



*Port Isaac  
Hospice Day*

**Saturday March 13<sup>th</sup>  
11.00am  
Port Isaac Village Hall**

**Coffee, Home made Cakes,  
New Stall, Books, Raffles**

special raffle for an  
original painting  
by Port Isaac artist  
Barbara Hawkins

**Stay for Lunch**  
Delicious home  
cooked curries and  
puddings

*Try out the Hospice Day  
Indian Takeaway*

Chicken Tikka, Beef Curry,  
Vegetable Curry, Rice, Poppadoms  
all available to take home for that  
Saturday night Indian Takeaway  
(without the drive!)

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all the usual news plus

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## Available now Cliff Cottage

This two-bedroom cottage of great charm, with stunning sea views, parking for one car and patio garden will be available for long term let.

£650 pcm

plus council tax and utility bills

**References required**

Contact Jeremy or Liz Brown on  
**01208 880739**

## HELP

Please can anyone hire or loan me a 3 or 4 wheel walker to use during my holiday at Port Gaverne on April 18th for 7 days?

Thanks Joyce Riley  
Contact

[je.riley@btinternet.com](mailto:je.riley@btinternet.com)

or 0785 4524462

## 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**

*Trio* is issued eleven times a year and is available in *Secrets* and the *Co-op*, Port Isaac, or by post - £18 a year in the UK (Overseas rates on application).

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## Trigg Morris Men venture forth

The days begin to lengthen and the Trigg Morris Men will venture forth again to show off their steps!

After a few months out of the public gaze, Trigg Morris Men will be reappearing on Easter Monday, April 5<sup>th</sup> with their traditional day tour of the area. After a winter of practice sessions we are again ready to set out to show off some new dances and maybe some new dancers too!

The venues for the Dance Shows are:

**Launceston Square 10-30 am**

**Archer Arms, Lewannick 11-30 am**

**Blisland Inn, Blisland 12-45 pm**

**Lanhydrock House 3-15 pm**

**Earl of Chatham, Lostwithiel 5-00 pm**



Trigg Morris Men look forward to meeting friends old and new somewhere during the day.

## Port Isaac Rowing Club

# Wine & Wisdom

St Teath Church Hall  
Friday 12th March 2010

7.30pm

£12 for teams of 4  
Drinks and Nibbles



## Local Books available in Secrets, Port Isaac

### Walk Talk

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

### 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 - £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

**2010 LOCAL TIDE TIMES** - £1.30

**The Fishermen of Port Isaac** by Geoff Provis - £9.99

Port Isaac  
Hospice Day



**WANTED**

If you have anything to donate to the 'New' stall,  
including any books, please drop it into Liz

Brown's porch at 15 Trewetha Lane

If you want your donations collected,

call Marion on 880416 or Barbara on 880625

Ring the same numbers if you would like to help

Plus we need you to get baking (see recipes on  
page 12) and bring along your donations for the  
home made cake stall

Raffle prizes also wanted

**and don't forget to come along  
and spend your money!**

**HELP US SUPPORT THE HOSPICE**

HOSPICE DAY IS ALSO YOUR CHANCE TO FIND  
OUT ABOUT THE PARISH COUNCIL'S PROPOSALS  
FOR THE IMPROVEMENT OF THE PLAYING FIELDS  
PLANS WILL BE ON DISPLAY AND YOU CAN MAKE  
YOUR SUGGESTIONS



Port Isaac Village Hall

**AGM**

Thursday April 8th  
6.30pm in the Hall  
everyone welcome

**Village  
website**

For a couple of years  
or so there has been a  
very underused village  
website -

[www.PortIsaac.org.uk](http://www.PortIsaac.org.uk)

This site was set up by  
STEER - take a look.  
You'll see there is plenty  
of space for local and  
voluntary organisations to  
be included plus local  
businesses. The plan is to  
update the site over the  
next few months so if  
you would like to include  
any information on the  
site email it to  
[dee54@mac.com](mailto:dee54@mac.com)

Alternatively, drop your  
handwritten copy into  
Secrets or post to Dee  
Littlechild, Calenia, 3  
Trewetha Lane, Port  
Isaac, Cornwall PL29 3RN.

## Port Isaac author's first book published

"It is a time of war and uncertainty for the world - Communism is on the increase in the Far East and the allied countries will stop at nothing to prevent this from spreading. Charles Linscombe, a third mate officer, is on board the *Bulwani*, a three thousand ton oil tanker on its way to Japan, when he and the crew find themselves without any form of ID, sailing into a war zone - they could never have expected what would happen next. Whilst trying to escape certain death, Charles befriends a wealthy Chinese shopkeeper, Mr Chan, who gives him everything but in return asks Charles to help him get rid of some of the nastier world leaders - 'those greedy for wealth and power', Charles joins the 'Deadline' and undertakes the deadliest of tasks ..."



Want to know more? Then read *Deadline*, Bob Monk's new book, published by Vanguard Press and available in bookshops and on Amazon.

A well know Port Isaac character, Bob first came to Port Isaac as a diver. When he eventually moved here he joined the RNLi and became Station Hon Sec. Regular readers of *Trio* will no doubt remember his controversial contributions in recent years!

## Taking things for granted ...

When I left off last month, I promised I would tell you about our continuing work on Ascension Island, and this included a 12- day stay on Boswain Bird Island, a 'sea stake' about a mile off Ascension. However, to get there it was a long journey, with all our equipment, by boat and by the time we arrived, the swell was six feet high and I was feeling definately 'green'!

Bos'un (it's shortened version) is 350 feet high and quarter of a mile wide, with over half a million breeding birds on the top. We arrived with our camera equipment and necessary supplies; the most important item was water as there was none on the island. Our accomodation was in two tents, living on tinned food, and cooking on burners. The tents were so hot at night that we slept with our heads outside, only to wake up covered with bird droppings. We attempted to bury the water containers in three feet of bird guano (droppings) to keep it cool, but even the ground was boiling. What a luxury to drink hot water! For most of the filming, Cindy and I wore very little, such was the heat and lack of wind. We did go down to the sea for a much needed swim now and again, but this was a real struggle - absailing down with ropes, and then heaving ourselves up on the ropes, by which time we were pouring with sweat all over again.

However the filming was amazing. So many gannets, terns, frigate birds and various others, all who had escaped from the mainland to avoid being killed or bothered by feral cats who had run amok over the island, thanks to the visiting ships bringing cats to kill the mice. Sometimes I wonder what damage us humans have done to the balance of wildlife in their own environment.

After 12-days of living and filming on Bo'sun we were finally collected by the boat that had delivered us. Apparantly we smelt so badly of birds droppings that the crew would not let us on board until we had dived into the sea (attempting to avoid the sharks!). To this day, my rucksack still smells of guano, and this was over 25 years ago.

Filming on Boswain Bird Island and Ascension Island was truly an experience I will never forget. We met and became great friends with so many people out there, and I am so grateful for the chance to film on this exceptional and very strange volcanic island, that resembled the surface of the moon.

Next month, I will tell you about our next venture, which was to New Zealand. However, again, I stress that we are so lucky to have all the luxuries we take for granted. Try doing without them!

Annie Price

Brenda Dingle would like to thank everyone who came to my belated 60th birthday party. Donations for CLIC, in lieu of presents, amounted to £210.

Thank you all.

