

# trio



Photo: Sally Stratton

# Rich Pickings



PORT Isaac Music Festival  
BRINGS YOU  
CORNISH BLUEGRASS  
MUSIC FROM



AND OLD TIME HILLBILLY  
MUSIC FROM



IT WILL BE AN EVENING OF  
SOUTHERN FRIED SENSATIONS  
AND MOUNTAIN MANIA ...  
BlueGRASSTASTIC!

EASTER SATURDAY  
APRIL 7<sup>TH</sup>  
PORT Isaac Village Hall  
7.30PM

TICKETS, £6, FROM  
SECRETS, PORT Isaac  
01208 880862/880905



## The Surprise Party

Francis hopes that everyone had as good a time as he did at his party in December. Johnny Cowling got things going with an Elvis compilation, accompanied by Francis and the Fisherman's Friends got Francis to help them round the evening off. Janet's scrumptious food was much appreciated and the Elvis birthday cake was a triumph of cake making and decorating.

So many thanks to everyone who kept the secret so well. Particular thanks to Janet for the food, Tracey, Barbara and Karen for all their input from June onwards, roving photographer Bill Isaacs and Sam on the sound desk.

The sum of £290 was donated and divided between *Riding for the Disabled* and *Gateway*.

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## THE BIG SWIM

PORT GAVERNE TO PORT ISAAC

### needs some BIG HELP!

Do you fancy volunteering to help out at the Big Swim on Sunday August 26<sup>th</sup>?

If you would like to help give Sarah a call on 01208 880154 or email her at [sarahrowingclub@gmail.com](mailto:sarahrowingclub@gmail.com)

*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**

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# PORT ISAAC CARNIVAL

## HAPPY NEW YEAR TO EVERYONE

The committee are very pleased to announce that we have raised enough money for the Carnival to happen. Calendar sales have been very good, as was the attendance for the Bingo and Ladies Night.

Three cups have been sponsored and one has been donated. Insurance has been purchased and the application for the road closures has been submitted. Plus we have more events planned for the coming months and all funds raised will be used to provide a weekend of entertainment for everyone's enjoyment.

### CARNIVAL QUEEN & PRINCE AUDITIONS

Fairy Queen, plus attendants, and Carnival Prince auditions will be taking place at Port Isaac School on Saturday March 17th at 2pm. Any child aged between 4 and 11 can apply. In fairness to all, the judges will be from outside of the village with no ties to the Port Isaac or residents. The winners will receive a cup/trophy and £20.

### RETURN OF THE THREE-LEGGED RACE

On Saturday April 7th we see the return of the much missed three-legged race. Due to the increase in traffic since the last race was held, we have had to change the route. We don't for one minute think that this will infringe on the fun to be had. Nothing else has changed which is why this is an adults only race. Fancy dress is a must and there will be a prize for the winning team. To get your entry form and a copy of the rules you can either call 880984 or email [portisaaccarnival@hotmail.co.uk](mailto:portisaaccarnival@hotmail.co.uk). There will be a £5 per person entry fee for each team.

### RETURN OF THE RAFT RACE

Another old favourite to make its return is the Raft Race. We were hoping to hold this over the Easter weekend but due to the tides we have been forced to change this. Please check the *Trio* or look out for posters around the village for more details on when this will happen. This is an event that we have had to take out extra insurance for and we really hope that it will be a huge success. Now is the time to start planning your vessel. A full list of rules and entry forms can be obtained from the above. Your team should have a minimum of four members. Again there will also be a £5 entry for each team member.

### KID'S EASTER EVENT

Planning is currently in progress for a kids Easter Event. More details for this will be in the *Trio* next month and posters will be around the village.

### POKER NIGHT

For those that enjoy a good card game we have just the thing. A Poker Night is currently being arranged and more details will be available very soon.

If you have some time left over between making the kids look like a fairy or prince, buying fancy dress or building a raft then you might want to think about entering the carnival. Now is the time to plan your entry/float.

Dean and Ellen

# Hospice



The Hospice Fundraising team have decided it's time to ring the changes a bit and so instead of the Hospice Day, scheduled for March 31st, we are going to hold a **Hospice Bingo Night** on Thursday March 29th. This special night will take place in Port Isaac Village Hall and will include big cash prizes. Put the date in your diary now and look out for full details in next month's *Trio*.

In addition we are planning a Wine Night (similar to a Coffee Morning but with wine and held at night!) and 50/50 Clothes sale in April. Full details and the date in next month's *Trio*.

We hope that everyone will continue to support the Hospice with these new events.

The Team

## COMING SOON TO YOUR VILLAGE HALL



Friday April 27th

**The Dancer & the Devil** - brought to Port Isaac Village Hall as part of the Carn to Cove Performing Arts scheme



Sunday June 3rd

**The BIG Jubilee Lunch** - everyone invited to bring lunch and eat and celebrate the Queen's Diamond Jubilee at Port Isaac Village Hall - 11am-3pm





## Port Isaac Co-op's fundraising success

What an amazing turnout Port Isaac Rowing Club enjoyed on New Years' Day for their Annual Gig Push. On behalf of the club, Chairman, Gail Morwood was especially proud to present a cheque for £1100, a result of 50% of all money raised during 2011 to Dr Creagh, Consultant Oncologist for the Cornwall Leukaemia Trust, founded in 1981 to help patients with leukaemia and allied disorders in Cornwall. About 250 new patients with these diseases are seen in the Haematology Department at Triliske Hospital each year.  
[www.cornleuk.co.uk](http://www.cornleuk.co.uk)



Above: Co-op Regional Manager, Peter Thorpe picks the winning tickets with Mel Dingle and Belinda Dyer

Right: 'Give us your money!' - James Strout and Belinda Dyer

Roy and the staff of Port Isaac Co-op would like to thank everybody for their support of the Co-op Charity of the Year, Mencap. A grand total of £5100 was collected from the village and includes the fantastic sum of £1125 raised from the Port Isaac Co-op Christmas Raffle. Our total exceeded the sum of £2000 we were asked to raise and put us top of our district. The Co-op management were shocked that such a small village managed to raised so much - but then they don't know the people and visiting friends we have here.

Thank you one and all Best wishes for the New Year, Roy and staff.



## Santa's Port Isaac visit

In recent years the club have donated to both Shelter Box and Precious Lives, and all the club members feel passionately that they should carry on and support local, sometimes less known, charities therefore for 2012 Port Isaac Rowing Club will be raising money for "Active 8" who support young people in Cornwall with a physical disability helping them to realise their potential, and develop their aspirations, through participating in challenging leisure and social activities.

[www.active8online.org](http://www.active8online.org)

For more information about our club please contact Steve 07794 780041 or email Clare [clarejon1@gmail.com](mailto:clarejon1@gmail.com)



Santa's visit to the village this year was on a cold damp Saturday evening, but this didn't stop lots of children, and adults, braving the weather to come out to see him and tell him what they wanted (some parents had a few shocked looks on their faces!).

