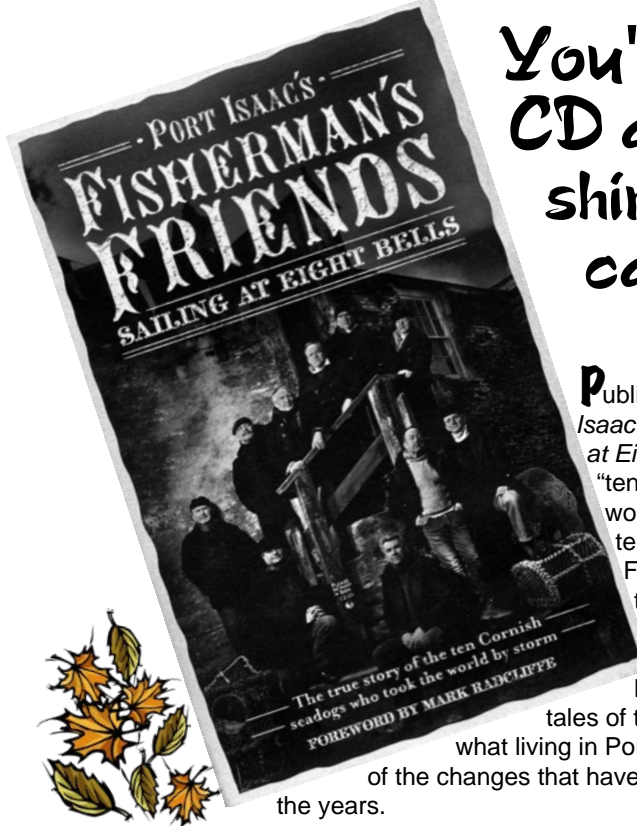
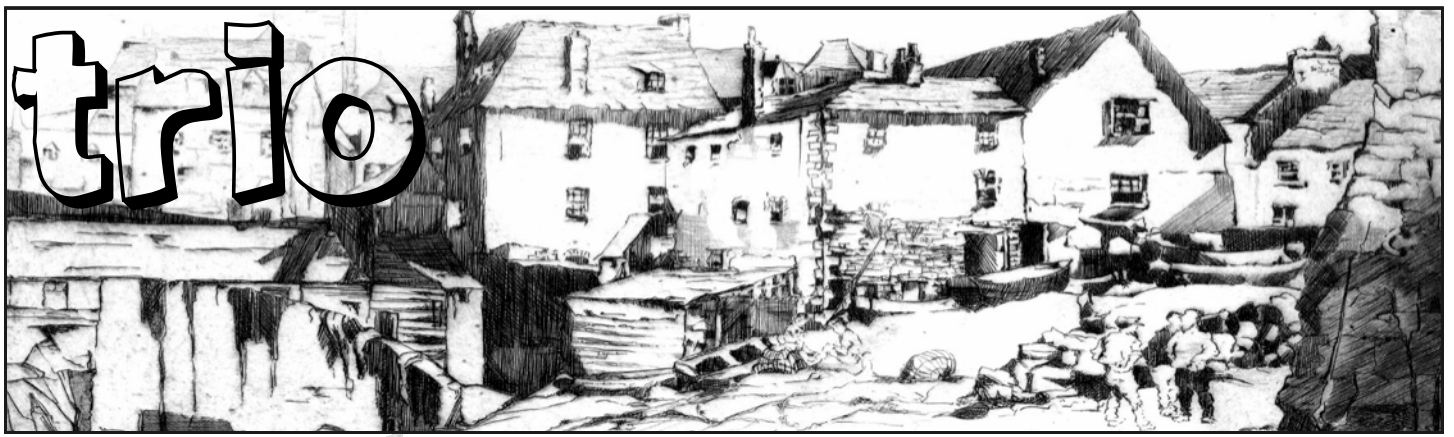


# trio



**You've got the CD and the tee shirt, now you can get the book!**

**P**ublished on September 1<sup>st</sup>, *Port Isaac's Fisherman's Friends, Sailing at Eight Bells*, is the story of our "ten Cornish seadogs who took the world by storm". To you and me it tells the story of our Fisherman's Friends rise to fame but about their lives here in Port Isaac; some bits you'll already know, some you won't, but you will love it. Interwoven into the

tales of their lives so far is a record of what living in Port Isaac is all about and some of the changes that have taken place in our village over the years.

Friend and fan, DJ Mark Radcliffe has written the foreward to the book. A regular visitor to and lover of "this nigh-on perfect corner of Cornwall" long before he had heard of the boys, Mark describes a Friday night on the Platt – "these sturdy, stout-hearted stevedores clear their throats ... then something wondrous happens. Like a well-lubricated Leviathan emerging from the drunken deep, a tsunami of song sweeps over the seafront."

If you didn't already know the *Fisherman's Friends* – and yes, of course I know that all *Trio* readers do know them - by the time you've finished *Sailing at Eight Bells* you will agree with Mark Radcliffe that their story is "modern folklore", that they are something "very special" and that "the sound they make is as unique and special as the place they have in our hearts."

Priced £18.99, this hardback book is now available at book shops everywhere and in all the usual places in Port Isaac, where there is always the chance that one of the Fisherman's Friends will be around to sign your copy. In addition the boys will be promoting the book over the coming months at various bookstores and in October at the Wimbledon Literature Festival.

And, as he's said so much so far, let's let Mr Radcliffe have the last word: "I like them enormously as guys, although I have to say that spending any time with them incurs a very expensive round!"

**more about the Fisherman's Friends on page 5**

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## CLASSIFIEDS

### For Sale

2 x 10ft wooden curtain poles  
and fittings - *Offers invited*

4 x 10ft wide x48" drop, lined,  
plain autumnal coloured curtains  
*Offers invited*

Abru Blue Seal Platform  
Ladders - 6-tread, platform &  
paint tray. Brand new, wrong  
size purchased - **£80 ono**

Telephone 01208 880630

### Parking Space For Sale at the Old School Car Park

Offers invited via sealed bids to:

Louise Houston  
The School House  
21 Fore Street  
Port Isaac

Cornwall PL29 3RD

Final date for all offers is 30th  
September 2011. Parking space  
available from 1st November 2011.

