Dannonchapel to north of Morwenstow. The aim is to restore the valleys and flatlands to their 1940-45 state, in conjunction with North Cornwall District Council, The National Trust, Royal Society for the Protection of Birds, and many others. The operation is carried out as far as possible with the co-operation of landowners and farmers on whom much of the success depends, and involves re-seeding impoverished areas. The project is reaching the development stage where improvements show how local people and communities will benefit. It is not the type of scheme that the National Lottery would normally consider but has been in progress for ten years and has won £2.7 million to be spread over three years (if all 17 landowners agree to participate). Eventually there is hope for a long-term stewardship with DEFRA's co-operation. There is also an archaeological angle in the discovery of old field systems, etc. The Parish Council is asked for a letter of support and is also invited to go and look at the areas.

Sports Project

David Shephard outlined plans for a hall at the playing field with various sports facilities, a viewing gallery, changing rooms, and storage for the gig. There would also be a full-size football pitch. Lottery funding of £2,807 had been awarded as support for the project and provision of affordable housing which, if carried out at the same time would help with the infrastructure. The total cost of the project would be £1,370,000. He urged the PC to hold meetings with West Country Housing Association and to not bother with solicitors until the situation was clear. The total cost could be reduced to £1,200,000 if shared with the housing scheme. Martin Bell said he was beginning to think the scheme is too ambitious for a village the size of Port Isaac and that a scheme costing £500,000 had been advised by NCDC.

Parish Council News

Public Discussion

Ted Childs referred to an article in The Times describing an initiative at Gloucester where gulls' eggs in the nests had been replaced with plastic ones which had deterred laying. He said the lower village had been a total mess this year. He asked the Parish Council to liaise with other councils, such as Gloucester and do something before next year.

Barbara Gore asked whether there were any signs of chestnut disease in the tree at Trelights. She was informed that the tree had been inspected recently.

Finance

A £200 donation is to be made to the British Legion.

Footpath Report

Malcolm Lee reported on a Cornwall County Council meeting to advise Parish Councils on a new method for costing footpath trimming work where only those lengths of 'gold' paths actually needing a cut will be reimbursed. He feared that this would lead to a loss in the amount contributed by the CC and a corresponding increase in PC funding for trimming other paths.

Robin Penna presented a report of the footpath committee meeting

1. Waymark roundels are to be placed over the misleading arrows on the post at the top of the path up from Pinehaven and a price is to be obtained for a finger post ('Port Isaac - Coastal Path - Port Quin') at the footbridge.
2. Robert Manders will make a proposal at the PC meeting, that St Endellion PC joins the Ramblers' Association.

A visitor had reported that the fence on the steps up to the cliff top at Pinehaven was unsafe. This has been reported to the County Council.

Seagulls and Bins

Robin Penna presented a poster for displaying in holiday cottages with information about the daily refuse collection system in the harbour area of Port Isaac and the need for refuse not to be put out in unprotected plastic bags. North Cornwall District Council approval is to be sought for this idea.

Play Equipment at Playing Field

A new Taylor-made slide is to be installed plus new safety matting, and new chips under the swings, at a total cost of £4,539.

Letter from Chisholms

Mr Chisholm has written to the Parish Council that he wishes to terminate the business on the affordable house scheme as this is not commensurate with his abilities. An interim meeting was arranged for October 30th to discuss the way forward with the scheme.

Ramblers' Association

A proposal that the PC join the Ramblers Association was carried and the Clerk is to make enquiries whether they have provision for a PC membership.

Yellow Lines

A letter from Cornwall Highways Divisional Inspector Paul Allen indicated that the support of the Parish Council would be necessary before a public consultation on the matter could take place.

Correspondence

A letter from PC Malcolm Taylor reported that he had spoken to the building contractors at Trelights about the traffic problems. These only occurred when deliveries took place.

A letter from County Council Divisional Surveyor Paul Allen said that road repairs in Trelights would be organised.

Next Parish Council meeting

The next monthly meeting will be on Monday November 13th, 7.30pm. at Port Isaac Primary School.

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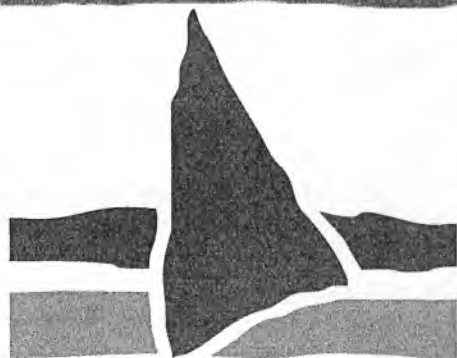
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varied lunch menu including seafood specialities

Bar open all afternoon

**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

Reservations are advisable

**Christmas Party menus now available for lunch
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Please ring us on 01208 880264 for reservations