**If at first you don't succeed,  
do it the way your wife told you!**



**Got a family event coming up?  
A birthday, an anniversary,  
an engagment, a wedding  
reception, a retirement party?**

**Don't fancy the mess of  
a children's birthday  
in your home?**

**Fancy putting on a concert, a  
show, a play or a gig?**

**The Village Hall is licensed for  
alcohol and music and is available to  
hire for all sorts of events. There's  
loads of room for games and  
dancing, buffets or a sit down meal,  
or a seated audience of 120**

**To find out more contact Vanessa on  
01208 880098 - she will be more  
than happy to give you all the  
details and show you round**



## Fisherman's Friends photoshoot

Another busy month for the Fisherman's Friends and you may have seen them posing and looking mean down on the Platt at the photoshoot for their new album. Who'd have thought we'd ever see them wearing make-up!! Who'd have thought they needed it for this new rugged look!

St Piran's Day, Friday March 5<sup>th</sup>, is going to be another big day for the boys as they play at the ICA (The Institute of Contemporary Arts), the artistic and cultural centre on The Mall in London, just off Trafalgar Square. They are part of 'Kernow in the City' a celebration of St Piran's Day and a feast of Cornish music, film and poetry.

On the same day their new album will be available to pre-order on Amazon and you might even spot one or two of them on breakfast TV!

*Is this the answer to that common question we get asked: "What do you do here in the winter?"*

## 2010 VIRGIN LONDON MARATHON CHALLENGE

We are attempting to run(!) the 2010 Virgin London Marathon on Sunday 25<sup>th</sup> April 2010. This is the first time we have attempted to run this distance and it will almost certainly be the last as we will undoubtedly never recover sufficiently to do it again.

We are hoping to raise £4,000 for FLEET (Front Line Emergency Equipment Trust). FLEET was formed by ambulance staff in 1990 and is a Cornish charity which co-ordinates fundraising to update and improve the life saving equipment found in all accident and emergency ambulances throughout Cornwall.

If you would like to help us achieve our fundraising goal please donate through our JustGiving Page:

[www.justgiving.com/mark-rowe](http://www.justgiving.com/mark-rowe)

or via sponsor forms at Port Isaac Pottery, The Boathouse Stores and Port Isaac Co-Op.

**Mark Rowe & Elaine Speakman**



## Port Isaac Exhibition Space: An Update

On February 16<sup>th</sup> I went to a "Meet The Funders" day at St Issey village hall. Seven funding bodies gave presentations in the morning, including the National Lottery. In the afternoon, we could book a 15-minute slot with any (or all) of them to make an individual pitch for a grant - a bit like speed dating with 'The Dragons Den' (except that these are the good guys.)

The Heritage Lottery fund was very enthusiastic about our Port Isaac project to set up an exhibition space (based in St Peter's Church). They suggested we get in a preliminary application as soon as possible for the current round of grants. We have since done this and received a swift go-ahead to the second stage of full grant application.

Cornwall Community Funding Grass Roots grant were also very keen - "Just what we're looking for" were their words.

To date Caroline and I have applied to four funding bodies (Heritage Lottery, Cornwall Community Fund, FEAST and the Tesco Community Fund). There are also others we can apply to if necessary.

In order to apply for grants we had to have a name. So, now we have a name - **PISCES** - Port Isaac Shared Culture (or Community) Exhibition Space.

There are nice links with Port Isaac being a fishing village and Pisces being the sign of the fish. Also, St Peter was a fisherman and hopefully, St Peter's Church will become the home of the exhibition space.

It's only a couple of months since our first meeting. I have had enormous encouragement with this project and letters of support from many quarters. Thank you. I will keep you updated on any news.

**Barbara Hawkins**  
Port Isaac Pottery  
01208 880625

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

I've spoken in a number of Commons debates this month on water pricing, on second homes, on dairy farming and on Bovine TB. Do take a look at my website – [www.danrogerson.org](http://www.danrogerson.org) for links to what I've been saying in Parliament.

Post Offices are high up the local agenda again as the London HQ is announcing more branch closures. This month saw the publication of a report by Consumer Focus, which laid bare the sham of a consultation which took place on the Government's "Network Change" programme for the Post Office, which saw 2,500 branches close all round the country. Only 1 in 13 people were able to give their input, the report found, and little notice was taken of those who did contribute. They also conclude that the consultation process was far too short – something my MP colleagues and I argued very strongly at the time.

Cornwall was particularly badly hit by the closure programme, and it was only determined campaigning from residents which managed to save more branches from the axe. Now the so-called partner service at Port Isaac has disappeared and Post Office HQ have been slow to find a replacement for it. It's an example of the Post Office's "outreach" programmes failing. Outreach was never what was needed – people want proper, full-time Post Office branches right at the heart of each community. Time and again successive governments (both red and blue in colour) have simply underestimated the importance of local post office branches to communities like ours. The Government's own research proves that more people than ever (and certainly more than when they came to power) are unable to access a post office. That has obvious effects on those who need access to services, but it also has a knock-on effect on village life. Just as local schools and pubs do, post offices more often than not operate as a focal point for a village, and they attract 'footfall' – business – for other traders. So often the loss of a post office means the loss of a valued local shop too.

On the brighter side, something of a highlight this month was a visit to Cornwall from the Speaker of the House of Commons, John Bercow MP. He spent most of his time here in North Cornwall, hosting a series of workshops on how democracy works, at Kingsley Village in Fraddon, and talking to students at Tretherras School, in Newquay. They had questions on everything from the way the House of Commons works to harbour commissioners and South West Water charges. Mr Speaker directed most of the policy questions to me – he's not allowed to take a view on controversial issues, since he has to remain strictly neutral – and he dealt with all the important procedural points, like how we can make the House of Commons more effective at holding the Government to account.

It must be said that he's already made considerable inroads on the latter point. As an example, there are now many more opportunities for MPs to ask what are known as "urgent questions" – each of which has to be permitted personally by the Speaker. Because this Speaker is more willing to take them than the last, my colleagues were just recently able to demand that the Foreign Secretary come to the House to explain why his Department was cutting back on funding for anti-terrorism programmes in

---

## Port Isaac RNLI AGM

Just a reminder that we will be holding our Annual AGM on Friday March 26<sup>th</sup> in Port Isaac Village Hall, starting at 7pm (or approximately)!

As always, there will be a bar and refreshments, so you won't go hungry or thirsty. We will remember Molly Farmer, who recently died aged 94 and until recently was an active member for over 33 years.

We also plan, fingers crossed, to be showing a brilliant short film on the Maria Assumpta, filmed and narrated by a long-standing supporter of the South West RNLI. This would interest not only crew and committee, but also all of you who remember her sailing past Port Isaac under full sail, and then her sad end off the Rumps, with very sadly loss of lives for two of the crew.

We look forward to seeing you all.

*Annie Price, Deputy Chairman*



Pakistan, and antinarcotics programmes in Afghanistan. Both have obvious impacts on British security, but both had been almost routinely – unthinkingly – snipped back as a result of changes in the exchange rate of the pound with the local currency.

Whatever the rights and wrongs of the issues, it's good that the House of Commons was able to assert itself and insist that a Minister come to explain the situation. I hope that in the next Parliament, the whole House of Commons will back moves to make the place more effective at scrutinising whoever is the government: that after all is the key task of every local MP – to be able to get answers from Ministers about things that affect their area, or affect the country.

**Dan Rogerson MP**

4 Tower Street, Launceston, PL15 8BQ

[contact@danrogerson.org](mailto:contact@danrogerson.org)

01566 777123

## Port Isaac Village Hall YOUR HALL FOR YOU TO USE

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

Call Vanessa Isaacs on 01208

880098 for more info

# Bish Bash Bosh bring new play to Port Isaac Village Hall

**B**ish Bash Bosh Productions are returning to Port Isaac Village Hall with their new production, *A Mere Interlude*. This is a new play by Alan M Kent, based on a short story by Thomas Hardy.

