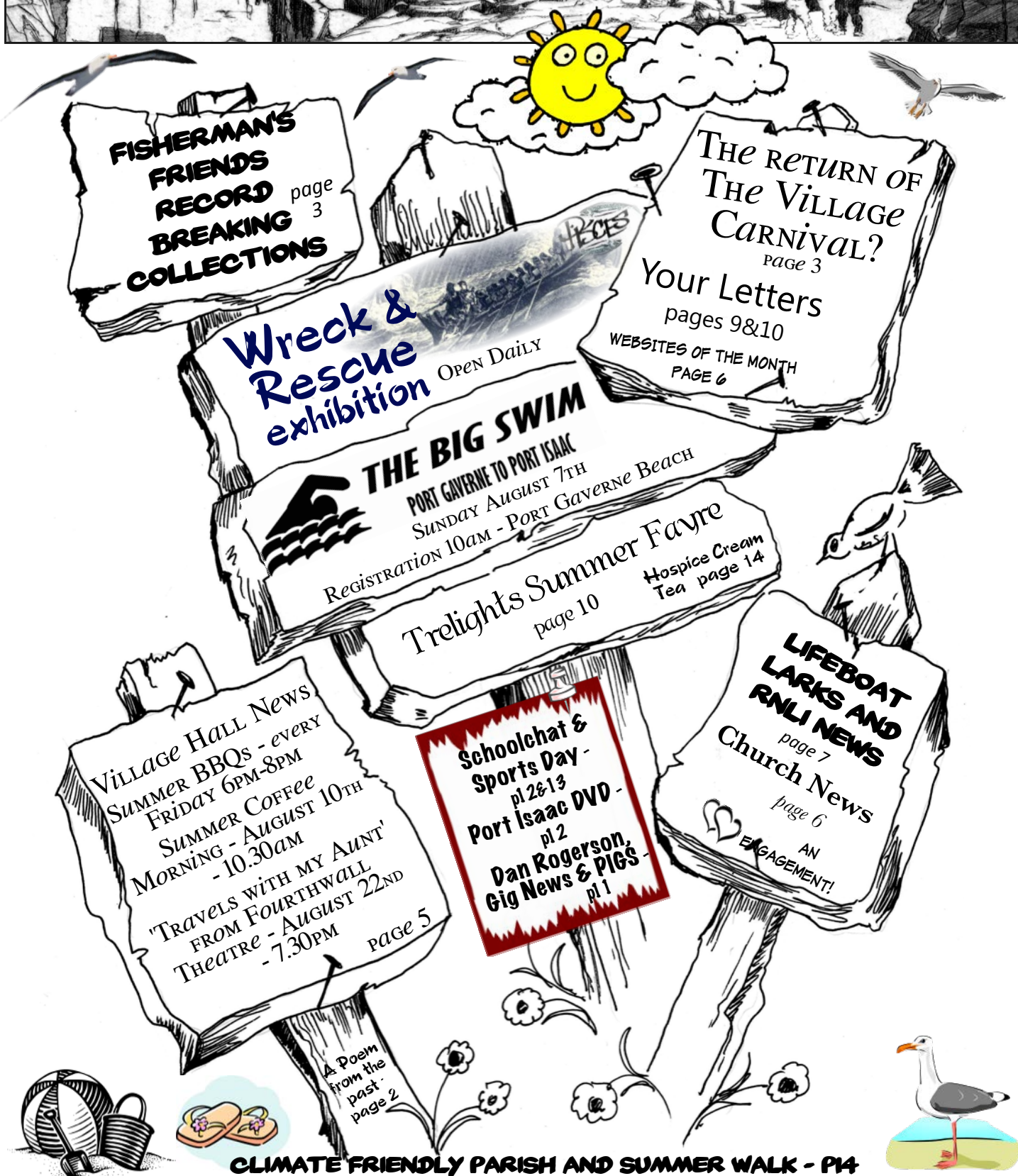


# trio



## CLASSIFIEDS

FOR SALE  
**8oz Round Jars + Tops**  
35 per Case £12.00 per Case

**1930/1940 Bike**  
in good order  
£50.00  
**Tel 01208 880224**

## Thank you

Jim & Sue would like to thank all the businesses and people who donated goods, baked cakes and helped out at our charity tea party. We raised the grand sum of £1528 for the Precious Lives Appeal.

We have also presented a cheque to the Friends of Port Isaac School for the sum of £616 raised by people taking pictures of 'Doc Martin' outside the teashop. Thanks again to everyone who donated to help the school.

## 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

**0300 1234222**

*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).

To subscribe please send a cheque, made payable to *Trio*, Calenia, 3 Trewetha Lane, Port Isaac, Cornwall PL29 3RN

To advertise in *Trio* telephone  
**01208 880905**

Published by  
Sam & Dee Littlechild  
**Tel: 01208 880905**

email: [triopi@mac.com](mailto:triopi@mac.com)

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

## CONGRATULATIONS

*to Lisa and Adrian*

*on their engagement on July 8<sup>th</sup>*

*Lots of love from*

*Mum, Dad & Tom xxx*



## A poem from the past

During WWII, my mother and I were refugees from the London blitz and occupied Tinkers Cottage. One of the top floor rooms was my playroom and I spent many happy hours at the window watching the gulls landing and taking off on the adjacent roofs, and wishing I could understand their language. They fascinated me and I wrote this poem for them:

### Port Isaac Seagulls

We did not crawl from primeval slime  
like other sentient beings.  
We were born of the sea foam  
and the roving west wind's wings.

Our origins are the ocean deeps  
In the beauty of our flight  
In the coldness of our eyes  
In our cruel yellow beaks.

We are the marauding sky-pirates  
like the Norsemen of old  
In their swan-necked ships  
terrorising  
reckless, raucous and bold.

To you we are impervious;  
omnivorous and vociferous;  
birds' eggs, fish, discarded  
sandwiches  
are all the same to us.

We strut upon your roof tops  
with insults, yells and shouts.  
We are birdland's  
unrepentant lager louts.

We own the herring pond  
We fly the sky  
We do not die  
We simply multiply.

*Anne Collins  
Plymouth*

## 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

### The Trevan Book

Summary memoirs of the Parish of St Endellion  
prior to 1834 by John Watts Trevan - £10

**2011 Tide Timetables** - £1.30

**plus local ordnance survey maps**



# PORT Isaac Carnival Time Again?

## Saturday July 29<sup>TH</sup>

I have spoken to many people the village about resurrecting the Port Isaac Carnival.

The replies I have had have been very enthusiastic and usually followed by some great stories of years gone by. It is a shame that it stopped as it seems to be missed by so many. So ...

### LET'S BRING IT BACK!

It would be great to see it return along with a week of activities and events leading up to the carnival - remember 'Port Isaac Week'? Some of the events that I would like to include would be the return of the Raft and Three Legged Races (from the stories I've heard these were very much enjoyed by everyone involved), live music, children's entertainers, dragon boat racing and loads more.

But ... For any of the above to happen I will need your help with

- 1) Forming a Carnival Committee
- 2) Planning
- 3) Fundraising

You can also help by offering to sponsor a carnival float.

If you would like to help me bring back a village treasure email - [lancoon@hotmail.co.uk](mailto:lancoon@hotmail.co.uk) or call 01208 880984 or 07969 121581

The first steps to making this a success will have to be taken soon.

**Dean Lanyon**



Port Isaac Carnival photographs from the late 1980s/ early 1990s. Above: Martin Thomas, Yvonne and Vanessa Pattenden and Richard Thomas  
Below: Port Isaac Playgroup float



### REMEMBER ...

## No Help, No Carnival

## FISHERMAN'S FRIENDS RECORD BREAKING COLLECTIONS



Singing in Jersey

Photos: Sally Stratton

As I write this I can hear the voices of the Fisherman's Friends drifting over the village and I wonder how much the Charity collection will be tonight.

July has been a month of record on record being beaten. It started with the Padstow Sea Cadets and those boys collected a record £1082.32.



Singing in the Big Top at the Port Eliot Festival

The following week it was the turn of PISCES (Port Isaac Shared Community Exhibition Space) and they couldn't believe it when their collection was counted at £1134.37. The next week it was the turn of the Shipwrecked Mariner's Society and yes, they beat the record again with £1416.75.

Then it was the turn of Juliet Haynes from Trelights and her team who were collecting for three cancer charities, Cancer Care, Jo's Cervical Cancer Trust and Ovarian Cancer Action. Did they break the record? Did they ever - £1805.83! Is it ever going to end?

A HUGE thankyou to the boys for singing for all the charities.

**STOP PRESS  
JULY 29th  
collection tops  
£2000!**





## PORT ISAAC SHARED COMMUNITY EXHIBITION SPACE

# Wreck & Rescue opening night



*Bob Bulgin introduces  
the evening*

*James Bolton reads out  
Ed Fletcher's poem that  
he wrote many years ago  
about the Penlee disaster*



*Tamsin  
Thomas  
from  
RNLI HQ*



*Crewman of the future -  
Tom Bolton tries on an  
RNLI drysuit*



*some of  
the guests  
enjoying the  
exhibition  
and the  
refreshments*



*Ron Eglinton from Newquay  
RNLI tells a salty tale or two!*



*Geoff Provis signs copies  
of his new book*

## Church & Chapel exhibition records over 3000 visitors!

**Church & Chapel** has now finished, to be replaced by **Wreck & Rescue** which will run until the end of October. This new exhibition has grown into a fantastic collection of photos and stories, curated by Bob Bulgin. An exhibition not to be missed!

As we reach the end of our first 12 months, it's hard to believe how far we have come in such a short time, thanks to the enormous support and generosity of the Port Isaac History group and the local community. It was all a bit of a shot in the dark when we began, hoping that we could achieve some small success. Our HLF funding was to see us on our way for two years, but as things are going, we're set for a long-term future as a proper heritage collection.