**Any queries, please contact  
Louise on 01208 881167**

## 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  
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The publisher does not necessarily  
hold the same views as those  
expressed by contributors and  
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material supplied.

### For Sale

## ORECK UPRIGHT LIGHTWEIGHT VACUUM CLEANER

2-years old, can be easily  
picked up with just one hand  
Lights on the front for those  
times when you want to clean  
up in the dark!!!

Spare bags and filter  
**£25**

**Call 01208 880905**

## DESPERATELY SEEKING JAM JARS

for jam making  
will collect after September  
10th

**Call Jacqui on 880557**

### FOR SALE

## 3 BEVELLED GLASS WALL LIGHT FITTINGS

AS NEW - **£85**

**TEL: 07817430930**

## CONGRATULATIONS ROSIE



With love to Rosie Collings  
from Dad, Mum, Charlotte  
and all your family  
We are so proud  
of you on your  
excellent GCSE results

### Wanted

## LONG TERM LET

one bedroom property  
for single gentleman

Please phone **07540 390812**

### For Sale

1 pair of bedside cabinets with drawers  
under and space below

Electric Flymo, nearly new

1 large log basket with handles

*Offers please*

**Call 01208 880733**

## 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

### Port Isaac & Port Gaverne - 30 years of village life

DVD of village history - £10

### The Seafarers of Port Isaac

Geoff Provis' new book - £9.99

**2011 Tide Timetables - £1.30**

**plus local ordnance survey maps**



# The Port Isaac Carnival is Coming Back!

Further to last month's plea for committee members to bring back the Port Isaac Carnival, we can confirm that we have had a positive response and now have enough members to bring it back to the village. Thanks to those people. Many have some splendid ideas of fundraising, so please support these when they are up and running so that we can give everyone in the village not only a great Carnival next year, but hopefully a Carnival Week with many events happening throughout. Lots of great entertainment has already been suggested and we can't wait to start.

A general meeting will be held in the Village Hall on September 15<sup>th</sup> at 7.30pm for all committee members and anyone else who would like to take an active part. Anyone who cannot make the meeting but has any ideas, suggestions or comments can email these to us at [lancoon@hotmail.co.uk](mailto:lancoon@hotmail.co.uk).

Local businesses can also help by agreeing to put a collection tin on their counter. Thanks to the village hall committee who have agreed to support us throughout the year.

We will keep you in touch with proceedings throughout the year with monthly updates in the *Trio*.

**Dean & Ellen**



## Village Hall news ...

We have had a good summer of fundraising for the hall. Our Friday night barbecues have been a huge success and we are pleased to report that over the summer we have raised enough money from them and our summer coffee mornings for new blinds for the Hall windows and for new back and front stage curtains.

Nicola Williams is making the blinds and they should be up soon. We will be having a 'Curtain Day' in November when, with Nicola's help, we will be making the stage curtains in the Hall. Watch this space.



# THE BIG SWIM

## PORT GAVERNE TO PORT ISAAC

We would like to say a massive thank you to everyone who took part in this year's Big Swim which raised over £4000 for our chosen beneficiaries - Port Isaac Rowing Club, The Lobster Hatchery and The Coastguards.

Last year we were really pleased to have 50 swimmers; this year over 300 people turned up to swim - we had to turn people away as queues were huge. The sea was rough and so a tough swim, but very few people pulled out. Our swimmers included a 71 year old guy.

Children, family and friends joined the massed crowds watching the race along the coast path. Safety boats looked after the swimmers really well and *Tintagel Life Saving Club*, lifeboats and *Cornish Rock Tors* helped out and were fantastic.

**READY,**

**SET,**

**GO!**



We enjoyed music from *Grenaways* and Jamie Hewett's band, food and a lively atmosphere. All our beneficiaries were very, very happy. Everybody pulled together on the day and our list of thank yous is just too long to mention! Our comperes, Steve Appleby and Gary McClenahan, did a superb job.

Dom from the Lobster Hatchery said: "The event was fantastic. It was brilliantly organised. The boat safety was very professional - great event all round. The feedback was amazing! As a beneficiary, the National Lobster Hatchery is so grateful to the organisers."

We will be announcing the date for next year's event very soon and hope that we have the same level of support from each and everyone of you!

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

Massive thanks to everyone from the Big Swim Team

**Sarah Coates, Andrew Dunlop and Richard Cook**

*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*

*'you can almost watch the brambles growing'*

**Dear Trio**

I hope that all the people who complained in *Trio* last month about footpaths being overgrown are now happy. All footpaths for which the Parish Council accepts responsibility on behalf of Cornwall Council (the Highways Authority) have now been cut. There was a delay in giving some paths their second cut, and others their only one, but with our changeable weather it is always a matter of chance whether a particular path gets cut before or after the period of rain and/or hot sunny weather which produces a spurt of growth. If the conditions are right for them, you can almost watch brambles growing out (and on roads, how many are at face height to a motor-cyclist?!). It is always worthwhile carrying a pair of secateurs with you when walking footpaths (and a length of split garden hose to put over electric fence-wire, and even sometimes heavy gloves/wire-cutters for barbed-wire). I am sorry if anyone was seriously inconvenienced.

**Robert Manders  
Parish Councillor**

## unleashed dogs update

**Dear Trio**

Having been identified today as 'I know who you are, you're the one who keeps writing all those letters in that magazine' and 'I don't know what the problem is dear, you're the one with the aggressive dogs' (!!)

I feel it only fair that I should write a follow-up to my previously mentioned problem of unleashed dogs within our village.

Sadly there will always be one or two day trippers and second holiday home owners who still stride on ahead, more interested in being seen themselves than what their unleashed hound is doing, apparently oblivious to any nuisance or mess it may be making.

However, on the whole, I feel that there has been a huge improvement this year over current seasons and that the majority have been showing much more respect for our beautiful village and consideration for the people within it.

Hopefully I haven't spoken too soon and September and beyond remain as pleasant as the rest of the year has been.