*How would you feel if your marriage were arranged behind your back?*

*What would you do if you were blackmailed into fear?*

*What if your life was a charade kept from others prying eyes?*

Set in the restrictive world of Cornwall & Isles of Scilly society of the 1860s, the passionate and progressive young teacher, Baptista Trewethan, suddenly finds herself the victim of a carefully orchestrated marriage to a dialect spouting grotesque Scillonian fisherman. The interlude she creates leads her first to steamy passion and then to having all hopes lost.

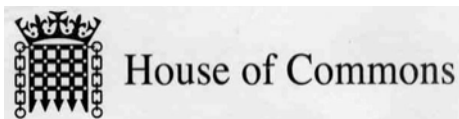
Presented with Bish Bash Bosh's usual flair and physicality, Celticity and history, this moving new drama takes us on a rollercoaster journey.

The date is Sunday April 25<sup>th</sup> and we've gone for a 6.30pm start so it's not too late if you want to come as a family. Tickets are priced £7 for adults and £5 for senior citizens and children under 16. Family tickets are £20 (2 adults and 2 children). They are available from *Secrets*, Port Isaac, telephone 01208 880862, or email: [dee54@mac.com](mailto:dee54@mac.com)



Bish Bash Bosh are an innovative and progressive theatre and production company who seek to develop, write, perform and promote contemporary Cornish-themed work. Their mission is to 'nail theatrical excellence every time'. If you have been lucky enough to see either of Bish Bosh's previous productions in the Village Hall – *The Tin Violin* and *Surfin' Tommies* – you will know just how good this company are. Here are just a couple of the comments received and reiterated after both of these productions: "This was West End quality theatre", "I never expected to see such a good production in a Village Hall". Come along on April 25<sup>th</sup> and see for yourself; you will not be disappointed.

## Dear Mrs Hills



**T**ired of waiting for news of a Post Office service for Port Isaac, Peggy Hills recently wrote to our local MP, Dan Rogerson. His prompt reply included a copy of a letter he had received from Post Office Ltd, and we quote from this:

"... We were looking at two sites that we were hopeful would provide an alternative venue for the new Outreach Service Point. Disappointingly we were unable to proceed with either site as both options severely hampered customer access, which I am sure you will appreciate is an important factor and one that we must consider.

Colin Pound, Field Change Advisor, has identified a further possible site, which he is viewing. Colin has also scheduled a meeting with the Parish Council on 08 March to ask for their assistance in securing a suitable location from which an Outreach service can be provided in Port Isaac.

... Regrettably, we are unable to look at the option of extending an existing mobile service to include Port Isaac as there is no mobile service operating in the area."

Thanks to Peggy's actions at least we now know what's going on and hopefully after the next Parish Council meeting we will have some positive news.



perhaps I'll wait till we get home!

## Wadebridge Choral Society will be presenting a Concert of music at St Endellion Church on Saturday 24<sup>th</sup> April at 7.30pm.

Some of John Betjeman's poems have been set to music by David Briggs. This new work has been commissioned as an anniversary concert celebrating twenty five years of the formation of the Choral Society. The work will be conducted by our Director of Music, Tony Tournoff. We shall be joined by the choir of St Joseph's School, Launceston. The tenor soloist will be Nicholas Hawker.

Tickets are available from Annabel Woolcot on 01208 815322, or by email to [annabelwoolcot@hotmail.com](mailto:annabelwoolcot@hotmail.com)

Is there ever a day that sofas are not in a sale?

# websites of the month

Social networking has become a huge part of the internet. It is hard to believe (at least I find it hard to believe) that Facebook only started in September 2006. It currently has somewhere in the region of 400 million people who use it for all the things people do, good and bad. Good things are things like linking up with friends and organising campaigns. Some less good are things like the recent reports of people in prison threatening those on the outside, or paramilitary groups using it to organise themselves. This is often the way with the internet, it just reflects the way we are - the good, the bad and the ugly.

To communicate with these networks you will need to get yourself a Facebook account. This is easy enough, and involves putting some information about yourself on the web. This has risks of course, but life involves risks and so the advice generally is to be careful, and keep personal information to a minimum. This applies to pretty well all the social networking sites - in order to join in and get the most out of them you have to have an account. It is the way the companies which run them make their money ( Facebook is a \$300 million industry). Other similar sites are not exactly social networking but come under the same arrangements, for example [www.youtube.com](http://www.youtube.com) where you share your videos.

So, keeping that in mind here are a few facebook sites you might have a look at starting with [www.facebook.com/PortIsaac](http://www.facebook.com/PortIsaac). This has the usual mixture of photographs and links which are the fun of these sites. It has 739 fans or members at the time I checked, which for a small village is quite a lot. One particular picture I liked was the one of Damien Bolton on waterski's . Cool.

Facebook Cornwall isn't a bad place to go to next ( [www.facebook.com/CornwallUK](http://www.facebook.com/CornwallUK) ) with over 15,500 fans of the group. You could say they are all friends of Cornwall. The chatter on this site is usually about events that are coming up, raising money for the Air Ambulance for example, but also links to things like a Cornish business directory and so on. All early days, but the delight of these sites is that anyone can join in and add their information, link up with like-minded others.

For an example of a campaigning you can have a look at the campaigners facebook account <http://tinyurl.com/yesne5x> which explains how these sites generally function. In our own neck of the woods there are a couple about windfarms in North Cornwall. The first, with 67 fans, is against more windfarms and in particular the one at Davidstow <http://tinyurl.com/yc3hfjz> . The other is in favour, not just for Cornwall, and has 339 fans - [www.facebook.com/embracemyplanet](http://www.facebook.com/embracemyplanet)

Twitter is the latest addition to the networking field and without spending a lot of time describing it, you can get a feel for what it does by linking with [twitter.com/growingownfood](http://twitter.com/growingownfood), which is the twitter account for Camel Community Supported Agriculture. Links to lots of things about food and local food. The point about Twitter is that you can get to have information from people who know loads of stuff about things, as well as keeping in touch with people you care about, be they friends, family or celebs.

Anyway, have fun.

*Tony Wainwright*

**Have you got a poem or story you would like to see in print?**

**Do you have an event you want to publicise?**

**Are you tempted to write a letter to Trio?**

**Send your articles to [triopi@mac.com](mailto:triopi@mac.com), drop into Secrets or post to Trio, 3 Trewetha Lane, Port Isaac, Cornwall PL29 3RN**

**Sometimes, we just need to remember what the rules of life really are: You only need two tools: WD-40 and Duct Tape. If it doesn't move and should, use the WD-40. If it shouldn't move and does, use the duct tape.**

A man is driving down the road and his car breaks down near a monastery. He goes to the monastery, knocks on the door, and says, "My car broke down. Do you think I could stay the night?" The Monks graciously accept him, feed him dinner, even fix his car. As the man tries to fall asleep, he hears a strange sound. A sound not like anything he's ever heard before. The Sirens that nearly seduced Odysseus into crashing his ship comes to his mind. He doesn't sleep that night. He tosses and turns trying to figure out what could possibly be making such an intriguing and seductive sound. The next morning, he asks the Monks what the sound was, but they say, "We can't tell you. You're not a Monk." Distraught, the man leaves.

Years later, after never being able to forget that sound, the man goes back to the monastery and pleads for the answer again. The Monks reply, "We can't tell you. You're not a Monk." The man says, "If the only way I can find out what is making that beautiful sound is to become a Monk, then please, make me a Monk." The Monks reply, "You must travel the earth and tell us how many blades of grass there are and the exact number of grains of sand. When you find these answers, you will have become a Monk." The man sets about his task. After years of searching he returns as a grey-haired old man and knocks on the door of the monastery. A Monk answers. He is taken before a gathering of all the Monks. "In my quest to find what makes that beautiful sound, I travelled the earth and have found what you asked for: By design, the world is in a state of perpetual change. Only God knows what you ask. All a man can know is himself, and only then if he is honest and reflective and willing to strip away self deception."

