

trio

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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

CLASSIFIEDS

**Dedicated Hard Standing
Car Parking Space at top of
the village**

Available to lease from
April 21st-November 1st 2012
£280

Telephone: **07791 149832**

For Sale

**16 old granite Steps
reclaimed from the
coast path**

Offers to Elizabeth Uglow, Clerk to
St Endellion Parish Council, West
Balsdon, Whitstone, Holsworthy,
EX22 6LE by Monday 9th April 2012

Anyone wishing to view the Granite
steps please call 01288 341242 or
07919182195 to make an
appointment

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**

Trio is issued eleven times a year and is
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email: triopi@mac.com

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Trio cover photograph - *LOOKING OVER PORT ISAAC* - Dee Ed

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.



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 Clothes Sale & Fashion Show

Thursday April 19th
St Peter's Church Rooms
7.30pm

Wine & Nibbles

everybody welcome to come
and have a fun night out,
grab a bargain and support
Cornwall Hospice Care

IF YOU HAVE ANY CLOTHES TO
SELL (50/50 basis) OR DONATE
PLEASE DELIVER TO THE
CHURCH ROOMS ON THE DAY
BETWEEN 2pm and 4pm OR
CONTACT CHERYL ON 880802

Find the Easter Chicks

Easter's nearly here and there's 10 pesky Easter chicks hiding again in Trio. So, if you're under the age of 10 and want to try and win yourself an extra Easter Egg, write down where the chicks are hidden and hand your entry into Secrets by Saturday April 7th. Remember to include your name, age and telephone number. There's an Easter Egg for the first three correct entries picked out of the bag.

Happy hunting!



The Annual Parish Meeting will take place on
Thursday April 5th at 7.30pm at Port Isaac School

Jo retires from the Dispensary

After 24 years working as a Dispenser at Port Isaac Surgery, Jo Albury retired from the Practice on March 8th 2012.

Jo moved to Port Isaac when she was just two and a half years old and her parents, Norman and Sylvia Reece took over the Slipway Hotel. From then on she was a Port Isaac girl, and when her future husband, Pete, proposed to her she told him that she would only marry him if they could live in Port Isaac! So in 1976 Jo returned to Port Isaac with her new husband and in 1977 they joined forces with her parents and her sister Jackie and husband Bruce and bought Trefreock, becoming known as 'The Hippies on the Hill!' "People said it wouldn't last", Jo recalls! But it did, and Jo and Pete are still together. Their children, Beth and Danny, are now grown up and Beth and her husband Mike have given Jo and Pete the greatest present ever – their beautiful granddaughter Leah. "One of the best things about my retirement", says Jo, "is that we will get to spend more time with Leah." She hopes she will also have the time to read a few more books and watch a few more films, two of the things that she really enjoys.



It was in March 1988, when Jo left her job in Housing Benefits at Wadebridge to replace Janet Chadband in the Dispensary at the Hartland Road Surgery. Doctor Barker was the senior partner at the Practice working with Doctors Lunny, Davison and Sainsbury and Nurse Stoddart completed the team. Pauline Stephens trained Jo and it was the beginning of a very special friendship. Says Jo, "I knew Pauline a little as she was a teacher at the Sunday School. But I soon realised just how lucky I was to have such an experienced and kind person to train me." An added bonus of the job were the wonderful views of the bay from the surgery and often she would spot husband Pete come in from sea. Jo considers herself very lucky to have worked at the Surgery all these years. The Doctors have always been wonderful employers and always sympathetic and understanding of family needs – something that for a working mum is very important. In addition they helped with extra training sending her on day release to St Austell College where she gained a BTec in Dispensing.

Surgery life was very different back then. The surgery was open until 7pm each night and there were no computers. All records, prescriptions, labels and instructions were handwritten and many a time patients would arrive at a minute to seven wanting a repeat prescription. Forty-eight hours notice was unheard of and the Dispenser had to find the patients pink record card, sort, dispense and record the medicines before they could go home. However, the first computers arrived at the Surgery and life in the Dispensary became a lot easier – no longer did everything have to be written out by hand. The introduction of the bar code system also helped a lot; tablets were scanned and if the bar codes didn't match the system wouldn't print a label.