**Amanda Aldridge  
Port Isaac**

## Port Isaac on TV ... again!

**Dear Trio**

At 6.30 pm on Thursday 15<sup>th</sup> September (check TV listings), Port Isaac will feature in a new series on BBC2 entitled *The Reel History of Britain*. Melvyn Bragg is the presenter, and the programme deals with herring fishing during the 1920s. It deals with the herring drifters of Yarmouth and Lowestoft, and the Port Isaac herring industry. There is an interesting contrast between the two.

The BBC traced me through my first book on the fishing industry of Port Isaac. Once they established that I was descended from people who actually took part in the industry in the 1920s, I was asked to go to Bristol to record the programme where I was interviewed by Melvyn Bragg. When I met him, I shook his hand and said, "No questions on Shakespeare please!" He was very professional of course, and 'laid back'. An interesting fact is that there was no advice at all on how to approach the interview - not even advice not to stare at the camera. Perhaps they wanted it all to look natural. They did say they were particularly interested in my grandfather. I think you will find it interesting.

Finally, please do not watch it in 'high definition'!!!!

**Geoff Provis,  
Launceston**

## The Parish Bumble

The usual long agenda faced the Parish Council members attending the meeting on Monday August 8<sup>th</sup>. In the absence of the Chairman, the meeting was conducted by Mr Robert Manders, Vice Chairman.

During 'Public Discussion' the poor state of the lane at Mayfield Drive due to the continued dumping of rubbish, grass cuttings and hedge clippings was brought up by a resident. Action is promised. Again!

After that there was a long discussion on two planning applications - both turned down, chiefly because Councillors felt that the proposed development went against the notion of a 'conservation area'. A good enough reason one would think.

The other main topics discussed were:

- 1) Affordable housing at Trelights that appeared to have been given to people from outside the Parish.
- 2) Trewetha Lane Car Park - a quote for the necessary work, to start in October, is still awaited.
- 3) Yellow lines - the new ones have still to be completed!
- 4) The Main - Coasteering continues in spite of the notices which forbid such activity.

Finally, Councillor Phelps made a proposal that the Highways Authority be asked to install advisory notices at the entrances to the village saying that access is restricted, following the recent incident when a large ambulance blocked Church Hill for over five hours! This proposal was passed. Hurray says one resident of Church Hill!

The next Parish Council meeting is on Monday September 12<sup>th</sup> at 7.30pm at Port Isaac School.

**Mr Beadle**

## Port Isaac Fishermen Ltd

# AGM

**Thursday October  
20<sup>th</sup> 2011**

**7.30pm**

**The Fish Cellars Office  
1 Fore Street**

## Send your letters to

*Trio*, Calenia, 3 Trewetha Lane, Port Isaac, Cornwall PL29 3RN  
email: [triopi@mac.com](mailto:triopi@mac.com)







'Wreck and Rescue' continues to be a success with over 2500 visitors to date. It runs until the end of October when we're hoping to set up a 'Christmas over the ages' exhibition to run during the winter. Depending on the contributions received we could extend the theme to include all local winter tales.

So start looking please for those stories, memories and photos and take them along to Dee at *Secrets* and she will scan and return them to you. Remember to include names and dates with your photographs.

We have great plans for 2012, launching "School Days" in the Spring.

An exciting development we would love to follow up is to have some inter-active technology. By touching a picture on a screen you would be able to hear stories and anecdotes being told by the speaker themselves. We shall be looking into the financial possibilities over the next few months.

A lot to think about! So dig down deep, please, for whatever you can find for our future exhibitions. PISCES is building up a wonderful store of memories which are all available to view in St Peter's Church.

## more Fisherman's Friends news ...

With just one more Friday night Platt session to go, it has already been a record-breaking charity collection summer. So far nearly £20,000 has been collected on the Platt and the next *Trio* will have the full total. August 26<sup>th</sup> saw the local St John's Ambulance Brigade collecting over £1000 as well as being 'on duty'. With the huge



Friday night on the Platt

numbers now turning up on a Friday night the boys decided it would be sensible to have some medical cover 'just in case' and the St Johns will be present every Fisherman's Friends Friday night next year.

But, just because they've finished on the Platt doesn't mean they won't be singing. Saturday September 11<sup>th</sup> sees them at Brixham's Fishstock Festival. Then on September 19<sup>th</sup> they will be at the closing of the America's Cup in Plymouth. They are taking a well-deserved rest in October (apart from promoting their book at the Wimbledon Literature Festival). Come November it's full on again with gigs in Cheltenham Town Hall (22<sup>nd</sup>), Salisbury City Hall (23<sup>rd</sup>), Bristol Colston Hall (25<sup>th</sup>), Plymouth Theatre Royal (27<sup>th</sup>) and Birmingham Town Hall (30<sup>th</sup>). December 1<sup>st</sup> sees them returning to the Union Chapel in London with hopefully no snow this year! If you want tickets for any of these gigs contact the venues.

Dates are already coming in for next year and they are back at the Minack on May 23<sup>rd</sup> and 24<sup>th</sup> 2012. Tickets are already on sale so get yours now from the Minack.

More news next month.

## PISCES Memory Booklets

Has our mention of Christmas got you thinking about presents? If so our Memory Booklets, priced £3 each, would make lovely little stocking fillers - or buy the whole set for a lovely big present.

They are available from the exhibition, *Secrets* or the *Pottery* and wherever you buy them from, all the money goes to PISCES.

## Come to one of our meetings

Our next committee meeting will be on Thursday 8<sup>th</sup> September at 6pm in St Peters Church. Anyone is welcome to come along and join in with us.



