

trio



Photo: Matt Main

This issue

HOSPICE BINGO - P3

HOSPICE WINE & CLOTHES NIGHT - P3

RICH PICKINGS GIG - P3

FISHERMAN'S FRIENDS NEWS - P4

GIG NEWS - P4

ST BREWARD BAND IN TROUBLE! - P5

CARNIVAL NEWS - P5

VILLAGE HALL NEWS - P5

TEMPORARY CAR PARK ATTENDANT

WANTED FOR CAR PARK - P6

HELP NEEDED TO MAKE VILLAGE

HALL STAGE CURTAINS - P6

COOKING WITH MARTIN - P7

BARBARA'S BIRTHDAY THANKS - P7

ANNUAL PARISH MEETING - P7

CHURCH NEWS - P8

RICHARDS'S SPRING POEM - P8

PIGS- P9

DAN ROGERSON - P9

WEBSITES OF THE MONTH - P10

STAY & PLAYGROUP - P10

THE PENULTIMATE TWILIGHTS WALKER - P11

CLIMATE FRIENDLY PARISH - P11

RNLI News - P12

POSTIE CHARLIE TO RUN THE MARATHON - P12

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

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

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

Trio cover photograph - Port Isaac Harbour

Thanks to Matt Main for this month's front cover photograph. If you have a colour photo you would like to be considered for future months please email high res image to triopi@mac.com It needs to be somewhere or something in the Parish, portrait orientation and possibly topical for the forthcoming month. Thanks.



CLASSIFIEDS

Weekend and holiday/sickness cover Nurse/Carer required for two hours a day to help an elderly gentleman in Port Isaac
Excellent rate of pay
Must be trustworthy and punctual
Please contact Gabriel Smith at neworleansgabe@gmail.com

Local walks and guide books, ordnance survey maps, tide timetables etc available from Secrets, Port Isaac

PENDRAGON HOUSE, THE COURTYARD, NEW RD

An opportunity to lease this lock up shop

Entrance Glazed door into:

Retail Area 17'10" x 11'3" (5.44m x 3.43m). Large window to the front and window to the side. Laminate wood effect flooring.

Rear Lobby Window and door leading out to parking area.

Lavatory Low level WC and wall mounted wash hand basin.

To the rear of the property parking space for one car

Lease + annual rental of £9,000 per annum- negotiable

ALSO 4 BED HOUSE AVAILABLE TO RENT- separately/ together... OR the whole lot FOR SALE £395,000

ANY ENQUIRIES PLEASE CALL: DANNY SYKES on 07890 988882/ djsykes1@aol.com

Up until 1752, March was the first month of the year.

The word March comes from the Roman Martius, after Mars, the god of war.

Rich Pickings

PORT ISAAC Music Festival
BRINGS YOU
CORNISH BLUEGRASS
MUSIC FROM



AND OLD TIME HILLBILLY
MUSIC FROM

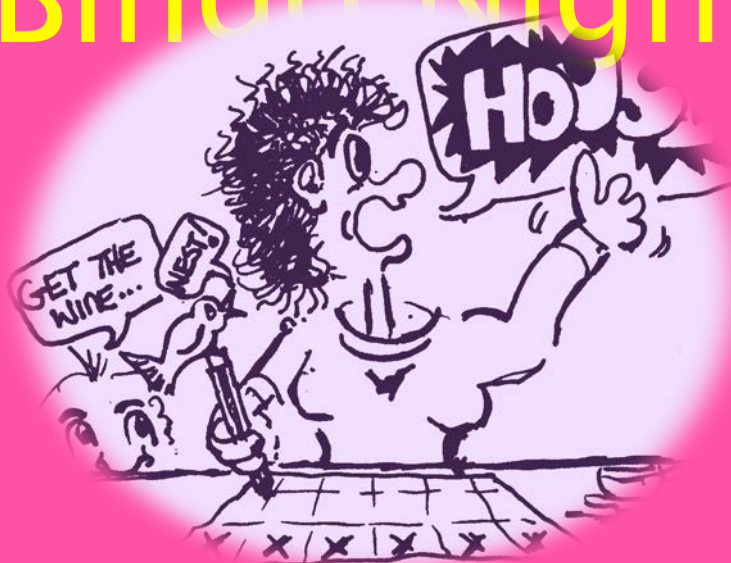


IT WILL BE AN EVENING OF
SOUTHERN FRIED SENSATIONS
AND MOUNTAIN MANIA ...
BlueGRASSTASTIC!

EASTER SATURDAY
APRIL 7TH - 7.30PM
PORT ISAAC VILLAGE HALL

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

Hospice Bingo Night



Thursday March 29th
Port Isaac Village Hall
Doors open 7pm
Eyes Down 7.30pm
Cash, Hampers and

Hospice Wine & Clothes Night
Thursday April 19th
Port Isaac Village Hall
Wine & Nibbles
50/50 Clothes Sale with Fashion Show!

St Piran's Day is celebrated on March 5th. He is the patron saint of tin-miners and is regarded as the national saint of Cornwall.



FISHERMAN'S FRIENDS HOME FROM THE NORTH!

Our next event is the Three Rivers Race on March 4th at Saltash, we are hoping to enter both a men's and ladies crew, as this is the first race this year we are keen to do well and make a good start to the 2012 season

We are also looking forward to the 23rd World Pilot Gig Championships, held on the Isles of Scilly from May 4th-7th and are trying our hardest to get fit for this event. As the days are getting longer, training on the water during weekday evenings will soon start (thank goodness, we all need as much time practicing and training as we can!)