The evening was enjoyed by everyone, particularly Santa who received lots of lovely letters. Donations of £150 were collected for the Co-op's charity of the year Mencap.

In the picture is Liam Robert's and his dad Dave, visiting from Canada. Liam was a little disappointed, because his Grandad (Martyn Dingle) missed Santa's visit because he was at a meeting!

It is their magical words and the smiles on the children's faces that makes the preparation for the evening so worthwhile. I have it on good authority that Santa will be back again next year.

**Mel Dingle & All Santa's Helpers**

# New Years Eve fireworks - stunning!

Luckily the rain stopped just in time and the New Year's firework display lit up the night sky to welcome in 2012!

Just a quick note to thank the following, who all generously contributed to the funding of the New Year's Eve fireworks.

**The Slipway Hotel  
The Mote Restaurant  
The Golden Lion  
Hathaway B&B  
Port Isaac Pottery  
The Harbour Restaurant  
Mrs Dowse, St Peter's Cottage  
Karen, Fuchsia Cottage  
The Peapod Gallery  
Jacob's Cottage**

**& one donor who preferred to remain anonymous**

It wouldn't be possible for us to put on the display without their help, so a huge thank you to all of them on behalf of the whole village.

Happy new year, from everyone at the Old School Hotel.

*Rick*

**Always remember that you are unique; just like everyone else!**

## Post Office service to start on February 13th!



If you think the number 13 is unlucky, well, think again. February 13th is the date a Post Office service is to re-open in Port Isaac. A big thank you to Peggy Hills who has worked tirelessly for the past two years to get a Post Office back in the village, writing to the Prime Minister and Dan Rogerson and not taking no for an answer.

Dan Rogerson wrote to Peggy on January 11th confirming that the Post Office "intend to offer their facilities from St Peter's Church Rooms in New Road on Mondays and Fridays, commencing February 13th."

The service will be run by the subpostmaster from Camelford Post Office on Mondays from 9am-1pm and Fridays from 12.30pm-4.30pm and will offer a wide range of Post Office products and services. There is parking for three cars outside the Church Rooms and a temporary ramp will be available for disabled customers.

Hip, Hip Hooray!

## The Trio Print Service

*Trio* is now printed on an all-singing, all dancing colour machine that sits unused for most of the month. We have therefore decided to offer a village printing service to help offset the cost of *Trio*.

We can print in full colour up to A3, single or double sided, on paper or card up to 180gsm. The machine can tri or bi-fold leaflets or staple booklets. As well as leaflets and brochures we can print flyers, posters, menus etc. We also offer a design service or can prepare your design ready for printing.

To find out more contact Dee on 01208 880905/880862, email: [dee54@mac.com](mailto:dee54@mac.com)

## The Trelights Walker

As 2011 leaves and leads us into 2012, the remnants of Christmas and New Year can be seen as pieces of brightly coloured wrapping paper and streamers can be seen in the hedgerows as the first storms of the year do their own bit of decorating. The Christmas hat, gloves and scarf set are given a full work out as the walk to Port Isaac is made to feel either very hard or very easy, depending on which way the wind is blowing.

The flocks of birds rise and fall from the fields as they look for respite from the gales and when there is a lull in the storm they fly off, looking like the old spitfire squadrons in the Battle of Britain dog fighting an invisible foe as the wind turns up again. The view across the bay to Tintagel Head and further to Hartland Point shows set after set of white capped waves as they relentlessly head for the cliffs, sending up eruptions of spray as they reach land. It is amazing to watch as the waves seem to hand in the air for seconds until it recedes into the ocean again. The winter time is when you see nature in its rawest form and I truly love it.

*The Trelights Walker*

### Trio cover photograph - *Bright Days to Come*

A huge thank you to Sally Stratton for providing the colour photograph for this month's front cover. If you have a colour photo you would like to be considered for future months please email high res image to [triopi@mac.com](mailto:triopi@mac.com) It needs to be somewhere or something in the Parish, portrait orientation and possibly topical for the forthcoming month. Thanks.



### Days gone by - taken from the Cornish & Devon Post: November 12th 1921

During Saturday night's boisterous weather, a tragedy took place on the North Cornish Coast in the neighbourhood of Padstow and Port Isaac, the first intimation to residents being the washing in or bodies and wreckage. Evidently, a ship had gone down with all hands during the night.

### November 11th 1911

Catches of herrings at Port Isaac and Port Gaverne on Thursday, it is reported, ranged from 7,000 down to 300. The Bonnibell (Mr Arthur Hill) and the Valkyrie (Mr Blakes) had the largest catches. Mr Joseph Honey and Mr Carveth Brown were unlucky, the former getting a 12ft long man-eating shark in his net; and Mr Brown caught a tremendous bottle-nosed shark.

# cooking with martin



**Mussels** are in season and a cheap, easy to cook option, so here is a guide on how to prepare and cook them. If you do collect your own mussels, make sure the waters are unpolluted. They are at their best in the colder months outside the breeding season. Shop around when buying mussels and select those with tightly closed shells, avoiding any that are broken. Plump, juicy flesh and a succulent taste of the sea is what you are looking for once they are cooked. Colour is not indicative of quality - orange flesh tells you the mussel is female, while a whiter hue suggests a male.

## Preparation

Unless you know how fresh they are, always eat mussels on the same day you buy them. Carefully place the blue-black mussels into a sinkful of cold water and discard any that stay open when tapped. Pull away their beards and, if you are presenting them in their shells, it's a good idea to give them a good scrub, scraping off any barnacles. A final couple of rinses will ensure a sand-free meal.

Mussels need very little cooking. Place them in the bottom of a large, heavy-based pan with a small amount of liquid and turn up the heat to steam them. As soon as the shells start gaping open, you know they are ready. Don't overcook them or you'll end up with rubbery flesh. Discard any that fail to open fully. Mussels are delicious with a wide array of flavours. The cooking liquid is half the joy of eating mussels, so have plenty of crusty bread on stand-by for soaking up.

---

## Sweet and sour mussels with chilli

1kg/2lb 3oz live mussels	150ml/5½fl oz white wine vinegar
olive oil	6 tsp sugar
1 onion, thinly sliced	splash of Thai fish sauce
2 garlic cloves, thinly sliced	1 lime, juice only
1 tbsp chopped fresh ginger	handful of coriander, finely chopped
4 red chillies, finely sliced, leaving seeds in	small handful of chopped, fresh basil

Clean the mussels. Heat a little water in a large pan, add the mussels and put the lid on. Steam for a few minutes until the mussels open. Discard any mussels that don't open. Put the mussels and their juices to one side.

Heat a drizzle of olive oil in a frying pan and gently soften the onions, garlic, ginger and chillies.

Add the vinegar and the sugar, stir well to dissolve, and taste to make sure you have got that sweet and sour balance. Add a little more vinegar or sugar if necessary. Season with a few drops of fish sauce and simmer for 2-3 minutes.

Tip the mussels and their juices into the frying pan and stir well to create a sticky coating over the mussels.

Squeeze in the lime juice, add the herbs and serve.