## Trelights Methodist Church

A very successful Summer Fayre on August 16<sup>th</sup> realised the sum of £750 for Chapel funds. The Members and Friends of the Chapel wish to express their gratitude to Pete & Pam Hall for availing us of their beautiful garden, providing a perfect venue for the teas, stalls and games. Thank you also to all who contributed and supported us in our fundraising. The teamwork of all the helpers made for a friendly and enjoyable afternoon which many visitors and 'regulars' appreciated. Many thanks

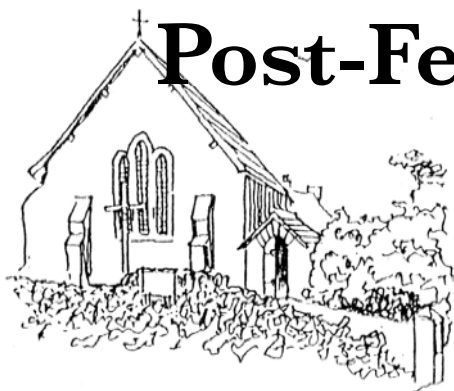
Trelights Methodist Church

## HARVEST FESTIVAL CELEBRATIONS

Sunday September 11<sup>th</sup> - 6.00pm -  
**Harvest Service** Rev P Smith

Monday September 12<sup>th</sup> - 7.00pm  
**Service** followed by

**Supper and Sale of Produce**  
*Proceeds for Chapel funds*  
**ALL WELCOME**



# Post-Fete syndrome

I don't know why I always expect August to be quieter! What with fetes, festivals, fun-days and families (plus all the things one had put off "until-the-summer-and-it's-a-bit-more-relaxed!") most people in our parishes probably begin September in a state of near collapse! I'm therefore both very pleased and privileged to be leading one of my biennial 'Painting and Prayer Retreats' this September – in the Benedictine convent in

Bayeux – and I greatly look forward to it as a time of renewal and re-creation.

Someone once said to me: "John, life is not a rehearsal! This is it!" How important it is, therefore, both to get the most out of life that one can, and also to give the most that one can. Retreats are valuable as times of reflection, times when one can stand back from the roaring, racing track of life and for a moment think proactively about what is important and what one is doing about it. For a Christian, a Retreat is a time for a moment out of the world in a deliberate hope to find the closer presence of God.

Not everyone can afford the time to go on a Retreat. But if you can't go away, is there anything you can do here and now to set time aside for reflection on your life in the closer presence of God? What about attending our Quiet Days, or one or more of our daily prayer times...

*Best wishes for the autumn from John*

## Church Diary dates

### Thursday September 1st

7pm - Local Pastoral Ministers meeting, St Endellion Church

### Saturday September 3rd

7.30pm - Concert Late Summer Festival Strings featuring the Rossi Quartet with Jonny Gee, St Endellion Church

### Wednesday September 7th

7.30pm - Healing Service, St Endellion Church

### Sunday September 4th

9.45am - Sung Eucharist, St Peter's Church  
11am - Sung Eucharist, St Endellion Church

### Sunday September 11th

9.45am - Sung Eucharist, St Peter's Church  
11am - Sung Eucharist, St Endellion Church  
6pm - Taize Service by candlelight, St Endellion Church

### Sunday September 18th

9.45am - Family Eucharist .St Peter's Church  
11am - Sung Eucharist with Holy Baptism, St Endellion Church  
6.00pm - Harvest Songs of Praise, with the Fisherman's Friends, Auction & Supper

### Monday September 19th

12.30pm - Four Parishes Annual Golf Tournament, Holywell Golf Course, St Enodoc

### Wednesday September 21st

7pm - Eucharist for St Matthew, St Endellion Church

### Thursday September 23th

9.45am - Sung Eucharist, St Peter's Church  
Saturday September 24  
9.30am-3.30pm - Marriage Preparation Day, Perceval Institute, St Minver

### Sunday September 25th

9.45am - Sung Eucharist, St Peter's Church  
11am - Harvest Thanksgiving followed by lunch & auction, St Endellion Church

### Tuesday September 27th

Visit to St Endellion by Bude & Stratton Mothers Union - Guided Tour 3.30pm followed by Evensong & Tea

### Wednesday September 28th

7.30pm - Mothers Union Meeting (Speaker: Janet Townsend), St Endellion

### Thursday September 29th

7.00pm - St Endellion Sung Eucharist (St Michael & All Angels)  
8pm - Julian meeting, St Endellion Church

### Sunday October 2nd

9.45am - Sung Eucharist, St Peter's Church  
11am - Sung Eucharist, St Endellion Church



**St Peter's Church**  
**Harvest Festival**  
**Songs of Praise,**  
**Auction & Supper**  
**with the**  
**Fisherman's Friends**  
**Sunday September 18th**  
**at 6pm**  
**everybody welcome**



The tradition of celebrating Harvest Festival in churches began in Cornwall in 1843, when the Reverend Robert Hawker invited parishioners to a special thanksgiving service at his church at Morwenstow. This led to the custom of decorating churches with home-grown produce for the Harvest Festival service.



**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**



# OWN YOUR FIRST HOME

at  
Port Isaac

Hurry –  
only one home  
remaining

Ocean Housing are delighted to offer for sale the last remaining 3 bedroom home at our new development in the popular village of Trelights available to purchase with our part buy, part rent shared ownership scheme. This stylish new development is situated in a quite village location but close to the picturesque Port Isaac.



Shared Ownership at Trelights offers local people the opportunity to purchase a new home by buying a share and renting the remainder, with the option to buy the rented portion as and when you can afford to do so.

To be eligible applicants will require a strong local connection as follows:

1st Priority: The parish of Trelights

2nd Priority: The parishes of St Endellion, St Teath, St Kew and St Minver Highlands

for more details please call our Ocean HomeBuy Team on

**01726 874387**

Ocean Housing Limited Stennack House Stennack Road St. Austell PL25 3SW

visit [www.oceanhousing.com](http://www.oceanhousing.com) for further up-dates



## Wear Your Poppy With Pride

The annual Poppy Appeal will be soon upon us. This is the biggest fundraising event for the Royal British Legion in the year, and ensures that they can continue to help all those injured in war and conflict, to help the families, to help those associated with the military have a dignified retirement and to maintain the war graves, cemeteries and memorials of all who so bravely gave their lives to give us the peace we now experience here in the UK.

To this end, we will proudly be doing 'our bit' this district. The House-to-House collectors will be knocking on your door, along with the boxes on display in shops and restaurants etc, so please give generously. The Remembrance Sunday Service will be held on Sunday November 13<sup>th</sup> in St Peter's Church starting at 10.45am. This is the nearest Sunday to Armistice Day – the eleventh day of the eleventh month.

I look forward to your support and if anyone has a few hours to do house-to-house collecting, please do ring me on 01208 880386. We do need a few more willing helpers and it is a great way to chat to your friends!

**"WHEN YOU GO HOME, TELL THEM OF US AND SAY,  
FOR YOUR TOMORROW, WE GAVE OUR TODAY"**

Thank you.