The club has taken the decision to purchase a new set of men's Oars. These are much needed but they come at a high price! We really would be so grateful if any local businesses could sponsor one of the six oars. If you feel you would like to help us please contact beverleyharris@live.co.uk

We have a number of old paddles that are no longer used and these are now for sale at £50 each. If you are interested please contact Steve 07794 780041 or email clarejon1@gmail.com



Stopping off on the way to York: In the studio with Mark Radcliffe after singing live on the BBC 6 Radio Radcliffe & Maconie Show

Visiting the Hoylake Lifeboat crew before performing at the Liverpool Philharmonic Hall

'PORT ISAAC'S AMBASSADORS IN WIT AND SONG'

Dear Trio

This message comes from the Wild Lands lying well up-country, and far 'Oooop North' from your only real border; the one with England.

We wanted to pass on our thanks to Port Isaac's ambassadors in wit and song - the Fisherman's Friends - for dropping by to bring a little culture to we northern folk on Saturday 25th February 2012. The Winter Tour seemed to be going well and we hope they got as good a reception the following night in Liverpool.

Whether they did or they didn't, hardly a seat was left unfilled in Burnley and a great night was had by all. It was also good to see 'Kimber's Men' in the flesh and supporting the lads from the audience.

Our conversations with others tell us it is likely several more will now head south to fill the cottages of our favourite Cornish home-from-home. We may never find a berth again!

Well done guys, it was good to see you, and - although you were polite and complimentary about OUR part of the world - we'd still rather live down there...

**John & Kath Pennington
Nelson, Lancs**

GIGS COMING SOON ...

March 16th - Exeter Corn Exchange
March 17th - Hastings Music Festival
April 14th - Plough Arts Centre, Torrington
May 23rd & 24th - The Minack Theatre, Cornwall



needs some BIG HELP!

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

If you would like to help give Sarah a call on 01208 880154 or email her at sarahrowingclub@gmail.com

Mother's Day is celebrated each year three weeks before Easter - this year it falls on Sunday March 18th



**JUST THREE MONTHS
TO GO AND STILL SO
MUCH TO BE DONE!**

PORT ISAAC CARNIVAL

MARCH 17TH

**SEES THE CROWNING OF THE FAIRY
QUEEN AND ATTENDANTS AND THE
CARNIVAL PRINCE**

This will take place at Port Isaac School at 2pm. Any child aged between 4 and 11 is very welcome to enter.

APRIL 7TH

**SEES THE RETURN OF THE
THREE-LEGGED RACE**

Many teams have already entered but there is still room and time for more. Entry forms can be obtained from us, either call 880984 or email portisaaccarnival@hotmail.co.uk. There is a £15 entry fee for each team and this should be included with your entry form no later than 5pm on Friday April 6th.

FUN AND GAMES ON THE BEACH

So that the little ones don't miss out we are hoping to have some fun and games on the beach the same day. This will include an Easter Egg Hunt, Duck Race and Easter Hat Competition plus much more. Posters will be going up soon.

THE RAFT RACE

Many of you are asking about the Raft Race. We are still deciding on the best time to do this and think that maybe during the summer holidays would be best. Plenty of time for everyone to design and build their rafts.

THE CARNIVAL - JUNE 2ND

It is great to hear so many people talking about their plans for entering the carnival. Entry forms will be available in April and full details and the route will be published in the April *Trio*.

Dean & Ellen

Could this be the end of an era? St Breward Band in trouble!

I was recently talking to a member of the St Breward Band and I was surprised to learn that they are experiencing some difficulties. Numbers have depleted so much that they are having to reduce their performances. This means that their weekly summer visits to Port Isaac will have to be drastically cut; they intend to play just one Thursday night in July and one in August. For over fifty years they have remained loyal to Port Isaac and provided good Cornish entertainment on the Platt followed by the Flora Dance. It would be a shame if this ceases at a time when much work is being done to record and remember the Cornish character of Port Isaac.

So, do you fancy joining the band? They practice on Monday nights at the Band Room, St Breward at 7.30pm. New members are very welcome - the contact number of the secretary is 01208 264931.

Geoff Provis

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 Village Hall AGM

Thursday April 26th

5.30pm in the Hall

everyone invited to attend and have your say about your Hall

**CONGRATULATIONS
to Ross Collins
on passing your
professional examinations
and qualifying as a
Rural Practice
Chartered Surveyor**

**"Congratulations on the
stunning NEW LOOK TRIO..."**

March 19th, 20th or 21st sees the sun directly over the equator in the northern hemisphere and this marks the end of winter and beginning of spring.

St Endellion Parish Council
**Temporary Car
Park Operator**

Tenders are invited to run our temporary car park in Port Isaac during the Easter holidays from the 4th-22nd April 2012.

Please submit your tender to the Parish Clerk by Friday 9th March 2012.

The Clerk To The Council
West Balsdon
Holsworthy
Devon EX22 6LE

(01288) 341242
07919182195

stendellionpc@gmail.com



Port Isaac resident Chris Hallett uses the new Post Office service that now operates from St Peter's Church Rooms on Monday mornings and Friday afternoons.

Village Hall Curtains - An Appeal!

For those of you who don't know, I have offered my services for free to make up two sets of curtains for the Village Hall, one for front of house, and another set to hang at the rear of the stage as a backdrop. I have also made a new set of blackout blinds for the hall at way below my usual price! I have obtained fabric at ridiculously low cost for all these improvements.