## Curried Mussel Soup

Olive oil  
2 sliced banana shallots  
2 cloves minced garlic  
2 sticks celery  
1 chopped white of leek  
1 tsp turmeric  
2 tbsp mild curry powder  
125 ml white wine  
100 ml vermouth  
150 ml fish stock  
2 kg cleaned mussels  
1 tin of coconut milk  
Juice of half a lemon  
1 red chilli, sliced  
Handful of picked coriander

Heat a large non-stick pan, add a splash of olive oil and sauté the shallots, garlic, celery and leek with no colour for two minutes. Next add turmeric and curry powder and cook for a further minute. Pour in the white wine and vermouth and reduce by half. Add the stock and bring to a simmer. Next add the mussels and cover with a lid (depending on the size of your mussels you may need to add more or less stock to just cover). Steam until the mussels are just open, for only around 5 minutes, then drain the mussels and juice into a colander over a clean sauce pan. Reduce this liquid slightly over a medium heat then add coconut milk and season to taste. Finish with a squeeze of lemon.

Pick half of the mussels from their shells and put in serving bowls and arrange the remaining mussels in their shells in the bowls (any mussels that have not opened just discard). Pour over the hot broth, scatter over some sliced chilli and picked coriander and then serve with crusty bread.

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## Hearty winter mussels

These rich and creamy mussels are gloriously messy to eat - have a big pile of napkins and a finger bowl to hand.

40g/1½oz butter	1 bay leaf	1kg/2lb 4oz mussels, de-bearded and cleaned
2 medium banana shallots, finely diced	50ml/2fl oz white wine	300ml/10fl oz white wine
2 garlic cloves, finely chopped	1 tbsp plain flour	200ml/7fl oz double cream
2 celery stalks, finely chopped	150ml/5fl oz milk	

Melt the butter in a small saucepan over a low heat and gently cook the shallots, garlic, celery and bay leaf until soft but not brown. Add the 50ml white wine and continue cooking until the liquid has evaporated.

Stir in the flour and gently cook for a minute or so then slowly add the milk a little at a time, stirring continuously, to make a smooth, thick sauce.

Meanwhile, tip the mussels and wine into a separate pan, cover with a lid and steam the mussels for 3-4 minutes until the shells have just opened.

Place a colander over the pan containing the white sauce and drain the mussel liquor into the sauce. Return the mussels to their pan and cover with a lid to keep warm.

Working quickly, whisk the mussel liquor into the sauce, bring it to the boil and continue boiling until it is the consistency of double cream. Stir in the cream, pour the sauce into the pot of mussels and serve immediately with crusty bread.



**A**lready this year the group have already made door calendars, painted and played with puzzles and play dough, had a Teddy Bear's Picnic and an outing.

Plans for the rest of the term include:

- February 7th -  
**Making Valentine Cards**
- February 14th -  
**Half Term**
- February 21st -  
**Music Day**
- February 28th -  
**Painting**
- March 6th -  
**Swimming at Chapel Amble**
- March 13th -  
**Making Mother's Day Cards**
- March 20th -  
**Making cookies**
- March 27th -  
**Making spring flowers and Easter Bonnets**

The group meets every Tuesday morning at the Village Hall from 10am-12noon and always welcome new members.

**My wife and I had words, but I didn't get to use mine.**

### **The power of Trio!!!**

A friend of Ellen and Dean saw Harley, the missing cat featured in the December *Trio*, and rang them. They rang us, and this morning he was in one of the barns and Dean came and was reunited. He had been missing for over two months. So thanks *Trio*!

*Tony Wainwright*

## *Joey Strout 1964-2011*

### **Because You Have Lived**

- To laugh often and much.
- To win the respect of intelligent people, and the affection of children.
- To earn the appreciation of honest critics.
- To appreciate beauty.
- To find the best in others.
- To leave the world a bit better, whether by a healthy child, or a garden patch.
- To know even one life has breathed easier because you have lived.
- This is to have succeeded.

Joey did all of this and more, we miss him more and more each day, he may be gone but he will never be forgotten.

Thank you to everyone who sent cards and messages, who offered to help in any way they could and most of all for attending his funeral to say goodbye and for so generously donating over £ 800 to Cancer Research UK.

*Sue, Liam, Olive and Sally*



### **Joey Strout**

A son to his Mum, A Brother to his Sister  
A Lover to his Partner, A Dad to his Son  
and I'm proud to say a friend to me  
R.I.P. Joey, Gone but not forgotten

Chris

### **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 -**

years of village life

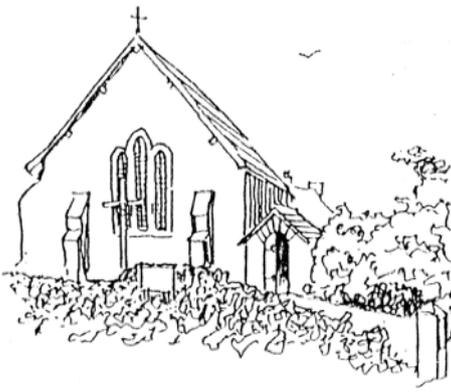
30

DVD of village history - **£10**

#### **2012 Tide Timetables - £1.30**

plus local ordnance survey maps

All the PISCES Memory Booklets, priced £3, are also available with all the proceeds going to PISCES



# Why Lent?

February sees the start of the season of Lent amid a flurry of Tuesday pancakes and Wednesday ashes. A period of forty days and forty nights commonly associated with abstinence, self denial and penitence.

I have a suspicion that for many people such words have limited resonance. Even if abstinence rarely exceeds a tea-total life style, and any penance is restricted to

following a weekly Lent course, there is the risk that we never pause to ask what Lent is all about.

We live in a world where any spiritual practice is easily dismissed as self-serving or worthless. How, we might ask, can abstaining from food help solve hunger or poverty in the world? How can exerting more self-discipline in our lives help nurture our communities?

Yet sometimes our desire for a technical cure can excuse a need to acknowledge, bear witness to and empathize with the suffering of others. There is still truth in the simple words of the Russian Father Yelchaninov How shall we comfort those who weep? By weeping with them.

The simple practices of a little abstinence and self-examination are not simply a kind of spiritual detox, that starts and ends with 'me', but are a means of reconciliation to God, to one another and to ourselves. Practicing abstinence helps free us from a passive acceptance of our own fears and desires, helps make room for reflection upon the needs of others. Such practices acknowledge that the way we live our lives affects how we relate to one another. How do we nurture greater empathy with those who suffer if we are incapable of practicing a little, voluntary denial in our own lives?

After all, we may not of ourselves be able to solve many of the world's problems, but does that excuse us from bearing witness to them? In the words of the 17th century poet Richard Crashaw, to be unmoved to see one wretched is to make him so.

