

## Footpath to Trewetha time to have your say

Parish Councillor, Martin Bell, has contacted *Trio* with an update on the progress for the footpath to Trewetha. He has received a letter from Cornwall Council Area Highways Manager, Brian Doney, that includes the following information:

"Our estimators have completed their initial guide price which is approximately £65,000, although this would need amending in accordance with Mr Cleave's preference of fencing. If we said around £70,000 I don't think we would be too far away.

At present there are still no funding opportunities available for such projects, therefore we have set up a file here at Bodmin to receive and respond to any correspondence concerning the proposed footpath. We would welcome any copies of letters in support of the project ..."

Martin tells *Trio* that "Cornwall Council (CC) have priced for a full blown asphalt path that can be walked year round in normal shoes and will be adopted and maintained as part of the public highway at CC cost. It will meet government disability and equality criteria, being suitable for wheelchair users, childrens' pushchairs, electric mobility buggies and Alan Chadband's wheelbarrow.

Right now the most important thing is that parish residents who want this footpath should write to Mr Brian Doney, Area Highways Manager, Cornwall Council, Central Group Centre, Bodmin, PL311DZ or email him at [highwayseast@cornwall.gov.uk](mailto:highwayseast@cornwall.gov.uk) quoting reference **302274** so that he can build up evidence of local public support for the project to justify the budget. If you have been threatened by passing traffic on that section of Trewetha Lane then tell him about your experience in your own words. The new footpath would enable Trewetha residents to walk the short distance to the surgery, the school and the Co-op. Port Isaac residents and school children could safely access the network of country footpaths that radiate from the hamlet, or buy fresh vegetables from the farm shop or, if you are Alan Chadband grow them yourself in your Trewetha garden without risking your life walking there!"



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Port Isaac RNLI

### LIFEBOAT LARKS

Sunday August 23rd - 11.00am onwards on the Platt

fun for all the family

Helicopter & lifeboat rescue display, Food, Drink, Punch & Judy,  
Bouncy Castle, St Minver Band, Children's Corner, Stalls

# PACT meeting

The local police have arranged a PACT meeting (Partners & Communities Together) for Wednesday September 9<sup>th</sup> 2009 at 7.00pm at Port Isaac School.

PACT is a process where the police look to gather information on the concerns and issues within a local community and act upon them, together with other partner agencies (eg Council, Parish Councils, Housing Authorities, Highways, Environment etc).

It is an opportunity for local people to influence the activity of the Police and other agencies within their neighbourhood. It is a way of engaging with local communities to establish their priorities and reduce the fear of crime and improve public satisfaction.

*PC Malcolm Taylor*

## ILLEGAL PARKING

All illegal parking issues, yellow lines etc, are now dealt with by the Civil Enforcement Parking Team, who are based in Truro.

They can be contacted on

**01872 222000**

**Every sixty seconds  
you spend angry or  
upset is a full minute  
of happiness you'll  
never get back**

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## Port Isaac Village Hall

### YOUR HALL FOR YOU TO USE

### HIRE RATES



**Licensed Premises Available for Clubs, Groups, Charity Events, Meetings, Private Hire, Parties, Wedding Receptions etc**

#### GENERAL USERS

£8 per hour

(£1 an hour discount for advance block bookings of six or more sessions)

#### NON PROFIT MAKING PARISH CLUBS/ORGANISATIONS etc, including Children's Groups

£7 per hour

(£1 an hour discount for advance block bookings of six or more sessions)

#### ALL USERS - 24hr period £60

**KITCHEN HIRE** (for users cooking meals etc), to include hire of crockery & cutlery for 100 £50

Electricity is included in hire charges.

Central heating is payable via £1 slot meter

**Call Vanessa Isaacs on 01208 880098 for more info**

## Port Isaac Rowing Club news

**Gig Day - Saturday August 15<sup>th</sup> at Port Gaverne starting at 12noon**

The George Moth/Mark Provis Day was well attended with seven mens and three ladies teams. The RNLI won the mens and The Broken Oars from St Teath won the ladies.



## Local Walks & Guide Books available in Secrets, Port Isaac

### Walk Talk

A paw-picked selection of local dog walks, chosen by Spot & Winnie - £3.50

Robin Penna's books of walks and local guides

### A Quick Look Round Port Isaac

A brief guide for visitors to help them enjoy the village - £2.50

### A Short Guide to Port Isaac

A more detailed guide, updated and reprinted - £5.50

### 15 Walks in the Parish of St Endellion

(coastal and inland walks in and around the Parish with lots of useful local information) - £3.50

**LOCAL TIDE TIMES** - £1.30

# Village Hall news ...

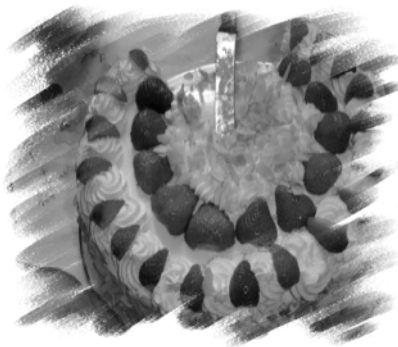
**A**nother day of rain meant there were no cream teas in the garden! The good news was that the Village Hall provided a welcome respite from the inclement weather and, in the words of one of a group of visiting WI ladies, "the best cream tea I have ever had!"

The Strawberry Experience included strawberries and cream (of course), pavlova, gateaux, mousse, cream slices, cup cakes and pimm's ripple – all preceded by the word 'strawberry'. On top of that there was a traditional Port Isaac cream tea with scones, jam and cream. A tea not for the faint hearted!

The afternoon raised over £100 for Village Hall funds. The Hall is now closed until the end of August. During this time the long awaited insulation will be put in (hopefully save money on heating) and we will be have a late spring clean plus a few trips to the tip to get rid of all the rubbish that has accumulated.

Don't forget if you want to hire the Hall for your event contact Vanessa on 01208 880098. In the meantime, have a good summer.

**The Village Hall Committee**



## Coming soon to your Village Hall

**September 25<sup>th</sup> & October 2<sup>nd</sup> - our Universally Challenged evening.**

Based on the University Challenge format, there will be buzzers and lights and starters for ten. If you want to enter a team of four, entry £5 per team, contact Sam on 01208 880862/880905 or email him on [samlc@mac.com](mailto:samlc@mac.com) It looks to be a great night, not just if you are in the hot seats. Come along and be part of the audience and support your team.

**October 30<sup>th</sup> and the Devil's Violin Company will perform 'The Singing Bones'** – don't let the company name deter you. It promises to combine the best elements of storytelling, live music and theatre and is suitable for everyone aged 12 and over.

**November 20<sup>th</sup> and the Cornish trio, 3 Daft Monkeys** (they've performed at Glastonbury) take to the Village Hall stage with their very own brand of vocals, fiddling, 12-string guitar, bass and drum – a stunning blend of danceable music that remains undeniably British!



*Jim & Becky Dyer would like to announce the safe arrival of their beautiful daughter,*

***Ruby Lily Grace Dyer***

*Born on July 3<sup>rd</sup> 2009*

*Weighing 7lb 13 1/4oz*

*Many thanks to all for the lovely cards and presents we have received. It is amazing to finally be a family at last.*

**Congratulations to Becky & Jim for the gift of our beautiful Great Granddaughter, Granddaughter and Niece, Ruby Lily Grace Dyer**

**with all our love Anne, Maggie & Jo**

**May you always have love to share, Health to spare, And friends that care**

## Thanks

Thank you to everyone who attended my retirement party at the Surgery, for all your good wishes, cards and gifts.

Thanks also to my dear working colleagues who celebrated with me at the Old School, you gave me such a wonderful night and a beautiful present.

Appreciation and thanks to the Fisherman's Friends who came into the Restaurant that evening and sang some of my favourite shanties, it was such a surprise.

A big thank you to you all.

Pauline



At our last meeting we continued to discuss ideas about how to build on what people were already doing in the Parish on the sustainability front. While the group knows some of these projects we are not up to date with all of them - the developments in Port Isaac School being a case in point; one of our members is a new governor and he was explaining about the plans the school has for development. For our part we decided to divide up the work into a number of areas and spend the next month or so trying to find out what grants were available so that we could suggest ways the Parish could get some support for projects different groups might want to undertake. These were:

- Schools
- Farming
- Faith communities
- The NHS - in particular the GP practice
- The Parish Council
- Schemes for young people
- Local Traders
- Fishing
- Domestic dwellings
- Transport
- Community-wide

There seems to be quite a lot of funding around, but it is difficult to track it down and quite often comes up with very short lead times, so we are going to develop our skills at finding out what is available and sending it through to the right people. There may be a small amount of existing funding to put forward a bid for funding and we need to identify a scheme and a funding source so we can call on this.

On the wider front there have been more reports about the dangers of climate change and the lack of any impact on the relentless rise in the emissions of greenhouse gases which continue to increase despite all the talk and reports and meetings. In Cornwall there is an exciting antidote to gloom (which can easily take over) and the website <http://www.cornwall2050.com/> describes the actions which are being organised.