Making days involve taking my workroom apart and transporting it all to the Hall, including my machines and my commercial steam iron, and then setting up all the tables - not something I am prepared to do unless people turn up to help.

To date, this task has taken two full days work. With the help of volunteers, I have completed one curtain, and the second only needs it heading tapes affixed. The second set has all been joined together; they now need hemming, pleating and taping. Each curtain is 6.5 m wide and 3 m long... in other words a lot of very heavy fabric!

I estimate that the remaining work can be completed in a day. So I'm sending out a desperate plea for help to finish the project. I can't do evenings, there wouldn't be enough time to complete and it would

necessitate too much disruption to my workroom to allow me to work too. You do not need to be able to sew, merely measure and pin under instruction. Neither do you need to be female! What you do need to be is fit enough to stand at the task, able to lift fairly heavy loads in tandem... and have a 3/4 hr time slot free. The larger part of the job is actually handling that amount of fabric to feed through the sewing machine, a task not possible alone.

Failing enough volunteers coming forward my next suggestion is that the committee pay me and an assistant to complete the task. Now do you really want all your hard earned fund raising to be used up on paying me?

Below are three dates in March when the curtains could be completed. I do not need more than four people at a time, in fact three would suffice. Neither do you need to commit a whole day; if we have enough volunteers we can work out time slots to ensure that I have the right numbers at any given time.

Wednesday March 7th
Wednesday March 15th
Thursday March 16th



Give me a call on 01208 880834 or email me at nicola.vickery@onetel.net and I will put a rota of volunteers together.

Come on you lot... put your hands up to smarten up the Hall which we all have taken pleasure in using!

Mike the postman and his family would like to thank all the residents, and some non residents, for the cards and gifts which were received at Christmas time. They were all very much appreciated. We would like to wish everyone a good new year.

XX

30

In March 1935 the first 30mph speed limit was introduced in built-up areas!

30

cooking with martin



March is a little thin on the ground for seasonal produce. Many of the winter favourites such as sprouts, leeks and parsnips are on their way out (although you'd never know it since leeks and parsnips are in stores all year round), to be replaced by incoming early crops.

In March the purple sprouting broccoli is almost cause for celebration. It's very tough and hardy, and is therefore able to withstand the winter without trauma, and be ready and good to go in late February and March.

Purple sprouting broccoli is almost on a similar culinary and gourmet level to asparagus, with such a delicate flavour and texture and short season, but with a few differences; first of all, it is much easier to grow, and less preparation - you can even eat them raw off the plant. When cooking, it's best not to cook them for too long - brief steaming or blanching is the best way, because overcooking will quickly turn them soggy and a dull looking colour and then tossed in a little butter, a squeeze of lemon, Cornish sea salt and a grind of pepper.

Spring Onions start their long season in March. Spring onions bring a fresh taste to the table in a pretty dull time of year for vegetables.

Wild Garlic available most year round. Wild garlic is commonly found all around the area. It's actually pretty mild. The young leaves can be eaten raw in salads, used as flavourings in soups and stews. I use the flowers to decorate plates, and no they are not wild orchids as one tourist tried to tell me whilst I was picking them on the bank of Trewetha Lane. The bulbs can also be eaten later in the summer if desired.

Leeks a staple ingredient of many stews and soups in the winter. Leeks are in season from August to March but at their best in the depth of winter, when few other vegetables are fresh in season. A true gourmet vegetable, it has a subtle flavour that its relatives such as onion and garlic long for, making it a delicious meal in its own right, steamed, fried or grilled.

Wild sea trout, or salmon trout, bears little resemblance to the farmed trout sold in supermarkets. Its time spent at sea means that it is closer to wild salmon in colour, flavour and texture but without the prohibitive price. It's difficult to make a bad dish using good sea trout. All wild sea trout should be sold with a tag through the nose to show traceability and that it has been caught legally - talk to John at the fish cellars and try it yourself, or if you can wait a little longer, Asparagus and Cornish earlies will be in season and make a killer combination.

Sea Trout Fillets with a Lime-Anchovy Butter

To make the butter, beat some chopped anchovies and chopped capers into butter and blend in a little lime juice and zest. Wrap the butter in cling film, shape into a sausage and chill (the butter can also be kept in the freezer ready for use with any other flavoursome or oily fish).

Grill the sea trout fillets under a hot grill for a few minutes.

Serve with a slice of the butter melting over each fillet and seasonal vegetables of your choice for a sensational meal.

Enjoy Mx



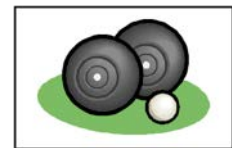
On Friday Feb 10th, I reached 35 for the second time and would like to thank Linda Miller for organising my birthday party at the Village Hall and my friends for all the lovely presents and flowers and for helping me celebrate Roll on 40 for the second time!

Barbara Cotton

Camelford & District Bowling Club is holding

AN OPEN DAY

at the Bowling Green
Lanteglos Road,
Camelford



on Saturday 21st April
from 2.00 pm until 5.00

Young and not so young are invited to attend to sample the delights of this skilful and absorbing game. Bring along a friend or neighbour!

Established players and qualified coaches will be on hand to give tuition and advice and the necessary equipment will be available free of charge.