The Monks reply, "Congratulations. You have become a Monk. We shall now show you the way to the mystery of the sacred sound." The Monks lead the man to a wooden door, where the head monk says, "The sound is beyond that door." The Monks give him the key, and he opens the door. Behind the wooden door is another door - it is made of stone. The man is given the key to the stone door and he opens it, only to find a door made of ruby. And so it went that he needed keys to doors of emerald, pearl and diamond. Finally, they come to a door made of solid gold. The sound has become very clear and definite. The Monks say, "This is the last key to the last door." The man is apprehensive. His life's wish is behind that door! With trembling hands, he unlocks the door, turns the knob, and slowly pushes the door open. Falling to his knees, he is utterly amazed to discover the source of that haunting and seductive sound...

But I can't tell you what it is because ... you're not a Monk.



# PARKING ... TRAFFIC ... PARKING ...

With so many rumours flying about, everybody seems very confused about what is happening on the parking problem front. First of all the Parish Council voted at its meeting on January 11<sup>th</sup> "that the PC secure part of the playing field for temporary/overflow parking to be in situ for Easter 2010." This was proposed by Andy Penny and seconded by Mrs B Bell and the proposal was carried by six votes with one abstention.

Then at the February meeting, Andy Penny proposed to temporarily move the play equipment to create this temporary parking but this was turned down, with eight members of the Council voting against the proposal. At this same meeting, Barbara Bell proposed the creation of a 100 space car park in the second field (currently used for grazing) and this was carried. However, Andy Penny then tabled an amendment to this to include the accommodation of an additional 100 cars in an overflow area and this was turned down.

Confused? Losing the will to live? Well, don't be. Things seem to now be getting sorted and Parish Council Chairman, Barbara Bell told *Trio*: "At an extraordinary meeting on February 22<sup>nd</sup> the Parish Council voted to assume the management of the proposed car park project including the planning application, funding and appointment of contractors to ensure compliance with applicable local government regulations and audit rules. A fee proposal to submit a planning application, provide cost estimates and manage the subsequent works from MOR Design (who are already working on the playing field project) was accepted. A formal request for support and advice of the Head of Finance,

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## Friends of the Main

Since November 2002 The Friends of The Main have managed and maintained the Main relieving the Parish council of the responsibility and expense. We took over at that time with the intent of doing this for a five year period. Now nearly seven and a half years later the Trustees have decided to hand back the Main to the Parish Council.

We have been concerned that a section of the quay has deteriorated quite drastically, where a geographical fault occurs. With the severe storms we have experienced over the last couple of years the quay has become dangerously narrow. To remedy this, major civil engineering works would have to take place costing thousands of pounds. The Friends of the Main have done everything they can to keep the Quay open but we are afraid the Parish Council may feel fit would be safer to close access to the quay.

The following work has been carried out:-

- The reconstruction of a section of the Quay which involved the construction of a stone retaining wall and the filling of the void with over five tonnes of concrete, mixed by hand on the beach and hoisted up the cliff bucket by bucket.
- The prefabrication of a new bridge, the demolition and disposal of the old one, and the installation of the new.
- In 2006 after a bad storm a large section of the steps leading up to the quay was washed away. The committee set to and replaced the steps, again hand mixing and hauling over seven tonnes of concrete.
- The bridge was badly damaged by a large wave hitting the under side and destroying the footway. Within three days the footway was replaced and the bridge reopened.
- We have cleared sections of blackthorn opening up pathways and regularly trimmed foot paths.

Up until about two years ago the Friends of the Main managed and paid for the cleaning and maintenance of the public toilets at Port Gaverne. These were previously under the care of the Parish Council until they decided to close them. The Friends of the Main opened them up again and funded them until the Port Gaverne Beach Association took them over.

It is very much hoped that the Parish Council retains ownership of this beautiful asset for the enjoyment of ourselves and future generations.

Many thanks to all the committee for their hard work in the past and to all those who donated money, materials and sweat.

**Chris Bolton ( Chairman)**

Cornwall Council Corporate Support Directorate will be made for a Public Works Loan. An amendment to the proposal to include retaining the services of a drainage engineer and a quantity surveyor was supported.

County Councillor Brian Gisbourne is working closely with the parish council to arrange senior level meetings with Planning and Highways officials.

The parish council see this as permanent parking space. The rest of the design for improvement of the playing fields will become stage two of the playing fields development."

That's the good news. The bad news? Let's just wait and see what happens at Easter before we make any comment.

## Access to Port Gaverne Main via the Quay closed



Following a notice on 22 January from the Trustees of the Friends of the Main, terminating their agreement with St Endellion Parish Council to maintain the Port Gaverne Main, the PC commenced a condition survey, starting with the quay.

The advice of Cornwall Council's Countryside Service and Health & Safety Team was obtained culminating in an inspection on Friday 26 February, by Cornwall Council's geologist, Ian Mander, who identified two fissures from the top of the quay down to the beach and recommended immediate closure of the quay. This advice was telephoned to us soon afterwards by Countryside Service's Dave Wood who recommended emergency highways orange mesh barriers and hazard signs that should be put in place as an immediate short term measure.

The future arrangements for the repair and maintenance of the Main after the expiry of the the Agreement's three month notice period will be discussed at the next parish council meeting on 8 March at 7.30 pm in Port Isaac Primary School.

**Barbara Bell, Chair  
St Endellion Parish Council**

# Molly Farmer

A much loved member of the Port Isaac community and supporter of the RNLI and many other charities, has died aged 94.

Molly Farmer was Port Isaac RNLI committee's longest serving member with 33 years service to the charity. RNLI branch Chairman Bob Bulgin paid tribute to Molly, saying "her passing marked the end of an era".

As a little girl she experienced a colonial existence, having been taken out to India with her parents in the days of the Raj, where she grew up riding elephants and developing a lifelong interest in wildlife, looking after a variety of animals, many of which became pets including an orphan tiger cub and otter.

Returning to England to attend boarding school and spending holidays in North Cornwall, Molly met and became a lifelong friend of Sir John Betjeman, and also met Fred Perry, the famous tennis player, who taught her a thing or two on the court!

Going back to India for a time, she managed a family boatyard for her father before returning once again to England to attend the Lucy Clayton Modelling School and becoming a well-known model on the London circuit, carrying out fashion work at most of the well-known stores of the day.

At the outbreak of the Second World War, she became an ambulance driver in London, carrying out rescue work in the city throughout the Blitz, which led to a change in direction. A nursing course brought her to Polzeath, and she specialised in care for burns victims of the war. Her attractive and caring nature became an inspiration for those injured during their wartime exploits. During this time she also worked behind a bar in Polzeath, keeping everyone's morale up.

Married for 40 years, during which time she brought three sons into the world, Molly later cared for her mother and specialised in looking after the elderly while working for 'Country Cousins', before returning to her beloved Cornwall and settling into the cottage in Port Isaac that became her home for the rest of her life.

Said Bob Bulgin: "Molly was a remarkable woman and everyone will miss her. With all the enthusiasm and dedication that she had displayed throughout her life, Molly became involved in Port Isaac RNLI branch activities, playing a leading part throughout her 33 years on the Committee. As well as this, she became an 'institution' at the Boathouse Stores, working for Jon Cleave. Molly always said that regular visitors only came in to say hello and have a chat!"

This fine lady will be missed by all those that came in contact with her, and the memory of a unique lady will live on.