If anyone has a sustainability project on the go in the Parish we would really like to hear about it so we can provide support in any way we can. We are linked in with a good many networks which can provide training, advice and sometimes funding, and it can also be good to be nominated for competitions (even if you are only runners up!) Contact me on [tonywainwright@hotmail.com](mailto:tonywainwright@hotmail.com)

The next meeting will be at 17<sup>th</sup> August, 7:30-9:00pm at Farm House, Trevathan Farm. <http://www.trevathanfarm.com/about%20us.htm>

## CLASSIFIEDS

### Long Term Let Required

Martin, chef at the Mote, is looking for a place to rent in Port Isaac. If anybody has or knows of a place please contact me on **01208 880226**

### Port Isaac New Season Lamb

*locally produced, grass fed, ready now*

This can be a HALF or a WHOLE lamb, or a JOINT, bagged ready for the freezer

It can be boxed in ice to take home at the end of your holiday

**Guide price: £100 whole lamb**

**Contact Anne or Barry Collins**

**01208 880755**

### Wanted to buy Good upright piano

**If you can help call 01208 880558**

### FOR SALE Chunky pine coffee table

with low shelf, turned legs, old pine look, 3ft x 2ft x 1.5ft  
Good condition

Quick sale preferred, make me an offer.  
Can deliver locally.

Ring Liz on  
01208 880443 or  
07811 962090





Gareth Malone deep in thought; he's probably wishing that he could be singing with the Fishermen's Friends - a wish that was granted as the night went on

## Fishermen's Friends filmed for documentary

You could be forgiven for thinking that the film crew in the village on Friday July 24<sup>th</sup> were something to do with *Doc Martin* – but you would be wrong. They were here filming the Fishermen's Friends for a documentary on music of the sea that the boys are going to be part of.

Presenting the programme will be Gareth Malone who you may have seen on the award winning *The Choir* and *Boys Don't Sing* series. As well as being on TV he also works with the London Symphony Orchestra and runs the LSO St Lukes Community and Youth Choirs.

What he expected when he came to Port Isaac is anyone's guess but he and the director, sound and camera man quickly became friends of our Fishermen and to cement the friendship they all went off on the *Free Spirit* to find out just what fishermen do – apart from sing!

The day's filming culminated with the Fishermen's Friends traditional summer Friday night singing. It was a high tide but the boys sang at the bottom of the Platt and the water stopped inches away from them – so who organised that!? And what a perfect backdrop of the sea and boats – ideal for TV but just everyday life here in Port Isaac! As always the singing was brilliant; the collection on the night of £237 was added to Lesley Grills' sponsorship for the Race for Life Cancer Research appeal.

Details of when the programme is going to be shown will be publicised in *Trio* when available.



What sort of friends laugh when you fall over? And not a thought for the poor lobster that got squashed!



Yes, it's a lobster!



Taking the film crew out to *Free Spirit*

every picture tells a story!

Time for a song?



What a backdrop!



# "Teddy Bear to the Nation" - Open Air Poetry Readings

Camhayle's season of open air poetry readings entitled – Teddy Bear to the Nation continues every Monday evening at 7.30pm until to 10<sup>th</sup> August, at the new venue, Fishing Cove Field (first field after the path from Daymer Bay car park towards Polzeath). This year there are three "Team leaders" sharing the honour of presenting this new programme of poetry. They are Sue Flitter, who has taken over the general organisation, John Holmes and of course our very own Cliff Snell who has been entertaining audiences out on Bray Hill for years.



There will be signs around to make sure you find your way (look out for Camhayle's stoic June Holmes who has been there every Monday to ensure no-one gets lost – thanks June). Chairs, cushions and rugs will add to your comfort and hot pasties (thanks to Ruth for organising this welcome addition to the evening) will be available in the intervals. There is then a special programme on Monday 17<sup>th</sup> August at St Enodoc Church at the earlier time of 7.00pm. Despite the varied weather we haven't yet had to cancel, though it has been touch and go on a couple of occasions and rather blustery at times. However, audiences have been very appreciative of both the programme and quality of readers so if you haven't yet been do come and join us and if the sun is shining it really is a lovely evening with stunning views.

If you want to check details then do look at our website – [Camhayle@freeuk.com](mailto:Camhayle@freeuk.com) – where you will find lots of information on the group's activities.

Last month I promised you further details of the summer play. Unfortunately, due to unforeseen circumstances, we will not now be able to take this around the

*"Are you sitting comfortably? Then I'll begin"*

lvillages as planned. However, auditions for 'Allo, Allo' have taken place and so watch this space in the future for details of what should be a really fun play for the autumn.

**Sue Flitter**

## The Family Tree of Vincent Van Gogh

His dizzy aunt - Verti Gogh  
 The brother who ate prunes - Gotta Gogh  
 The brother who worked at a convenience store - Stop N Gogh  
 The grandfather from Yugoslavia - U Gogh  
 His magician uncle - Where-diddy Gogh  
 His Mexican cousin - A Mee Gogh  
 The nephew who drove a stage coach - Wells-far Gogh  
 The constipated uncle - Can't Gogh  
 The ballroom dancing aunt - Tang Gogh  
 The bird lover uncle - Flamin Gogh  
 The fruit-loving cousin - Man Gogh  
 A sister who loved disco - Go Gogh  
 And his niece who travels the country in an RV - Winnie Bay Gogh  
**I saw you smiling - there ya Gogh!**

**A big thank you to everyone who sponsored us, helping us raise £665.70 for Cancer Research UK.**

**Jan, Enid, Tracey, Tamsin and Meg**

## BOGOF for the Hospice

The nights are drawing in! And the longest day is long gone and before we know where we are it will be Christmas. Hold that thought!

Remember the BOGOF for the Hospice idea we had? Well, we still plan to produce our Hospice Hampers in time for Christmas. So don't forget to take advantage of the Buy One, Get One Free offers in the super-market on non-perishable goods and let us have them for the Hampers.

Hand in your donations to Barbara at the Pottery, Dee at Secrets, Liz at Just Shellfish or Marion when you stop for a Cream Tea on your way over Lobber.

**Life is short. Break the rules. Forgive quickly. Kiss slowly. Love truly. Laugh uncontrollably. And never regret anything that made you smile.**

A huge thank-you to all the lovely folk who were so kind and helpful when Richard was recovering from the operation, following his broken appendix, during our stay in Port Isaac in June. We had a lot of advice that enabled us to find suitable accommodation for a further week to enable him to recover sufficiently for the journey home – the beautiful sea view from the coastguard cottages certainly helped all of us to rest and recuperate! A special thank-you to the RNLI ladies and Sam and Dee for keeping our spirits up! Looking forward to our next visit.

**Richard Herrod, Marion Clayden & Jasmine Clayden**

# The Fishermen of Port Isaac by Geoff Provis

Published by Trefreock Publications

ISBN 978-0-9562998-0-2

Price: £9.99

**H**arking back to days when political correctness and health and safety had not been invented, Geoff Provis' first book paints a picture of the life of local fisherman and their exploits, both about their daily work and at their leisure.

Born and bred in Port Isaac, Geoff now lives in Launceston but, he writes, "the sea and Port Isaac have never left me". He has certainly done his homework and includes a comprehensive dated list of Port Isaac and Port Gaverne fishing boats along with details of their owners and masters and the number of men working on them. Whilst many of the surnames are still familiar, some no longer exist in Port Isaac. For anyone researching their family history, this information will be invaluable. The first boat on this list is the *Two Brothers*, PW24 and is dated 1869 whilst the last record is the *Rosa Maria*, PW183, 1975. This list in itself provides much information about the types of craft used over the years and the methods of fishing.

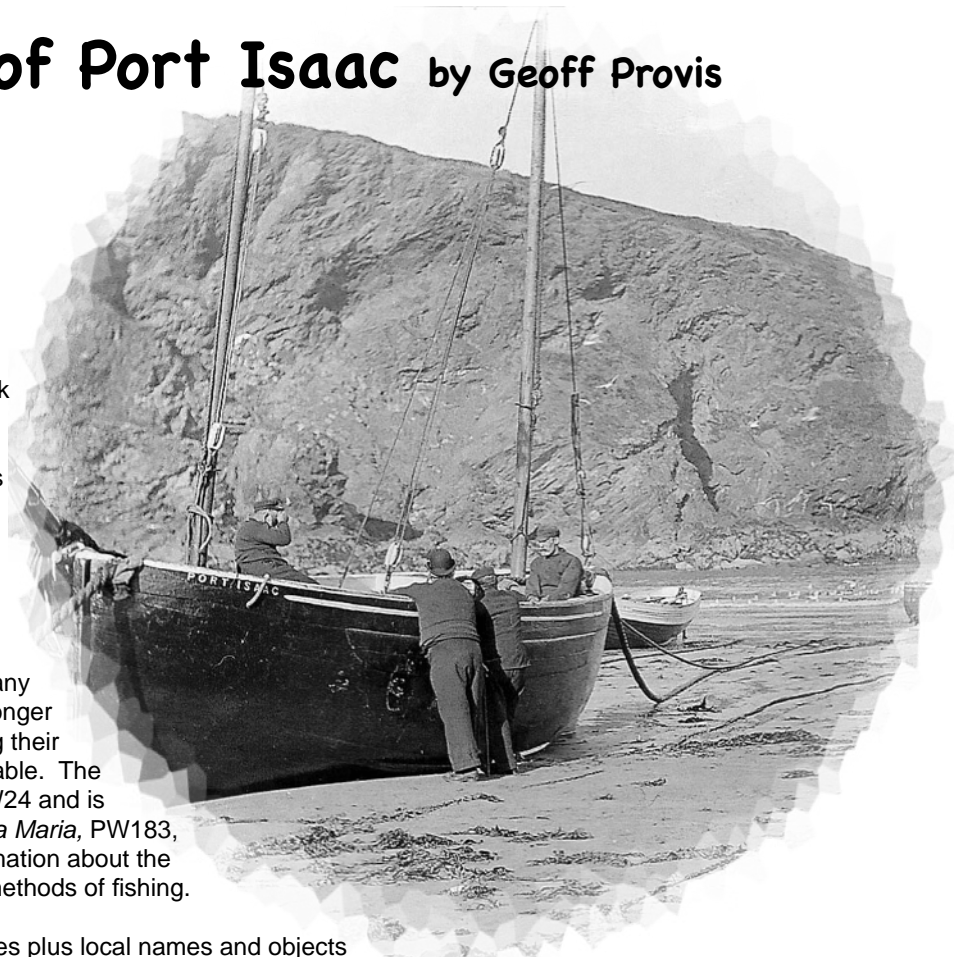
Another list details old fishermen's nicknames plus local names and objects connected with fishing. It even includes 'Fluff', a cat that lived in Temple Bar that would eat a mackerel a day.