*Revd Jonathan Mosedale*

## Lent courses and events

**The Passion through Art at St Endellion Church,**  
Tuesdays, 7pm commencing February 28th

**Lent 'York' Course** led by Revd Canon Dave Elkington at St Mabyrn, Wednesdays, 7pm commencing February 29th.  
Contact: Colin Hyde, tel: 01208 841546

**'Lent-Wise' Course** exploring the book by Paula Gooder, Thursdays, 11am at Trebeth, St Minver or 7pm at St Minver Vicarage, commencing March 1st (different venues each week).

### *Eric Stokes*

The family of Eric Stokes (who passed away in October) would like to thank everyone who attended his funeral on the 2nd of November. Not only was it a great send-off, but we were able to raise £435.48 for the Cornish Air Ambulance and we think Eric would have been extremely pleased with it all.

# Church Diary Dates

## Wednesday February 1st

7.30pm - Healing Service, St Endellion Rectory

## Thursday February 2nd

7.00pm - Celebration of Candlemas, Sung Eucharist & Procession, St Endellion Church

## Saturday February 5th

7.00pm - Classical Chamber Concert, St Endellion Church - Tickets £5.50 in advance or £6.50 on door

## Sunday February 7th

9.45am - Sung Eucharist, St Peter's Church, Port Isaac  
11.00am - Sung Eucharist, St Endellion Church

## Saturday February 11th

9.30am - Marriage Preparation Day, Perceval Institute, St Minver

## Sunday February 12th

9.45am - Sung Eucharist, St Peter's Church, Port Isaac  
6.00pm - Evening Worship with Taize Chants, St Endellion Church

## Sunday February 19th

9.45am - New Freestyle Service, St Peter's Church, Port Isaac  
11.00am - Sung Eucharist, St Endellion Church

## Ash Wednesday February 22nd

7.00pm - Sung Eucharist with Ashing, St Endellion Church

## Sunday February 26th

9.45am - Sung Eucharist, St Peter's Church, Port Isaac  
11.00am - Sung Eucharist, St Endellion Church

## Sunday March 4th

9.45am - Sung Eucharist, St Peter's Church, Port Isaac  
11.00am - Sung Eucharist, St Endellion Church

## Saturday March 10th

Quiet Day at St Endellion Church led by Revd Dr Jonathan Mosedale

## Sunday March 11th

9.45am - Sung Eucharist, St Peter's Church, Port Isaac  
11.00am - Sung Eucharist, St Endellion Church  
6.00pm - Evening Worship with Taize Chants, St Endellion Church

## Saturday 31st March – Sunday 8th April

**St Endellion Easter Music Festival**  
4.30pm - Festival Choral Evensong  
Preacher: The Rt Revd Tim Thornton Bishop of Truro  
9am each day - Thought for the Day with distinguished speakers  
Concert programme available St Endellion Church

# RNLI AGM

With Christmas over and now plotting a new course into the New Year, Port Isaac RNLI are sorting out their programme of events. The Annual RNLI AGM will take place at the Village Hall on Thursday April 12th at 7pm - an opportunity for all to come along and meet crew and committee.

## DIARY DATES

The Annual RNLI Summer Service will take place on the Platt on Sunday June 10th. of which there will be more details and firm dates in the next issue of *Trio*. The date was already set for our Annual Lifeboat Larks which will be taking place in the Harbour on Sunday August 5th - let's hope we are once again blessed with fine weather.

## CHRISTMAS BARN DANCE

The old year was certainly seen out in fine style with our bi-annual Barn Dance on December 29th. With just four tickets booked up to opening the doors, I must admit we did wonder if the event had gone off the radar, but within the first hour of opening so our supporters of all ages started to swing through the doors to join us for a Gale Force of an evening of barn dance and great music created by the North Cornwall Ceili Band who were really in cracking form.

Amongst our enthusiastic supporters it was great to see Doc Lunny and his wife showing us all how to shake a leg and also Roger Mutton, good friend of the Cornish Gigs, Director of the London Great River Race and member of the Olympic Torch committee joining in with great enthusiasm. Indeed friends old and new filled the Village Hall to maximum capacity, making it an evening to be remembered. The Doom Bar ran dry but the music kept the feet tapping and we raised £500 for our Port Isaac Crew Lifejacket Appeal.

Our Treasurer, David Raynor, is at this moment completing his accounting for the year 2011 and submitting for audit. We shall announce the results in the next issue of *Trio*. In the meantime may I thank committee, crew, helpers and all those who have given such generous support both in time and funds to Port Isaac RNLI throughout 2011 and wish you all a happy, safe and healthy new year.

In addition to all of the fundraising activity taking place, one must remember what the RNLI is really about and the dedication of time and effort our volunteer crew make to the RNLI. The sharp end of this is of course actual sea rescue and our Station is on standby 24 hours a day for 365 days of the year ready, to call out when needed to save lives at sea.

In order to carry this work out, often in dangerous and extreme sea conditions, it is essential that the voluntary crew members are up to scratch with their boat handling, sea survival techniques and this in itself demands dedication of time and effort. In order to achieve this, regular training sessions and seagoing operations are carried out with the aim of keeping experienced crew members proficient and up-to-date and to give less experienced crew members the opportunity to gain essential knowledge and experience. With this in mind I have invited Helmsman and Station Crew Training Officer Damien Bolton to update us with a current report on crew activities.

*Bob Bulgin, Chairman*

A Classical Concert featuring the very talented

## Prague Musicians

performing in Cornwall for the third time

## St Teath Church

**Saturday February 4th at 7pm**

programme includes music by Handel, Beethoven and Josef Suk

**Entry free** - there will be a retiring collection for the Church and the Musicians

Further information from Tatjana Balsdon on 01566 781420



## CREW NEWS

January has been a busy month with seven of the crew completing the RNLI Casualty Critical Care Course. This was an intensive two week first-aid course and a very valuable qualification. We have also started the new year with a structured training programme which will see all our new crew brought up to speed on the RNLI's Competence Based Training (COBT). Matt Main is now on our official helm development plan, so Good Luck to him.

We have a new crew member Dell who has joined us from Rock, and a few more candidates in the pipe line. Retired helmsman, Richard Hambly, was presented with his long service certificate from the RNLI. Richard will be returning from Australia in June and will be rejoining us as a Deputy Launching Authority (DLA).

On the afternoon of January 15th we were paged for a surfer in difficulty at Trebarwith Strand. We arrived on scene and commenced a search from Trebarwith back towards Tregardock. Mid search we were joined by RAF Culdrose who followed on behind with a coastline search. After about 15 minutes we were stood down as the surfer was found safe and well ashore. The crew on service were Damien Bolton (helm), Kevin Dingle (helm) and Matthew Main (trainee helm).

I will be keeping you all up-to-date with progression as the year goes on.

*Damien Bolton  
Helmsman and Station Training Officer*

The children were asked to write the beginning of a story entitled 'The Dark Stranger'...

#### Oscar Blizard Year 5

One dark and stormy night I was walking back from a very important meeting and I stopped and turned around then carried on walking. I stopped again. I was being followed. I went down a dark alley and saw a man in dark clothes. He was pointing a gun at me and he spoke in a low and angry voice. I asked his name. He said, "Jon." When I got home I wrote in my diary...