For further information contact 01840 213801 or 01288 355103

**The Annual Parish Meeting will take place
on Thursday April 5th at 7.30pm
at Port Isaac School
everybody in the Parish is welcome to attend**

The Cherokee name for the full moon in March is 'Windy Moon', referring to the winds of March



The Joy of Lent

During March we celebrate the period called Lent, running from Ash Wednesday, which this year fell on 22 February, until Easter. There is a longstanding custom of fasting on at least some weekdays during this period. The notion

of Lent lunches is well established. Because this is traditionally a time for giving up things, it is sometimes thought of rather negatively. But the word Lent is linked to the idea of the lengthening days (the German for Spring is Lenz). We are already aware of the lighter mornings and evenings. And it should soon begin to feel warmer!

Lent is therefore a time of awakening, of looking forward, of expectation. For Christians the period is one of preparation for the events of Easter, but it is not on that account a sorrowful or dull time. As Jesus reminds us if we fast or diet we should not look mournful but rather cheerful: do not look sombre like the hypocrites (Matthew 6:16). It is a time in which we may spend a while in reflection but then also rejoice in the good things of the world.

There may be plenty of reasons to be sombre this year – but the coming of Spring and the season of Easter is not one of them!

Andrew Lewis

St Peter's Church Council has vacancies and we would like to extend an invitation to anyone in the community to join us for our meetings which are held four times a year. If you are interested contact Marion Larkin on 01208 880492.



Spring



*The garden's turning green again -
new shoots are now in sight
and bulbs are pushing leaves
up through the earth to greet the light*

*The days are getting longer
as the dark nights slip away
and soon we will be waking to
a warm and sunny day*

*Easter's coming early
to shrug off the winter gloom -
no longer will we shut ourselves
within the warmest room*

*This winter can be tucked away
and locked into the past
as winter turns to spring
and then to summer sun - at last!!*

Richard Cook

Church Diary Dates

Friday March 2nd

2.30pm - Women's World Day of Prayer Service, Trelights Chapel

Sunday March 4th, Lent 1

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

11am - Sung Eucharist, St Endellion Church

6pm - Healing Service, St Endellion Church

Tuesday March 6th

7pm - Lent Course 'The Passion in Pictures', St Endellion Church

Sunday March 11th, Lent II

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

11am Sung Eucharist St Endellion Church

6pm - Evening Worship with Taize Chants, St Endellion Church

Tuesday March 13th

7pm - Lent Course, 'The Passion in Pictures', St Endellion Church

Sunday March 18th

9.45am - Freestyle Service, St Peter's Church, Port Isaac

11am - Sung Eucharist, St Endellion Church

Tuesday March 20th

7pm - Lent Course 'The Passion in Pictures', St Endellion Church

Sunday March 25th

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

11am - Sung Eucharist, St Endellion Church

Wednesday March 28th

7.30pm - Mothers Union, St Endellion

Palm Sunday Sunday April 1st

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

11am - Sung Eucharist with procession of palms & dramatised Passion, St Endellion Church

4.30pm - Music Festival Choral Evensong, St Endellion

Church(Preacher: The Rt Revd Tim Thornton, Bishop of Truro)

7.30pm - Chamber Concert, St Endellion Church

Quiet Days & Study Days

A series of Quiet Days and Study Days will be held in St Endellion Church during the year as part of the Arts & Spirituality Project of the North Cornwall Cluster of Churches.

The first Quiet Day 'Wonder in Science & Religion' is being held on Saturday March 10th in the church and will be led by the Revd Dr Jonathan Mosedale.

On Saturday April 21st, Canon David Steven will lead a study day on the poetry of DH Lawrence. The 350th anniversary of the Book of Common Prayer will be marked with a study day in October and other Quiet days will include one on poetry in July and one in September led by the Ven. Audrey Elkington Archdeacon of Bodmin. Further details from Canon Judith Pollinger rev.judith@btinternet.com or 01208880181.

Celebrations of the Book of Common Prayer

The 350th anniversary of the Book of Common Prayer is being celebrated in a variety of ways in St Endellion Church. Throughout the year less well-known services from the 1549, 1552, 1559, 1560 as well as services from the more familiar 1662 version will be used in worship on week days and some saints' days.

The Christian feast of the Annunciations on March 25th marks the visit of the angel Gabriel to the Virgin Mary when he told her she would be the mother of Jesus, the Son of God

Our local MP, Dan Rogerson, reports –



Performance statistics for secondary schools across the country were released recently, but with an important difference from those that have been published in previous years. For the first time, the Government is publishing separately the GCSE achievements of looked-after children and those on free school meals at every school. Nationally, the statistics show that children on free school meals or in local authority care for at least six months are half as likely to achieve five A* to C grade GCSEs including English and maths compared to their more well-off classmates.

However, schools across Cornwall will now receive extra money through one of the Liberal Democrats' key policies, the Pupil Premium. This gives extra cash to schools to support children from disadvantaged backgrounds (nearly £500 per eligible pupil this year), for example by providing extra one-to-one tuition, more teaching assistants or afterschool activities.

Wadebridge School will receive £33,600 this year. The total Pupil Premium funding for next year nationally will rise to £1.25bn, double the amount, in 2011-12. This means an extra £4,741,000 for Cornwall – Wadebridge School would be projected to get £92,400 in 2012/13, whilst Port Isaac Primary School would get an extra £4,200.

The new information about how schools are performing will give us the opportunity to see the effect the Pupil Premium money will have on the lives of those pupils that were routinely overlooked by the previous Government: those from the poorest and most vulnerable backgrounds.