The book is full of anecdotes that show how, in some cases, things don't change and history repeats itself. Back in the 1920s, Port Isaac Fishermen formed a choir and travelled to nearby towns and villages giving carol concerts. Yet another story tells that Port Isaac men were [allegedly] 'like savages' as a certain Police Constable Strike found out when he arrested a fisherman for being drunk and disorderly near the harbour. With the offending fisherman in his trap, the PC made his way up to the top of the village but was intercepted at First and Last by a group of fishermen who had taken the short cut up Dolphin Street and Rose Hill. They stopped the wagon, removed its wheels and released the arrested fisherman. There's no mention of what happened to the policeman!

Whilst on the one hand the book provides detailed and in-depth information on boats and various methods of fishing, it is also a book about a way of life that for many years was the 'industry' of Port Isaac. Add to this myths and legends – did you know that a witch reputedly used to live in Church Hill? – and an insight into some local characters and you have a book that should appeal to many. For any incomer or visitor to the village, the chapter on 'Superstitions' should stop any vicars wanting to go out to sea, or if you're out on a fishing trip not to mention 'rabbits' or whistle and what side to board a boat.

This is not a short book and with 188 pages not many people will read it at one sitting. But it will be of interest to anyone who lives or used to live in, loves or just wants to find out more about Port Isaac. 135 historical photographs break up the text and you will find that every time you pick up this book you will find another interesting story or fact. And if you're an incomer or a stranger to the village, take heart. In the 1800s, a certain Catherine Harris, named 'Catern Tin' by the locals, would visit Port Isaac in the strawberry season selling her berries on the way and buying fish to sell on her way back home to St Dominick. Here she met Justinian Richards and they married in 1839 when she was 43. How many ladies reading this came to Port Isaac to work and married a local boy? She was a bit of a hard case though, and when a robber stopped her pony and trap at Plain Street she broke his arm. Another time she fought a man in Port Isaac Methodist Chapel!

This book will be officially launched in the Liberal Club on Wednesday and Thursday August 19<sup>th</sup> and 20<sup>th</sup> from 10.30am to 5.00pm. Geoff Provis will be there to talk about



his book and sign your copy. After that the book will also be on sale in local shops.

**Dee Littlechild**  
Editor

If you have any queries before then, contact the author, Geoff Provis on 01566 775820 or email: [geoff@provis.orangehome.co.uk](mailto:geoff@provis.orangehome.co.uk)

**The Nat West  
Mobile Bank  
stops in the  
Council Car Park every  
Thursday between  
11.45am and 12.30pm.  
To find out more  
call Nat West on  
0845 600 2803**

**Mobile Library  
August 6<sup>th</sup> & 20<sup>th</sup>  
Mayfield Rd - 14.00-14.20  
Peapod - 14.30-14.50**



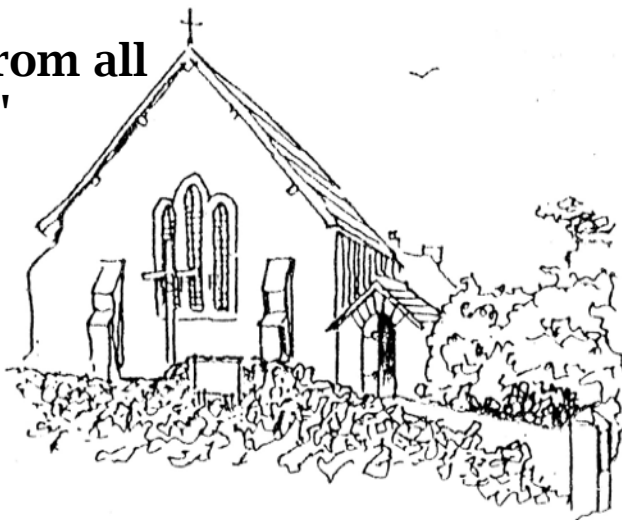
# "And He rested on the seventh day from all His work which He had done..."

**H**olidays! Brilliant! Even for a young one who loves school, or for an adult who loves their work, or for a retired person who is quite contented, holidays are so valuable.

Two weeks ago I was travelling on my first day of a week in France and stopped in a beautiful church to light a candle for my children and to say a prayer for my sick sister. In the church was a newssheet with a page of comments by five people ranging from 10 years old to 83 about what holidays meant to them. The ten year old girl said she loved to take it easy first thing in the morning, to visit her friends and not to have to homework in the evenings! The 13 year old liked to go shopping and to visit friends, and was also quite poetic! On holiday she liked to dream in the sun beside a turquoise sea (has she seen Port Isaac?)! Both the 37 year old and the 57 year old said how essential it was to disentangle oneself from the normal constraints and pressures of time and to discover new things, recover one's strength and spend time with family and friends. The 83 year old said holidays had become different since stopping working, but they really valued a change from habitual routines and to see their families.

I hope you have a wonderful holiday, whenever it comes. How important it is to stand outside time for a moment, or dream, or meet family and do new things. I hope you will find it restoring and even a time of new discovery and growth.

*Happy hols from John*



## 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.

**Tel: Judith Pollinger  
on 01208 880181**

## Church Diary Dates

### Thursday August 6<sup>th</sup> – Sunday August 9<sup>th</sup>

10.00am – 5.00pm daily St Kew Church Flower Festival

### Friday August 7<sup>th</sup>

11.30am Final Summer Music Festival Eucharist St Endellion Church, Preacher: The Ven Roger Bush, Archdeacon of Cornwall  
7.30pm Final Festival Concert St Endellion Church

### Sunday August 9<sup>th</sup>

9.45am Sung Eucharist St Peter's Port Isaac  
2.30pm Holy Baptism St Endellion Church (Jordan Hewett)  
6.00pm Taize Service St Endellion Church

### Sunday August 16<sup>th</sup>

9.45am Family Eucharist St Peter's Port Isaac

### Wednesday August 19<sup>th</sup>

6.30pm Re-dedication of restored organ St Minver Church by Bishop Roy

### Sunday August 23<sup>rd</sup>

9.45am Sung Eucharist St Peter's Port Isaac  
2.30pm-4.00pm *Craft in Church* at St Peter's Port Isaac. Families welcome

### Wednesday August 26<sup>th</sup>

2.00pm St Minver Church Fete Cricket Field Churchtown, St Minver  
7.30pm Mothers Union Wave of Prayer Headlands View (David & Jenny Coltart)

### Sunday August 30<sup>th</sup>

9.45am Sung Eucharist St Peter's Port Isaac  
2.30pm-4.00pm *Craft in Church* at St Peter's Port Isaac Families welcome

### Wednesday September 2<sup>nd</sup>

6.15pm Local Pastoral Ministers St Endellion Church  
7.30pm Healing Service St Endellion Church



## St Endellion Church Hall



# MINI- MARKET

**Wednesday August 12<sup>th</sup>**

**10.00am-12noon**

**Cakes, Stalls, White  
Elephant, Toys**



## Crafts in Church

A chance for children and parents to be creative is being provided in St Peter's Church, Port Isaac on two Sunday afternoons in August by Barbara Bell and helpers as part of the Arts & Spirituality programme of our six churches. On Sunday 23<sup>rd</sup> August from 2.30pm-4.00pm those attending will be able to make stained-glass effect cards and on Sunday 30<sup>th</sup>, at the same time, there will be a chance to make sea-mobiles.

There will also be refreshments. Do come along for what promises to be an enjoyable time.



# PIGS on tour Loswithiel

A paltry seven players turned up at Loswithiel (not our lowest turn out, I hasten to add) but what a seven it was. I suppose you could almost call us magnificent!! (Ed: use your imagination!)

After finally finding the rest of the team in the Garden Room, the coffee and bacon rolls appeared. Now, I'm not sure what message the kitchen got about the PIGS but, as helpful as we are, the thought of seven of us getting through 20 bacon baps was perhaps a touch optimistic – although Dan Grills and The Adonis Penny did do their best!

Such a small number of players brings with it a small sense of despondency but this was lifted by the arrival of Mr Neil Buckley. Neil had really pushed the boat out this time with his apparel – a wonderful mix of lime greens, oranges, blacks and whites all topped off with his 'David Dickinson' tan. I made the comment that he is the only player who could get lost in a box of liquorice allsorts and this gave Mulberry the idea for Neil's new nickname, Bertie Bassett Buckley!