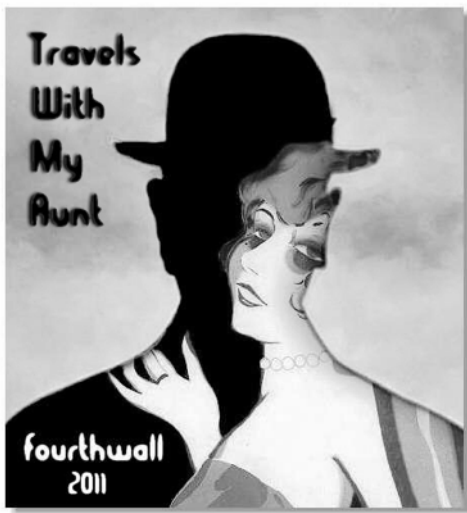
We're always welcoming any memories and stories from anyone, old and young. After all, the lives of the youngsters now become the tales of yesteryear. We've got six PISCES publications to offer at only £3 each. You can buy them from our Merchandise area in the exhibition, the *Pottery* or *Secrets*.

If you would like to write down your memories and share them with us, we would be delighted to add your story to the list of PISCES leaflets. Please contact Dee on 01208 880862 and she will be happy to guide you.

We are also happy to welcome anyone to our 'committee' meetings. The more the merrier as far as we're concerned. The date of the next meeting will be published in *Trio*. Everyone's ideas are always gratefully received - and there's a cup of tea or a glass of wine for you!

**Barbara Hawkins**





Fourthwall Theatre are back touring the South West this year with Graham Greene's *Travels With My Aunt*, brilliantly adapted for the stage by Giles Havergal.

First performed at the Citizens Theatre in Glasgow in 1989, '*Travels*' went on to acclaimed runs in the West End and New York, winning an Olivier Award for Best Entertainment in 1993.

When the mild-mannered Henry meets his eccentric and outrageous septuagenarian Aunt Augusta at his mother's funeral, he becomes aware of mysterious facts about his past and is drawn from the safety of his English country garden into a series of absurd and exotic international adventures. Henry, Aunt Augusta and more than 20 other characters are portrayed by just four actors who switch identities, nationalities, ages, genders (and even species!) throughout this exciting theatrical escapade.

Audiences are promised an irreverent and hilariously entertaining journey that will keep them guessing - and laughing to the very end!

Fourthwall Theatre are based here in the West country; their aim, to take challenging and thought provoking theatre into local communities. Previous productions include Ben Elton's *Gasping* and the psychological thriller *Strangers on a train*, which received critical acclaim:

"... a memorable evening of stimulating theatre ..."

"... they treated us to a master class in acting..." *Cornish Guardian*

*Travels with my aunt* is at Port Isaac Village Hall on Monday 22<sup>nd</sup> August, 7.30pm. Tickets: £8 (full), £7 (conc), £5 (children under 16) from *Secrets*, tel: 01208 880862, email: dee54@mac.com

More info on the whole tour at [www.fourthwall.co.uk](http://www.fourthwall.co.uk) or 078 999 53091.

# Village Hall BBQs



every Friday night  
throughout the summer in the  
Village Hall garden



6pm-8pm

Grab a burger on the way down to see  
the Fisherman's Friends



Port Isaac  
Village Hall



# Summer Coffee Morning

Wednesday August 10<sup>th</sup> \* 10.30am

*continued overleaf*

*Carn to Cove*  
*continued ...*

homemade cakes, bric-a-brac. raffle

everybody welcome

raising funds for the Hall

# Coming soon to your Hall ...

**Friday October 11<sup>th</sup>** - our old friends, Bish Bosh Bash Productions put on a one-man show, 'Oogly as Sin', the story of the Cornish Giant, Anthony Payne.

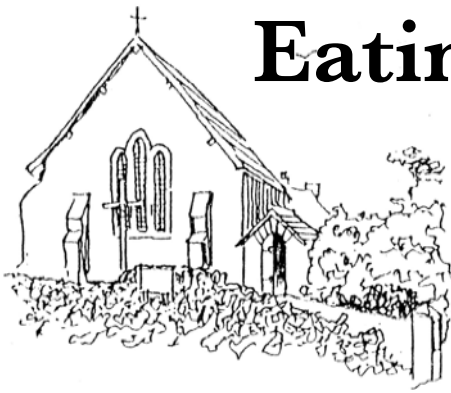
**October 28<sup>th</sup>** - we are staging a Carn to Cove event when musicians Bagas Degol bring us Red Letter Days - and evening of music, song and stories with a bite.

# A bit about Carn to Cove

Port Isaac has been a member of **Carn to Cove** for many years now. Claire Marshall, the scheme's administrator writes, "**Carn to Cove** is Cornwall's performing arts touring scheme - we bring professional artists into rural areas, helping small communities to put on something 'different' in their local hall and create a social event for the village. We underwrite the costs of professional acts, reducing the financial risk to the hall, but at the same time giving the community an incentive to maximise audiences and make some money for its own use. **Carn to Cove** is part of the National Rural Touring Forum and we also work in collaboration with the other small-scale professional venues in Cornwall such as the Poly in Falmouth.

We are extremely lucky in Cornwall to live in a vibrant, thriving artistic environment and

*continued overleaf*



# Eating Together

Summer and, if the weather's kind, the time for eating outside where it always seems to taste better! There's so much pleasure in being with friends or family, in the garden or on the beach, enjoying one another's company, talking together, having a drink and sharing everyday meals, as well as picnics and barbecues.

Eating together, is an ideal way to get to know one another better, to strengthen friendship and to build community, as well as to celebrate special occasions. And going by the number of times Jesus and his disciples and other people are recorded as eating and drinking together in the gospels, both indoors and outdoors, they clearly enjoyed it as well.

There's the well-known story of the Feeding of the Five Thousand; Jesus cooking breakfast for his disciples on the sea shore; Jesus, breaking bread with the two disciples he's walked with on the Emmaus road, and, of course, his final meal with them before his crucifixion – the Last Supper.

Central to Christian faith is this shared meal of Holy Communion or the eucharist, given us by Jesus himself on the night before he died. Jesus took bread, blessed, broke and gave it to his disciples, and blessed and shared the wine in the same way, saying 'Do this, in remembrance of me'; and ever since, in homes and hospitals, in churches, chapels, and cathedrals, indoors and outdoors, whether thousands have gathered, or only two or three, Christians have obeyed his command and continue to do so today.

*Rev Judith Pollinger*

## **Carn to Cove** continued ...

we are spoilt for choice when picking home-grown shows to offer our village hall promoters. As well as long-established Cornish companies such as *Bash Street* and *Miracle*, we have a new generation of younger professional companies working in dance, theatre and film.

Thanks to an Arts Council England (ACE) and Cornwall Council partnership over the past three years, the FEAST programme has enabled us to commission and tour new work and to increase our reach in market towns as well as in villages. This has been challenging, as our model of working with local volunteer promoters in villages does not easily lend itself to replication in a town, but we are starting to make an impression in towns which have been lacking in cultural activity for some time.

Of course the current funding situation is affecting us – we have less money, but there's constant demand to increase the number of venues participating in the scheme. We try to keep ticket prices as accessible as possible, but that can also lead to cutting back on fees to performers – often by choosing smaller shows. We've taken the difficult decision to limit the number of subsidised shows each hall can book per season, but we're delighted when they book shows independently of us – that's a testament to the growing confidence of the promoters and their loyal audiences.

We work with a range of partners to keep the programmes diverse and lively as well as building our audience. We've developed close links with the Young Promoters scheme in Cornwall to increase this section of our audience, and we were part of the ACE 'A Night Less Ordinary' programme with other Cornish small scale venues, giving away nearly 2,000 tickets to young people. It's a shame that this scheme has ended, but we are looking at ways to build on this and to continue to target this audience by offering substantial price savings for groups of young people.

We've been able to promote some great international work in tiny venues through collaborations with other rural schemes across the UK – these have often relied on extra Grants for the Arts awards but perhaps in future will be supported by new ACE touring funds. We're investing a lot of time in creating relationships with partners in Brittany for a potential project – very complex negotiations and financing, but with strong support from our local authority we hope that this cultural exchange will give us a big return on our investment by 2015.

So while times may be harder than they were, audiences are still looking for somewhere to go and have a night out – we make sure they don't need to go much further than their own doorstep to see some amazingly talented performers."

## Church Diary dates

### **Monday August 1st**

**7.30pm** - Chamber concert, St Endellion (French Night)

**10pm** - Late night concert, St Endellion (Festival Brass)

### **Tuesday August 2nd**

**5.00pm** - Opera: Die Walkure, St Endellion Church

### **Wednesday August 3rd**

**7.30pm** - Chamber Concert, St Endellion (Russian Night)

**10.00pm** - Late night concert Rachmaninov, Vespers by candlelight

### **Thursday August 4th**

**10am -5pm** - Flower Festival St Kew (up until August 7th)

**2pm** - Vocal Masterclass with Susan Bullock soprano, St Endellion

**7.30pm** - Concert, St Endellion (Handel, Stanford, Brahms)

### **Friday August 5th**

**3pm** - Final Festival Jazz! Evensong, St Endellion Church

**5pm** - Opera: Die Walkure

### **Saturday August 6th**

**9.30am** - Eucharist, St Endellion Church, Transfiguration of our Lord

### **Sunday August 7th**

**9.45am** - Sung Eucharist, St Peter's Church

**11am** - Sung Eucharist, St Endellion Church

### **Wednesday August 10th**

**2pm** - Garden Party, St Endellion Rectory

### **Friday August 12th**

**12noon-5pm** - Cluster Croquet Competition, Tipton, St Kew Highway

### **Saturday August 13th**

**7.30pm** - Concert, St Endellion Roscarrock Gossellers

### **Sunday August 14th**

**9.45am** - Sung Eucharist, St Peter's

**11am** - Sung Eucharist, St Endellion

**6pm** - Taize Service by candlelight

### **Saturday August 20th**

**10am – 3.30pm** Quiet Day, St Endellion led by Prebendary John May

**5.30pm** - Shakespeare in the Rectory Garden, St Endellion

### **Sunday August 21st**

**9.45am** - Family Eucharist, St Peter's Church

**11am** - Sung Eucharist, St Endellion

### **Tuesday August 23rd**

**11am** - Interment of Ashes, St Endellion (Dr William Baird)

### **Sunday August 29th**

**9.45am** Sung Eucharist, St Peter's Church

**11.00am** Sung Eucharist, St Endellion Church

## **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**



# LIFEBOAT LARKS

Not long to go now for our annual Lifeboat Larks which is always held on the Platt and the beach in Port Isaac on August 14th. This is our major fundraising event during the summer, and this year we will, weather permitting, have another great event.