Dear Diary,

Today a man tried to kill me. He said his name was Jon and he carried a revolver and pocket knife. He had black hair and clothes. He wore white trainers and he had a blue tooth. He was probably an agent.

#### Sam Boothroyd Year 4

One day in the land of darkness a tall black figure walked the street in such a black cloak that he was almost invisible. Then he stopped right next to where Mr and Mrs Headwick lived. He walked to the front door and took off his cloak. And how terrible he looked - it was like he had been in a car crash. He then knocked on the door. The Headwick's were fast asleep though so he knocked the whole door down. He walked up the stairs and into their room and was never seen again - nor were the Headwicks. Some people say he took them. Others say they walked with him. Whatever happened, it was a mystery.

Two years later he struck again on a seven year old girl walking to school on her own. Now they know his name but cannot stop him striking. One year later and he had already caught five people.

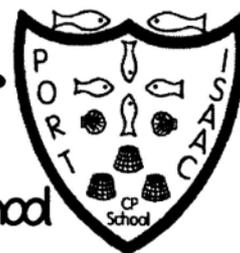
#### Sam Johnson Year 3

Once upon a time on a chained boat I was sitting on a chair going to Dark Water Cove. The waves were a terror that night. When I got off I went in and I was glad to be inside. Jake said, "Sit down." Toby said, "Here," giving me a drink.

Suddenly a man appeared at the door. He had a dagger in his hand and his cloak was like ripped vulture's wings. It was the dark stranger! And a hound was next to him. Then he disappeared, leaving behind a map.

# schoolchat

news and views from Port Isaac School



## Chinese New Year

January 23rd saw the start of the Chinese New Year celebrations and in school we did some exciting things. Our lunch was a Chinese menu and in the afternoon we had a procession through the village. As it is the year of the dragon we made a dragon to carry and also some dragon shields for class 2 to wear. We hope if you saw us in the village that you enjoyed the spectacle!

## Badminton At Sir James Smith's Camelford

Our Year 5 and 6 children were invited to attend a badminton multi skills afternoon in Camelford. Mr Collinson accompanied the children and they all enjoyed learning some new skills. These multi skills sessions are a great way for the children to meet other primary school age children and to have a go at different types of sport.

## Extended Learning

This term class 1 are learning about different habitats and in particular a jungle one. Class 2 are studying The Tudors so for each class there is a trip in the planning process. Miss Martin is hoping to take her children to the zoo to see some real jungle dwellers and Mr Collinson is planning to take Class 2 to see a performance of the Horrible Histories based on the Tudor period.

## New year...new playground seating

For 2012 we have three new tables and benches in the playground. We are looking forward to warmer weather when we will be able to sit outside with our lunches. The benches look very smart and have replaced the old damaged ones.

## Happy Birthday

Birthdays celebrated in December:

- Issy 8
- Aaron 8
- Josh 5 7
- Amber 5

January:

- Maisy 5
- Millie 4

February:

- Rosie-May 9
- Tom B 6

## Friends of Port Isaac School VALENTINES DISCO

for all children aged 3-11

(all children under 7 must be accompanied by an adult)

**Friday February 10th**

**3.30pm-4.30pm in the school**

**£3 entry by pre-booked ticket only**  
(includes a snack, drink, disco and games)

**COME DRESSED IN RED**

There will be refreshments and a raffle for the adults attending

**Phone Jan at the School to book your ticket - 01208 880494**

# Our local MP, Dan Rogerson, reports –

I start off with the fantastic news about the re-instatement of the post office in Port Isaac. When the old post office closed several years ago it was replaced by an outreach service, which in turn was withdrawn from the area. Since then I have been working with local residents to campaign for this vital amenity to be brought back, as the nearest alternative post office is some five miles away. There had been several ongoing issues with trying to get the service re-opened, but it is great news that these have been dealt with and the village will finally get back the much missed service.

I recently had the pleasure to welcome my Liberal Democrat colleague, Paul Burstow MP, to North Cornwall. Paul is the government's Minister for Social Care and came to see how the use of assistive technologies known as 'telehealth' and 'telecare' are working in our area. These technologies allow people to monitor health conditions in the comfort of their own home, with information sent electronically to doctors and nurses, so that they only have to travel to a GP or hospital when it is necessary. Later on that week, Mr Burstow announced an extra £1.7 million in social care funding for Cornwall over the next four years. This extra cash will be used to help people leave hospital earlier and receive better care at home. We all prefer to be out of hospital, receiving care in our own home, and it is important that we do everything we can to ensure people are cared for at home in a safe and familiar environment, with their family and friends close by.

Later in the day the Minister and I met with the Leader and Chief Executive of Cornwall Council, the Chief Executive of Cornwall Primary Care Trust, and others, to discuss health and social care issues in the Duchy. It was a great opportunity for us to feed back to the Minister and Department of Health officials about the challenges facing rural areas like ours.

This was the second visit by a government minister to North Cornwall recently: before Christmas I welcomed the Lib Dem Business Secretary, Vince Cable, to Bodmin where he helped launch an £18.7 million Higher Apprenticeships Fund. The money will fund apprenticeships at the same level as university degrees, enabling employers and colleges to deliver the advanced skills needed to help get our economy back on track. I am delighted that Vince chose to come to North Cornwall to highlight the government's determination to give young people the very best in training and employment opportunities. It is great to see the Government recognising the need to value and invest in Cornwall.

Looking at what's happening nationally, one of the biggest challenges facing the Coalition Government is that of unemployment, especially amongst young people. If young people are out of work, the consequences of that will be felt for decades afterwards. As well as the new Higher Apprenticeships Fund launched by Vince Cable, the Deputy Prime Minister and Liberal Democrat leader Nick Clegg launched the 'Youth Contact', worth £1 billion, back in November.

The youth contract aims to ensure that all jobless young people are earning or learning again before long-term damage is done. In Cornwall, nearly 3,000 18 – 24 year olds will be eligible for support including work placements, apprenticeships and wage subsidies for firms to take on young people. Now Britain's 4 biggest employers (the Confederation of British Industry (CBI), the British Chambers of Commerce, the British Retail Consortium and the Federation of Small Businesses) have formally backed the Youth Contract, urging their members to take part. It is excellent news that four biggest employer organisations are backing the scheme so that we won't lose the skills and talent of our young people.

As always, if anyone wishes to discuss any of these issues, or anything else that is happening either locally or nationally, please don't hesitate to get in touch.

**Dan Rogerson MP**

4 Tower Street, Launceston, Cornwall PL15 8BQ

E-mail: [contact@danrogerson.org](mailto:contact@danrogerson.org) Telephone: 01566 777123

## Friends of Camelford Leisure Centre Membership Recruitment Drive

Come to **Camelford Leisure Centre's Open Day on Saturday 18th February** to see what the Leisure Centre can do for you!

Explore the activities available in the Sports Hall. Have a taster session of something you haven't tried before. Find out about what's offer in the Fitness Suite. Sign up for Friends Membership and pick up a FREE SWIM voucher at the Leisure Centre. Join us for refreshments!