Anyway, the buggies were loaded and everybody was ready to go apart from Neil who had nearly soiled himself in the Pro-Shop when he saw a bright orange



cap which he desperately needed to finish off his ensemble. The man is slowly becoming a legend, although slightly gay!!

Whilst on the course we were blessed with predominantly warm and sunny weather, interspersed with the odd light shower. It made not a scrap of difference because we had a great laugh on a great golf course.

Both myself and Geoff got twos and we shared the prize pot of £5!!! As usual, I can't remember who won so everybody will get a mention – The Lard Man, Andy Penny, Daniel Grills, Paul Honey, Chris Witherden, Neil Buckley and Geoff Harris.

**The Lard Man**

PS I must say I was inspired by Bertie Bassett's attempts at trying to look hip and trendy. So I have been noticing that the youngsters these days are wearing their jeans lower so as to show off the 'pantage'. So, I thought, that sounds easy. If the youngsters can do it so can the oldies. Unfortunately, the memory goes a bit and I couldn't remember where my pants were! Anyway, the boys had a good laugh and Geoff's final words were, "It's been a good crack today". How pertinent!!



**CONGRATULATIONS TO  
STEVE BUNT AND NEIL  
BUCKLEY ON HITTING 40  
FROM THE PIGS**

## Trio's Top Tips for PIGS (and other golfers)



According to Radio 2 (so it must be right), golfers are high risk victims of being hit by lightning! Their advice to golfers is to get into a bunker, put your head down and your bum up in the air – only when there is lightning about, of course, else you'd look silly!

## Trio tips on how to ease muscle pain

1. Don't automatically take a painkiller. For minor muscle and soft tissue injuries, proprietary creams and gels give much better pain relief as they are absorbed faster.
2. A compression bandage (the sort that are stretchy and you put on like a sock) should be used for a sprain or strain as the elastic provides slight pressure to prevent swelling. It's best not to use bandages that contain zinc oxide as they have no give and swollen joints need a little movement.
3. The best way to stop swelling is to apply ice (try a pack of frozen peas) every two hours until the swelling has reduced. Don't apply any form of heat for 72 hours as it increases the blood flow and worsens the bruising.
4. But if it's just a little niggling pain a good thing to try is a nice hot wheat bag.
5. Don't take to your bed! Keeping still encourages tissue scarring.

# Dan Rogerson, our local MP, writes ...

Parliament has just 'risen' for the summer recess. It goes on for far too long in my view, leaving the Government able to operate without proper parliamentary scrutiny for weeks on end. However, it does give me more time to meet constituents in Cornwall, and I hope to see many of you over the course of the next few weeks.



There was an incredible rush to get Government Bills through Parliament before the break, and I added one item to the packed agenda by introducing my own Government of Cornwall Bill. It is modelled on the legislation which gave Wales a powerful Assembly, and would transfer substantial powers over economic development funding, housing, agriculture, education and healthcare to the Cornwall Council. Crucially, it would create a 'Cornish Consolidated Fund' – policy-speak for a pot of cash from central government, which would be for the Assembly to spend as it wanted. Wales already enjoys such a fund, and it is the responsibility of Welsh Assembly members to spend the money as people in Wales want, or face their wrath at the polls. Here in Cornwall, if there's a problem with the health service, or the Regional Development Agency spends millions on projects we don't want but neglects what we do want the nearest accountable person is the Secretary of State in London. My Bill would change all that fundamentally. More details are on my website, and I am happy to provide a copy to any constituent who wants one.

I'm increasingly concerned at the number of letters I have been receiving about adult social care. More and more families are being asked to make a "third party contribution" on top of the cash that comes from the individual who is being cared for, and funding from the Council. Of course, people might choose to pay for extras but families should not have to find more money just to meet the basic cost of care. The Cornwall Council was on course to realise millions in savings, so I'm keen to see some of these put into supporting the care service. I hope the new administration at the Council will be equally committed to ensuring necessary care is provided without further additional costs to families. Meanwhile, if you or anyone in your family is having a problem with any aspect of Cornwall's care services, please do drop me a line.

Finally, I'm asking as many residents as possible to contribute to the government's review of water charging. Judging from the interim report published recently, it seems they could easily conclude that the levels of bills in our area is "not a problem". That would be a huge betrayal and a missed opportunity to rectify the inequity in the present system. If you'd like to make your voice heard, write to Review of Water Charging, Second Floor, Ergon House, Horseferry Road, London, SW1P 2AL or email [charging.review@Defra.gsi.gov.uk](mailto:charging.review@Defra.gsi.gov.uk) – and please do copy me in. There is also a petition on my website at [www.danrogerson.org](http://www.danrogerson.org)

Meanwhile, have a good month. Hopefully we will see some proper summer weather!

**Dan Rogerson MP**

4 Tower Street, Launceston, Cornwall, PL15 8BQ Tel: 01566 777123  
[contact@danrogerson.org](mailto:contact@danrogerson.org)

## Trio copy dates

### September

Copy date - Thursday August 27<sup>th</sup>  
Published – Thursday September 3<sup>rd</sup>

### October

Copy date – Monday September 28<sup>th</sup>  
Published – Monday October 5<sup>th</sup>

### November

Copy date – Monday October 26<sup>th</sup>  
Published – Monday November 2<sup>nd</sup>

Don't get me wrong, we do appreciate all the articles sent into *Trio*. Some are handwritten, and that's fine. Some are very neatly typed, clearly on a computer, and handed in as hard copy. It would be really good if these items could be emailed to us at [triopi@mac.com](mailto:triopi@mac.com). Just attach your Word Document to your email or even write your article as part of your email – it would save me loads of time spent in retyping. Obviously, if you haven't got email don't worry. Just keep 'em coming.

**Dee**

## local info

**Doctor's Surgery** - 01208 880222

**Repeat Prescriptions** - 01208 880242

**NHS Direct 24-hour Helpline** - 0845 4647

**Royal Cornwall Hospital (Truro)** - 01872 250000

**East Cornwall Hospital (Bodmin)** - 01208 251555

**Derriford Hospital (Plymouth)** - 08451 558155

**Local Dental Helpline** - 01726 77777 or 01872 354375

**Police** (non-emergency calls) - 08705 777444

**PC Malcolm Taylor** - 079680 87667

**PCSO Claire Drennan** - 0845 6567930

**Wadebridge Police Station** - 01208 895872

**Civil Enforcement Parking Team** - 01872 222000

**Rev Judith Pollinger** - 01208 880181

**Harbour Master - Byron Buse** - 01208 880321

**Lifeboat Operations Manager - Phil Tidey** - 01208 880783

**Electricity** - emergency service - 0800 365900

**Water helpline** - 0800 1691144

### Parish Council:

Clerk - Elizabeth Harris - 01288 341242

email: [stendellionparishcouncil@fsmail.net](mailto:stendellionparishcouncil@fsmail.net)

**Parish Footpaths & Highways** - Robert Manders - 01208 880022

**Dan Rogerson MP** - 01566 777123

**Cornwall Council** - 0300 1234 100  
website: [www.cornwall.gov.uk](http://www.cornwall.gov.uk)

**Bowthick Tip** - 01840 770778

**Mobile Library** - 01208 72286

**Samaritans** - 01872 277277

**Vet - Nutes** - 01208 813258

## The Bollards seem to be breeding!

**Y**ou may have noticed the rash of traffic cones at the top of the village.

The Parish Council cones, which were purchased as a reaction to the road safety concerns of villagers last summer, were being removed, maybe as 'keepsakes'.

To ensure road safety is taken seriously the Highway Authority has made an impact with more than fifty cones and two 'no parking' signs. Let's hope, in the interests of everybody's safety, these are left in place'.

**Barbara Bell**  
**PC Chair**

*Ed: Would it not have been better all round for the Highway Authority to just paint the yellow lines that we were assured would be in place by now?*



## What do you want at the Playing Fields?

**A**s many of you know, the field next to the playing fields has been owned by the Parish Council for many years. There are now plans to develop this field for recreational purposes. The Youth Group have already put their ideas forward with regard to playing facilities they would like to see.

The total area of the two fields is aprox 160m x 200m, so there is plenty of space. I'm hoping to have a public meeting in place sometime in September to collate ideas and come up with a plan to put to the Parish Council for approval (I know! But we have to!). In the meantime, can you all come up with ways of using our new bigger playing fields. Nothing has been ruled out but don't forget it all has to be paid for and maintained. You can email me at [ANDY@ANDYPENNY.COM](mailto:ANDY@ANDYPENNY.COM) but I am away for the first two weeks in August.

**Andy Penny**

### The Three Bears - a far more accurate account of the events of that fateful morning...

Baby bear goes downstairs and sits in his small chair at the table. He looks into his small bowl. It is empty. 'Who's been eating my porridge?' he squeaks.

Daddy Bear arrives at the table and sits in his big chair. He looks into his big bowl and it is also empty. 'Who's been eating my porridge?!?' he roars.

Mummy Bear shouts from the kitchen, 'For God's sake, how many times do I have to go through this with you idiots?

It was Mummy Bear who got up first.

It was Mummy Bear who woke you both.

It was Mummy Bear who made the coffee.

It was Mummy Bear who unloaded the dishwasher from last night and put everything away.

It was Mummy Bear who swept the floor in the kitchen.

It was Mummy Bear who went out in the cold to fetch the newspaper.

It was Mummy Bear who set the table.