We will have *St Minver Silver Band* to start us off, plus during the afternoon *Gulls Allowed* will be singing a few songs plus a jazz band to get us up and dancing.

For all the family, we have a BBQ, scones and cakes, bouncy castle, ice cream, donuts, children's painting competition, face painting, and loads of games for children on the beach, plus of course the ever popular Punch & Judy.

For the adults, we have a booze barrel raffle, Pimms, and Sharps Beer stall. Of course there will be many other stalls, including RNLI clothing, cards, pictures and sale of draw tickets.

We are ever hopeful that our RNLI Culdrose will be able to provide one of their Search and Rescue helicopters from 771 Squadron to put in appearance during the day to work with our volunteer *D Class* Lifeboat crew on a simulated sea emergency within the harbour. Always, very impressive but it does obviously depend on the fact that they may be called out on an emergency at the last moment. We must remember the amazing work they do, so to get them to Port Isaac, will be very special.

If anyone wants to have a table to sell their goods, please ring me Annie Price 01208 880386. We only ask that you give £15 on the day to the RNLI. The rest is yours, and if you may be able to provide your own table or whatever, I would be very grateful.

Annie Price

## WATER SUPPORTS RNLI

On Monday July 18th, Port Isaac RNLI Chairman Bob Bulgin and Crewmember James Bolton were honoured to be invited to the opening launch of the newly installed £850,000 bottling plant at the *Coastal Spring Company* at St Clether near Launceston. This event celebrated a partnership formed by the RNLI with this bottled water company that is guaranteed to raise at least £10,000 a year for the RNLI charity that saves lives at sea. James was invited to cut the ribbon opening the plant by the Managing Director, Martyn Ham, thereby representing the link our volunteer crews have with this progressive and rapidly expanding company.



Martyn Ham and James Bolton

Each of the range of designer bottles containing the *Coastal Spring* Water are carrying the RNLI logo and a clever back of the label image of a lifeboat crewman magnified when viewed through the water, thereby encouraging customer interest when the bottle is brought to the table. *Coastal Spring* is donating 1p from each bottle sold to the RNLI Charity. With production running at 12,000 an hour with the new bottling plant now coming on stream, the RNLI will benefit by a guaranteed donated income of £10,000 from the range each year.

Helen Patrick, the RNLI Corporate Partnership Manager, made the point that this is a partnership in the truest sense. "The *Coastal Spring* products benefit from the RNLI imagery and brand while providing a great platform for the charity key safety and fundraising messages. It is even possible to access the RNLI mobile website from a smart phone using the new labels. With the RNLI committed to driving continuous improvements within our own operations it is very exciting to see our partners do the same."

## UPDATE ON THE RNLI WINTER BALL SATURDAY NOVEMBER 26TH TREWETHA FARM

With Posters up, Invitations out and bookings starting to come in, we are delighted to announce firm arrangements have now been made for the evenings musical entertainment with two live bands and a star disco.

The bands are:

### THE GUMBO FLYERS

Well-known throughout Cornwall and way beyond, the only band to have been booked every year for the Daphne du Maurer Festival since its inception in 199, and referred to as the "best urban style zydeco band in Europe by London's *Time Out* magazine, the Gumbo's infectious brand of stomps from the Louisiana swamps never fail to get an audience up and dancing.

### KEIKORISE

A thoroughly modern four piece band who have earned a big reputation on the national stage with their charismatic front-man, professional equipment and full lighting rig. They have the ability to capture the range and real life atmosphere of music ranging from Jack Johnson to Jimi Hendrix, Black Sabbath to Blur, Killers to Kaiser Chiefs.

A great contrast to the Gumbos, there will be music and dancing to suit every taste.

And when the live music is not playing we have a Star Disco.

### CHAIN REACTION

Established over 20 years ago and rated as one of the best Discos in the country with a range of music second to none, Padstow based *Chain Reaction* can provide music ranging from Glen Miller or before through to current chart and club hits. Guaranteed to suit the atmosphere of the evening.

To book your tickets, priced £65 each, contact the Peapod by phone on 01208 880969 or 01208 881197. Staged payments for tickets can be arranged just give us a ring.

We shall need some help in running the Bar, Car Parking and other Ball requirements. If you would like to be involved in our friendly team and help out, do make contact. We look forward to hearing from you.

# Websites of the Month

## happiness, holidays and stress

As it is now (finally) summer and holidays and being happy are a lot on people's minds, I thought a peek at the subject of happiness would be in order. In recent years there has been increasing interest in the measurement of happiness, particularly in scientific and government circles.

For the scientists it relates partly, at least, to the availability of brain scanning which allows them to see changes in the brain when people experience different emotions. One particular person has been brain scanned because he has been dubbed the happiest man on the planet - Matthieu Ricard ( <http://www.matthieuricard.org/en/index.php> ). He is a buddhist monk who has been an important link between the neuroscientists and the Dalai Lama who is very interested in this area. The findings are fascinating and have been applied in a range of clinical applications from managing pain to cheering people up who are depressed or anxious.

For the government it has been a mixture of things. Some see it as a bit sinister, finding ways to make us feel happy even though things might be getting worse; for others it is a genuinely different way at looking at how to measure successful communities and indeed nations - not just by gross domestic product, but by gross national happiness (see [http://en.wikipedia.org/wiki/Gross\\_national\\_happiness](http://en.wikipedia.org/wiki/Gross_national_happiness) ). Just last month this became a development indicator at the United Nations <http://www.bbc.co.uk/news/world-14243512> .

The job of finding out how happy we are in the UK has been given to the Office of National Statistics and their website <http://www.ons.gov.uk/well-being> has a link to a knowledge bank with shedloads of information on this subject. This website is likely to grow and grow as they collect more and more information about what allegedly makes us happy.

As usual the BBC has something on this topic and this would be a good place to start exploring. ([http://news.bbc.co.uk/1/hi/programmes/happiness\\_formula/default.stm](http://news.bbc.co.uk/1/hi/programmes/happiness_formula/default.stm)) . To find out if you are happy, you can go to a link on the BBC site to a test for happiness devised by one psychologist from the USA, Ed Diener, ( <http://internal.psychology.illinois.edu/~ediener/> ) who has done a good deal of research on this topic. It is a nice easy test and I leave it to you to decide whether you believe it or not.

Sometimes stress can make you unhappy and on iPlayer <http://www.bbc.co.uk/programmes/p00hqty1> there is a programme about scientists views about how this relates to wellbeing. Here you can also find links to a test on stress by a psychologist (<https://www.bbc.co.uk/labuk/experiments/stress/> ) , this time by a home grown one, Peter Kinderman. The test takes 20 minutes and is part of an experiment to see if stress is triggered by your genes or by your lifestyle? They say they want help to investigate the causes of stress, and you can get personalised tips for improving your mental wellbeing.

Holidays are nice, but they are stressful. To find out about holiday stress, this report [http://www.greenbergresearch.com/articles/1843/2603\\_HolidayStress.pdf](http://www.greenbergresearch.com/articles/1843/2603_HolidayStress.pdf) from the United States provides a useful piece of research about the impact of holidays on wellbeing. It also includes some useful tips for managing holiday stress. Being on holiday in Cornwall is, of course, particularly happiness inducing, and also hopefully low stress.

One good website I found when writing this piece was happy news. The news generally is so awful, it is good to have a place to go on the web where you can find happy news <http://www.happynews.com/> . While it is a bit over-happy sometimes, the range of good news stories is impressive, covering business, technology, babies, and so on. The one unifying theme is that the stories are happy ones. Another site which is slightly different but good for a laugh is odd box [http://news.bbc.co.uk/newsbeat/hi/newsbeat/newsid\\_7875000/7875393.stm](http://news.bbc.co.uk/newsbeat/hi/newsbeat/newsid_7875000/7875393.stm) well worth a look.

There are lots of blogs about happiness and wellbeing, but my favourite is one called the politics of wellbeing <http://www.politicsofwellbeing.com/2010/10/moral-reasoning-and-mental-health.html>. You can sign up here to receive a monthly update on what is happening in this increasingly political world. This weeks is all about Aristotle and how he may have got it a bit wrong on the happiness front.

Finally, you wouldn't expect me to do a column without referring to something green. Well first of all walking can make you feel good <http://www.wfh.naturalengland.org.uk/get-involved/start-walking/why-walk> and the Climate Friendly Parish column has walks which will certainly work this magic. There is also good research evidence that feeling at one with nature can make you feel good too <http://chat.carleton.ca/~enisbet/index.html>, and the green gym is a good example of it in practice <http://www2.btcv.org.uk/display/greengym>.

*Tony Wainwright*

### London to Brighton cycle ride

**Chris, Damien & Paddy Bolton have successfully completed the 54 mile cycle ride from London to Brighton which took five hrs.**

**The ride was for the British Heart Foundation. Thank you to everybody who helped them raise £700.**

### The Ice Cream Parlour

Good luck to Rachel in her new venture.