**Annie Price, Honorary Poppy Appeal Organiser**

## PIGS ON TOUR BOWOOD PARK

**A** Cornish golf course on a bright, sunny and warm day – who could want for anything better, and there were 19 golfers who would vouch for that!

Bowood Park at Camelford provided a very warm welcome and a filling breakfast – 'Best on Tour' as voted by Andy 'No Potatoes' Penny – a recommendation that every golf club on tour endeavours to achieve.

On to the golf course which was immaculate with well cut fairways, generous rough and beautiful greens. A couple of PIGS virgins and the odd PIG who hadn't been for a few years made up a happy throng of PIGS who tried their hardest to tame a sleeping tiger of a course that still had a bite to offer (Ed: Are we still talking golf?).

Winner on the day was Billy 'The Turtle' Hawkins with a good Stableford score of 34 points. Second was Karl 'What me?' Daly and third was somebody else but as I wasn't there you can fill in your own name if you so require. So ....

1st .....34 points  
2nd .....29 points  
3rd .....28 points

Nearest the Pin .....

Longest Drive .....

Last to arrive: Paul 'The Great Dane' Williams, Tom 'The Ice Man' Lane and Pikey Dave

Worst Drive of the Day: Dave 'The Eco Warrior's' drive home. The call of the Rattler must have been very loud to overtake that many cars!

Next venue: Lanhydrock on September 12<sup>th</sup>

**The Lard Man**

**This year's  
firework display  
will be on  
Saturday November 5<sup>th</sup>.  
As usual the bonfire  
will be lit at 7pm and  
fireworks at 7-15pm.**





# Cooking with Martin



As some of you might know, I have started working for Nathan Outlaw at Rock, and whilst I can't reveal all the secrets, the crumble recipe was shown by Raymond Blanc and is a great way to have a really crunch topping on your crumble. And the Chowder is so easy to do that I'm sure that it will become a firm family favourite.

## Smoked Haddock Chowder

2 onions sliced  
6 rashers of smoked bacon sliced (optional)

Fry onion and bacon for 3-4 mins to soften but not colour too much.

2 large jacket potatoes peeled and cut into cubes  
1 litre fish stock.

Add the potato and the fish stock then simmer for 8 minutes to cook out the potato.

1 large fillet of smoked haddock, skinned and cut into 1 cm strips.  
100g diced mixed peppers  
100g cherry tomatoes halved  
1 pint double cream.  
4 spring onions sliced into long strips.  
1 can of sweetcorn

Add all the above ingredients except the spring onion and boil for 3 mins. Season with salt and a good grind of black pepper and add the spring onions.

Serve with good chunks of bread and butter.



## Apple Crumble

2 kg of peeled and diced cooking apples.  
150g butter  
150g caster sugar  
½ tsp ground cinnamon  
½ tsp ground ginger



Melt the butter and sugar together then add the apples and spice and gently cook out for about 5 minutes. Take care not to break up the apples too much.

### Crumble topping

200g butter or margarine  
200g plain flour  
200g ground almonds  
200g caster sugar  
200g Demerara sugar

Mix all the ingredients together as you would with a normal crumble topping then put into a baking tray and cook at 190C, turning every now and again to break up the topping. Cook until golden brown. Leave to cool and then break up the crumble.

To serve heat up the apple mixture and spoon into serving bowls, reheat the crumble mix for 2-3 mins in the oven and top over the fruit add a good dollop of clotted cream and enjoy.

# The Trelights Walker



The early morning shows the endeavours of a hard nights work as the hedgerows reveal the handiwork of an army of spiders that have covered the foliage in a shroud of gossamer. The webs hold the early morning dew like a natural drip tray for the ever hungry greenery beneath. Nature is a beautiful thing to behold.

Talking about hedgerows, after looking deeper into the undergrowth, I spy the Cornish dry stone walls that form the framework of the hedge and it makes me wonder what the timescale and manpower it must have taken to build them, all those years ago.

And then, as I clamber over the stile to walk through the fields, where only a day ago the crops were gently swaying in the summer breeze, I see the bales made by mechanical beasts that have stripped the fields of their summer growth. And, as another school summer holiday passes us by under a customary cloudy sky, the throngs of visitors begins to recede and I look forward to the autumn.

*Longfellow Lard Man*

## Stay Strong, Stay Steady

The Cornwall & Isles of Scilly Primary Care Trust (CIOSPCT) is working with Age Concern Cornwall, Cornwall Council, local GPs, physiotherapists, occupational therapists and the fitness industry across the region to develop a falls prevention programme to run throughout Cornwall. One2one Fitness has been commissioned to run the scheme in the North and East of Cornwall, using our Stay Strong, Stay Steady programme. It consists of free weekly sessions of two-hour classes over a twenty week period. The class consists of an exercise component and an educational component, to help participants understand ways in which they can improve confidence and reduce fear of falls. Because of the nature of the programme, and the attention each participant will require, class size is limited to 15 people per course.

Initially referrals will come from GP practice's and hospitals, but it is also open for self referrals by individuals. This programme is completely free to both referrers and the patients.

If you believe you may benefit from this intervention please contact me on 01208 814040 or 07980 980 080. Alternatively, email: [info@staystrongstaysteady.co.uk](mailto:info@staystrongstaysteady.co.uk) with details of the referral and we will respond to your query within 24 hours.

**Mx**





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# Websites of the Month

## Climate Change revisited

I haven't written much about climate change lately, although the columns frequently sneak in something relevant, like July's on the acidification of the oceans. So this month an update from the web on the state of climate politics and the state of climate science.

First some background to the politics. The main international agreement is the Kyoto Protocol which is linked to the United Nations Framework Convention on Climate Change (UNFCCC <http://unfccc.int/2860.php>). Most countries signed up to the UNFCCC over a decade ago and then the 37 industrialized countries and the European community agreed the Kyoto protocol in 2008 for reducing greenhouse gas (GHG) emissions. These amount to an average of five per cent against 1990 levels over the five-year period 2008-2012. A related group, the Intergovernmental Panel on Climate Change (<http://www.ipcc.ch/>) oversees these processes and produces a report on progress at regular intervals, usually every five years. The only agreement in place is Kyoto and that runs out next year, and the politics is all about what, if anything replaces it.