It was Mummy Bear who walked the dog, cleaned the cat's litter tray, gave them their food, and refilled their water.

And now that you've decided to drag yourselves downstairs and grace Mummy Bear with your grumpy presence, listen carefully, because I'm only going to say this once.... I HAVEN'T MADE THE PORRIDGE YET!!!'

## Filming in Port Isaac

**B**y the time you read this the filming should be finished and we will have waved goodbye to the *Doc Martin* crew - whether for the last time remains to be seen.

We can expect to see the results of the months of filming on our screens sometime in September .

*Trio* invites readers to have their say about the pros and cons of the filming in the next issue. This is your chance to say how you feel about filming in Port Isaac, whether you are for or against. Like every argument there are pros and cons and we want to include a balanced view so get those letters coming. The copy date is Thursday August 27<sup>th</sup>.

## Thanks

I would like to thank everyone for all the good wishes, cards and flowers I have received following my recent surgery.

I continue to make good progress on my recovery.

**Liz Rowe**



# Websites of the month

Last year I suggested that you might like to look at a website called Metcheck (<http://www.metcheck.com/V40/UK/HOME/>) as it is a well structured and informative site about the weather. I thought I would come back to this as I gave a talk at the Menheniot Women's Institute a couple of weeks ago about climate change and was discussing the difference between climate and weather.

The way I tried to make the distinction was by suggesting that there is a system which controls the climate which includes things like the Gulf Stream, the difference in temperature between the tropics and the polar ice caps and so on. The Climate control systems set the stage for the patterns of movement of air and sea currents which ultimately result in our weather on any particular day in any particular place.

By illustration I suggested people have a look at jet streams, one of which massively affects our weather (there are more than one – see [http://en.wikipedia.org/wiki/Jet\\_stream](http://en.wikipedia.org/wiki/Jet_stream) - ours is called the Polar Jet ). It is the position of the Jet Stream that has a big impact on the weather we experience. There was a documentary on BBC recently called The Jet Stream and Us and it traced

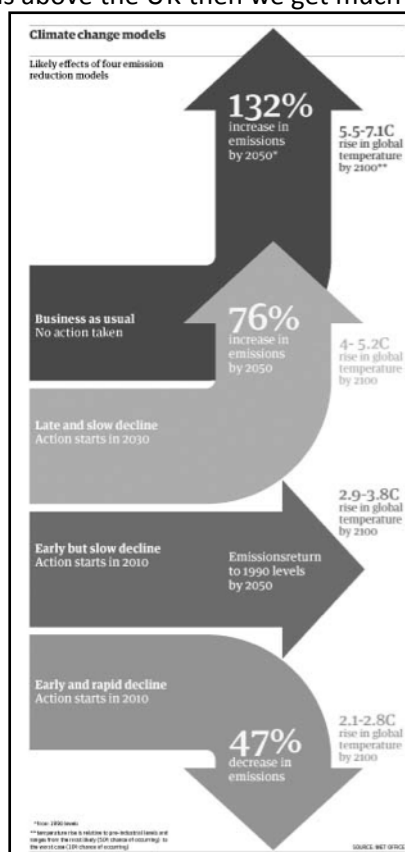
*"how human understanding of the jet stream - a ribbon of fast moving air high in the atmosphere - has grown. It has been responsible for bewildering effect on bomber pilots during the Second World War, turbocharging modern transatlantic flyers, the infamous 1987 hurricane and devastating floods. Scientists believe this powerful weather phenomenon is now changing its pattern of behaviour and could have an even bigger impact on our climate and the way we live our lives."*

The Metcheck website has a good section on our local Jet Stream and if you go to <http://www.metcheck.com/V40/UK/FREE/jetstream.asp> you will see its current location, and you can click on arrows to see how it will move. At present, as I write it is flowing below the UK and the result is all the wet and windy weather we have been having. If it is above the UK then we get much nicer weather.

The reason this matters is that it is very difficult to predict how the changes we are making to the climate control systems through the greenhouse effect will change things like the Jet Stream. So we could be in the odd situation of having global warming and local cooling – certainly we could have global warming and local awful weather.

On a more positive note there are investigations in progress to see if it is possible to harness the huge power of these thermal winds to generate electricity (see <http://www.skywindpower.com/www/index.htm> ). And another innovative approach to using wind is so-called skysails where a huge sail is attached to a tanker and can see a nice picture of this at <http://tinyurl.com/aena5q> . Back to the future.

**Tony Wainwright**



# How to recognise a stroke

Doctors say that if a stroke victim gets proper medical treatment within three hours, he or she stands a good chance of a full recovery. The problem is that many people don't recognise the symptoms of a stroke.

Family, friends or even bystanders can recognise a stroke by taking the following steps:

S - Ask the individual to SMILE.

T - Ask the person to TALK and speak a simple sentence coherently (ie It is sunny out today)

R - Ask him or her to RAISE BOTH ARMS.

T - Ask the victim to stick out his or her TONGUE (If the tongue is crooked and goes to one side or the other this is an indication of a stroke).

If the victim has trouble with ANY ONE of these tasks, call 999 immediately and describe the symptoms to the operator.

## letter to Trio can you help?

**Dear Trio**

I have been trying to get information about a festival in Port Isaac which was celebrated prior to WWII, called Holicome. It was held, I think, three weeks after Whitsun, and there was Cornish wrestling, a circus and other activities including the launch of the lifeboat.

I can find no reference anywhere to this event and would be grateful if any readers who remember it could send me details. I would like any information that may be available to be sent to me at 1 The Close, Cogos Park, Mylor Bridge, Cornwall TR11 5SZ.

The festival was a big occasion in its day and may have been associated with the non-conformist Church.

Grateful thanks in anticipation.

**David Hoskin MBE**

Ed: There is reference of Holicome in Geoff Provis' new book – see page 6

**SEND YOUR LETTERS TO TRIO**  
3 Trewetha Lane, Port Isaac,  
Cornwall PL29 3RN

# Vandalism at Trelights

In the autumn of 2008, various young trees were planted on the Chapel Green in Trelights by concerned villagers who wished to replace the tree cover afforded by the original line of Sycamores. Three of these mature Sycamores were felled last year, one at least of which was covered by a preservation order.

Recently one of the new trees, a variegated Acer, valued at £28, was sawn down to ground level. The tree was sited at the rear of the group nearest the original trees and the neighbouring property boundaries.

The police have been informed and anyone with any information regarding this criminal damage is urged to contact the community officer or any member of the Chapel.

Most people nowadays recognise the environmental value of trees. The disturbed souls guilty of this anti-social behaviour need to be cautioned before they commit further offences. In the meantime, procedures will be put in place to ensure the security and protection of the replacement tree.

*Peter M Blake*

## The Trelights Walker

Summertime is here, the roads are full of Chelsea tractors under the mistaken idea that all roads in Cornwall are one way and single track, the streets are full of distraught parents trying to avoid their children from becoming 'tractor' fodder, and yet the walk to work never bores me. How could it?



Even when it is raining the clouds in the sky form a formidable canopy of varying shades of whites, greys and menacing black and it is truly amazing the changes that can be seen in such a relatively small area.

From my bedroom window you get a panoramic view from Wadebridge all the way to Polzeath and on the way to work you can see Hartland Point in Devon and Roughton on Bodmin Moor, and trust me, the changeable weather is never more noticeable than when you have such a view that I see most days.

*Longfellow Lard Man*

## Taking things for granted

In last month's article, I told you that Cindy and I were basically prisoners of the Argentinians, who had invaded the Island of South Georgia and taken over the base camp of the British Antarctic Survey scientists. The majority of them were taken prisoner and transported off the island, eventually to be returned to the UK. The remainder fled and went into hiding, using the various huts scattered around the Island. Three of them joined Cindy and myself, which was a nightmare, mainly because we had little accommodation except two makeshift tents and very little food. However, as us Brits say, "when the going gets tough ..."

We managed, with difficulty, to tough it out and then, near the end of April, we all heard the sound of a bombardment coming from the direction of the base camp (ten miles to our North). Sure enough, it was the breakaway ships from the task force heading to the Falklands, that had been commanded to rescue Cindy and myself and the thirteen remaining scientists. It took the Army, Navy and the Airforce three attempts to complete this task, such were the appalling weather conditions, but thankfully there were no casualties.

Some 350 Argentinians were taken prisoner by the task force, but we could not be airlifted from our hut until the landmines were secured. It wasn't until the April 29<sup>th</sup> 1982, that HMS Endurance's helicopter flew into St Andrews Bay and took us, the three scientists and all our equipment away for the final time. I can remember that evening so well. It was getting dark. The air was still, the mountains still glistened with snow, the penguins and seals still around making their usual noise, and the hut, all pristine clean (I had wiped the floor 49 times that day, Cindy counted, so no muddy footmarks anywhere!)

# TRELIGHTS NEWS ...

**Trelights  
Village  
Green  
Annual**

**BBQ**

**on**

**Saturday  
15<sup>th</sup> August  
on the Park  
Trelights**

**7.30pm**

*everyone  
welcome*

and we said our final farewell to the hut and the bay which had been our home and had given us both so much in so many ways.

Once onboard Endurance we were debriefed and told what the situation was. We were to obey the rules and orders of the Military. Now that was scary! However, once we arrived at the base camp the following morning, we were transferred to a huge ship called HMS Antrim that was to take us North to our destination of Ascension Island, at the time a hive of activity as it was being used as the halfway stop between the UK and the Falkland Islands.