I recently wrote to schools across North Cornwall, to invite local students to get involved with the Speaker's School Council Awards, a national awards scheme designed to celebrate the achievements of school councils. Open to every infant, primary and secondary school in the UK, the awards asks school councils to nominate their most successful project. Projects can be big or small; what matters most is that they have made a difference to the school or community. Four winning schools will be invited to an awards day in Parliament where they will receive a special trophy from the Speaker of the House of Commons, John Bercow, and take part in a host of activities to celebrate their win. Young people often first experience the democratic process through their school councils (I know I certainly did!) and this scheme is a great way to connect this experience to the work of Parliament. It is vital that we encourage opportunities that offer young people the chance to speak up about the issues that interest and affect them, and the work of school councils are helping to do just that.

I have also been able to welcome a £68,000 investment in WREN – the Wadebridge Renewable Energy Network. The cash from the Coalition Government has been awarded as part of the Local Energy Assessment Fund (LEAF), which awards funding to organisations to improve understanding of energy efficiency and renewable energy generation issues at a local level.

The money is another boost for WREN and for North Cornwall. The cash will help people to save energy and keep costs down at a time when we are all concerned about rising energy and fuel prices.

As always, if anyone wishes to discuss anything else that is happening either locally or nationally, or if there is anything you need my help with, please don't hesitate to get in touch.

Dan Rogerson MP

4 Tower Street, Launceston, Cornwall PL15 8BQ

E-mail: contact@danrogerson.org Telephone: 01566 777123

PIGS ON TOUR



BUDOCK VEAN COUNTRY CLUB

There was a promise of reasonably good weather for our first venture to Budock Vean at Falmouth, but on arrival, which seemed to take an age, we found that Carol Kirkwood (BBC Breakfast's weather guru) had lied as it rained most of the day – only fine rain but rain nevertheless, but at least it was warm ish!

It was the day of the return of the Prodigal Son as my partner in crime came back to the fold after a few years sabbatical in the far flung reaches of Roche. Mr Mick Guard, who was instrumental in getting the PIGS up and going again in the late nineties, made a welcome return to the PIGS. He hadn't lost any of his old spark and it was nice to relive some old matches and days away with the big man.

A big breakfast started the day off well as we had to walk around a damp and soggy parkland course, which was for some of us harder than others!

The results on the day were:

1st - Mick Guard, 31 pts

2nd & Nearest the Pin - Steve Bunt, 29pts

3rd - The Lardman Lanyon, 28 pts

2's Winner - 'Mulberry' Witherden

Shot of the Day, one of many, goes to Big Mick as he took a sand wedge from about 50 yards, flew the green and bounced it on a flat roof and nearly through a hotel bedroom window! It would seem that they are right when they say you never lose it – well, apart from the ball that is!

The Lardman

**NEXT EVENT: MONDAY MARCH 12th
at TREVOSE GOLF CLUB
PAR 3 COURSE & CHAMPIONSHIP
COURSE FOR THE INAUGURAL
POTTERY PLATE**

Apologies for not including Linda Collings in the list of 'thank you's' for Francis' birthday party. A senior moment!

Marion Larkin

Fantastic Trio this month! Always so much enjoyed!

'March comes in like a lion and goes out like a lamb' - the month usually starts cold and windy and ends with mild pleasant weather

I'm sitting in The Core Educational Centre cafe at the Eden Project writing this. The weather is fantastic and despite the fact that this cafe only opens at weekends during the Winter, there are lots of nice eating places in other parts of the Project. And did you know that if you gift aid your ticket you can get an annual free pass? So I thought a suitable topic for this month would be what websites are connected with the Eden Project. You could start with the Eden Project generally, which everyone will know a lot about already, and has an excellent website www.edenproject.com which gives you lots of information. One of the new things you can do inside the tropical dome is to climb up to a viewing point right at the top and look down on the rain forest canopy. Its all held up by wires and you can see through the steps, so not for the fainthearted. There is such a lot to learn here. From where I am sitting there are displays of where food comes from, what foods provide in terms of vitamins and minerals and a place for drawing your own favourite food. With the sun streaming in the window it is a fine place to be.

In the Core there is a giant nutcracker from which you can learn about energy processing by winding its handle (which is being wound as I write. There is Seed, a 70-tonne granite sculpture which is surprisingly impressive. It has the pattern of a pine cone, but this pattern turns out to be one which illustrates the fractal appearance of natural things. You see it on sunflower seed heads and pine cones and in the way branches form - in fact all over the place. The web has some great sites about fractal geometry, so to take a detour here have a look at one website, an example of many, where there are pictures of fractals in nature <http://tinyurl.com/7bmjcw1> ranging from sea shells to snowflakes. The main thing they say about fractals is that they are 'self-similar' that is as you zoom in you see the same pattern repeating. So a fern will have a certain structure of leaves, but if you zoom into a leaf you

Websites of the Month



will see the same pattern again, and zooming in deeper will see the same thing. The remarkable thing is that you see this with the non-living world as well. A coastline will have a certain pattern, and as you zoom in the rocks and crags are organised on a different scale but in the same way. If you want to know more about this the wiki is a bit complicated <http://en.wikipedia.org/wiki/Fractal> but has some lovely patterns.