Of course there have been many funny events over the years. Jo told Trio of one such incident. Prescriptions are sent out to various village shops for collection by patients and one afternoon one of these shops rang up and said they had found a red tablet on the floor and thought it must have fallen out of a prescription. Jo and Pauline were horrified; they had no idea how it could have happened and the red tablet was sent back to them. They spent hours trying to identify it (there is a special chart that lists all tablets and their colour and markings) but to no avail. Eventually they closely inspected the red tablet again and it was then that they realised that this was not a tablet from one of their prescriptions; it was the red disc of paint from a tin of watercolours!

"I have been so lucky" says Jo, "having a job that I enjoyed so much and working with Pauline has been the icing on the cake. In all the time we have known each other we have never fallen out. We now know each other so well and she is the dearest, loyalist best friend I could have."

Thirty-six years ago, the first job that new bride Jo had in Port Isaac was at the Post Office and Gift Shop run by Howard and June Russell. And it's here in that same building, now the Boathouse Stores, that Jo is going to work a couple of days a week, right next door to the school she attended as a child.

As the next chapter in life's rich tapestry begins, Jo would like to "thank all the patients that contributed to her leaving present and thank all the girls at work – I will miss you all." And without doubt everyone will miss Jo.

Fisherman's Friends news

The Fisherman's Friends start their Friday nights on the Platt on June 1st. This year they will not be singing on Friday June 8th, June 22nd, July 6th, July 20th and August 3rd. Other than those dates it's singing as normal.

The Post Office service in the Church Rooms will be closed on Good Friday (April 6th) and Easter Monday (April 9th). However, the Post Office will be open on Thursday April 5th from 9am-1pm for the payment of pensions etc for the following Monday.





**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



Over to Nicola ...

I must admit I hadn't quite realised, when I volunteered to make new stage curtains for the Village Hall, what an uphill struggle it would be to complete the task, despite the popularity of the venue!

So a last desperate attempt to illicit help appeared in last month's *Trio* and finally did the trick where coercion had failed! Manifold thanks must go to Kat McDonnell, Lisa Rickard, Liz Brown, Nancy March, Sarah Coates, Dave Morgan, Louise Houston, Nicki Bradbury and, last but not means least as she kept her promise to turn up and sweep the floor, Sian Fletcher! My dedicated team and I worked a total of 66 man hours to complete the task; I hope you'll all approve of the result!

I'd always hated those yellow ones, which clashed horribly with the décor and always spoke to me of mustard rather than the intended sand of the original DIY SOS design, so I for one am very pleased to see the replacements up and looking smart!

**Nicola Williams
aka Nicola Vickery Interiors**

THE DANCER AND THE DEVIL

ROGUE THEATRE

WHAT'S ON STAGE
"GARISH, GLITTERING, IMAGINATIVE, SURPRISING AND, AT THE END, DEVASTATING..."

Port Isaac Village Hall
Friday April 27th - 7.30pm

Tickets: £9 adults, £6 children & concs
available from *Secrets*, Port Isaac
or on the door
WWW.ROGUETHEATRE.CO.UK

"Welcome to the Lounge Limbo ... you are neither here nor there ... happy hour is between midnight and midnight ... our hostesses will see to your every need ... the doors are locked now ... and they will not open again ... so ... relax ... take a seat ... and let the show begin"

Set in a secret bar, a club, a speakeasy, in a country smothered by war, *The Dancer and The Devil* presents a cabaret of those displaced, those who have had to hide, to run away from their past lives with hastily packed cases bursting with secrets and stories.

Bright, sparkling and full of comic mischief, *The Dancer and The Devil* invites you to lose yourself in a world of twisted cabaret, the smell of woodsmoke and perfume, the taste of danger and the wild thrill of the forest.

Meet Cupcakes, the Murderous Master baker, Minue who'll be whoever you want her to be, Ruby the jewel that fell from the crown, Celeste who'll dance the maps of your heart, Jacob the mysterious Master of Ceremony and Laverna who'll get the fire burning.

Staged by Rogue Theatre and brought to Port Isaac Village Hall as part of the Carn to Cove touring scheme.

Port Isaac Village Hall AGM

Thursday April 26th - 5.30pm in the Hall

everyone invited to attend and have your say about your Hall - perhaps even join the Committee?



The FINAL Trelights Walker



The sad day has arrived ...

Longfellow Lardman has written his last Trelights Walker. *Trio* won't be the same without his guide through the changing seasons on his walks between Trelights and Port Isaac. So here we go, wipe away your tears and enjoy ...