## Magical Managers 2009/10

### League One

LW	POS	TEAM	MANAGER	PTS
1	1	NO MIDLIFE CRISIS	Kevin Grills	840
2	2	THE MULBRINATORS	Chris Witherden	780
4	3	SHEIK YERBOOTY	Andy Penny	753
3	4	HARTLAND RD ALLSTARS	Bryan Nicholls	743
5	5	COME ON LAMPARD	Rachel Grills	734
6	6	EMMA'S DOLPHINS	Kevin & Emma Honey	734

### League Two

1	1	MINUS 10	Richard Hambly	815
2	2	MAYFIELD ROAD HOOLIGANS	Tim Witherden	808
3	3	MAYBEES	Tom Bishop	786
4	4	MOTS FLYERS	Tom Cleave	761
5	5	TREWETHA LANE 11	Jill McDonnell	723
6	6	CENTRAL SPORTS	M Roskilly	690

up to February 20th 2010

## St Peter's Church

### what's on ...

#### Easter Mini Market

Wednesday 7th April - 10.30am

#### Parochial Church Council AGM

Friday 23rd April - 6pm

*everyone welcome*

#### Summer Mini Market

Wednesday 21st July - 10.30am

#### Harvest Festival

Sunday 12th September

*Songs of Praise followed by Harvest Supper and Auction*

#### Christmas Mini Market

Saturday 20th November - 10.30am



## We're going to be:

**March 2nd** - Mother's Day Cards plus children to make their own sandwich for snack

**March 9th** - Plant water cress pots and activity equipment (slide, see-saw, hula hoops, hopscotch, football)

**March 16th** - Trip to National Lobster Hatchery - meet at Rock Ferry

**March 23rd** - Egg & Spoon race and stained glass Easter Egg sun catchers

**March 30th** - Easter Egg hunt and make easter baskets

# 'To keep a good Lent'

a poem by Robert Herrick, who lived from 1591-1674

Is this a Fast, to keep  
The larder lean?  
And clean  
From fat of veals and sheep?

Is it to quit the dish  
Of flesh, yet still  
To fill  
The platter high with fish?

Is it to fast an hour,  
Or ragg'd to go,  
Or show  
A down-cast look and sour?

No: 'tis a Fast to dole  
Thy sheaf of wheat  
And meat  
Unto the hungry soul.

It is to fast from strife  
And old debate,  
And hate;  
To circumcise thy life.

To show a heart grief-rent;  
To starve thy sin,  
Not bin;  
And that's to keep thy Lent.



In 350 years concern about what Lent is truly for has not changed. The first three verses tend to show a disdain and mockery of traditional practice: giving up meat only to feast on fish reminds of the anecdote affectionately told of Cardinal Wiseman, of whom it was said that on Fridays in Lent he had to reduce himself to lobster salads because he could not eat meat. And yet I think there was a merit in all those Fridays in our childhood when only fish was eaten – a reminder in the calendar that God is part of our life. And I for one do not despise even those small privations and acts of self-denial which may sharpen our appetite and spirit in Lent, reminders as they are of a profounder truth, Christ fasting forty day in the wilderness, tempted by Satan.

Herrick also points us in the last three verses to three other points we might remember in Lent: First, this could be a season of charity towards the hungry soul; secondly, we could give up old hates, old feuds, old prejudices that make our own lives like a garden of bitter herbs; thirdly, we could starve not our stomachs but our appetite for sin. Give up that easy lust and all too familiar weakness.

May God grant to each of us a holy Lent.

*Father John*

## Palm Sunday

On Palm Sunday, March 28th, there will be a procession and short service, principally for young people, to remember the events of the first Palm Sunday. The procession starts at St Minver Vicarage at 15.45, and the SHORT service will start at 16.00 (4pm in Cornish). There will be refreshments after, plus music and an opportunity for young people to build an Easter Garden.

**All are very welcome**

## 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

### Wednesday March 3<sup>rd</sup>

7.30pm Healing Service - St Endellion Rectory

### Thursday March 4<sup>th</sup>

7.00pm United Lent Course - St Endellion Church Hall

### Friday March 5<sup>th</sup>

2.30 pm Women's World Day of Prayer Service - St Kew Highway

### Sunday March 7<sup>th</sup>

9.45am Sung Eucharist - St Peter's Port Isaac

11.00am Sung Eucharist - St Endellion

### Wednesday March 10<sup>th</sup>

7.15pm St Endellion PCC Church Hall

### Thursday March 11<sup>th</sup>

7.00pm United Lent Course - St Endellion Church Hall

### Mothering Sunday March 14<sup>th</sup>

9.45am Family Eucharist - St Peter's Port Isaac

11.00am Sung Eucharist - St Endellion

6.00pm Evening Worship with Taize Chants - St Endellion Church

### Tuesday March 16<sup>th</sup>

10.00am – 3.00pm **Quiet Day** 'Music & Spirituality' - St Endellion Church. Canon Perran Gay, Precentor Truro Cathedral. Drinks provided; bring picnic lunch. £8.00

### Thursday March 18<sup>th</sup>

7.00pm United Lent Course -Rock Methodist Chapel

### Friday March 19<sup>th</sup>

6.00pm St Peter's PCC in Church

7.00pm Eucharist - St Endellion (St Joseph)

### Sunday March 21<sup>st</sup>

9.45am Family Eucharist - St Peter's Port Isaac

11.00am Sung Eucharist - St Endellion

### Tuesday March 23<sup>rd</sup>

8.00pm Julian Group (Trefreock)

7.30pm Mothers Union - St Endellion

### Thursday March 25<sup>th</sup>

9.00am Eucharist-St Endellion (Blessed Virgin Mary)

7.00pm Lent Course - Perceval Institute St Minver

### Palm Sunday March 28<sup>th</sup>

9.45am Sung Eucharist with procession of palms & dramatised Passion - St Peter's Port Isaac

11.00am Sung Eucharist with procession of palms & dramatised Passion - St Endellion

### Maundy Thursday April 1<sup>st</sup>

8.00pm Commemoration of Last Supper, footwashing, vigil till Midnight - St Peter's, Port Isaac

**If you're struggling to think of something easy to bake for the Hospice Day Cake Stall, then struggle no more. Here are a couple of easy recipes that should fit the bill.**

### **Sticky Ginger Cake**

this recipe will make two loaf cakes, one for the sale and one for you! Plus you can make it two or three days in advance, so no last minute rush.

250g golden syrup  
250g black treacle  
500g self-raising flour  
2tsp bicarb  
2tsp mixed spice  
2tsp fround cinnamon  
5tsp ground ginger  
600ml milk  
250g dark muscovado sugar  
2 eggs, beaten

1. Preheat oven to 180C, 350F or Gas 4. Grease a loaf tin and line with greaseproof paper, or just pop a loaf tin liner in the tin (much easier).
2. Heat the syrup and treacle together and leave to cool slightly.
3. Heat the milk and sugar, stirring a bit, until the sugar has dissolved.
4. Sift the flour, bicarb and spices into a bowl.
5. Pour the milk and the syrup mixtures into the flour. Add the beaten eggs and then beat well until there are no lumps. An electric hand mixer is good for this.
6. Pour this batter into the tins and bake for about 45 mins in the centre of the oven. It's ready when a cocktail stick comes out clean.
7. Leave to cool for a bit in the tin before turning out and cooling on a rack.
8. Wrap in greaseproof paper and then foild for a couple of days and store in a cool place before eating.

### **Custard Cup Cakes**

this recipe is really easy, and if you double, or even triple, the quantities you make lots for the sale and some to keep!

100g custard powder  
200g softened butter  
2 eggs  
4tbsp milk  
280g caster sugar  
100g self-raising flour

1. Preheat oven to 180C, 350F or Gas 4.
4. Place 12 paper cases in a muffin tray.
2. Beat the custard powder with the butter, eggs and milk.
3. Stir in the sugar.
4. Spoon into the paper cases.
5. Bake for about 20 minutes until a cocktail stick comes out clean. Leave to cool completely.
6. Decorate as artistically as you want with glaze or butter icing, hundreds and thousands, smarties, chocolate buttons, it's up to you.  
Simple!