Back to the Core and you can see a film about how they made the Eden Project which, love it or not, is an extraordinary achievement. Then there are the solar panels, which are now much less of a novelty. We have quite a few in the village, and there are lots of solar farms going up. But even so there are some useful tips about how they work. The rainwater collection system is worth a look as it has very large pipes with funnel all the rainwater so that it can be used in the project. The fact that the UK is facing a water shortage, which was on the news this morning, is a reminder that water is a scarce resource for us, but also world wide. A place to read about that if you are technically minded is the International Water Management Institute <http://www.iwmi.cgiar.org/> which contains up to date research on the state of water systems globally. The conflicts about water are worryingly serious and these can be explored at a website which has a history of conflicts concerning water which they have been working on since the 1980's <http://www.worldwater.org/conflict/>.

And to end on a brighter note about human nature, the Bakery restaurant at Eden started a new system in May last year which relies on honesty. The food is all locally sourced as far as possible and prepared in full view, which is fun to watch. You go and pick what you want from the tables, where the really nice food is laid out and a coffee from one of the coffee making people, or whatever drink you fancy. Having eaten and drunk what you want you go and tell the cashier what you had and pay. They don't check up on you! I asked a couple of the staff how the system has been working and they say they would have expected their takings to be a small percentage (perhaps 3%) higher but they were very pleased with the way it was going. They don't make much by way of savings by this approach, but it impressed me and will be a reason to tell people about it. It is not often these days people trust you, but here they do. A nice comment on the spirit of Eden in my view. People are basically OK, you just need to bring the best out of them and if you want to read the research about honesty and how it works, here is a website http://blogs.hbr.org/cs/2008/01/how_honest_people_cheat.html

Tony Wainwright

**port isaac
stay & play
group**

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.

The English football league was formed in March 1888 and in 1891 goal nets were used for the first time in English football (guess they just used a couple of jumpers on the ground before then!?)

I recently had the interesting experience of seeing democratic local government at work, a site-meeting of the Planning Committee (East) of Cornwall Council, in St Kew Parish. The committee was assembled to consider a proposed wind-turbine, on a hilltop at Treharrock Farm. About thirty people from Pendoggett and other parts of the Parish were present to express views on the subject. Our own Parish Council was represented, as its opinion had been sought (at a meeting late last year, when our Council had narrowly supported the proposal).

An officer from the Planning Department described the scheme, and the farmer concerned explained why a wind-turbine, rather than an array of solar panels, was proposed. He received support from several other farmers, while the scheme was criticised by a number of local residents, including the immediate neighbours. The views expressed were often made very strongly, on each side. Complaints were made of noise and flicker, but it was alleged that many who had objected in writing were 'up country' and rather far out of earshot. The views of the National Trust, the Environment Agency and many other official bodies were heard, some in favour, some against but making positive suggestions for modification of the scheme. (So many members of St Kew Parish Council had "declared an interest", and withdrawn from their meeting, that the meeting was no longer quorate and could not come to a decision, either way). At the end, in fairly friendly fashion, heavily-loaded 4x4s left the field, and the biggest traffic-jam ever in the lane from Pendoggett to Churchtown dispersed.



Climate Friendly St Endellion

A couple of nights later, in Council Offices in far-off Liskeard, the Committee considered several similar proposals, and rejected the majority, including this one. The farmer is expected to appeal.

The topic of wind-turbines is one that does polarise public opinion: on the one hand people are worried at the possibility of proliferation, with a wind-turbine on every hill (and if they're not actually in Areas of Outstanding Natural Beauty (AONBs), they are visible from them). And it should be noted, in this county of ours, we are sensitive to any desecration of the landscape, despite the fact that the landscape has been evolving continuously for centuries.

On the other hand, this country has a duty to produce as much power as possible from renewable sources, and wind is certainly in that category here in Cornwall. However, wind is not absolutely reliable, and it is suggested that every wind-turbine has to be "covered" by another form of generation to allow for the times when it is not producing power. The background coverage in this country, at present, is by coal- or gas-fired power-stations, or nuclear-powered ones, all of which use non-renewable resources. Some, at least, also produce the "greenhouse" gases, carbon dioxide and oxides of nitrogen, and should therefore be doubly avoided. The only conclusion one can really come to is that wind-turbines are not the whole solution to our energy problems, although we do not agree with

those who say they are (part of) the problem.

One answer, with which it is difficult to disagree, is to absorb as much energy from the Sun as we can, either by solar panels of one sort or another, or by green plants using sunlight to power the conversion of carbon dioxide and water into sugars, starch and cellulose. These latter can provide energy in many ways, directly or indirectly, such as food for us human beings, or fuels, to name but two. Although it is known that the Sun is gradually using up its own hydrogen fuel, there seems to be enough for the next few thousands of years, and we can safely assume that the output of solar energy, which we can harvest, is more or less constant.

The other answer, with particular relevance to Cornwall, is to abstract energy from the (absolutely reliable, almost regular, constant) rotation of the Earth, e.g. by harnessing the tides. By doing this we will, of course, gradually slow down that rotation, but such is the mass of the Earth and the resulting amount of rotational (kinetic) energy in it, that we could abstract vast amounts of energy over long periods of time before we noticed, for example, any difference to the length of a day. In any case, that rotation is already slightly slowing down, as we can see from the occasional "leap second" that is added to the year nowadays. So, to conclude, we should put as much pressure as we can on Cornwall Council and the Government to build generating-stations capturing the latent power of the tides around our coast, and sow as many plants and trees as we can.

Robert Manders

Well, after nearly 13 years and approximately twenty thousand miles (yes, you read right – *Ed: I got the calculator out and he is right*) of walking to and from to work, we are moving back to Port Isaac.