For more information contact Eddie Jones, Chairman of 'The Friends of Camelford Leisure Centre' at [friends.of.camelford.lc@gmail.com](mailto:friends.of.camelford.lc@gmail.com)

# PIGS

## XMAS AT ST ENODOC



As Craig Revel Hallwood says on Strictly, "Awful Darling! – and it summed up the atrocious weather conditions on an empty Holywell course in late December for the PIGS annual beano. I don't know if I forgot to tell everybody or whether the call of Christmas shopping was too strong to fend off, but only eight PIGS played.

As you would expect from St Enodoc, the greens and fairways were in magnificent condition considering the severe weather that they had endured for the couple of weeks prior to our visit.

The talk over bacon rolls and coffee were of future venues and events and, of course, absent friends.

After trudging around a wet and windy golf course, my predicament reminded me of Billy Connolly's Incontinence Pants sketch – my trousers seemed to be carrying an immeasurable amount of very cold water! This forced my hand a tad and I had to bite the bullet and spend some money on some new, DRY trousers!

The golf on the day was won by Mr Gary 'The Soggy Plumber' Pattenden and second was Chris 'It's gotta be better than working' Giddins.

Dinner at *The Mote* became an intimate dinner party for six – the very poor turn out meant that the six of us had to drink a lot more than we had anticipated just to compensate for our lack of numbers!

A huge apology to CJ at The Mote for messing you about but with that apology comes a huge Thank You to you, Geoff and Rosie for making our evening fantastic. Thanks also to Rosie and Geoff for giving me a lift home in my drunken state – which was Rosie's fault!!

And finally, a reminder to Andy Penny – I hope you ate those two spare bacon baps and didn't leave them in your golf bag!!

**The Lardman**



## Community Diaries

If you kept a PISCES diary last year, please could we have it for our archive?

### And would anyone like to do one this year please?

You can write as little or as much as you like. It can be a record of your life, village life, your dog's life! Anything. Our aim is to record life as it is lived now. A record for future generations.

Please call in and see Dee at *Secrets* for a journal.

## Friends of PISCES

We were very grateful last year to everyone who supported PISCES by making an annual donation of £25 and becoming a 'Friend'. A Prize Draw was made at the Christmas Evening and a large Port Isaac pottery jug was won by Kath Aspinwall.

The aim of 'Friends' is to help us keep PISCES running - we need to raise about £2000 a year to cover our insurance, rent and electricity and stage our exhibitions. A leaflet with full details and an application form is available in St Peter's or from *Secrets* or the Pottery or at any of our events.

If you can support us in any way (come to our afternoon tea!) we would be delighted.

## Tin Can Tommy and Rusty Bum Memories of leisure lives

The next PISCES exhibition is a bit different from our previous ones in that it is being staged by Plymouth University as part of their work conducted under the 'Grey and Pleasant Land' project, a major research study of older people's participation in rural community life. The study is being carried out in South West England and Wales but this exhibition deals with Port Isaac and the local area.

In 2010, our older residents were invited to talk to researchers as part of a study of older people's participation in cultural and leisure activities within rural communities. The interviews with these residents were conducted as 'oral histories' to gather recollections and memories of their leisure pursuits, interests and involvement throughout their lifetime.

In Port Isaac the interviewing was carried out as part of an intergenerational community project involving children from Port Isaac School. The children found out about the games the older people played as children and their pastimes and recreation during the Second World War. They heard out about family leisure time in the 1950s and 1960s and the community groups and village activities that have existed locally. In addition they were told about the hobbies of pastimes of the older people today and how they are involved in the community.

The result is 'Tin Can Tommy and Rusty Bum' (titled after two popular old Port Isaac childhood games) and it aims to offer insight into how older people have spent their leisure time and their contributions to the community over the years. Now aged between 60 and 90, many of the 50 participants are Port Isaac born and bred, while others have lifelong ties to the area as a holiday destination or the place to which they were evacuated during the war. Many of them recount the important roles that they have played in village clubs, groups, charities and organisations over the years and the role that they still play in maintaining the social and cultural life of their communities.

The exhibition launches on Friday March 2<sup>nd</sup> in St Peter's Church at 6.30pm. Children from Port Isaac School will be there to find out what you think of the exhibition. Everyone is invited to join us at this special evening for a preview and to enjoy a glass of wine and homemade refreshments. The exhibition will then be open every day (except during Church Services) from 10am-4pm, until the beginning of May.

## Heritage Lottery Fund Evaluation Form

A very big thank you to everyone who took the time to complete our questionnaire. The full report is available should anyone like to read it. The HLF 68-page guide on how to complete their form is also available to anyone suffering from insomnia!

And last, but not least ...

a special thank you to all the children from Port Isaac School who all wrote down their memories of Christmas.

Most of which were read out at the PISCES Christmas Evening in December. Although the children's Christmas present list was very different from those remembered by many of the older folk, it was apparent that the wonder of



**PORT ISAAC SHARED  
COMMUNITY EXHIBITION SPACE**

## Tin Can Tommy and Rusty Bum

Local People Share Leisure Memories  
with Port Isaac Schoolchildren

**EVENING RECEPTION - Friday March 2nd, 6.30pm**  
**St Peter's Church**  
**EVERYONE WELCOME**

later this year ...

## INSPIRED BY PORT ISAAC

*An exhibition of local artists, writers, poets, musicians  
and creators of fine things!*

**to take place during May, June & July**

Have you been part of the many films and TV programmes made  
in and around Port Isaac over the years - *Doc Martin*, *Amy Foster*  
1996, *Saving Grace*, *Poldark* (Port Quin), *Nightmare Man* 1981  
BBC, *Jamaica Inn* HTV (Port Quin and Polzeath) are the ones  
we know about. You may know more?

Do you have any photos or memories you would be willing to  
share with PISCES? We would like to hear from you?

## FISHING AND THE SEA

We hope this will be our flagship exhibition of the year. Port  
Isaac has its whole heritage linked to fishing and the sea and we  
hope this will be our 2012 flagship exhibition  
to take place during August, September & October  
Can you start looking up those old photos and recall your  
memories and stories that you wish to share with us?

## Visitors

15,000 people have visited PISCES exhibitions since we started in October  
2010. An incredible number! Nearly 12% (1 in 8) of the comments are from  
overseas visitors, from 13 countries. 30% of overseas comments were from  
Australia, 30% from USA, 15% from Canada, 17% from European Community  
(6 separate countries), and 8% from elsewhere (4 separate countries).

**Contact us for anything and everything through Dee at  
Secrets (01208 880862 or dee54@mac.com) or  
Barbara in the Pottery (01208 880625)**

## The Pisces BIG Posh Afternoon Tea

**Saturday**  
**February 11th**  
**3pm-6pm**  
**Port Isaac Village Hall**

**EAT AS MUCH AS  
YOU LIKE FOR £5**

(concessions for children)

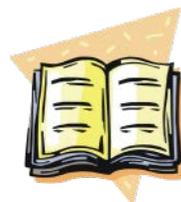
**Tombola**

**Bring & Buy stall**

Raising funds for PISCES exhibitions

## PISCES Cookery book

Please keep  
your recipes,  
stories and  
pictures



coming. We are still aiming  
for an Easter launch.