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

## **Coastpath quagmire**

**Dear Trio**

Over the half term period, I went for a walk round the coastpath with Winnie, from the village of Port Isaac to the public carpark. Well what a disgrace. The walk took me far longer than anticipated, because I stopped to talk to visitors, plus assisting helping a lady with a baby in a buggy, who was attempting to negotiate the slippery mud and the numerous potholes filled with water. I personally attempted to avoid slipping over by hanging onto the fencing by the side of the cliff. This task wasn't easy as the fencing is unsafe .

WHEN is something going to be done. This is the first impression visitors have of our beautiful village, and it is a disaster. When is some organisation or individual going to own up to being responsible for this appalling road. The visitors I encountered were very unhappy with the state of the main path down to the old and historic part of Port Isaac. I just hope, that after all the years of haggling and complaints, that something finally may be done. We cant rely on dry warm weather to make it easy walking. When will this situation get sorted?

**Annie Price  
Resident of Port Isaac**

*Ed: Unless the situation has changed, the coast path is due to be resurfaced commencing March 15th. This was reported in the December Trio and we were told it would be advertised in the press and via door to door to all residents who may be affected. Hopefully next month we will be able to report that we now have a lovely footpath to walk from the car park into the village.*

## **Ideas to help cut your fuel bill**

\* Set the thermostat one degree lower - it won't make the house feel much colder but could slash more than £50 from your annual heating bill.

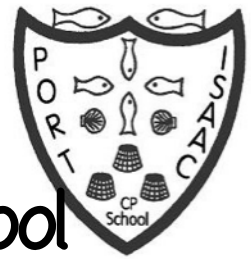
\* If your water is ever too hot to touch, turn down the thermostat. If you have one, use the eco-setting on your boiler to heat water on demand rather than in advance.

\* Insulation and draft-proofing cut fuel bills year-on-year. A water tank jacket will save £35 a year, an eco-shower-head will save £25. Topping up roof insulation might cost up front but it's a reasonably easy job and saves about £45 a year.

**The statistics on sanity are that one out of every four persons is suffering from some sort of mental illness. Think of your three best friends - if they're okay, then it's you.**

# schoolchat

news and views from Port Isaac School



## Chinese New Year

Just before half term Class 1 and the Foundation stage children celebrated Chinese New Year in school. They made a dragon and lanterns and took the dragon into the village on a procession, just as they do in China. "It was great fun" said Finn.

The whole school enjoyed a Chinese style banquet for lunch on the Thursday and everyone agreed that it was delicious!

## Rumpelstiltskin

Class 2 went to Camelford to see a performance of Rumpelstiltskin on the last day of last term. "It was very funny" said Poppy.

## Valentine's Disco

Friends of the School organised a disco which was well attended and everyone enjoyed DJ Taran's music!

"It was great fun and there was lots of dancing" said Paige.

The children had made pizzas the day before to serve as refreshments and there was a raffle to raise funds for the school. A big thank you to everyone who either helped out on the day or donated prizes!

## Bikeability

Year 5 and 6 had the opportunity to learn road safety for cycling with an instructor who came into school. By the end of the course all the children passed and can, with permission, ride their bikes to school. Well done to them all! "It was very interesting" said Asa.

## SCHOOL VEG PATCH

It's March and time to plant some seeds and grow some homegrown veg. The school vegetable patch is looking quite sad and needs a dig over and some TLC. We are asking for volunteers to come and help dig over the vegetable patch at the school on Saturday March 20<sup>th</sup> between 10am and 12noon. Anybody is welcome, you don't need to be a parent. Bring your spade or garden fork and we'll provide the cake!

## SEED/PLANT DONATION

We would also like to ask for any donations of fruit or vegetable seeds, seedlings or plants - ideally things that can be grown outside as we don't have a greenhouse. Please can you drop any off at the school and the kids will be able to plant them after March 20<sup>th</sup>. These are just some ideas: raspberry, blackcurrant and gooseberry plants that we can plant and harvest every year (not much maintenance), parsley, rosemary, mint, chives, sage (would be nice to have some herbs), sprouts, radish, beetroot, spinach, lettuce (quick and easy to grow). You may have more ideas on what would be good to grow so we would be delighted to try anything. Thank you.

## Truro Museum

The whole school went on a trip to the museum. Class 1 and Reception learned about steam engines and the focus for class 2 was the ancient Greeks.

Everyone had the chance to look round the museum and Katie liked the Mummy best while Sam B loved the steam engine.

Class 2 were able to handle and sketch some Greek pottery before going on to design their own clay tile using traditional Greek designs. "This was the best bit" said Liam.

## Happy Birthday...

*Birthdays celebrated in February:*

- *Rosie 7*

*Birthdays celebrated in March:*

- *Liam 11*
- *Kayleigh 7*
- *Evie 5*

# things Parish Council ...

## the Parish Clerk's report

### APPLICATIONS AND NOTICES

**Application 2010/00047** Application for retrospective Consent for the siting of mobile home for staff accommodation. Mr & Mrs R Jones, Treswarrow Farm, St Endellion, Port Isaac.

**It was proposed by Mr D Phelps and seconded by Mr W Dawe that the Parish Council supports this application.**

**Application 2010/00025** Construction of swimming pool and retaining wall. Mr & Mrs Bennett, Adjacent to Myrtledeane, Trelights.

**It was proposed by Mr B Nicholls and seconded by Mr W Dawe that the Parish Council supports this application.**

**Application 2009/01819** Proposed loft conversion and alterations, new dormer new first floor opening and glass barrier and raised platform at ground floor level and creation of parking space. Ms N Williams & A Rees, 13 New Road, Port Isaac.

**It was proposed by Mr B Nicholls and seconded by Mr A Penny that the Parish Council supports this application.**

**Application 2009/01820** Proposed rebuilding of the main dwelling house, replacement and removal of existing extensions to dwelling for the erection of new replacement extensions at ground and first floor levels. Mr K Schilling, Homer Park, Port Isaac.

**It was proposed by Mr B Nicholls and seconded by Mr A Penny that the Parish Council supports this application.**

**Application 2009/01770** Conservatory extension and amendments to the fenestration and installation of air source heat pump. Mr & Mrs Bennett, St Petro's adjacent to Myrtledeane, Trelights.

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

**Proceedings under the Highways Act 1980; Preliminary Consultations. Proposed Diversion of [part] Public Footpath 537/40 at Homer Park in the Parish of St Endellion.**

Mr D Phelps proposed the following observation. That the Parish Council supports the diversion on the condition that the owners of Homer Park create a footpath inside the road to the diversion, as walkers will be exposed to the danger of the road for longer. This was seconded by Mr M Bell and carried nem.con.

### Approvals & Refusals

**Application 2009/01652** retain as existing a storage container in the rear service yard. Co-Operative Group, 31 New Road, Port Isaac. **Cornwall Council APPROVED this application**

### STEPS ON THE CLIFF PATH

The Parish Council agreed to right to RADAR (The Royal Association of Disability Rights) and ask them the best way of putting forward the case to Natural England for removing the steps and making it more disabled friendly.

### VACANCY FOR NEW PARISH COUNCILLOR

Miss Anne- Marie Hallett has been voted onto the Parish Council.

### CAR PARKING

a) although the Parish Council is looking into additional Parking on the playfield/second field it continues to support Barry Cleave Park and Ride scheme at Trewetha.

b) The Parish Council has agreed to establish car parking for 100 cars in the Parish Council's second field and liaise with members of the business community to expedite this.