The Ice Cream Parlour, next door to The Takeaway, is now open selling ice cream, cold drinks and beach goods.





# Dear Trio ... your chance to have your say and remember, it is your say and the letters printed are not necessarily the views of the Editor yellow lines and ...

## Dear Trio

We finally have our yellow lines - all the way from the village entrance to the Silvershell Road turning-so far! Where else they are going is still a secret. The answer could be in the June parish council minutes ,but as of Friday 22nd July, the May minutes are still posted out side the Co-op, not the June ones approved on 12th July. Normally a quick email to the clerk would have sorted this out, but with the parish council refusing to publish anything in *Trio* ,it is vital that the information on our parish board is up to date. So I thought I would mention it. I was hoping to extract information for inclusion in this months *Trio* but the copy date is now here.

But there are other ways to find out what's going on. The Parish council website for instance! [WWW.STENDELLION.CO.UK](http://WWW.STENDELLION.CO.UK) - as advertised in the annual parish meeting council report in April. And when its up and running I'm sure it will be fab.

OK, how about the Cornwall Council website. Full of information – if you can find it! Consultation on traffic & roads – put in Port Isaac & get 'Truro'!!!!? Oh well, email to Mr Leeson Technician, highways design, the guy who ran the consultation. And within 12 hours he had replied to me:

"I appreciate I have not sent final details yet, but this is because one small aspect of additional lining in Silvershell Road is unresolved and I intend to contact all those who responded to the consultation once this has been confirmed.

Because the settlements involved in this scheme attract numerous tourists, it was necessary to act quickly to complete the lining before the school holidays take over for the summer. Hence, details of confirmed lining were issued for completion on site before contacting responders to the consultation. I will, of course, contact everyone concerned as soon as possible.

In short, I have attached a plan of the proposed extension to restrictions in Silvershell Road, which includes the confirmed omission of the original proposed lining on Trewetha Lane, opposite the junction with Silvershell Road. All other proposals remain unchanged.

If you wish to comment on the proposed extension, please reply to me by email at your earliest convenience, as this local consultation is now reaching its conclusion. The issue was raised through safety concerns with parking in this area causing an obstruction to traffic entering/leaving Silvershell Road. All comments received would be greatly appreciated."

I'm still trying to work out what Martin Bell thinks I got wrong a couple of months ago regarding 'which authority is responsible' for these yellow lines. Here's part of an earlier email sent to me by Gary Leeson - "The proposals within the scheme for Port Isaac have been requested by St Endellion Parish Council and the local member, Brian Gisbourne CC. I would therefore suggest that you would be best to contact the parish council or the member to discuss your concerns."

Let's hope with our new Chairman and Vice Chairman now in place, the communication between the parish council and parishoners improves.

**Andy Penny, Port Isaac**

turn over the page for more letters ...

# where can we walk our dogs?

## Dear Trio

Is there a good reason why we are still not permitted to walk our dogs in the field at the rear of the playing field? When this was first stopped we were assured by the Parish Council that there would be alternatives, possibly via a footpath to Trewetha. This has not materialised and even the rough field at the back of the new car park is today full of cars, campers and picknickers whilst the ground at the rear of the playing field is - as usual- completely empty.

Are responsible dog owners and their pets going to be forever penalised because some indiscriminate persons in the past allowed their dog to foul the field? May I suggest that this may have been caused by an unaccompanied animal - dogs can't read notices. The owners concerned will know who I mean.

**Jan Green, Port Isaac**

# dog owners!

## Dear Trio

Clean up after your dog! It is not at all pleasant walking round Port Isaac and Port Gaverne and the beach is not a dogs toilet.

**Clunie Coles, Port Gaverne**

# footpath disgrace

## Dear Trio

Can we establish just who is responsible for the public footpath that runs from the side of the Co-op down to Tintagel Terrace? It is totally overgrown and if it's a wet day you get soaked through from the foliage and if it's a dry day you get stung by the nettles.

Plus, two of my daughters were power walking up to Trewetha and wanted to use the footpath that goes down to Port Gaverne. However, it was so overgrown they couldn't do so and had to turn back to the village. Rather a shame as this walk has recently been printed in *Trio* by the Climate Friendly Parish Group so I am guessing that quite a lot of people will have tried to use these paths.

This is just two of our Parish footpaths, are the others in the same state? If it is Cornwall Council who is now responsible perhaps our Parish Council could put some pressure on immediately. Clearing them after the summer will be too late. Or dare we get another work party together?!

**Cheryl Webster, Port Isaac**

## more letters on the state of our Parish footpaths

**Dear Trio**

It's nearly August and the foot paths around Port Isaac and Port Gaverne are now impassable. If I did not know there was a footpath in certain places I would say we did not have any around the village. Visitors and locals pass my house and want to know what is going on and how and why the footpaths are in such a state. Maybe the person or persons who are in charge of keeping the footpaths in good order should go for a walk and see for them selves what it is like.

It would be nice also to keep Port Gaverne Main clear from overgrowth on the far side by The Headland Hotel. That area too is becoming impassable.

**Clunie Coles, Port Gaverne**

**Dear Trio**

I recently managed to park my car at Port Gaverne with the intention of taking my dog, Winnie, for a walk up the Port Gaverne Valley towards Trewetha. However, sadly, having passed by the new construction work in the field, I found it TOTALLY impossible, not only for Winnie (with her very short legs), but also me to get through all the brambles. This used to be a glorious walk up to Trewetha. It is now completely overgrown and a nightmare. This is a public footpath, and should be made available for all wishing to walk this area. Why is it not being kept cut back as it has been for as long as I can remember.

I have also noticed, having recently walked on Port Gaverne Main, that once you head up to the right, you can't get through due to overgrown grass, brambles and shrubs. I am of the belief that this is the Parish Council's responsibility, and although I appreciate the cut-backs, please do something about your obligations to make this very special area a place that we can all enjoy to the full.

**Annie Price, Port Isaac**

## nobody told me I'd fallen out with the Parish Council!!

**Dear Trio**

In response to Mr Bell's letter in last month's Trio, I had no idea the Parish Council and I had fallen out. I certainly haven't fallen out with them and I can only think they have fallen out with me because I "state the blooming obvious". Mr Bell's letter was, I think, getting a bit personal and I am reminded of a plaque hanging over a bar in Ireland that said, "Never argue with an idiot, anyone looking on can't tell which one's which".

**John Brown**

*Member of the Parish, my views not necessarily held by the rest of the Parish*

Do you remember a poem in Trio a couple of month's ago from an American fan of 'Doc Martin'? She has kindly sent us another one ..



*Elaine shows Martin Clunes her poem*

### **Fantasy – Fan t'see – Fan t'sea...**

We watched processions all week long  
Up/down Rosccarock Lane  
Parades of people – pictures - pose  
Indeed, we're all insane!  
The surgery, Bert Large's place  
Are really only props  
Yet in the cold and Wind and RAIN  
The pilgrimage never stops!  
What is it about this place -  
Devotees in search of Saving Grace  
We've come to peer upon the pier  
In hopes Doc Martin will be here  
On our slipway into fantasy (Fan t'see, Fan t'sea)  
The pilgrimage is near its end  
Departing now from village pretend  
The shrines remain for others who follow  
Seeking a dose of Doc Martin to swallow.  
His human touch has meant so much  
To this fan from across the sea  
The real Doc Martin's (Clunes)  
The opposite of rotten  
If you meet him, you will agree!

**by Elaine Surhigh Seroka  
AKA E. Forrest Poetree  
Brighton, Michigan USA**

## Trelights Methodist Church

# Summer Fayre

**Tuesday August 16<sup>th</sup>  
2.30pm**

**in the garden of Trewithick House  
(opposite Chapel)**

**by kind permission of Peter & Pam Hall**

**Various stalls, cakes, plants,  
produce, bric-a-brac, tombola,  
games, draw**

**Proceeds for Chapel funds**

## The Trelights Walker

When walking on the top road, any breath of wind seems intensified by the tunnel-like effect that the hedges make and as it blows my hair and clothes it makes me notice the butterflies. They struggle against the wind and show great perseverance as they fight their way to their destination, wherever that may be.

The other night my gaze became transfixed by the bats that were swooping and playing in the street lights in Trelights. There is a 'smorgasbord' of flying insects for them to feed on and they take full advantage.

It is a strange feeling walking home in the heavy mist. Visibility is limited to a few yards and although it is only a thin fog, it feels like you are walking through mud. The journey seems to take twice as long but the dampness in the air is refreshing.

And then you get to walk through the fields of gold as the sun has turned the crops into a carpet of gold leaf. It warms my heart, really.

**The Lard Man**





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

The Government have announced that they are going to look into and change the way schools are funded. This is something that has needed to happen for a long time as the current system is completely unfair with similar schools in different areas receiving widely varying amounts of money. This has meant that in the past our schoolchildren here in Cornwall have been underfunded by around £300 per head (compared to the national average). The changes proposed will reform the system, protecting small schools and also ensuring that academies do not get more funding than maintained schools. The aim is to make the funding system much more transparent so that parents can see where the money goes and how it is spent. I questioned the Secretary of State on this proposal and have also been involved in debates on Bovine TB, the Finance Bill and the Government's new White Paper on Public Services. I have some concerns on the latter, despite being on the Government side of the House and will be pursuing those over coming months.

Last week, I urged Cornwall Council to think again with regards to proposed cuts to subsidies for bus companies operating in Cornwall. The Council were given their funding settlement back in April from central government and have only now decided that they want to cut the subsidy from 73.5% to 44%. I believe this is a terrible decision to make as it will inevitably mean that bus routes will have to be cut which will be a real blow to those living in very rural areas who do not have a car. There will be no way for people without private means of transport to travel to other towns and villages and this cannot be right. I have asked the Council to reconsider this ill-judged decision and very much hope they do the right thing.