## Oral history and inter-active technology

We plan to install our inter-  
active screens at some point  
this year, depending on  
funds. We would love to  
include filmed interviews of as  
many people as possible  
when this gets up and  
running. Watch this space!



I was listening to *Word of Mouth*, a BBC radio 4 programme which 'explores the world of words and how we use them' and heard an interview with Chris Anderson, who now has a lead role with something called TED - (which stands for Technology, Education, Design). The programme is available on the iPlayer <http://www.bbc.co.uk/programmes/b019fx9q>. Michael Rosen, who is well worth a look in his own right was interviewing him about the website [www.ted.com](http://www.ted.com) which carries videos of talks by all sorts of people on all sorts of topic - the motto of TED is 'ideas worth spreading'.

This got me thinking about what is available on the internet for learning - as the TED talks are in that department. Included in the 'Word of Mouth' programme was someone who has researched the way this sort of media can be useful in the classroom as well. So to start with TED. This was founded in 1984.

As Wikipedia says: *"The speakers are given a maximum of 18 minutes to present their ideas in the most innovative and engaging ways they can. Past presenters include Bill Clinton, Jane Goodall, Malcolm Gladwell, Al Gore, Gordon Brown, Richard Dawkins, Bill Gates, educator Salman Khan, Google founders Larry Page and Sergey Brin, and many Nobel Prize winners."*

There are literally hundreds of talks which are engaging and challenging, covering a huge variety of topics. For example, just looking at the title page today taking the first four to give a flavour of the range:

\* Julian Baggini the philosopher - Is

## Websites of the Month

there a real you - about how we know who we are...\*

\* Charles Hazelwood Conductor and musician - The debut of the British Paraorchestra about talented disabled musicians

\* Scott Rickard - the beautiful math behind the ugliest music.. what makes music beautiful and ugly

\* Sheena Lyengar - researcher - How to make choosing easier - decision making and what affects it.

Chris Anderson was saying how TED did not rely on advertising to gain the widespread interest it has, but simply on word of mouth and the way the internet can link people up who are interested in this sort of thing. Incidentally it is all free and you can download the talks and use them in teaching, email them to friends and generally make use of them as you like. The aim of the organisation is to spread access to information and they have plans to make it more accessible in developing countries.

The other source of information like this which I will point you to today (and there are many others, but this is a starter) is the iTunes University. iTunes is the piece of software Apple developed to act as a platform for selling its music, but it has many other features. It is one of the odd things about computer programmes that you generally find people only use a fraction of the capabilities which they could use. For example with Word, the word processing programme, there are so many features, like producing a contents page, an index and so on that it would take hours of training to get all you

could out of it and most people never bother. That applies to the iTunes programme, but iTunes University is worth getting to know. To start with you will need to download a copy of the programme. It works with Windows as well as Mac computers and you can get it here <http://www.apple.com/itunes/>. As I always say at this point, any fiddling with your computer (like downloading) you do at your own risk. Downloading iTunes is unlikely to cause any problems, but you never know.

Having downloaded it you will need to get yourself (again free) an iTunes account. This is a relatively simple registration process. Having got an account and opened iTunes you will see there are lots of things to click on. The one to go for is iTunes store. This will take you to the place you can buy things like music, but there is also all the free iTunes University material.

The Open University has a lot of lectures and study materials, for example on ecosystems - which explains about biodiversity and if you are interested in climate change and how it might affect us, this material would be very relevant. But there are also courses with lectures and study materials from other UK Universities and also ones in America. The topic ranges is also very large as are the number of academic institutions - just in the 'A's there were over 20 Universities listed. There is also a new 'app' for the iTunes university which for those with smartphones, iPads etc makes access even easier and puts all your lectures on a virtual bookcase.

**Tony Wainwright**

God made man before woman so as to give him time to think of an answer for her first question.

## Local film premiere

A premier evening of the locally made film *The Murder of Nevell Norway* is taking place on Thursday 16th at 8pm in The Shire Suite, Bodmin. Tickets for the one night are on sale from the Bodmin Community Cinema Booking Office on 01208 774466.

This true story is set in 1840 and tells how a local prominent trader was robbed and murdered on the road between Bodmin and Wadebridge. A Detective Charles Jackson was called in from London to investigate and two brothers were hanged for the crime. David Morgan from Port Isaac plays Detective Jackson and Steve Appleby also features in the film produced by CB Productions.

## Magical Managers 2011/12

### League One

LW	POS	TEAM	MANAGER	PTS
1	1	MOTS FLYERS	Tom Cleave	718
2	2	MAYBEES	Tom Bishop	710
3	3	FOXHOLE STARS	Bryan Nicholls	688
4	4	HOLLY'S RETARDS	Richard Hambly	688
6	5	KICKASS	Harry Hambly	63

### League Two

1	1	FIELDS OF GOLD	Andy Penny	704
2	2	FROGCHESTER UTD	Margaret Honey	679
3	3	SCOUTING FOR GOALS	Chantelle Binney	662
4	4	TIA'S TEAM	Gemma Cleave	608
5	5	ON THE EDGE OF GREATNESS	Chris Lanyon	552

up to January 23rd 2012

A belated "Happy New Year" to you all – and I hope you made at least one 'green' Resolution last month, and kept it! At this time of the year it's difficult to find anything green, at least to look at: the fields are mostly brown. Fortunately, many of them have that 'corduroy' look, as they've been recently ploughed. It is good that our farmer friends have been able to get onto the land, but a pity that so much 'land' has got back onto the roads – do take care, things can be very slippery when it's wet.

However, it has often been sunny and bright in the afternoon, following a dull and wet morning. Being retired, we've been able to get out and walk, coming home at dusk, to a cup of tea (and sometimes a remaining bit of Christmas cake!). A favourite walk, which unfortunately does imply using the car a little, is to walk along the shore from Daymer Bay to Rock, retuning over the Golf-course, about 1½ to 2 hours all told.. We do need the tide to be low at lunch-time, otherwise we walk over the shoulder of Brae Hill. There should, preferably, be a cup of tea to be available somewhere at Rock – if it all fits, it's a really marvellous outing.

One advantage of the dull weather, when it comes, is that one can stay indoors and read, without feeling a nagging conscience. Browsing in a charity shop at Christmas, I found and bought a copy of Hunter Davies' biography of Alfred Wainwright, the author of so many guide-books to, and picture-books of, good walking country. It was a fascinating read, especially where his first great plan was concerned, to write and illustrate seven guides, covering all the fells of the Lake District. He allowed himself a dozen or so years to complete the task, based in Kendal, but only using public transport for access to the walks. He only had the weekends to walk as, during the week, he had a full-time job as Borough Treasurer. Something of an eccentric, he did not want the text type-set, so he wrote it all by hand, fitting it round the maps and drawings, so that it all made a pleasing and artistic arrangement. He must have spent every evening for years writing and drawing, but the result was worth it. He found a friend to act as publisher locally and, once in print, found ready sales. He and the publisher carried the books round to shops, but he eschewed public notice and never became involved in publicity 'stunts' like book-signings. Eventually the local newspaper, which had printed the books from the start, took over as publisher, much later on handing over to a nationally-known firm, which still produces them.