### BENCHES

The Parish Council has asked Cornwall Council for a covered bus shelter in the lay-by opposite the church at St Endellion.

### FRIENDS OF MAIN

The Friends of the Main have handed back the Main to the Parish Council, if anyone is interested in taking it over please contact the clerk Mrs Elizabeth Uglov, West Balsdon,

Whitstone, Holsworthy, Devon, EX22 6IE.  
01288 341242, 07919182195

The Parish Council has also written to the National Trust to see if they would be interested in taking over the Main.

### ANNUAL PARISH MEETING

The Parish Council is inviting Peter Moore, Transport Director, Dan Rogerson, MP, Cathy Devereux-Mack, Planning, PC Taylor and Bryan Gisbourne to the Annual Parish Meeting, the meeting will be held on Thursday 8<sup>th</sup> April 2010 at 7.30pm at Port Isaac Primary School

### DOG BIN

The Parish council has asked Cornwall Council for a dog bin to be placed at the Longcross/Port Quin/Trelights crossroads as there are many dog walkers in the area.

### DATE OF NEXT MEETING

Monday 8<sup>th</sup> March 2010 at Port Isaac

**Highway Maintenance and  
Public Footpaths - any  
problems contact  
Robert Manders on  
01208 880022**

**CHILDREN'S  
NEARLY NEW SALE**

**Saturday 24 April 2010  
10am - 12pm  
St Teath Church Hall**

**Quality baby & childrens clothing,  
toys, games, books & nursery  
equipment ages 0-11 years**

**Join us for unbelievable  
bargains**

**contact Sophie Broadhurst on**

**01208 850623 or**

**[family.broadhurst@tiscali.co.uk](mailto:family.broadhurst@tiscali.co.uk)**

**for more info.**

**£1.00 entrance fee - Proceeds to  
St Teath Primary School**

**In winter why do we try  
to keep the house as  
warm as it was in summer  
when we complained  
about the heat?**

A mouse looked through the crack in the wall to see the farmer and his wife open a package. "What food might this contain?" the mouse wondered. He was devastated to discover it was a mousetrap.

Retreating to the farmyard, the mouse proclaimed this warning to the chicken: "There's a mousetrap in the house! There's a mousetrap in the house!" The chicken clucked and scratched, raised her head and said, "Mr Mouse, I can tell this is a grave concern to you, but it is of no consequence to me. I cannot be bothered by it." The mouse turned to the pig and told him, "There's a mousetrap in the house! There's a mousetrap in the house!" The pig sympathised, but said, "I am so very sorry, Mr Mouse, but there is nothing I can do about it but pray. Be assured you are in my prayers." The mouse turned to the cow and said, "There's a mousetrap in the house! There's a mousetrap in the house!" The cow said, "Wow, Mr Mouse. I'm sorry for you, but it's no skin off my nose." So, the mouse returned to the house, head down and dejected, to face the farmer's mousetrap ... alone ...

That very night a sound was heard throughout the house - the sound of a mousetrap catching its prey. The farmer's wife rushed to see what was caught. In the darkness, she did not see that it was a venomous snake whose tail was caught in the trap. The snake bit the farmer's wife. The farmer rushed her to the hospital. When she returned home she still had a fever. Everyone knows you treat a fever with fresh chicken soup. So the farmer took his hatchet to the farmyard for the soup's main ingredient. But his wife's sickness continued. Friends and neighbours came to sit with her around the clock. To feed them, the farmer butchered the pig. But, alas, the farmer's wife did not get well. She died. So many people came for her funeral that the farmer had the cow slaughtered to provide enough meat for all of them for the funeral lunch.

And the mouse looked upon it all from his crack in the wall with great sadness. So, the next time you hear someone is facing a problem and you think it doesn't concern you, remember - When one of us is threatened, we are all at risk.

## Martin's goes wild on garlic



Well it's about that time of year again when the hedgerows around the area start to bloom with wild garlic. You only have to walk down Trewetha lane and you will notice a hint aroma of onion. They look like multi headed snow drops with several white bell shaped flowers hanging off a triangular shaped stem. Both the leaves and the flowers can be used as you would any other fresh herb. PLEASE make sure that you are 100% that it is wild garlic that you are using!

### Potato and wild garlic soup

50g butter.  
2 medium onions, chopped.  
2 good hands full of wild garlic.  
750g potatoes, floury such as Maris piper. Peeled and diced.  
2 pints stock either vegetable or chicken.  
150 ml double cream.  
Salt and pepper.

1. Melt the butter in a large pan, add the onion and fry gently for 5 mins until very soft but not brown.
2. Wash the wild garlic and roughly chop, add half of it to the pan with the potatoes and the stock.
3. Bring to the boil and then simmer for 20 mins until the potato is really soft.
4. Add the rest of the garlic and liquidise the soup until smooth.
5. Return to the pan, bring back to a simmer, then stir in the cream.
6. Season well with salt and pepper.

Here's a easy and taste supper to make and using tinned beans is quick. You could add some herbs and use any type of beans that you have on your shelf.

### Sausage and butter bean stew

1 pack of sausages, cooked and chopped, I like using spicy ones like chorizo.  
1 tin of butter beans  
1 medium onion diced.  
1 tin of chopped tomatoes.  
2 cloves of garlic finely sliced.  
1 glass red wine.  
A good slug of ketchup.  
Salt and pepper.

1. Heat a little oil in a pan, add onion, garlic and cook for 3 mins, add the sausages and cook for 3 mins.
2. Add the red wine and reduce down to all most nothing.
3. Add the chopped tomatoes and butter beans, simmer for 15 mins.
4. Season with the ketchup and salt and pepper.

Also if you fancy doing a "come dine with me" and don't feel like cooking, then I'm available for hire.

Call Martin on 07891 318235.

Mx.



# Climate Friendly St Endellion

We are still planning the AGM/Green Fair for Saturday 17<sup>th</sup> April at the Village Hall starting at 12.00. Its theme will be on local food, How Green is Your Plate. You will find updated details on our website [www.stendellion.com](http://www.stendellion.com)

Producing and consuming locally is one of the key ways in which sustainable living might become a reality. The Green Fair and AGM will have stalls from local food and drink producers describing what they have to offer and the benefits of this for local people and the local economy.

There are many local groups in Cornwall beginning to take up this theme. One of them is the Community Supported Agriculture (CSA) movement, which has been strongly promoted by the Soil Association. While not an organic movement itself, it aims to get local people involved in the production, distribution and consumption of local food.

Our own area has one which our project was involved in called Camel Community Supported Agriculture ( [camel-csa.org.uk/](http://camel-csa.org.uk/) ) which grows vegetables and distributes vegetable boxes. Community Supported Agriculture ideas are international and you can get lots of ideas for thinking globally and acting locally.

Our sister Climate Friendly at St Merryn, has a community garden for which they received a substantial grant to buy the land and set it up. They will be coming to the Fair, so we can see how they have got on.

The broader issue of how we live today is taken on by the Slow Food Movement ( [www.slowfoodcornwall.com/](http://www.slowfoodcornwall.com/) ) whose manifesto makes some good points. It includes the following which I think will appeal to lots of us:

*We are enslaved by speed and have all succumbed to the same insidious virus: Fast Life, which disrupts our habits, pervades the privacy of our homes and forces us to eat Fast Foods. To be worthy of the name, Homo Sapiens should rid himself of speed before it reduces him to a species in danger of extinction. A firm defence of quiet material pleasure is the only way to oppose the universal folly of Fast Life. May suitable doses of guaranteed sensual pleasure and slow, long-lasting enjoyment preserve us from the contagion of the multitude who mistake frenzy for efficiency.*

There are also projects trying to get local food projects to function better. One example is Making Local Food Work ( [www.makinglocalfoodwork.co.uk/](http://www.makinglocalfoodwork.co.uk/) ) which is a collaboration between, amongst others, the Soil Association, The National Farmers Union, The Plunkett foundation (Rural issues group) and the Coop. It has got a grant to promote local food - farmers markets, allotments and so on.