The return trip was memorable for a number of reasons. I will give you details of that journey in next month's instalment. Suffice to say, I could not fault the British servicemen who kept us safe and sacrificed their lives for us, as they are all doing today for each and everyone of us, whether we appreciate it or not!

*Annie Price*

# TANDEM

Liza Lobb an' John Day,  
Hawked fish Port Issyk way.

Round Endellion, St Teath, St Kew,  
John hawked fish an' Liza too.

An' once a week they carried away,  
Fish to Bodmin for market day.

Each had a donkey, an' each had a cart,  
Liza a head an' John a heart.

One day John had a brave idea  
He put to Liza plain an' clear;

"Nex' time us to Bodmin start  
Let's drive tandem an' save a cart."

"Use your cart" (she was clever in the  
head)  
"An' that'll do for Liza", Liza said.

So 'twas agreed an' the very nex' day  
They started tandem Bodmin way.

Side by side in the cart they drove  
Till John's heart warmed with the fire o'  
love.

"Liza", he sez, "tis plain as your nose  
Well together our donkeys goes;

Drivin' tandem might suit we,  
Liza Lobb will you marry me?"

"Out you bufflehead", Liza said:  
"Not for Liza. Drive ahead."

Then John pulls up and sez, quite smart,  
"Take your donkey out o' m cart,

I'll give 'ee the fish when you gets down.  
Carry 'em yourself to Bodmin town."

Now Liza Lobb was clever in the head.  
"Not so fast, John Day", she said.

"You couldn' expect me to answer plain  
so sudden; mebbe you'll try again."

John cheered up an' quick sez he,  
"Liza Lobb will you marry me?"

Liza sez, with her eyes cast down,  
"I'll give you the answer in Bodmin Town."

John whipped up the beast, once more  
An' came to Bodmin safe an' sure.

Liza hopped out brave an' smart,  
Heaved her basket out o' the cart,

Pulled her donkey out full speed  
An' sez to John, "You bitter old weed.

I wouldn' wed the likes o' you  
To save my life. Be Gor, tis true.

Thanks be, my donkey's still my own,  
I can get back to Port alone,

You basely toad, you bufflehead."  
An' plenty wasser Liza said.

After that, for many a day  
Liza Lobb an' John Day  
Hawked fish Port Issyk way,  
Round Endellion, St Teath, St Kew,  
Once a week to Bodmin too,  
But never tandem. 'Twouldn' do!

*this Port Isaac poem was found by  
Cliff Gaunt amongst Pat's papers*

## OUR VILLAGE

On Cornwall's grand and rugged coast,  
'Twæen sheltering cliffs it nestles there –  
With harbour small, and screaming host  
of circling gulls, and foræshore wheræ  
from time unknown, brave mæn have plied  
their silver trade, save when in war  
they fought for all they loved, and died  
brave mæn, nor feared to cross the bar.  
Close housed, with narrow winding ways  
of white walled cots, wheræ years agone  
old fisherfolk live out their days  
in haven fair, and peace – hard won.  
And now to this dear spot they come  
from far and wide, to see and love  
this cove, these steeply streets, and some  
to paint its shingled roofs above  
quaint angled walls. So ever will  
this beauty live, and take its place  
in England's fame, and Cornwall still  
her charm uphold, by God's own grace.

Found by Yvonne Cleave in a box  
of Uncle Bill Brown's bits

## Barbara's Art Days



Wednesday September 9<sup>th</sup>  
& Wednesday October 7<sup>th</sup>

from

9.30am to 12.30pm

**Any standard welcome**

Bring your own materials  
if possible (some will be provided)

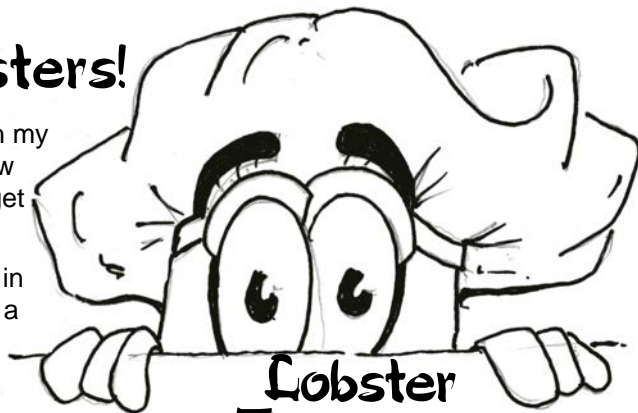
We will be doing work towards  
the exhibition at the Arts and  
Literature Festival. If you  
would like to participate,  
please come along.



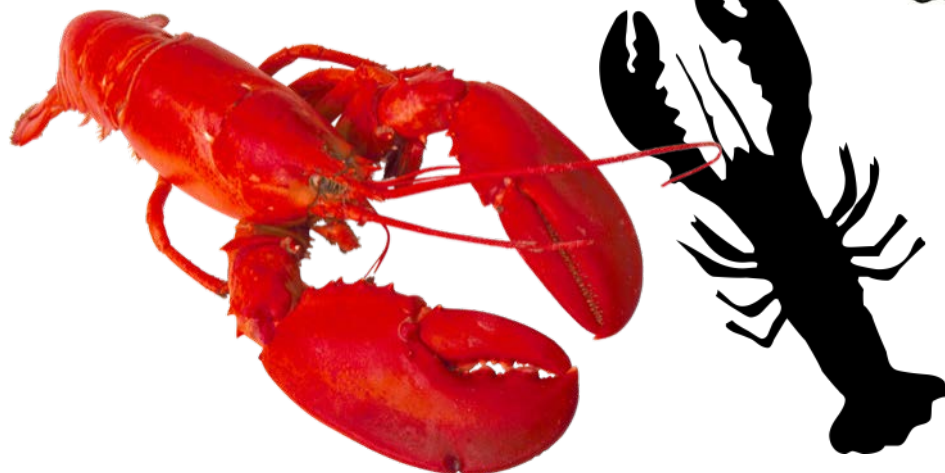
# Martin from The Mote talks lobsters!

Firstly thank you to all of you that gave me positive encouragement on my first article. As a result I have felt that it was only fair to continue. I know that you all want that "Belly of Pork" recipe and I promise that you will get it someday, just not quite yet!

Last month I talked a bit about how flavours work together. I'm now sat in front of my computer thinking where do I start this month. As this is still a working fishing village and not the set for a TV programme, it has to be lobsters.



## Lobster Thermidor

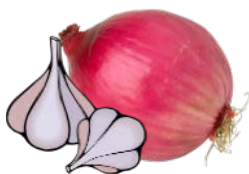


There are several ways to kill a live lobster and many have debated the various methods for years. One of the largest debates is whether or not a lobster can feel pain. This I can't answer but most of the research suggests no and if you check out Wikipedia there is a theory that lobsters could live forever in the right conditions so feeling no pain has to be a bonus.

I believe the most humane way to kill a lobster is to chill it by placing it on ice or in a freezer, and then putting it in well salted water (5g salt to a litre) that is already at a rolling boil. At least, the lobster moves a lot less than when you just throw it straight in the pot. How long to boil the lobster depends on how big it is. Cook for 8 minutes for the first pound, and 3 extra minutes for each additional pound. Be very careful not to overcook, as it only takes an extra minute to do so.

There are some recipes that call for a lobster to be cut in half. There are two options for this. The first, my preferred, is to do the above, boiling the lobster only for a minute, and then taking it out of the water and cutting it only after it's already dead. The other option is actually killing the lobster by plunging a knife in its head and cutting it in half. I'm a bit squeamish about doing this, plus I'd have the waitresses calling me a murderer.

If all this seems a bit much, just go down to the Fish Cellars and talk to the ladies at Just Shellfish who will be more than happy to do the cooking and preparation for you.



Prepare the cooled, cooked lobster by twisting off the claws. Crack claws with a hammer or the back of a heavy knife. Remove meat. Split the body lengthways, then remove tail meat from each half. Scrape any brown meat from the head, along with any coral. Remove and discard the grit sacs and intestines – the long, thin, black line running the length of the body. Transfer the empty shells to a baking tray. Shred up all the lobster meat. Finely dice an onion and a clove of garlic and fry gently in a pan with a little oil. Chuck in the lobster meat and turn up the heat. Next flame with a good slug of brandy and or sherry and cook until the flame dies. Add some double cream, a dash of Tabasco, Worcester sauce, a good handful of grated Davidstow cheddar and a teaspoon of English mustard. Reduce the sauce a little, taste and season as needed and then spoon the mixture back into the shell. Mix equal parts grated Davidstow with grated breadcrumbs and a splash of olive oil together and then cover over the top of the lobsters and bake in the oven until golden brown. You can prepare the lobsters before hand and then bake in the oven when your dinner guests arrive, leaving you time to be social.

**Enjoy and if you can't be bothered to cook yourself, you can always book a table at the Mote and I'll cook one for you instead. Mx**

### The Lobster and the Crab

Once upon a time a humble crab fell in love with Princess Lobster and she with him. They enjoyed an idyllic relationship, but one day Princess Lobster came to Crab in floods of tears saying that King Lobster would not let her see Crab any more. 'But why?' gasped the humble crab. 'Daddy says that crabs are too common,' sobbed the princess. 'You're a lower class of crustacean, and anyway, you walk sideways.' Crab was shattered and scuttled away to drink himself into forgetfulness.