There are so many things I will miss; the smell of the wild garlic and the daffodils coming into bloom, the smell of burnt out clutches on Church Hill, the sound of

The penultimate Trelights

Blakey and his cows in the early morning, the peace and quiet of a walk at night, the darkness and solitude that a walk at midnight gives you, the wrapping up warm and walking in the rain, the views, the warm sea breezes blowing across the fields, the chattering of Port Isaac's ladies running team ... but the one thing I won't miss is Church Hill, the monstrosity that

has made my heart pump so hard over so many years! I will wave a heartfelt farewell to you, thank God!

And so after watching our kids grow up and move on we move back to Port Isaac – land of the pavement and the streetlight. The big question on my mind is ... where do I go for peace, quiet and solitude now?

The Trelights Walker

'As mad as a March hare!' - a centuries old saying. Hares were commonly spotted leaping, cavorting and boxing as part of their Spring courtship rituals causing people to think they had gone mad!

Charlie to run the marathon!



Hello everyone!

As I am now 50, time is getting ever faster and me somehow slower! Sounds rather like a "midlife crisis" thing! In the four years since I was your Postie in beautiful Port Isaac I have joined in the South West Ambulance Service, and have just started my first of four years with the Open University. The final goal is to achieve a Paramedic Sciences Foundation Degree to enable me to work as a Paramedic.

So I have taken up the gallant challenge of the London 2012 Marathon - 26.2 miles running through the streets of London - on Sunday April 22nd for FLEET, an ambulance charity in the South West.

I have only just got my position and with less than 12 weeks to go time is short. It's on with the trainers and the Hi-Vis and lots of miles building up to this great event and hopefully the last physically punishing blister footed muscle aching mile.

As I write this on February 3rd I have run (staggered, only at the end mind you) 10 miles on the Camel Trail - see the lovely fresh healthy looking photo!

Please sponsor me at
www.justgiving.com/charlie50graham

Lots of Love - Charlie xxx
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BETTLE & CHISEL RAISE £500

Port Isaac RNLI were invited to by the landlady of the Bettle & Chisel at Delabole, Mrs S Claridge to accept a presentation cheque for £500 raised by their customers. Lifeboat Station Operation Manager Phil Tidey, Training Officer and Helmsman Damien Bolton, Trevor Beare and crew members Ian Johnson and Darren Milner took time out to express their thanks and appreciation on behalf of the crew and committee for this fine effort. and Fernley Hatch



Gvn'r of The Bettle & Chisel pub at Delabole - Mrs. S Claridge and Fernley Hatch with LOM Phil Tidey

CREW NEWS

In February the crew has been active with monthly training, seeing Ian Johnson and Darren Milner getting parts of the RNLI competence based training (COBT) signed off, so well done to them. We have also booked Dell Allersdton Baldwin on to his Helm Command course and Darren Milner onto his crew course. These will both be held at the RNLI's state of the art training school in Poole. March will see much of the same active training with a few night exercises run by myself, so look out for bright white starbursts illuminating the skies out in the bay.

We are always looking for more volunteers for both crew, deputy launching authorities and station helpers so if you are interested please do get in contact with either myself or our Lifeboat Operations Manager, Phil Tidy.

Damien Bolton



SELL OUT CONCERT

Twenty -two Port Isaac RNLI committee and supporters attended a sell out performance by HM Royal Marines Plymouth. They gave a stunning performance under the direction of Major John Ridley at the Hall for Cornwall on Sunday afternoon January 29th. Also on the bill were the Plymouth Gilbert and Sullivan Fellowship and Mevagissey Male Voice Choir. The purpose of the concert was to raise funds for both the RNLI and the Gilbert and Sullivan Fellowship. At the time of going to press final audited figures are not yet available but this memorable event certainly raised a considerable amount of funds - results will be advised in the next issue of *Trio*.

Port Isaac RNLI contributed to the raffle, donating a framed historic photograph of our early Pulling Lifeboat, the Richard and Sarah II. Commodore Jamie Miller RN, who spoke in support of the event during the concert, contributed one of his treasured model sailers, A survivor of the Falklands Conflict, to the auction raising over £225 in some keen bidding from the floor.

Organiser of the event, Brain Williams, Director of the RNLI Music Division, tells us that the Hall for Cornwall has received such a good response it has requested the RNLI to consider staging a similar concert in the early part of 2013. Port Isaac RNLI will be invited to help run this event

AGM DATE

Port Isaac RNLI AGM is now firmly fixed for Thursday April 12th at the Village Hall, starting at 7pm. All are welcome to come along and meet our crew and committee and to hear all the latest news relating to the Station activities, final audited accounts and election of officers for the forthcoming year.

Refreshments will be provided by the Committee.

Once again I am running the London Marathon for FLEET. My training is going well and have less injury so far this year and hope to do a better time this year - but my aim as always is to finish safely whilst having a lot of fun along the way and raising money.

As part of my fundraising I am having a Curry Evening on Saturday March 24th at The Rock Institute in Rock at 7pm. There will be many different curries including vegetarian and a stunning pudding for £13.50 to include your first drink. There will be an auction on the evening and a raffle. All tickets are to be sold in advance of the evening by contacting me on 07799 420218 as there are limited numbers.

As the charity says " I am using my feet for Fleet " **Patsy Battle**

"It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade." Dickens



PORT ISAAC SHARED
COMMUNITY EXHIBITION SPACE

The Pisces BIG Posh Afternoon Tea



Thank you to everyone who contributed amazing cakes, prizes and goods to the 'Bring and buy' stall. We had a full house and are delighted to say we raised nearly £350. Many thanks. We will be doing it again.