Those who have occasion to visit Bodmin may have noticed that the first Bodmin market for many years was held on Thursday 21st July. It also provided a great opportunity to have a good natter with people about a variety of issues. Massive congratulations go to Sarah Horne who has taken on the licence to get the market going again. As Bodmin is historically a market town, it has been a great shame that there has not been a market for some time and it was so good to see everyone getting involved with many local shops taking on stalls. The market will take place on the first and third Thursday of every month so do make sure you visit on one of these occasions and support the market.

## PIGS ON TOUR



### LOSTWITHIEL GOLF CLUB

Beautiful, warm sunshine was the order of the day in July; it was like playing in Mexico as ten of the eleven PIGS were ambushed by the 'Mexican Bandit', aka Paul 'The Great Dane' Williams. Paul, a 28 handicapper, gave Lostwithiel Golf Course a good, old-fashioned thrashing as he carded a remarkable 38 points on a golf course which, especially on the front nine, was taking no prisoners. Just to prove how good he was, the second placed player was Geoff 'Soft Top' Harris who was a mere nine points behind. It must have been a day for the 'old boys'!

Finally, after a year of promises that 'I will play', we managed to get Graham (from The Mote) out, only to be told that this was his favourite course and he had played it well on many occasions. Sometimes it doesn't pay to be truthful as we cut him a few more PIGS shots off his handicap.

But it wasn't the golf, the weather, the national news or anything else that was the talking point of the day. It was Geoff's trousers – or were they pyjama bottoms? Geoff's ensemble was orange PIGS shirt, white trousers with blue pin stripes and brown golf shoes. We all agreed he looked resplendent and rather elegant in a perverse sort of way. To witness the spectacle, go to [www.dodderyoldgit.co.uk](http://www.dodderyoldgit.co.uk)

The next PIGS event is at Bowood Park on Monday August 8<sup>th</sup>.

*The Lard Man*

**THE TIP** Bowthick Quarry, Tintagel - **01840 770770**  
Open Friday, Saturday, Sunday & Monday



As the busiest time of year for St Endellion parish arrives, I hope that those working in the tourism sector have a good season and that the inevitable pressure on local infrastructure does not cause too many frustrations for parishioners.

**Dan Rogerson**  
**01566 777123**

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



## GIG NEWS

Thank you to all who supported our recent Cornish Pilot Gig event. The weather held off and the sea was kind. There were ten crews, seven men and three ladies.

The George Moth Trophy was won by Wavehunters in a very close and well fought final with The Cornish Arms, Penderoggett.

The Mark Provis Trophy was awarded to the Doc Martin Ladies.

Congratulations to both crews and we look forward to you defending your titles next year.

We are now looking forward to The big Swim on Sunday August 7th where we will be helping out on the day.

Lastly a date for your diary - Saturday August 13th is our 2011 Gig Racing event at Port Gaverne. Several clubs will be joining us for an exciting day of racing. There will be barbecue and raffle and we would love to have your support



# Port Isaac School Summer Fair

**Total Raised - £1329**

Well done and thank you to everyone who helped to make this years Summer Fair such a success. There are too many to name individually and I am bound to forget someone.

The raffle proved to be a great hit. Raffle prizes were donated (and gratefully received, thank you) by: Cornish Rock Tors, Cornish Sea Tours, Martin Dempsey, Bubbles and Splash, The National Lobster Hatchery, North Cornwall Wetsuits, Cornish Coast Adventures, Fresh from The Sea, Port Isaac Pottery. Barbara Bell, The Mote, The Golden Lion, Wavehunters Surf School, The cast and crew of Doc Martin, Prof Kevin Hargrave, Rick Stein, The Lost Gardens of Heligan, Trethorne Leisure Park, Sharps Brewery, Big Dunks, Newquay Zoo, Roserrow Golf Club, Trelawney Garden Centre, The Eden Project, Hasbro.

After doing so well in the School Sports Day the children seemed to enjoy the many activities available. These included a roundabout, bungee trampolines, fairground games, bouncy castles, Punch & Judy, face painting and sponge throwing. The opportunity was also taken by most to do some shopping from the various car boot stalls and traders before taking time out for refreshments from the BBQ, cream tea tent, cake stall, fresh donut trailer and ice cream van.

Add to this the glorious weather and friendly atmosphere and I think it is safe to say that everyone had a great time. Once again thank you very much from both the Friends of the School and myself to everyone who helped. Next year promises to be bigger and better.

Dean Lanyon

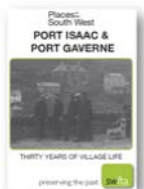
*Sally Stratton was there with her camera and sent these photographs of the Summer Fair and Sports Day to Trio - thanks Sally*



## Port Isaac & Port Gaverne - Thirty Years of Village Life

### DVD OF VILLAGE HISTORY

With the spotlight firmly on Port Isaac, thanks to the popular ITV series *Doc Martin* and acclaimed singing group *Fisherman's Friends*, a unique film depicting life in the Cornish fishing village is about to reach a wider audience. Until now, the 45 minute portrait of Port Isaac and Port Gaverne, filmed in the 1930s, 40s and 50s, was only sold around Port Isaac itself. But now *South West Film and Television Archive (SWFTA)* is making it available from selected branches of *Waterstones* and via the internet. The DVD includes footage around the village in 1933, several local weddings, Port Isaac's celebrations of the coronation of King George VI in 1937, the 1943 Boys Brigade Parade and a remarkable herring catch in 1946.



Most of the film was shot by Lionel Castle in and around Port Isaac. Lionel's grand-son, Canon Peter Larkin, realised its worth and donated the family films to the *SWFTA*.

The film is obviously fascinating for anyone who lives in or grew up in the Port Isaac area,' said Jennie Constable, *SWFTA* administrator, 'but we think that holidaymakers will find it very appealing as well. Not to mention fans of *Doc Martin* and *Fisherman's Friends*. There is so much interest in Port Isaac at the moment that it was an easy decision to re-issue the film for a wider audience.'

Copies of the DVD can be purchased in Port Isaac and if you get yours from either the *Pottery* or *Secrets*, £3 from each sale will be donated to *PISCES*.



## Goodbye

This year we say goodbye to Edward who is going to Sir James Smith's in Camelford and also to Mark, Nik, Poppy and Chey who are going to Wadebridge School. We wish them all the best in their secondary education and will miss them here in Port Isaac. They have all been great pupils and have made a fantastic contribution to school life... hopefully they will come back and see us soon.

## Thank You!

We would like to say a big thank you to Angela for coming in every week and getting us moving in aerobics. We all feel much fitter after our Wednesday workout.

## Sports Day

Sports Day this year was blessed with perfect weather so it all went to plan. With the field events completed in the morning all the races took place at the track. Thanks to everyone who came along and supported the children. For the second year running Eagles won the trophy but it was very close between all four teams so well done to everyone who took part!

## 100 Club

The results for the 100 Club draw for June and July are:

### June draw

1st = Sandy Bulgin,  
2nd = Mandy Northcott

### July draw

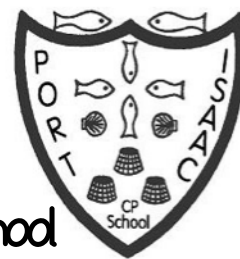
1st = Zoe Weatherhead  
2nd = Jan Everitt

*Happy Birthday ...  
Birthdays celebrated in  
August*

*Michael 10  
Rafael 4*

# schoolchat

news and views from Port Isaac School



## Friends of the School

A massive thank you to all the friends who organised the Funday after sports day. They raised over £1000 for us which is fantastic. Thank you also for all the other work you do in and around school for the children. It is very much appreciated!

## Health and Wellbeing Week

We couldn't have picked a better week weatherwise for celebrating health and well being. We were able to eat lunch outside every day and also take part in outdoor aerobics, storytelling, follow an art trail and of course have our sports day. Indoor activities included smoothie making, yoga, salad pot sampling and a whole school breakfast one morning.

Everyone agreed it was a fantastic week and thank you to Mr. Collinson who put in a lot of work to organise it all. It finished on the Friday with a circus day where the children learned various circus skills and watched a juggling fire show in the afternoon!

### A BIG THANK YOU FROM THE SCHOOL FOR STOWAWAY GIFT SHOP

Jim Reavill and Sue Large, owners of the Stowaway Gift Shoppe in Port Isaac, presented a cheque to Simon Bishop, the Headmaster of Port Isaac Primary School with a £616 donation that has been collected over the last few months by passers-by, photographing themselves next to a poster of Doc Martin.

### TREE SCULPTURE INSTALLATION

Sculptor and parent from the School, Martiens Bekker launched an exciting new project at the Summer Fair. Martiens will be building a tree from discarded pieces of wood salvaged locally from a house reconstruction and an old barn. Most of Martiens' art is spontaneous and spur-of-the-moment, he saw a huge amount of wood being taken from a house and an idea was seeded, taking root as his latest art installation. His aim is to make people aware of the 'worth' of the materials we use to make our lives comfortable and how when we upgrade our comfort, our environment pays the price. Visitors can pledge their support by donating a leaf in their name which will be added to the tree. All the funds raised will be donated to Port Isaac Community School to be used for a local tree planting event.

Martiens has raised over £50 so far and aims to be finished by the end of August. The tree will be built on the Carlumb Farm, St Minver next to the Art Café and Farm Stall. Come and witness 'Becoming a Tree Again' or contact Jan on 01208 880494 or Lee on 07582 912018 to donate a leaf.

## Summer holidays

As school is still closed in August there will be no schoolchat in the September Trio but we will be back as usual in the October issue.



# Climate Friendly St Endellion

geothermal boreholes at Eden and elsewhere, while the Wave Hub off Newquay will be linked several different mechanisms for harnessing wave energy, which will be compared. Research work in progress should lead to design work rather than manufacture of the new technologies in the near future. It seems that Climate Change might lead to some more jobs in Cornwall. Nothing new then.