If you have a look at the websites, the thing that is likely to strike you is that there is clearly a great deal of talking going on. Not necessarily a bad thing, but it is a bit of a worry that there seems to be lots of talk and not a lot of action. What we have in place now came out of the meetings at Cancun and Bali. These can be summarised as follows:

1. A green climate fund - to get money to developing countries to support greener approaches.
2. A technology mechanism - to transfer green technologies from rich to poorer countries.
3. An adaptation framework - to try and get countries to work together to cope with the impact of climate change
4. Fast track finances - to get rich countries to find ways of raising money for green projects
5. Forest monitoring - to find ways to check on how deforestation is happening.

From what I can gather these approaches are not regarded as going to the fundamental problems of climate change, but are instead of having binding international agreements. Also with the financial climate as it is, the priority may well be in other areas than this. A good overview website is Share The World's Resources (STWR) <http://www.stwr.org/> which provides both a critical but friendly view of these agreements with some ideas about what to do about it all. While it seems clear that a new agreement is needed, so far there seems little likelihood of this happening to continue when Kyoto ends.

Then the science. The basic problem is that greenhouse gases (GHG) act like a blanket round the earth and while this is good as it keeps us warm, too much is like having too many duvets on - you warm up. But the warming in the case of the earth does not just make it a bit warmer, it changes the delicate balance of atmospheric and ocean current flows which determine what type of weather we experience. In one column (February 2010) I discussed the way the jet stream works and how the power of these great atmosphere winds can be affected by changes in how cold the arctic and antarctic are compared with the tropics. So when we get the ice melting in the north and south poles it not only changes the atmospheric currents but also the ocean currents. So what do we know about these things.

Firstly CO2 emissions are monitored at a place called Mauna Loa, a rather nice Hawaii'n island and also from a network of monitoring stations around the globe. The US National Oceanic and Atmospheric Administration website has all the data going back decades (<http://www.esrl.noaa.gov/gmd/ccgg/trends/>). Essentially what you see is an upward line (it wiggles every year as the earth wobbles and you get more GHG in Summer than Winter). So even with the agreements we have had, you can't see any impact on the emissions. Ironically it may be the recession which makes agreement more difficult, but may result in less GHG as economies slow down. We will have to see.

The other area to look at is whether the climate is actually changing and here you need to be a bit careful as there are natural changes in climate which may be nothing to do with human activity. There are great weather determining systems, for example El Nina, which have a regular cycle and cause monsoons to fail and flooding in equal measure. However, taking that into account there is good evidence that a number of things are happening which wouldn't have otherwise. To take just two:

1. Sea level rising. When water warms up it expands. With the oceans this means higher tides and islands finding they may be sinking. This last issue has been highly contested but there is no doubt that sea levels are rising and a great website to see it is at NASA <http://climate.nasa.gov/> which as well as sending things into space have climate change as a sideline if you like.
2. Melting of the polar ice caps. Again, definitely happening and although some may be a natural cycle, the extent of the change almost certainly is due to climate change. The fact you can get a boat all the way round the North Pole in the Summer is completely unprecedented in recent times and a good site (and there are many) for this is the National Resources Defence Council (<http://www.nrdc.org/globalwarming/qthinice.asp>).

Other effects are increasing number of wild fires - forest fires and the like. Increasing numbers and intensity of hurricanes and tropical storms, increase in the frequency of drought and flooding and the US Environmental Protection Agency has good information about all this (<http://epa.gov/climatechange/effects/extreme.html>).

There is loads more on the web. Haven't touched on the way our seasons have been changing and there are some fascinating sites about that. Perhaps come back to it in a year or so.

**Tony Wainwright**

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and you snore alone**

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distance between two  
people**



# Climate Friendly St Endellion

The Renewable Energy Show at the former Gaia Centre, Delabole in late July, was useful and interesting. An exhibition allowed Cornish firms/organisations, and some up-country ones, to demonstrate their products, which ranged from Solar hot-water systems through Solar panels and tiles, the Wave Hub and building stones, to an electric bike and composting toilets! In the adjoining Conference Hall a succession of speakers fought with the acoustics (unfortunately) to tell us about Delabole Windfarm, Microgeneration (that's us and our domestic schemes), W.R.E.N. (you remember, Wadebridge Renewable Energy Network), Heat Pumps, Community schemes, Biomass (that's mainly logs, chips and pellets, not Elephant Grass!), Solar PV, anaerobic digestion, hydro-power, and a carbon-neutral farm producing beef and lamb.

I hadn't realised that it was twenty years since Delabole's original ten wind-turbines were commissioned. They produced a maximum of 4MW of electricity, whereas the four new ones can generate up to 9.2MW. The old ones were not worn-out, and were offered for re-use in this country, but no-one could take them, so they went to be installed somewhere in Lithuania instead. Domestic installations are much smaller: "microgeneration" is defined as up to 45kW of heat or 50kW of electricity, so the 2kW or so of solar PV we put in last April is well within the limit! It is thought that space-heating absorbs more than 55% of most people's domestic energy requirements, water-heating about 20%, lighting, radios/TVs and computers, etc. another 20%, while cooking absorbs only some 5%. That large amount for space-heating is lost through the walls of the house (35%), the roof (25%), the windows (15%), the floor (15%) and the doors (10%), so one can understand the relative importance placed by energy consultants respectively on cavity-wall insulation, insulation of the roof-space, double-glazing of windows and doors, and either thick floor-coverings or underfloor heating.

Underfloor heating, of course, is most easily installed when a new house is built, rather than in an already existing building, but if new-build is involved, underfloor heating using a heat-pump is a sensible solution. A heat-pump can take its input from the (relatively cool) surrounding air (Air-source) or from the ground (Ground-source), either via a deep bore-hole or a fairly shallow buried plastic pipe. Heat-pumps are less efficient the higher the output temperature (the temperature you require), but underfloor heating provides relatively low-level background warmth quite efficiently. Electric energy is required to run a heat-pump, but up to four times as much energy in the form of heat can be collected from the air or the ground. Radiators using this low-grade heat (usual maximum 50°C) would have to be huge, while water-

heating would be really impractical. If global warming has the effect we expect, a reversible heat-pump might provide welcome house-cooling in summer, as well as house-warming in winter!