That night was the occasion of the great Lobster Ball and lobsters came from far and near for feasting and merrymaking. Princess Lobster, however, sat by her father's side inconsolable. Suddenly, the doors flew open. It was the humble crab.

Slowly, painstakingly, he made his way to the throne - walking dead straight, one claw after another. A silence gathered around the room. All the lobsters' eyes fell on the intruder. Step by painful straight step he approached until he looked King Lobster in the eye. There was a deadly hush. Finally Crab spoke up: "Oh dear, I think I'm drunk!"

# things Parish Council ...

## the Parish Clerk's report from the meeting held on July 6<sup>th</sup> 2009

### Public Discussion

Before the meeting started Chair reminded Councillors of their obligations to observe Standing Order 31b) and address their comments through the Chair.

### Footpath behind Mayfield Close:

Mrs Murray reported that the railings have been removed by Cornwall Council and the owner will be advised where to collect these. The footpath is still in unsatisfactory condition: Chair will contact Cornwall Council and ask for this to be reinstated.

### Garden waste

Following a report from Mr George Steer the Parish Council has written to Cornwall Council regarding the £5 surcharge for collecting garden waste in Port Isaac, which does not apply in other parishes.

### Allotments

Allotment holders asked what the current situation is regarding the water supply and the legality of having allotments on a piece of land that was sold for cemetery use with a restrictive covenant. They were advised that negotiations were ongoing with the agents Stratton and Holborough. Chair will report to Ian Fuller as soon as there is some news.

### PLANNING APPLICATIONS AND NOTICES

**Application 2009/00790** Mr S Bushby, 40 New Road, Port Isaac.

It was proposed by Mr M Bell that the Parish Council write to Cornwall Council stating that there could be issues of overlooking and could they consider this. This was seconded by Mr D Phelps and carried. Mr B Nicholls abstained.

**Application 2009/00784** Mr T. Hood, Hillside Cottage, Trelights.

It was proposed by Mr W Dawe and seconded by Mr A Penny that the Parish Council support this application.

### Approvals & Refusals

**Application 2008/01475** Mr S Ward, 5 Furze Park, Trelights. The appeal made under section 78 of the Town and Country Planning Act 1990 is granted outline planning permission.

**Application 2008/02097** Mrs A Walsh, The Barn Owl, Trewetha, Port Isaac. The appeal made under section 78 of the Town and Country Planning Act 1990 is dismissed.

**Application 2009/00605** Mr S Camps, Haven Park, Trewetha Lane, Port Isaac. Cornwall Council APPROVED this application.

**Application 2009/00139** Homer Park. Port Isaac. Cornwall Council REFUSED this application.

### Chair's Report

Dave Dingle has been asked to remove the fence between the skate park and parking area to provide more parking spaces for the summer months.

For safety reasons and on PC Taylor's advice, traffic bollards are being placed along Trewetha Lane between Garrick and Hillson's Close. Some of these have already gone

### ANSWERS FROM LAST MONTH'S CROSSWORD

#### Across

2 - FISHERMENS, 4 - HALL, 9 - ENDELLION, 11 - POSTMANS, 13 - STORES, 17 - LION, 19 - FRIENDS, 21 - OLDSCHOOL, 23 - TEMPERANCE, 25 - MOTE, 27 - SPIRIT, 31 - ST, 32 - CHURCH HILL, 33 - SECRETS, 34 - WALK, 37 - FIRST, 39 - CELLARS, 41 - CASTLE, 42 - VARLEY, 43 - PLATT, 44 - FORE, 45 - DOC, 47 - NEW ROAD, 48 - MARTIN, 49 - MIDDLE

#### Down

1 - CAKES, 2 - ST BREWARD, 5 - MAIN, 6 - LUNDY, 7 - HEAD, 8 - BOATHOUSE, 10 - LOBBER, 12 - PEBBLES, 14 - SHELLFISH, 15 - FISH, 16 - RNLI, 18 - PORT QUIN, 20 - ROCK, 22 - LAST, 24 - POTTERY, 26 - GOLDEN, 28 - TAKEAWAY, 29 - COASTGUARD, 30 - TREWETHA LANE, 32 - CUP, 35 - FREE, 36 - PETERS, 38 - JUST, 40 - STREET, 46 - AND

missing. Chair asked for volunteers to form a rota for putting out bollards.

Signs to Port Isaac along Longcross - St Endellion road showing restricted width have been substantially raised.

ROSPA report - Chair asked the amenities committee to meet and discuss this. Reports of anti social behaviour were discussed with PC Taylor following a complaint.

### Second Field

The Parish Council has served 12 month notice on the field adjacent to the playfield from 15th July 2009.

### CO-OPTION OF NEW COUNCILLOR

Mr David Philp has been co-opted onto the Parish Council. Mr Philp was the only candidate. Although born in Port Isaac the Council welcome the fact that he lives in Trelights, giving another strong voice from that community.

### CEMETERY RISK ASSESSMENT

The Clerk has drawn up a risk assessment for the new cemetery.

### DATE OF NEXT MEETING

Monday 10<sup>th</sup> August 2009 at Port Isaac

**Elizabeth Harris**

**01288 341242**

email:

**stendellionparishcouncil@fsmail.net**

**North Cornwall  
Conservative  
Association  
St Endellion Branch**  
will hold a

## Coffee Morning

on  
**Wednesday August 19<sup>th</sup>**  
**10.30am-12.30pm**

at  
**Clematis Cottage, Trelights**  
*home of Mrs Anne Pethick*

## Bring & Buy Raffle

£2 on the door  
Further information from  
Jim Watson on  
**01208 880298**

**St Peter's Church Rooms  
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Call Marion Larkin on  
**01208 880492**

# News from Port Isaac Brownies

**W**e are now well into the holidays and are thinking of nothing but chilling out and enjoying the weather (hopefully). We ended Brownies on a high; the last session was full of fun and frolics with Bouncy Castles, face painting and lots of food made by the Brownies and young leaders. We had a very fun evening!

## Badges

At the end of term party the Brownies were all awarded the badges they had worked so hard to earn. Over the last couple of terms we worked on Home Safety, Hobbies, Finding our Way and Swimmer badges. We also continued the celebrations of the Right To Be badge and everyone finished their Right to Learn badge. So well done to all the Brownies and to Annie and Emily who earned their first interest badges.

## BBQ on the Beach

We had a fantastic BBQ and games on the beach in early July. We played games, buried each other and ate lots of food. Then we all ventured down to the water for a paddle. Some got wetter than others but it was such good fun! Thank you to Marie (Magpie) for the brilliant cooking.

## Trethorne

The following Saturday, the Brownies went on a fun day out to Trethorne Leisure Park. We only had a small number of girls but we had loads of fun. We set off at 9 o'clock and got there just before it opened. Our first stop was the giant ball pool; the girls got quite competitive when crossing the ball pool on the monkey hoops. Some found it easy, others found it a little more difficult. Even Blue (Marie) could not manage the length. I was lucky enough to sit this one out as being seven month pregnant it was not advised!

We then headed off to the outside play area. We let the girls go and let off the energy that was apparent in everyone. Blue was up on her toes spinning the girls on roundabouts and swings and zip wires. It was not long until the sky looked a bit dark, so we all went inside and let the girls touch and play with the animals, which included milking Daisy the cow by hand. Then they ventured into the play area where there was bungee runs, trampolines, wall climbing, slides, demon drops, a pirate ship with balls and shooters and then pony rides. The girls all had a fantastic day - and some of them achieved a little more when they managed their first attempt down the dreaded demon drop slide. I personally love it, but like Blue would say, "You will not get me on that!"

We left at 4 o'clock after a trip to the gift shop and nine very tired Brownies were very quiet all the way home. Big thanks to Jan who came to help us out with transport and an extra pair of hands. We often need extra adult help and Jan is always there if we need her. A huge thank you from all of us.

## What next?

We are already looking forward to the Autumn term. We will be celebrating our fourth birthday; an achievement for all concerned. Amazingly, we have never had less than 24 Brownies and we are continually getting requests to go



on the waiting list. We must be doing something right. However, we must say that if it was not for the parents who help and share the fun, and bring their Brownie to every meeting and every adventure we have, it would never be possible. So a huge THANK YOU to all those parents.

## Centenary Launch

100 years on.. look at us now!  
From September 5<sup>th</sup> 2009, Port Isaac Brownies will be part of a massive celebration. For one year the girls will be taking part in a variety of activities as a pack and with groups from all around the county, celebrating the 100<sup>th</sup> birthday of the guiding movement. It will be a very exciting time for everyone involved, so look out for all the details in future editions of Trio.

We are back in September and look forward to what the year may bring!

**Wren & Blue (Jennie & Marie)**







### Goodbye...

We are saying goodbye to our Year 6 pupil, Thomas, who is moving on to "big school." We wish him well as he continues his education and hope he will come back to visit us sometimes as we will miss him!

We are also saying goodbye to Amelia and Jake, Kieron, Olivia, Cody and Sinead. We wish them all good luck in their new schools.

### In the classroom

In the classroom we all think hard,  
We all use eye contact and listen,  
We all sit still and not one person moves.