**We had better have a walk that looks towards the waves they aim to harness and, for this month, variants for the more or less energetic.**

**A**t last! We've been officially registered with the powers-that-be as a Generator able to feed power into the mains. We've been asked for a meter reading, so that we can receive payment under the Government's Feed In Tariff, and I can tell you that in three months we have generated about one thousand kiloWatt-hours of electrical energy. That is about 10kWh per day, enough to keep a 3kW electric fire going for three hours or so. When it's sunny and our solar water-heating panels are working, we don't use more than 7 or 8kWh per day, but in winter when there's no solar hot water we can use up 40kWh, most of it for room-heating. We'll have to see what proportion of our consumption through the year we can actually generate, how near to carbon-neutral we can get...

A week or so ago members of Parish and Town Councils in North and East Cornwall had the opportunity to meet and question Alec Robertson, the Leader, and some Cabinet Members of the new Cornwall Council. After they had introduced themselves to us, we were shown a ten-minute film explaining what a mess the former County and District Councils had left, and what a grand job the new Cornwall Council is doing, putting things right. Then followed about two hours of questions to the Leader and portfolio-holders, which demonstrated the considerable lack of confidence our local councillors have in the Unitary Authority. Quite a good illustration of democracy at work...

The Cabinet Members with an interest in Climate Change matters, Julian German, was asked what the Council was doing to increase the county's use of renewable energy, bearing in mind the resources available here. He was reminded that, while we have more of them than most parts of Britain, wind and sunlight are not completely reliable sources of energy, and that waves are no more reliable since they derive their energy from the wind. Further, that geothermal energy and tidal power are reliable, particularly available in Cornwall, and free; he replied that biomass provided a further reliable source of energy. He added that there were projects underway, such as

Leave the Platt (Port Isaac Harbour) by walking up Roscarrock Hill past the Pottery (former Methodist Chapel) and Fern Cottage (Doc Martin's surgery exterior shots only, don't peer through the windows). At the top, take the path (no.33 in Robin Penna's Map & Guide) below Hathaway B&B, up through a gate to stone steps, and on to Lobber Point. Look back to possibly the best view of Port Isaac from anywhere in these parts. Continue round the Point, enjoying views over Port Isaac Bay, and down to Pine Haven ("Pine Awn" to locals) [Point A].

The less energetic follow the path up Pine Haven Valley, keeping fairly near the stream, until you come to a muddy patch in front of a footbridge over the stream [Point B]. The more energetic continue on the South West Coast Path (footpath no.16) from Point A, over a stile and the stream, and up a tremendous flight of steps. I will not give the details of the rest of the path to Port Quin, since you cannot really lose your way — the path is fenced in most of the way but, because of the incredible ups and downs encountered, allow at least 1½ hours to get there.

To return from Port Quin, set off up the road towards St Endellion and, after some 200 yards/metres, when the road bends right, take the path (footpath no.34) straight ahead, Eastwards, over a stile. This is the "Inland Path" back to Port Isaac. With the stream on your right go through one field, and slant left up the hill to a stile beside a gate. Follow the track through three more fields, until you are just to the Northeast of Roscarrock Farm. Here turn left (away from the farm) and follow the edge of the field round to a stile (the path officially crosses the field diagonally but may be difficult to see). Over the stile follow the path slanting right down the hill to the (Pine Haven) valley bottom and a footbridge. Over the footbridge and stile you find the muddy patch [Point B] the less energetic will have reached coming up the valley from Point A.

All walkers climb the steep hill Northeastwards, with a hedge on your right. At the top follow the drystone wall on your right to a gate in the corner. Through the gate walk almost Southwards along Washing Pool Lane until you reach a gate, and the road at Homer Park. Turn left and follow Church Hill down into Port Isaac again, admiring the views over the village as you lose height.

By the time you read this, we will have attended the Renewable Energy Conference & Exhibition, organised by Cornwall Council, and held in the former Gaia Centre near Delabole. The first of the two days is aimed at industry and business people, the second at communities and households. There should be some interesting speakers and subjects, including microgeneration (of electricity) and heat-pumps (for using heat present in the air or the ground). We'll report on any new developments next month.

**Robert Manders**



## Cream Teas at Pencarey, Trevilly Lane, St Teath

SUNDAY AUGUST 14<sup>TH</sup> 2.30PM - 5.00PM

Rides available around the garden on the 5in gauge model railway



Need a window cleaner??

**SOUTHPOLEWINDOWS**

Regular window  
cleaning service

Over 10yrs experience

Fully insured

Gutter cleaning and indoor cleans

Just call 01208 76705 for  
your free quote

**BRIGHT SOLUTIONS**

**Tony Bright**

**Painter & Decorator**

**CITY & GUILDS QUALIFIED**

External & Internal

Friendly Professional Service

*References supplied on request*

**01840 213694 / 07765 632164**

**TONY.BRIGHT@HOTMAIL.CO.UK**

# Nicki B's Pasty Shop

**OPEN EVERY DAY  
FROM 8.30am**

**Telephone: 01208 880099**

## **ANDY PENNY**

### **BUILDING SERVICES**

GLASS FIBRE FLAT ROOFING

UPVC FASCIA & GUTTERING

BRICK & BLOCK PAVING

GENERAL BUILDING

email: **ANDY@ANDY-PENNY.CO.UK**

**Mobile: 07532 478451**

**Home: 01208 880985**

**WWW.ANDY-PENNY.CO.UK**

**NO OBLIGATION QUOTES  
& ESTIMATES**

# The Port Gaverne Hotel

**BAR OPEN ALL DAY**

**SERVING**

Lunches 12noon - 2.00pm

Supper 6.30pm - 9.00pm

**RESTAURANT** Dinner 7.00pm - 9.00pm

Sunday Lunch 12noon - 2.30pm - £9.95 for two courses (children's portions available)

**Telephone: 01208 880244**

**QUIZ NIGHT EVERY WEDNESDAY - 9.15pm**

# THE SMILING SARDINE

WE LOOK  
FORWARD TO  
WELCOMING  
YOU SOON!

fully licenced cafe bistro  
at 10 New Road Port Isaac

ALSO AVAILABLE  
FOR PRIVATE  
FUNCTIONS

## Open daily

for breakfast, lunches and evening meals  
Our house speciality hand beer battered fish and  
chips - eat in or take away

Telephone 01208 880670

### 4th Dimension ARCHITECTURAL DESIGN



- Listed Building Applications
- All Types of Drawings Carried Out
- Fast, Efficient Service
- Established 1982
- Free Quotations, Competitive Prices
- Planning & Building Reg Applications

A RENOWNED DESIGN SERVICE  
FOR ALL YOUR DRAWING NEEDS

**01840 779230**

Email: [richard@4th-dimension.co](mailto:richard@4th-dimension.co)

Website: [www.4th-dimension.co](http://www.4th-dimension.co)

### S.GOODMAN PLUMBING & HEATING

Central Heating & Underfloor Heating  
Oil Servicing \* Aga & Rayburn Servicing  
Oil Tank Changes  
Pressurised Hot Water Systems  
Solid Fuel Heating Systems  
Solar Heating \* Geo Thermal Heating  
Bathroom Installations & Tiling  
Drainage & Groundwork  
Shower Rooms

For All Aspects of Plumbing & Heating  
Please Call:

TEL: 01840 213196

MOBILE: 07968 984305



BREAKFAST. LUNCHES. CREAM TEAS. HOME-MADE CAKES.  
ICE CREAM. HOME PRODUCED BEEF & LAMB.  
FREE RANGE EGGS. FRESH FRUIT & VEG. LOCAL CHEESES.  
etc

## OPEN DAILY FROM 9.30am

HOME-GROWN READY PICKED  
and PICK YOUR OWN STRAWBERRIES  
and FRESH LETTUCE (weather permitting)



- please ring to check availability

FIND US ON THE B3314 AT ST ENDELLON, PORT ISAAC  
TELEPHONE: 01208 880164

[www.trevathanfarm.com](http://www.trevathanfarm.com)

CHILDREN'S PLAY AREA

# SLATE CABS

DELABOLE

**07929 220567**

4-seater car  
Airport Transfers  
Bus/Train stations

Local services

Courier work

Private Hire

Booster seat available



# The Takeaway



**OPEN EVERY DAY**

## Daily Specials

*a variety of locally supplied fish, freshly cooked in a light crispy batter*

## Takeaway

*hot & cold drinks, burgers, sausages, chicken, spring rolls, saveloys*

**Telephone: 01208 880281**

# WESTERN SUPPLY CO

*Established 1965*

BUILDERS MERCHANT & DECORATOR CENTRE FOR TRADE & DIY

ATLANTIC ROAD, DELABOLE, CORNWALL, PL33 9DN

TEL: 01840212580

E-MAIL: WESTERNSUPPLY@HOTMAIL.CO.UK



OPEN 7 DAYS (SAT & SUN A.M. ONLY) EFFICIENT SERVICE WITH PROMPT DELIVERIES



## CLIFFSIDE GALLERY

PAINTINGS, CARDS AND ORIGINAL IDEAS  
by KATIE CHILDS - OPEN EVERY DAY  
2 THE TERRACE PORT ISAAC - 01208 880988  
[www.cliffsidegallery.com](http://www.cliffsidegallery.com)

### Babysitter available

I am a reliable 17-year old girl who  
loves children and animals

Contact Annie Appleby on 01208 880593

**log on to**

[www.thisisnorthcornwall.co.uk](http://www.thisisnorthcornwall.co.uk)