For water-heating, capturing solar energy can provide up to 60% of a household's requirements through the year, using panels or vacuum tubes, provided you've a roof facing (ideally) between Southeast and Southwest. If your roof does not face the ideal direction the yield will be much less, as we've found, while the type of collector can decide whether or not heat can be collected on dull days, and on cold but bright ones. If a boiler is the only possibility, there are now efficient condensing boilers available, which can really reduce the amount (and cost) of the fuel you use. There is also a choice of fuels, with several alternatives to the fossil fuels we should (where possible) avoid, e.g. coal, oil and gas. The term "biomass" covers several types of "carbon-neutral" fuel, including logs, woodchips and pellets. Automatic feed-systems exist for chips and pellets, so a boiler using them can be linked to a thermostat, coming on only when needed.

Pellets consist of sawdust (the ordinary waste-product of every sawmill) compressed and heated so that the lignin present melts and sticks the grains together. They are clean and, when burned, produce little ash, an almost ideal fuel. However, as anyone in Port Isaac who has a pellet-fuelled boiler or space-heater knows, they are not produced in Cornwall, despite the number of sawmills making the raw-material; they have to be imported from elsewhere in the UK, if not from Austria or Scandinavia. One sawmill owner near Wadebridge did attempt to operate a pellet mill, but found it not to be a sustainable enterprise, possibly because of the cost of bringing sawdust from a widespread collection of sawmills: the equipment costs about £10M, in case anyone would like to try it as a project! In the meantime, the nearest pellet mill is in Hampshire.....

Well, I've not touched on Hydro-power or Anaerobic Digestion, both of which could be relevant in our area, though on farms rather than in back gardens. Then there's the topic of small-scale Wind-turbines, which can have ill effects on the countryside, both visually and on bird flight-paths.

There's been so much to report on from the Renewable Energy Show that I've not left space for a suggestion of a walk this month. I'd better not suggest that you go out for a drive in the car, so here's a little problem for you to solve, without leaving your armchair: How many wind farms are there in Cornwall, and where are they situated? You can check your answers by asking Cornwall Council (Telephone: 0300 1234 100, Email: [enquiries@cornwall.gov.uk](mailto:enquiries@cornwall.gov.uk), or website [www.cornwall.gov.uk](http://www.cornwall.gov.uk)) for a copy of A Guide to Wind farms in Cornwall, which they published in June this year. I thought, from occasional trips down west that I'd seen all there were, but I must admit I was a bit surprised to see just how many.

*Robert Manders*

## Cream Teas FOR THE Merlin Project

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### Birthday thanks

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cards and presents for my  
birthday

*Margaret*

**Behind every woman stands  
a man wondering what he  
said wrong!**



## The Passing of Common Sense

An Obituary printed in the Times  
earlier this year

Today we mourn the passing of a beloved old friend, Common Sense, who has been with us for many years. No one knows for sure how old he was, since his birth records were long ago lost in bureaucratic red tape.

He will be remembered as having cultivated such valuable lessons as:

- Knowing when to come in out of the rain;

- Why the early bird gets the worm;

- Life isn't always fair;

- and Maybe it was my fault.

Common Sense lived by simple, sound financial policies (don't spend more than you can earn) and reliable strategies (adults, not children, are in charge).

His health began to deteriorate rapidly when well-intentioned but overbearing regulations were set in place. Reports of a 6-year-old boy charged with sexual harassment for kissing a classmate; teens suspended from school for using mouthwash after lunch; and a teacher fired for reprimanding an unruly student, only worsened his condition.

Common Sense lost ground when parents attacked teachers for doing the job that they themselves had failed to do in disciplining their unruly children. It declined even further when schools were required to get parental consent to administer sun lotion or an aspirin to a student; but could not inform parents when a student became pregnant and wanted to have an abortion.

Common Sense lost the will to live as the churches became businesses; and criminals received better treatment than their victims.

Common Sense took a beating when you couldn't defend yourself from a burglar in your own home and the burglar could sue you for assault.

Common Sense finally gave up the will to live, after a woman failed to realise that a steaming cup of coffee was hot. She spilled a little in her lap, and was promptly awarded a huge settlement.

Common Sense was preceded in death, by his parents, Truth and Trust, by his wife, Discretion, by his daughter, Responsibility, and by his son, Reason. He is survived by his 4 stepbrothers; I Know My Rights, I Want It Now, Someone Else Is To Blame and I'm A Victim.

Not many attended his funeral because so few realised he was gone.

## RNLI COFFEE MORNING & HONEY TALK

Keen RNLI supporter and local author Elizabeth Gowing will be joining us at our Autumn Coffee Morning at the Lifeboat Station on Sunday September 11<sup>th</sup> at 10-30am. Elizabeth will be talking about her bee keeping adventures in Kosovo and there will be an opportunity to sample some of her mouth-watering honey based recipes and obtain a signed copy of her recently published book "*Travels in Blood and Honey - becoming a bee keeper in Kosovo*". Everyone is welcome to come and join us.

## RNLI HARVEST FESTIVAL

Auctioneer Extraordinaire. Jon Cleave who will be taking up his gavel once again as Master of Ceremonies at our ever-popular annual RNLI Harvest Festival. This year there is a change of venue to *The Edge Restaurant* with a scheduled start of 7-30pm on Friday October 14<sup>th</sup> (note new date). As in past years I am sure this evening will be light hearted and a great opportunity to meet up with old friends, crew and committee and to acquire some real bargains. Do come along and join us.

## RNLI WINTER BALL

Plans for the RNLI *Winter Ball* are really coming together for very special evening on November 26<sup>th</sup> at Trewetha Farm. Top quality caterers are now confirmed with a great menu and the varied musical entertainment now booked guarantees an evening of enjoyment and dancing for everyone.

For your Ball tickets call into the Peapod Gallery or call 01208 880700, 01208 880969 or 01208 880197. Tickets are £65 each.

## GINO, PORT ISAAC RNLI'S STATION MASCOT



Crew members Matt Main, Jake Pattenden, Ben Andrews and Helmsman and Training Officer, Damien Bolton.