Among the many other groups, one, Sustain [www.sustainweb.org/](http://www.sustainweb.org/) stands out as well. It says:

Sustain, the alliance for better food and farming, advocates food and agriculture policies and practices that enhance the health and welfare of people and animals, improve the working and living environment, enrich society and culture and promote equity. We represent around 100 national public interest organisations working at international, national, regional and local level. Quite a comprehensive agenda.

In the same way, drink is another area where local has big advantages. One of our local sustainable champions are Sharps Brewery, very nice drinks, with as low a carbon footprint as possible. Brewing is a very energy hungry process, but Sharps have worked very hard to minimise this. Details can be found on their website ( [www.sharpsbrewery.co.uk/our-environment/](http://www.sharpsbrewery.co.uk/our-environment/) )

Finally we thought it would be good to have a monthly column on grow your own. If any of you enthusiastic people would like to write it, please contact me or Dee.

Come along in April and bring your ideas and if you can help, the next meeting for Green Fair planning will be 8<sup>th</sup> March 7.30 pm Garrick 34 Trewetha Lane, Port Isaac

## Starting off the 'Grow your own' column with some easy herbs

**Chives** - Kitchen essentials, perfect for omelettes and salad. Remember to add at the end of cooking so that they don't lose their flavour. Chives are simple to grow and perfect for pots. Sow seed in March to April direct into the ground or in containers, or buy plants from the garden centre. They like a rich, moist soil in a fairly sunny position. Ensure pot-grown plants are well-watered so they produce fresh leaves. The pompom flowers produced in summer are also edible. Chives die right back in winter but you can keep a supply going by potting some up in September to grow on a sunny windowsill.

**Mint** - lovely with new potatoes, peas and Pimms (probably the most important!). The best way to grow mint is to scrounge a cutting from a friend - the shoots will root easily in water. Remember that all mints spread like wildfire so this makes them ideal for growing in containers. Mints should be renewed every two to three years to keep them vigorous. To do this, lift the plant in spring, save some of the pale, young, underground stems with lots of buds and replant them. Throw the rest away. Mint prefers moist soil and light sun to shade. Keep it well-watered and remove the flowers. For a supply of fresh mint in winter, take sections of root from the parent plant in October and lay them on the surface of fresh compost in a new pot. Cover lightly with compost, water and place on the kitchen windowsill. Fresh shoots will sprout within a few weeks.

**Parsley** - lovely with just about everything! Parsley is a biennial - flowering then dying in its second year - but is usually grown as an annual. It's notoriously slow to germinate, but is worth growing from seed for a good supply of leaves. Sow from March onwards on a sunny windowsill. Alternatively, the best time to sow outside, either directly into the ground or in large pots, is July. Keep the seed well watered to aid germination and the seeds should sprout in three to four weeks. If you haven't the time or patience to grow from seed, buy a parsley plant from the supermarket. Cut it back to within 5cm of the base and then repot into a larger container, without disturbing the roots. It prefers damp soil in partial shade. You'll need to protect it from slugs. Move potted parsley indoors to give you fresh leaves in winter.



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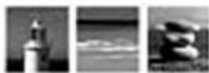
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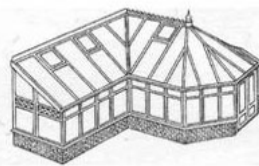
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# DIARY DATES

## Monday March 8<sup>th</sup>

Parish Council meeting – Port Isaac School – 7.30pm

## Wednesday March 10<sup>th</sup>

Kerbside Recycling – bags out by 7.00am

## Saturday March 13<sup>th</sup>

Port Isaac's Annual 'New Look' Hospice Day in the Village Hall

## Sunday March 14<sup>th</sup> - Mother's Day

## Tuesday March 16<sup>th</sup>

Whist Drive in St Endellion Church Hall – 7.30pm

## Wednesday March 24<sup>th</sup>

Kerbside Recycling – bags out by 7.00am

## Friday March 26<sup>th</sup>

RNLI AGM in Port Isaac Village Hall – 7.00pm

## Saturday March 27<sup>th</sup>

Music Hall Night with the Port Isaac Chorale in the Village Hall

## March 28<sup>th</sup>

British Summertime (BST) begins – put the clocks one hour forward

## Thursday April 1<sup>st</sup>

Local schools break up for Easter

## April 1<sup>st</sup> - April 11<sup>th</sup>

St Endellion Easter Festival

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

St Peter's Church Easter Mini Market in the Church Rooms - 10.30am

## Thursday April 8<sup>th</sup>

Port Isaac Village Hall AGM in the Hall – 6.30pm

Annual Parish Meeting - Port Isaac School - 7.30pm

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

Parish Council meeting – Port Isaac School – 7.30pm

## Saturday April 17<sup>th</sup>

St Endellion Climate Friendly Parish AGM in Port Isaac Village Hall – 12noon onwards

## Monday April 19<sup>th</sup>

Local schools back to school

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

Whist Drive in St Endellion Church Hall

## Friday April 23<sup>rd</sup>

St Peter's Church Parochial Church Council AGM in the Church - 6.00pm - everyone welcome

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

Bish Bosh Bash present *A Mere Interlude* in Port Isaac Village Hall - 6.30pm

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

Parish Council meeting – Port Isaac School – 7.30pm

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

Whist Drive in St Endellion Church Hall

## May 31<sup>st</sup> – June 4<sup>th</sup>

Local School's Half-Term

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

Parish Council meeting – Port Isaac School – 7.30pm

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

Whist Drive in St Endellion Church Hall

## Sunday June 20<sup>th</sup> - Father's Day

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

Parish Council meeting – Port Isaac School – 7.30pm

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

Whist Drive in St Endellion Church Hall

## Wednesday July 21<sup>st</sup>

St Peter's Church Summer Mini Market in the Church Rooms - 10.30am

## Thursday July 22<sup>nd</sup>

Local schools break up for the summer

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

Parish Council meeting – Port Isaac School – 7.30pm

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

Whist Drive in St Endellion Church Hall – 7.30pm

## Thursday September 2<sup>nd</sup> - back to school

## Sunday September 12<sup>th</sup>

St Peter's Church Harvest Festival Songs of Praise followed by Harvest Supper & Auction

## Monday September 13<sup>th</sup>

Parish Council meeting – Port Isaac School – 7.30pm

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

Whist Drive in St Endellion Church Hall - 7.30pm

## Monday October 11<sup>th</sup>

Parish Council meeting – Port Isaac School – 7.30pm

## Tuesday October 19<sup>th</sup>

Whist Drive in St Endellion Church Hall - 7.30pm

## October 25<sup>th</sup> – 29<sup>th</sup> School's Half-Term

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

Victorian Winter Celebration in the Village Hall – fundraiser for Cornwall Hospice Care

## Sunday October 31<sup>st</sup>

British Summertime (BST) ends – put the clocks one hour back

## Monday November 8<sup>th</sup>

Parish Council meeting – Port Isaac School – 7.30pm

## Tuesday November 16<sup>th</sup>

Whist Drive in St Endellion Church Hall

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

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

## Trio Copy dates

**April /Easter issue:** Copy date Thursday March 25<sup>th</sup> Print date Thursday April 1<sup>st</sup>

**May issue:** Copy date Friday April 23<sup>rd</sup> Print date Friday April 30<sup>th</sup>

**June issue:** Copy date Friday May 21<sup>st</sup> Print date Friday May 28<sup>th</sup>

## 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 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.

## 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!**