**ROSKILLYS  
CORNISH  
ICE  
CREAMS**

**cold drinks  
beach goods**

**Open every day**

next to The Takeaway

## K Honey

**Building & Renovation  
Contractors**

Three Gates Meadow  
New Road  
Port Isaac  
Cornwall PL29 3SD

Tel:  
**01208 880609**

Mobile:  
**07971 479309**



# The Bay Hotel

1 The Terrace – Port Isaac – PL29 3SG

01208 880380

[www.bayhotelportisaac.co.uk](http://www.bayhotelportisaac.co.uk)



*Recently refurbished back to its Victorian glory  
& ensuite individually decorated guest rooms  
Stunning sea views \* Private car park*

## R.T. Browne Building and Maintenance

All aspects of Building, Roofing, Carpentry and Joinery, Kitchens, Bathrooms, Alterations, Timber repairs and Decorating

**Competitive prices, all work carried out by Qualified, Insured and time served tradesman to a high standard**

Call Rich on 07843 823 278 or email [R.T.B.CARPENTRY@HOTMAIL.CO.UK](mailto:R.T.B.CARPENTRY@HOTMAIL.CO.UK)

## M.E.R. ELECTRICAL SERVICES

All types of electrical work carried out

Security Alarms CCTV Good rates Free estimates No call out charge

**Registered with local authority for Part P of Building Regs**

For a friendly, reliable service call Mark on

**01208 880142 or 0779 4782627**

Email: [markroutledge544@yahoo.co.uk](mailto:markroutledge544@yahoo.co.uk)

Mayfield Road, Port Isaac

## DENNIS KNIGHT

**Proprietor: JT Collins**

WHOLESALE & RETAIL FISH MERCHANT  
FISH CELLARS, PORT ISAAC

**FRESH FISH DAILY  
OPEN SIX DAYS A WEEK**

Tel/Fax/Answerphone: 01208 880498

Mobile: 07969 555182

## NATURAL HYPNOTHERAPY

Therapies include: Smoking Cessation, Relaxation, Stress Management, Anxiety and many more.

And Hypnodieting - the natural and easy way to help you lose weight

**FREE CONSULTATION**

**Contact Toby Panter, Hypnotherapist**

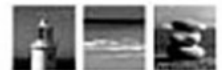
T: 01208 851997 M: 07846 064584

E: [toby@hypnodieting.co.uk](mailto:toby@hypnodieting.co.uk) W: [hypnodieting.co.uk](http://hypnodieting.co.uk)

## Brooks & Jeal

Chartered Accountants

Business Start up  
Property Letting Advice  
General Business Advice  
Accountancy  
Personal & Business Tax Advice  
Bookkeeping, VAT & Payroll  
Business Forecasts & Plans  
Company Formation  
Company Secretarial Services



Eddystone Road  
Wadebridge  
Cornwall PL27 7AL  
[www.brooksandjeal.co.uk](http://www.brooksandjeal.co.uk)  
T: (01208) 812129  
F: (01208) 816798



## TRELAWNEY GARAGE

14 New Road, Port Isaac

**01208 880536**

**Servicing & Repairs**

**Petrol & Diesel**

**Supplies**

**Breakdown Service**

**Accessories**

*Overheating?  
Air Conditioning  
Servicing &  
Recharging now  
available*

**GAS DELIVERIES**

**13kg, 19kg & 47kg**



# Cornish Holidays

## Estate Agents

## Property Sales

## Surveyors and Valuers

*"Looking after our clients' property interests for over 40 years"*

Your local agent handling all aspects of property sales and self catering holidays with full management service

If you are considering selling or letting your property, we would be delighted to provide a free, no obligation valuation

**01208 880302**

**11 New Road, Port Isaac**

**[www.johnbray.co.uk](http://www.johnbray.co.uk)**

**Fax: 01208 880144**

[www.sproulllp.co.uk](http://www.sproulllp.co.uk)

We offer all our clients a complete legal service

CONVEYANCING \* PROBATE  
WILLS \* CHILDCARE \*  
DIVORCE \* CRIMINAL WORK  
ACCIDENTS \* BUSINESSES  
LANDLORD/TENANT

Market Place	42 Fore Street	The Rock
Camelford	Bodmin	Port Isaac
01840 212315	01208 72328	01208 880355

### LARGE HOLIDAY HOME in PORT ISAAC

sleeps 10  
log fire, gardens  
garage parking in village  
for details call

**07967 089766**

[davebrown1999@hotmail.com](mailto:davebrown1999@hotmail.com)

### WESTAWAY

**PORT ISAAC CORNWALL  
GUEST ACCOMMODATION  
5 STAR RATING**

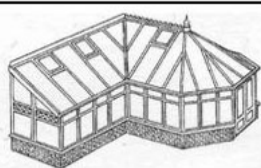
Located one mile south west  
of Port Isaac

Stunning panoramic sea views  
incorporating both  
Trevose Head & Port Quin

Please contact Jocelyn or David

**01208 881156**

Email: [info@westawaycornwall.com](mailto:info@westawaycornwall.com)  
**[www.westawaycornwall.com](http://www.westawaycornwall.com)**



## TREMEER

### CONSERVATORIES

**"A Room For All Seasons, From Idea to Completion"**

We specialise in Conservatories of All Sizes and Designs  
Built to the Highest Standard Using the Best Quality Products

**Tel: 01208 851182 Mob: 07798 644 292**



### 'HIGHER MOON'

Tintagel Terrace, Port Isaac

**Modern Holiday  
House**

3 bedrooms,

2 bathrooms

Sea views, garden

Parking for 3 cars

**Tel: 01208 880755**

## CHRISTOPHER KEY SOLICITOR

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

*Appointments out of office  
hours by arrangement*

Trebiffen, Boscastle PL35 0BN  
**Tel: 01840 250200**  
**Fax: 01840 250900**



### Nicola Vickery Interiors

Your concept, my expertise  
T. (01208) 880834

[www.nicolavickeryinteriors.co.uk](http://www.nicolavickeryinteriors.co.uk)

Roman blinds, curtains, voile blinds,  
cushions, upholstery all traditionally  
handmade in Port Isaac.

Full interior design, property buying &  
project management service.

## DAVID DYER

**Interior & Exterior  
Painter & Decorator**

21 Park Penncarne  
Delabole, Cornwall PL33 9HA

**Phone: 01840 211521**

The Platt Port Isaac 01208 880226

## OPEN FOR

Morning Coffee

Light and late lunch

Afternoon cream teas and cakes

Sundowners

Extensive contemporary Evening Menu  
using local produce where possible

## TREVARNER GUEST HOUSE

*A little bit of Port Isaac on the shores of the Solent*

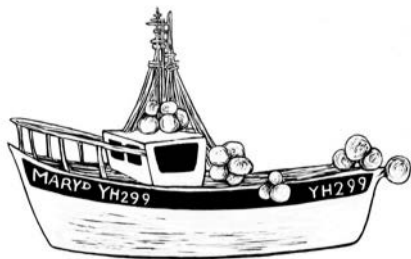


Tony and Kate Provis have just opened their guest house in the delightful village of Hill Head on the South Coast of Hampshire which is also home to a small harbour of the same name and it's immediate neighbour, Titchfield Haven National Nature Reserve. Located on the coast road our guest lounge has spectacular sea views of the Solent and the Isle of Wight.

An ideal spot from which to conduct business at both Southampton and Portsmouth as well as to tour the South Coast and visit the famous local landmarks or to base yourself for sailing, windsurfing and kitesurfing.

**Contact Kate or Tony on 01329 662408 or 07703838701**

[www.Trevarner.co.uk](http://www.Trevarner.co.uk)



## FRESH FROM THE SEA

PORT ISAAC 01208 880849

Situated at the top of the village on the  
road between the Pea Pod Gallery and  
the petrol station

**Crab and Lobster landed daily in Port Isaac from our  
own boat 'Mary D'. Available cooked, dressed, in a  
sandwich, boxed to take home or even live.**

**A selection of Wet Fish from Cornish Day Boats -  
members of the Responsible Fishing Scheme.**

**Mussels, Oysters and Clams from Rock Shellfish.**

**A variety of Smoked Fish from Tregida Smokehouse.**

**Coffee, Cakes and lots more.**

**Come and see us for a Handpicked Crab Sandwich in  
our sunny courtyard (or inside if wet) and support the  
Cornish Fishing Industry.**

Calum & Tracey Greenhalgh



# The Slipway Hotel & Restaurant

**OPEN ALL DAY FOR:** coffees, teas & pastries (morning and afternoon)

**lunch from 12noon - 2.30pm** cream teas from 3.00pm - 5.00pm

**dinner from 6.30pm every day** (*either in the restaurant or outside on the terrace*)

**with menu focussing on the use of local fish, game and produce**

***Special Lobster and Crab Dinner menu at The Slipway  
Friday July 9<sup>th</sup> - 3 courses for £37 - reservations advised***