Great Dane Gino can always be relied upon to lend his support to Port Isaac crew and committee activities as can be seen from this photograph of him with crew members about to go out on sea exercises.

Gino's master, Paul Williams, proprietor of *The Bay Hotel* and partner in the *The Edge* is a dedicated supporter of the RNLI, and together with Gino is well known throughout the village and local area. In March 2011 Gino became Port Isaac RNLI's Station mascot. With the generous support of Wovenna in Bodmin, a special RNLI branded lifejacket was embroidered and donated for him to wear on his daily village patrols. This custom jacket has two saddle bag pockets for anyone to pop in a donation for the RNLI.

Since starting his commission as Station Mascot Gino has collected over £2000 for the RNLI. His friendly nature and good looks are a guaranteed hit with all those that meet him. He has become a star photographic model and a special RNLI friend.

## Wreck & Rescue Exhibition



If you missed the memorable opening evening of the current PISCES Wreck & Rescue exhibition in St Peter's Church, it will be open until the end of October. The Church is open every day from 10am-4pm (except during Church services)

Over 2500 have visited this exhibition so far and feedback has been very complimentary indeed. This is recommended as a well worthwhile visit.



# LIFEBOAT LARKS

This year's Lifeboat Larks has raised a record breaking £4703 for the RNLI.

The sun shone as the bunting and flags fluttered over the Platt. The barbecue was kept busy as were the Pimms bar and the Sharp's Doom bar which served 822 pints throughout the day. Plus Jill & John Mc beat their previous records with the Booze Barrow raffle.

There were many attractions for the families attending including the Bouncy Castle, the Egg Throwing and the Golf competitions, Children's Art competition, face painting and lots more. The Crew took on all comers in the Tug of War resulting in three wins to the visitors and zero for the crew – but they were outnumbered with double the number of 'pullers' on the visitors sides!

Entertainment came in the form of Teddy Bourne's Punch & Judy Show, the foot-stomping *Penny Royal Jazz Band*, Port Isaac's very own sensational lady singers, *Gulls Allowed* and the *St Minver Silver Band*.

The highlight of the afternoon the air-sea rescue demonstration carried out by Port Isaac's inshore lifeboat *Copeland Bell* in conjunction with a Sea King helicopter from RNAS 771 Squadron Culdrose. Said RNLI Chairman, Bob B: "In full view of the appreciative audience of 700 or more spectators, right in the harbour mouth, the helicopter lifted crew member Ian Johnson from the sea between the outer breakwater walls, truly demonstrating the honed skills of the Royal Naval aviators and RNLI crew members alike." Commodore Jamie Miller, *Royal Naval Regional Officer (Wales & Western England)*, introduced this impressive air display and gave a most informed military based commentary throughout the demonstration.

Throughout the afternoon Bill Dawe was to be seen at all corners of the harbour, collecting bucket in hand, beard blowing in the wind, collecting £187 for the RNLI.

Up on the scaffolding with a bird's eye view of everything going on was Fisherman's Friend Jon Cleave who kept everyone informed and laughing with his inimitable humour as he carried out the duties of Master of Ceremonies.

Port Isaac RNLI extends a big thank you to the 40 or so helpers on the day and of course the generosity of all those who came along to enjoy and support this very special day in the Station's calendar.



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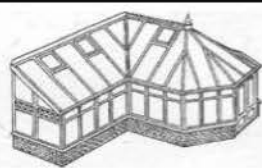
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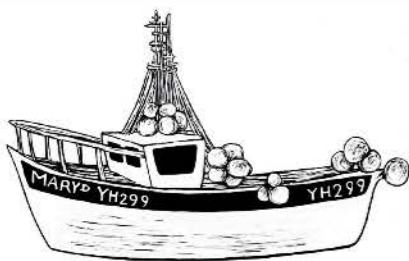


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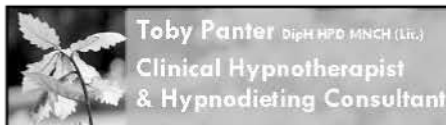
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**Doctor's Surgery** - 01208 880222

**Repeat Prescriptions** - 01208  
880242

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

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

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

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

**Local Dental Helpline** - 01726  
77777

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

**PC Malcolm Taylor** - 079680 87667

**PCSO Claire Drennan** - 0845  
6567930

**Police Station** - 01208 895872

**Civil Enforcement Parking Team** -  
0300 1234222

**Rev Judith Pollinger** - 01208  
880181

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

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

**Electricity** - 0800 365900

**Water helpline** - 0800 1691144

**Parish Council:**  
Clerk - 01288 341242  
stendellionparishcouncil@fsmail.net

**Dan Rogerson MP** - 01566 777123

**Cornwall Council** - 0300 1234 100

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# Diary

## 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  
The last Platt gig of the year

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

Kerbside Recycling - bags out by 7am

## Sunday September 11<sup>th</sup>

RNLI Autumn Coffee Morning in the Boathouse - 10.30am

Trelights Methodist Church Harvest Festival service - 6pm

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

Trelights Methodist Church Harvest Festival Service, Supper & Sale of Produce - 7pm

Parish Council Meeting at Port Isaac School - 7.30pm

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

Port Isaac Carnival Inaugural General Meeting in the Village Hall - 7.30pm - everybody welcome

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

St Peter's Church Harvest Festival Songs of Praise, Auction and Supper with the *Fisherman's Friends* - 6pm

## 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 14<sup>th</sup>

RNLI Harvest Festival & Auction at the Edge - 7.30pm

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

Whist Drive in St Endellion Church Hall

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

Kerbside Recycling - bags out by 7am

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

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

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

British Summertime (BST) ends  
Move clocks back one hour

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

Kerbside Recycling - bags out by 7am



## Saturday November 5<sup>th</sup>

Annual Fireworks and Bonfire at Port Gaverne Beach - bonfire lit 7pm, Fireworks 7.15pm



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

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

## 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

**Coming soon to your Village Hall ...**



**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.

**Friday November 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.

## Trio Copy dates

### ISSUE

October  
November  
December

### COPY DATE

Saturday September 24<sup>th</sup>  
Tuesday October 25<sup>th</sup>  
Monday December 5<sup>th</sup>

### PUBLISHED

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**