**We are also serving roast lunches every Sunday at
The Mill House, Trebarwith from noon until 2.30pm
(telephone: 01840 770200)**

Regular Live Music at The Mill House

please watch the notice boards

chunky custard - Friday November 10th - 9.00pm

**The Mill House Fireworks Display, food & mulled cider
Sunday November 5th from 6.00pm**

**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

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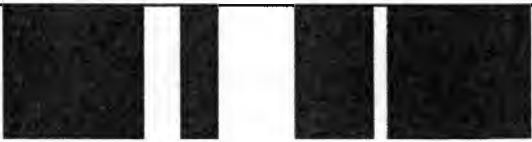
DEREK JEAL

Chartered Accountants

1 Pityme Business Centre, St Minver,
Wadebridge PL27 6NU

Tel: (01208) 862053

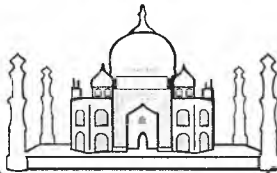
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Watershed
CAFE BAR

OPEN

**Thursday nights
for Nicki's traditional and
authentic Indian Curries**



our usual menu will also be available on Thursdays

**We are also open Thursday, Friday &
Saturday nights and Sunday lunchtimes**

Dinner from 6.00pm

Sunday Roasts from 12noon
BOOKING ADVISABLE

**Takeaways freshly cooked Fish & Chips and
Homemade Pizza always available**

**Christmas Menus now
available - book your
Party now**



01208 880670

Please note that we will be closed on
November 11th & 12th for staff holidays

Happy 18th Birthday Ceryn

Happy Birthday Alice

I'm hot, you're not!! Ha Ha Ha!

Lots of Love from Nicki B



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22 Hartland Road, Port Isaac, Cornwall PL29 3RP

TELEPHONE: 01208 880371

Tuesday November 7th
Trelights Methodist Church Sankey
Evening in the Chapel - 7:00pm

Thursday November 16th
Police Surgery in the Elliot Building at
Port Isaac School from 2.00pm-
4.00pm

Saturday November 18th
St Peter's Church Christmas
Mini-Market in the Church Rooms -
10.00am

Monday November 20th
'In the Bag' kerbside collection - have
your bags out by 7.00am

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

Wednesday November 29th
The Trio Christmas Shopping Trip
to Barnstaple - leaves Port Isaac at
9.15am

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

Monday December 4th
'In the Bag' kerbside collection - have
your bags out by 7.00am

Tuesday December 5th
Trelights Methodist Church Christmas
Fayre in the Schoolroom - 2.30pm

Annual Bingo in aid of the mentally
handicapped in Port Isaac Church
Rooms - 7.30pm

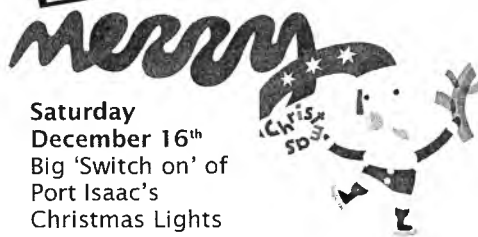
Thursday December 7th
STEER meeting in Port Isaac Village
Hall - 7.30pm

Tuesday December 12th
Annual Christmas Carol evening in
the Pottery

Wednesday December 13th
Father Christmas has agreed to make
a very special visit Port Isaac, starting
at Hillson Close at about 6o'clock,
travelling through the streets and
ending up on the Platt.

Thursday December 14th
Police Surgery in the Elliot Building at
Port Isaac School from 2.00pm-
4.00pm

Friday December 15th
Trelights Xmas Lights switch-on
ceremony at the post box - 7.00pm -
to be followed by free music, mince
pies, mulled wine etc in the
Methodist Schoolroom



**Saturday
December 16th**
Big 'Switch on' of
Port Isaac's
Christmas Lights

with the St Breward Band
followed by
The Rock of Ages Christmas Party
in the Village Hall

Monday December 18th
'In the Bag' kerbside collection -
have your bags out by 7.00am

Tuesday December 19th
Christmas Whist Drive in St
Endellion Church Hall - 7.30pm

**December 28th, 29th & 30th 2006 &
January 2nd 2007**
Sleeping Beauty - the Port Isaac
Pantomime - in the Village Hall

2007
Thursday January 18th
Police Surgery in the Elliot Building
at Port Isaac School from 2.00pm-
4.00pm

Easter Saturday April 7th
Port Isaac Village Hall Auction

May 25th - May 28th
2007 Port Isaac Music Festival



Trio December Copy date - Monday December 4th
Publication date - Tuesday 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

Rainbows - every Tuesday from 4.45pm - 6.00pm, during term time, at Part
Isaac School. Contact Jennie on 881038 or Marie on 880977

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,
Family Service every third Sunday 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!**