Evening bar snack menu available in the bar or on the Terrace

**FRESH CRAB & LOBSTER AVAILABLE AT THE SLIPWAY**

**THE SLIPWAY AND THE MILL HOUSE ARE NOW BOTH  
LICENSED FOR HOLDING WEDDING CEREMONIES**

**We serve roast lunches every Sunday at The Mill House, Trebarwith  
from noon until 3.00pm (tel: 01840 770200)**

**THE SLIPWAY AND THE MILL - OPEN ALL DAY, EVERY DAY**

**Telephone: +44(0)1208 880264 Fax: +44(0)1208 880408 Email: slipway@portisaachotel.com**

## LOGS FOR SALE

**seasoned stored firewood**

Contact Rob at Cornish Logs

**078169 02080**

## DAVID PHILP

**FOR ALL YOUR GARDENING NEEDS**

The Lodge, Trelights  
Port Isaac, Cornwall PL29 3TH

Phone **01208 880056**  
Mobile **07817 161136**  
Email **peapipod@aol.com**



*for all your garden maintenance*

**Grass Cutting**

**Hedges cut and cuttings removed**

**Garden Waste removed**

**Power spraying**

**Full Insurance**

1 Koth Karri, St Teath, Bodmin PL30 3JR

**TEL: 01208 850431**

**MOB: 07866 815386 or 07817 847638**

## Roy Speakman

**A.B.I.C.C.**

**BUILDING CONTRACTOR**

Specialist Carpenter

Period Reconstruction

Kitchen/Bathroom installations

All roof work undertaken

**Tel: 07790 602404/01208 880443**

*email: rwsbuild@live.co.uk*

## Ivan Jones

### Electrical Services Ltd

*"A Local Service to National Standards"*

*\*Established 1995\**

- \* TESTING & INSPECTING
- \* FAULT FINDING
- \* ADDITIONAL POINTS
- \* PART P CERTIFICATION
- \* BUYERS/SELLERS REPORTS & SURVEYS
- \* LANDLORDS CERTIFICATES
- \* MAINTENANCE & GENERAL WORKS
- \* PORTABLE APPLIANCE TESTING (P.A.T.)
- \* NEW INSTALLATIONS & RE-WIRES
- \* ELECTRICAL DESIGN SERVICE
- \* LIGHTING DESIGN SERVICE
- \* EMERGENCY CALL OUT SERVICE
- \* ELECTRICAL HEATING DESIGN & INSTALLATION
- \* REGISTERED WITH THE 'NICEIC' (National Inspection Council for Electrical Installation Council)

**For All your Electrical Requirements  
Call Us On**

**01840 213683**

**07738 824181**

The Office, 30 High Street, Delabole, Cornwall  
**info@ijesltd.com**

**FIRE ALARMS INSTALLED TO BS: 5839  
EMERGENCY LIGHTING INSTALLED TO  
BS: 5266**

## Russell Richards

trading as

**J.C. Richards & Sons**  
**Roofing & Building**  
**Contractors**

Est. 1947



**01208 841813**

**07967 229291**

**Open daily**  
**between**  
**10.30am and**  
**6.30pm**

# The Peapod

Call in to find that special gift,  
greetings cards, jewellery and  
lots, lots more ...

26 New Road, Port Isaac, PL29 3SB Tel: 01208 881197

## PAUL HONEY

**PAINTER & DECORATOR**

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

**01208 881122**

## ICF SERVICES

Ian C Fuller

**Building & Property**  
**Maintenance**

Telephone: 01208 880069

Mobile: 07779 523108

big enough to cope,  
small enough to care



## Stowaway Tea Shoppe & Takeaway

Open daily serving freshly  
prepared food including  
sandwiches, paninis,  
wraps, cream teas,  
homemade cakes and  
award winning coffee

Stowaway is proud to have  
been awarded the 5\* Gold  
Cornwall Healthier Eating &  
Food Safety Award(CHEFS)



## Stowaway Gift Shoppe



Sole stockists of  
official Doc Martin  
merchandise in Port Isaac

**76a Fore Street Port Isaac**  
**01208 881083**

# THE LONGCROSS

*hotel and victorian gardens*



## Hotel, Restaurant and Gardens

Trelights, Port Isaac

## OPEN DAILY

11am - 11pm

Lunch 12noon - 2.30pm

Dinner 6.30pm - 9.30pm

**Cream Teas served all day**

**SUNDAY ROASTS from 12noon**

*A contemporary menu using fresh local  
and organic produce wherever possible*

**Fabulous deck area with  
panoramic sea views**

**Three acres of fascinating restored gardens**

**Children's play area**

**Telephone 01208 880243**



**Professional Carpet &  
Upholstery cleaning**

*Domestic & Commercial*

Fully insured NCCA member  
Friendly & efficient service

**Excellent prices**

**01208 841117**

[www.kernowecoclean.com](http://www.kernowecoclean.com)

## CHIMNEY SWEEP

VAC & BRUSH  
SOLID FUEL APPLIANCE  
SERVICING

Call R Mears & Sons

01840 261221

07737 533392

[www.sweepcornwall.com](http://www.sweepcornwall.com)

## Muts Cuts

Qualified City &  
Guilds pet groomer

Gable Cottage  
Newhall Green  
nr St Teath  
Cornwall

Ring Kerri on  
**01840  
211786**

## Just Shellfish



remember to say  
you saw it in Trio

## Secrets

*Billings Row  
Gallery  
Port Isaac  
the oldest  
gallery in  
the village*

[www.secretsportisaac.com](http://www.secretsportisaac.com)

**01208 880862/880905**

## Endellion Cakes

BEAUTIFUL AND INDIVIDUAL

Celebration Cakes Wedding Cakes Sugar Flowers Cupcakes

**BESPOKE CAKES, HANDMADE IN CORNWALL**

Phone: **01208 880783** Email: [info@endellioncakes.co.uk](mailto:info@endellioncakes.co.uk)

[www.endellioncakes.co.uk](http://www.endellioncakes.co.uk)

## WINDOWS XP

**YOUR LOCAL  
WINDOW CLEANER**

Domestic & Commercial  
eco-friendly, pure water  
system, fully insured,  
regular and reliable

Call John Brown on

**07815 156632** or  
**01208 880421**



## The Old School Hotel & Restaurant

Fore Street, Port Isaac PL29 3RD Tel: 01208 880721

email: [reception@theoldschoolhotel.co.uk](mailto:reception@theoldschoolhotel.co.uk)

**Hotel, Bar & Restaurant**

**Open to non-residents all day, every day**

Coffees • Lunches • Afternoon Teas & Snacks  
Evening Meals • Public bar • Wifi internet access

**Lunches from 12pm**

**Bar menu available 6-8pm**

**Our a la carte restaurant menu is  
available from 6:30pm**

## R.A. HANCOCK

ELECTRICAL CONTRACTOR

AGRICULTURAL & DOMESTIC WORK

SALES & SERVICE

SLIMLINE RADIATORS

DIMPLEX & CREDA

COMPLETE SHOWER INSTALLATIONS

Hartland Road Port Isaac

Telephone: **01208 880328**

## T.F. GRILLS

Builder and Carpenter  
*also*

Painting and Decorating  
Free Estimates

Telephone : **01208 880094**



# Diary Dates

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

Village Hall BBQ - 6pm-8pm - grab a burger on your way down to see the ...

Fisherman's Friends on the Platt - 8pm

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

The BIG SWIM from Port Gaverne to Port Isaac

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

Kerbside Recycling - bags out by 7am

Port Isaac Village Hall Coffee Morning - 10.30am

St Endellion Rectory Garden Party - 2.30pm

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

Village Hall BBQ - 6pm-8pm - grab a burger on your way down to see the ...

Fisherman's Friends on the Platt - 8pm

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

Gig Racing at Port Gaverne

## Sunday August 14<sup>th</sup>

RNLI Lifeboat Larks on the Platt - 11am

Cream Teas for Cornwall Hospice Care at Pencarey, Trevilly Lane, St Teath - 2.30pm-5pm

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

Trelights Methodist Church Summer Fayre at Trewithick House - 2.30pm

Whist Drive in St Endellion Church Hall

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

Village Hall BBQ - 6pm-8pm - grab a burger on your way down to see the ...

Fisherman's Friends on the Platt - 8pm

## Monday August 22<sup>nd</sup>

'Travels with my Aunt' by Graham Greene, presented by the *Fourthwall Contemporary Theatre Group* in Port Isaac Village Hall - 7.30pm

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

Kerbside Recycling - bags out by 7am

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

Village Hall BBQ - 6pm-8pm - grab a burger on your way down to see the ...

Fisherman's Friends on the Platt - 8pm

## Monday August 29<sup>th</sup>

Summer Bank Holiday

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

Village Hall BBQ - 6pm-8pm - grab a burger on your way down to see the ...

Fisherman's Friends on the Platt - 8pm

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

Kerbside Recycling - bags out by 7am

## Sunday September 18<sup>th</sup>

St Peter's Church Harvest Festival

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

Whist Drive in St Endellion Church Hall

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

Kerbside Recycling - bags out by 7am

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

Kerbside Recycling - bags out by 7am

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

Bish Bosh Bash Productions present 'Oogly as Sin' in Port Isaac Village Hall

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

Whist Drive in St Endellion Church Hall

## Friday October 28<sup>th</sup>

Carn to Cove/Port Isaac Village Hall present 'Red Letter Days' from Bagas Degol

## St Breward Silver Band



every Thursday  
on the Platt, 7.45pm

if wet in St Peter's Church

## Saturday November 19<sup>th</sup>

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

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

Whist Drive in St Endellion Church Hall

## Saturday November 26<sup>th</sup>

Port Isaac RNLI Winter Ball at Trewetha Farm

## Trio Copy dates

### ISSUE

September

October

November

December

### COPY DATE

Thursday August 25<sup>th</sup>

Saturday September 24<sup>th</sup>

Tuesday October 25<sup>th</sup>

Monday December 5<sup>th</sup>

### PUBLISHED

Thursday September 1<sup>st</sup>

Saturday October 1<sup>st</sup>

Tuesday November 1<sup>st</sup>

Monday December 12<sup>th</sup>

If possible, please email your copy to [triopi@mac.com](mailto:triopi@mac.com) Alternatively handwritten or typed copy can be dropped into Secrets, or put through the letterbox if closed

## REGULAR EVENTS

**Port Isaac Stay & Playgroup** - every Tuesday (not during school holidays) from 10.00am to 12noon in the Village Hall. Contact Laura on 881089 or Cherry on 07900 527610

**Brownies** - every Wednesday from 5.00pm-6.30pm, during term time, at Port Isaac School. Contact Jennie on 881073

**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. Thursday nights at Port Isaac School from 7.30pm. Contact Tracey Greenhalgh on 01208 880215

**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 Annie Philp on 01208 880262

## 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 - second Tuesday 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!**  
**email info to [triopi@mac.com](mailto:triopi@mac.com) or call 01208 880905**