Another book I've dipped into recently is Tim Flannery's "Here on Earth". In the Foreword the author describes it as a "twin biography of our species and our planet. At its heart lies an investigation of sustainability—not how we achieve it, but what it is." A very interesting book, it covers the physical evolution of the Earth, from formation to continental drift, the origin of life and the changes in the atmosphere it has produced. It takes in the evolutionary theories of Charles Darwin and Richard Dawkins, and the analyses of Alfred Russel Wallace and James Lovelock, to produce "a convincing explanation of life as a whole—and of what sustainability entails." I was fascinated to learn that our species, Homo Sapiens, emerged from Africa 50,000 years ago and, after the last Ice Age, about 8,000BC began to plant and grow crops.

Cutting down forests to make space for vegetable plots gradually arrested a decline in the carbon dioxide in the atmosphere from about 6000BC, and started a slow increase. Commencing cultivation of rice in paddy-fields stopped a similar decline in atmospheric methane, and a slow increase ensued from around 3000BC. Since 1800AD these slow increases have become hugely greater, but more of that another time.....I'd better go and support my friends in Camel CSA (Community Supported Agriculture) because "il faut cultiver notre jardin", as Voltaire put it!

*Robert Manders.*

## CLASSIFIEDS

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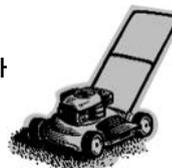


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February 11th-14th inclusive

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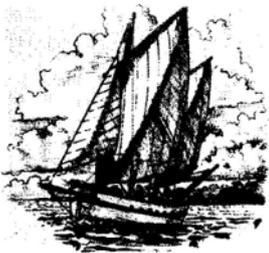
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£15.00 for two courses & £18.00 for three courses

Seared Squid with chilli & coriander & a Mizuna salad.  
Squash & coconut soup with deep fried leeks.  
Pan fried chicken livers with apple, cider & frisee salad.

\*\*\*\*\*

Steamed mussels in a shallot, basil and cherry tomato  
& saffron sauce.

Roast Rib of beef with fondant potatoes, buttered  
vegetables & jus.

Open wild mushroom lasagne with rocket pesto, sun blushed  
tomato puree & toasted pine nuts.

Pan fried mackerel fillet of rhubarb chutney  
& grated baby onions.



\*\*\*\*\*

Poached pears in a Madeira syrup with mascarpone cheese.  
Chocolate nemesis with pistachio crème.

Ice cream selection.



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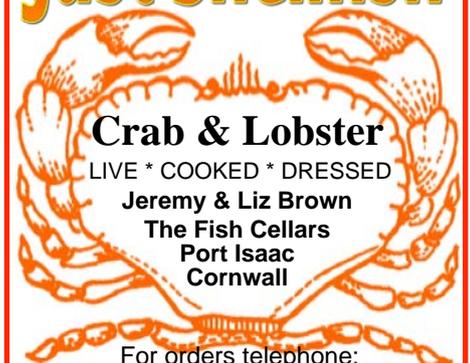
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# Diary Dates

**Wednesday February 8<sup>th</sup>**

Kerbside Recycling - bags out by 7am



**Saturday February 11<sup>th</sup>**  
**PISCES BIG Posh**  
 Afternoon Tea in the  
 Village Hall - 3pm-6pm

**Tuesday February 21<sup>st</sup>**

Whist Drive in St Endellion Church Hall - 7.30pm

**Wednesday February 22<sup>nd</sup>**

Kerbside Recycling - bags out by 7am

**Friday March 2<sup>nd</sup>**

Launch of PISCES  
 'Tin Can Tommy and  
 Rusty Bum'  
 Exhibition - 6.30pm



**Wednesday March 7<sup>th</sup>**

Kerbside Recycling - bags out by 7am



**Saturday March 17<sup>th</sup>**

**PORT ISAAC CARNIVAL**

**Auditions** for the Fairy Queen and attendants and Fairy Prince - Port Isaac School - 2pm

**Tuesday March 20<sup>th</sup>**

Whist Drive in St Endellion Church Hall - 7.30pm



**Thursday March 29<sup>th</sup>**

**Hospice Bingo Night** in the Village Hall - eyes down 7.30pm



**Easter Saturday April**

**PORT ISAAC CARNIVAL**

**Fancy Dress Three-Legged Race** - entry forms 880984



**Rich Pickings** - Cornish Bluegrass band Flats & Sharps and old time hillbilly music from the Devil's Hat Band - bought to the Village Hall by the Port Isaac Music Festival- 7.30pm

**Thursday April 12<sup>th</sup>**

Port Isaac RNLI AGM in the Village Hall - 7pm

**Tuesday April 17<sup>th</sup>**

Whist Drive in St Endellion Church Hall - 7.30pm



**Friday April 27<sup>th</sup>**

**The Dancer & the Devil** - brought to Port Isaac Village Hall as part of the Carn to Cove Performing Arts scheme

**Tuesday May 15<sup>th</sup>**

Whist Drive in St Endellion Church Hall - 7.30pm

**Sunday June 3<sup>rd</sup>**

**The BIG Jubilee Lunch** - everyone invited to bring lunch and eat and celebrate the Queen's Diamond Jubilee in Port Isaac Village Hall - 11am-3pm



**Sunday June 10<sup>th</sup>**

Port Isaac RNLI Summer Service on the Platt

**Tuesday June 19<sup>th</sup>**

Whist Drive in St Endellion Church Hall - 7.30pm

**Sunday June 24<sup>rd</sup>**



**Midsummer Music in the Garden** at the Manor House, Port Isaac - 3pm onwards

**Tuesday July 27<sup>th</sup>**

Whist Drive in St Endellion Church Hall - 7.30pm

**Sunday August 5<sup>th</sup>**

Port Isaac RNLI Lifeboat Larks

**Tuesday August 21<sup>st</sup>**

Whist Drive in St Endellion Church Hall - 7.30pm

**Sunday August 26<sup>th</sup>**



**THE BIG SWIM**

PORT GAVERNE TO PORT ISAAC

## Trio Copy dates

### ISSUE

### COPY DATE

### PUBLISHED

March

Thursday February 23rd

Thursday March 1st

April

Saturday March 24th

Sunday April 1st

If possible, please email your copy to 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

**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

**Exercise to Music** - every Tuesday during term time from 6.30pm-7.30pm at Port Isaac School. Contact Angela on 01208 880318

## Church Services

**St Peter's Church, Port Isaac**

Sunday - Sung Eucharist at 9.45am Every third Sunday - Family Service at 9.45am

**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 or call 01208 880905