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

The exhibition is then open every day
(except during Church services)

exhibition

'Inspired by Port Isaac' Exhibition

(Exhibition to start early May)

Port Isaac has inspired poets, playwrights, authors, artists and actors over the centuries. We hope that the next exhibition will reflect the many varied ways that people have been moved to express their creativity.

**Have you appeared as an extra in any of the film
and TV productions?**

Doc Martin, Amy Foster 1996, Saving Grace, Poldark (Port Quin),
Nightmare Man 1981 BBC, Jamaica Inn (Port Quin and Polzeath)

**Do you have any poems, stories or paintings you
would like to show in the exhibition?**

Port Isaac is blessed with a lot of talent; we would love to hear
from you please.

Contact Barbara at the Pottery or Dee at Secrets

Journals

If you wrote a journal for PISCES last year, however small it may be, please could you drop it in to Barbara at the Pottery or Dee at Secrets please?

If you would like to write one this year, we have a few to give out. The idea is to keep a record of life in a small seaside community in the 21st century. It may seem ordinary to us now but in years to come it will be an interesting look 'at the old days'. We don't mind how little or how much you write, or how often you write. A few jottings over the year, a reflection of everyday life is all we need. Thanks.

Summer Exhibition 'Fishing and the Sea'

We hope this will be a flagship exhibition for Port Isaac, to run throughout the summer and into the autumn. As always PISCES is indebted to everyone who shares their precious memories and pictures. If you have anything to share on this or anything else do please contact our most reliable person, Dee at Secrets (01208 880862)

The Anglo-Saxons called the month of March 'Hyld Monath' which means stormy month or 'Hraed Monath' which means rugged month.

schoolchat



Swimming Gala



A team of 8 children from Class 2 took part in a swimming gala recently at Camelford Leisure Centre. They were joined by children from other local schools. There were several water based activities for the children to try; some for swimmers and some for non swimmers. All the children agreed that it was a great afternoon.

Happy Birthday
Birthdays in March:
Izak 9
Amelia 9

lots more School news next month



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1	1	MOTS FLYERS	Tom Cleave	837
3	2	FOXHOLE STARS	Bryan Nicholls	806
2	3	MAYBEES	Tom Bishop	787
4	4	HOLLY'S RETARDS	Richard Hambly	772
6	5	KICKASS	Harry Hambly	763
League Two				
1	1	FIELDS OF GOLD	Andy Penny	816
2	2	SCOUTING FOR GOALS	Chantelle Binney	791
3	3	FROGCHESTER UTD	Margaret Honey	746
4	4	TIA'S TEAM	Gemma Cleave	685
5	5	ON THE EDGE OF GREATNESS	Chris Lanyon	642

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Sunday March 18th



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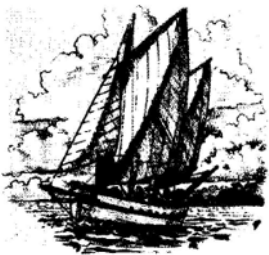
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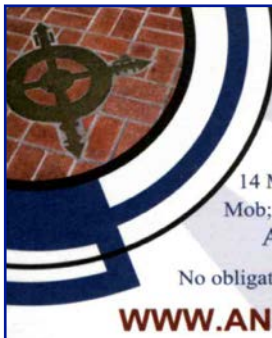
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Diary Dates

Friday March 2nd

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



Wednesday March 7th

Kerbside Recycling - bags out by 7am

Monday March 12th

Parish Council Meeting at Port Isaac
School - 7.30pm



Saturday March 17th
PORT ISAAC CARNIVAL

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

Tuesday March 20th

Whist Drive in St Endellion Church Hall - 7.30pm

Wednesday March 21st

Kerbside Recycling - bags out by 7am

Thursday March 29th

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



Easter Saturday April 7th
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 5th

Annual Parish Meeting at Port Isaac
School - 7.30pm

Wednesday April 11th

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

Thursday April 12th

Port Isaac RNLI AGM in the Village Hall - 7pm

Tuesday April 17th

Whist Drive in St Endellion Church Hall -
7.30pm

Tuesday April 24th

St Peter's Parochial Church Council AGM in
the Church - everyone welcome - 6.15pm

Friday April 27th

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



Tuesday May 15th

Whist Drive in St Endellion Church Hall -
7.30pm



Sunday June 3rd

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 10th

Port Isaac RNLI Summer Service on the
Platt

Tuesday June 19th

Whist Drive in St Endellion Church Hall -
7.30pm

Sunday June 24rd

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



Tuesday July 10th

St Peter's PCC meeting in the Church -
6.15pm

Wednesday July 18th

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

Tuesday July 27th

Whist Drive in St Endellion Church Hall -
7.30pm

Sunday August 5th

Port Isaac RNLI Lifeboat Larks

Wednesday August 22nd

St Peter's Church Coffee Morning at St
Endellion Rectory - 10.30am

Sunday August 26th



Sunday September 16th

St Peter's Church Harvest Festival

Tuesday September 18th

St Peter's PCC meeting in the Church -
6.15pm

Saturday November 17th

St Peter's Church Christmas Mini-Market

Trio Copy Dates

ISSUE

April

May

COPY DATE

Saturday March 24th

Tuesday April 24th

PUBLISHED

Sunday April 1st

Tuesday May 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

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