When the teacher asks a question  
the hands shoot up,  
The teacher picks one child  
No body else talks it is only that child

When the child finishes the  
teacher says well done,  
The teacher explain what they  
mean and they all respond with nods

And then the bell rings they all  
rush out to play,  
And that's what's happening in the  
classroom each day all day

By Poppy Year 4

### Sports Day

It was third time lucky as the sun finally shone for the completion of our track events! Thanks to all who came along and supported the children. All the children who took part received a certificate and a trophy and there were several noticeable performances:

**Class 1 Track and Field champion - Jack**

**Class 2 Track champion - Jess**

**Class 2 Field champion - Liam**

**Hawks Champion - Nun**

**Owls Champion - Jess**

**Falcons Champion - Jack**

**Eagles Champion - Liam**

**The overall champions this year were the Hawks  
so well done to them!**

### The Little Red Ship

A story written by Reception.

Once upon a time there was a little red ship and a seagull and a sun. The seagull said "Don't go past the lighthouse and don't go past the storm it is dangerous. But the little red ship did not listen and he went around the lighthouse.

Then suddenly the pirates came! The pirates were angry because they wanted the ship because he was faster and speedier. He also had fourteen flags not just one or two. The pirates chased the little red ship but they couldn't catch him so they turned around and went home.

The little red ship looked sideways and frontways and sailed back into the harbour. They all lived happily ever after!

**HAPPY  
BIRTHDAY**

**Birthdays celebrated  
in August:**

- **Oscar 8**
- **Michael 8**
- **Olivia 6**

### End of Term!!

**It has been another busy and eventful year in  
school. We hope you all enjoy reading our  
schoolchat page in the Trio. We are off on holiday  
now so there will be no more from us until the  
October issue.**

**Have a good summer!!**



# **STAFF VACANCIES**

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We are currently looking for staff to join our committed team:

## **Lunchtime Supervisory Assistant**

**Grade B (£11,961 - £12,592 pa pro rata)**  
(£6.20 - £6.52 per hour)  
5 hours p.w. (permanent contract)  
Ref: LSA1

Required from 3<sup>rd</sup> September for 5 hours per week, (from 12:00 to 1:00 pm weekdays during term time only) a responsible, good humoured person to supervise children both eating lunch in the nursery classroom and during playtime afterwards. You will preferably have recent experience within a school.

## **Lunchtime Supervisory Assistant Team**

**Grade B (£11,961 - £12,592 pa pro rata)**  
(£6.20 - £6.52 per hour)  
5 hours p.w. (Fixed term contract until 31/3/10 initially))  
Ref: LSA2

We are looking for a small team of responsible, good humoured people (1/2/3) to share the role of lunchtime supervisory assistant in our school. You will be supervising and encouraging good eating habits whilst children eat lunch in the dinner hall and supervising and encouraging healthy play in the playground afterwards. This position is perfect if you would like to be paid to help out at your local school but can't commit to working every weekday. We need you to commit to working 1 or 2 lunchtimes each week (12:00 - 1:00 pm) during term time.

## **Teaching Assistant - Band 1**

**Grade C (£12,273 - £13,663 pa pro rata)**  
(£6.36 - £7.08 per hour)  
6 hours p.w. (permanent variable hours contract)  
Ref: TA1

Required from 3<sup>rd</sup> September 2009 for 6 hours per week over two mornings (during term time only), a responsible, good humoured person to support Teaching and Learning in the classroom. You will preferably have recent experience of working with children within a school or similar setting.

## **Breakfast Club Assistant - Band**

**Grade B (£11,961 - £12,592 pa pro rata)**  
(£6.20 - £6.52 per hour)  
5½ hours p.w. (permanent variable hours contract)  
Ref: BCA1

Required from 7<sup>th</sup> September 2009 for 5½ hours per week from 7:55 am - 8:55 am plus half an hour flexi time (during term time only), a responsible, good humoured person to supervise and serve breakfast to children who attend our breakfast club.

**As school is closed for the summer holidays** application forms and further details can be obtained

**By post until Friday 7<sup>th</sup> August** on receipt of a SAE with a Large letter postage stamp to Jan Everitt, 21 Medrose Street, Delabole, Cornwall, PL33 9BN

**or by email until Friday 21<sup>st</sup> August:**

**[secretary@port-isaac.cornwall.sch.uk](mailto:secretary@port-isaac.cornwall.sch.uk)**

**Closing date: Thursday 27<sup>th</sup> August.**

**The successful applicant must display an awareness of understanding and commitment to the protection and safeguarding of children and young people and will be required to complete a CRB Form for police checks.**

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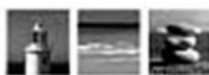
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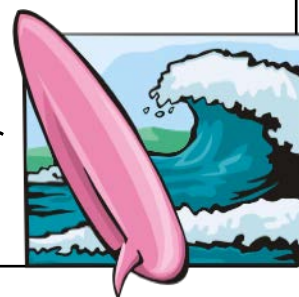
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# DIARY DATES

## Monday August 10<sup>th</sup>

Kerbside Recycling Day-bags out 7.00am

Parish Council Meeting at Port Isaac School – 7.30pm

## Wednesday August 12<sup>th</sup>

St Endellion Church Mini-Market in the Church Hall – 10am-12noon

## Saturday August 15<sup>th</sup>

Port Isaac Gig Day at Port Gaverne

## Tuesday August 18<sup>th</sup>

Whist Drive in St Endellion Church Hall – 7.30pm

## Wednesday August 19<sup>th</sup>

NCCA Coffee Morning at Clematis Cottage, Trelights – 10.30am-12.30pm

## Sunday August 23<sup>rd</sup>

RNLI Lifeboat Larks on the Platt - 11.00am

## Monday August 24<sup>th</sup>

Kerbside Recycling Day-bags out 7.00am

## Monday August 31<sup>st</sup> - Bank Holiday

## Sunday September 6<sup>th</sup>

St Peter's Church Harvest Festival Supper & Auction

## Monday September 7<sup>th</sup>

Kerbside Recycling Day-bags out 7.00am

Parish Council Meeting at Port Isaac School – 7.30pm

## Wednesday September 9<sup>th</sup>

Art Day in the Village Hall - 9.30am

## Tuesday September 15<sup>th</sup>

Whist Drive in St Endellion Church Hall – 7.30pm

## Monday September 21<sup>st</sup>

Kerbside Recycling Day-bags out 7.00am

## Friday September 25<sup>th</sup>

## & Friday October 2<sup>nd</sup>

Universally Challenged – in the Village Hall

## Monday October 5<sup>th</sup>

Kerbside Recycling Day-bags out 7.00am

## Wednesday October 7<sup>th</sup>

Art Day in the Village Hall - 9.30am

## Monday October 12<sup>th</sup>

Parish Council Meeting at Port Isaac School – 7.30pm

## Tuesday October 20<sup>th</sup>

Whist Drive in St Endellion Church Hall – 7.30pm

## Sunday October 25<sup>th</sup>

British Summertime ends

## Friday October 30<sup>th</sup>

The Singing Bones by The Devil's Violin Company in Port Isaac Village Hall

## October 29<sup>th</sup> – November 1<sup>st</sup>

St Endellion Arts & Literature Festival

## Sunday November 8<sup>th</sup> Remembrance Sunday

## Monday November 9<sup>th</sup>

Parish Council Meeting at Port Isaac School

## Saturday November 14<sup>th</sup>

St Peter's Church Christmas Mini Market in the Church Rooms – 10.30am

## Tuesday November 17<sup>th</sup>

Whist Drive in St Endellion Church Hall – 7.30pm

## Friday November 20<sup>th</sup>

Three Daft Monkeys in Port Isaac Village Hall

## Sunday November 22<sup>nd</sup>

Johnny Cowling sings the Gospel songs of Elvis at St Endellion Church

## Saturday November 28<sup>th</sup>

RNLI Christmas Market in the Village Hall

## Sunday December 6<sup>th</sup>

Martyn Joseph in concert at the Pottery

## Fishermen's Friends

every Friday on the Platt

8 bells

**St Breward Band,  
every Thursday on  
the Platt, 7.45pm**



## Tuesday December 8<sup>th</sup>

Annual Cornish Carols by Candlelight in the Pottery

## December 11<sup>th</sup> - 17<sup>th</sup>

Christmas Tree Festival in St Peter's Church

## Monday December 14<sup>th</sup>

Parish Council Meeting at Port Isaac School – 7.30pm

## Tuesday December 15<sup>th</sup>

Christmas Whist Drive in St Endellion Church Hall – 7.30pm

## Monday December 28<sup>th</sup>

RNLI Barn Dance in the Village Hall

## REGULAR EVENTS

**Port Isaac Stay & Playgroup** - every Tuesday (not during school holidays) from 10.00am to 12noon in the Village Hall. Contact Sarah on 881124, Clair on 880469 or Julia on 880718.

**Brownies** - every Wednesday from 5.00pm-6.30pm, during term time, at Port Isaac School. Contact Jennie on 881044 or Marie on 880561.

**Rainbows** - every Monday from 4.45pm-6.00pm, during term time, at Port Isaac School. Contact Marie on 880977.

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

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

**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.

**Totally Toned** (all major muscle groups) - every Tuesday at Port Isaac School from 6.30pm-7.30pm &

**Exercise to Music** (legs, bums & turns) - mixed ability - every Wednesday in Port Isaac Village Hall from 6.30pm-7.30pm. Contact Angela Bushell on 01208 880318.

## CHURCH SERVICES

### St Peter's Church, Port Isaac

Sunday - Sung Eucharist at 9.45am Every third Sunday - Family Service at 9.45am  
Every Thursday - Holy Communion 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 your event is included here!**