Spring showers bring their own dangers as my usual steps are interrupted by slugs, worms and frogs and the moisture entices them to make the treacherous 'dash', across the roads. Trying to avoid maiming or killing any of God's creatures takes me back to the 70s as I start whistling Tiny Tims hit, 'Tiptoe through the Tulips' as my dainty size 11s strive to stay gunge free. To any passing motorist, my style of walking must be reminiscent of Monty Python's 'Ministry of Silly Walks' sketch!

As the usual puddles start to form the tiny raindrops make their own display of ripples and rings as they hit the surface with what looks like the lightest of touches, like fairy footsteps. As I watch the rain clouds blow across toward England. I look behind me to see the blue skies that will replace them, if only for a short while - but no matter how long or how short it is, it becomes irrelevant as I realise how lucky we all are to be here.

As I write we still haven't moved yet (*Ed: As you read they have*) but Cornwall Council keep telling me it will happen, so this might or might not be the final Trelights Walker from the Lardman! So farewell to a familiar friend and a very worthy adversary ... Church Hill.

The Lardman

Every happiness to the Lanyons in their new home - it's good to have you back!

Wanted: a Carnival Float fit for a Queen ... and two attendants!

The Fairy Queen (Emilia) and her attendants (Emerald & Maddison) have been chosen and they will be fronting the Port Isaac Carnival. We would also like them to represent our village by visiting other carnivals and taking part in the Fairy Queen Competitions. To do this they need a float that they can use throughout the summer and enjoy a tradition that Port Isaac has not seen for some years. The girls are really looking forward to the competitions and hope to be successful for their village.

We are hoping some of the local business might like to offer sponsorship and help us loan or purchase a second hand trailer or similar. We could display your business name around the bottom of the trailer. It would be a great advertising opportunity as we will be touring all over Cornwall.

If you feel able to support the Fairy Queen and attendants, then please get in touch - we would be open to any other ideas and suggestions for our transport. In fact, with so much to organise including the float, flowers, dresses before the June 2nd, we would really appreciate any kind of help or suggestions.

On top of that, we were wondering if there is an artist in the village who would like to help us to decorate the float. If you are interested please give me a call on 01208 881073.

Jennie Tiddy

Hospice Bingo

A huge thank you to everyone who came along and played or donated prizes - it was a great night and we raised £371.30 for Cornwall Hospice Care.



Cash prizes
of £170!

Don't forget our next Hospice fundraiser - our Fashion Show and Clothes Sale - on Thursday April 19th in the Church Rooms.



CARNIVAL DAY

SATURDAY JUNE 2ND

PORT ISAAC CARNIVAL

FAIRY QUEEN, ATTENDANTS AND CARNIVAL PRINCE



Emerald, Emilia and Madison

Photo: Sally Stratton

Congratulations to Emilia Gikler our Fairy Queen. Her two attendants are Madison Philp and Emerald Tiddy. All three girls were presented with their prizes by Joan Murray - a very special lady who has agreed to resume her role of the first Port Isaac Carnival Queen to lead this year's procession. With both Sally Stratton and the *Cornish Guardian* taking pictures there should be no shortage of images and publicity for our royal quartet. Planning for the royal float has already begun and we wish them luck with every carnival they enter. Many thanks to Annie Philp, Timmy Stratton and Penny Manders who all stepped in at the last minute to do the judging.

It seems that the role of Carnival Prince is not a highly sought after position, as we had no entrants. Never mind, maybe next year.

THREE LEGGED RACE & FUN & GAMES

There is still time to enter your team for the three legged race. All entry forms must be returned to us no later than 5pm on Friday April 6th so that we can calculate how many drinks will be needed for the runners.

The race starts at 11.30am from Port Gaverne and finishes on Port Isaac Beach where the winning team will be presented with their medals and bottles of fizz. There are also medals for 2nd and 3rd place. After the race, at about 1pm, we will be having Fun and Games on the Beach, including an Easter Egg Hunt. We have a limited number of eggs for this and there will be an entry charge of £1.50, with all money going to the carnival fund. There will also be a Duck Race, an Easter Hat competition, Arts and Crafts, Cookie Decorating, a Bouncy Castle, a Coconut Shy, Burgers, Sweets & Candy Floss, a Teddy Tombola plus much, more. You can reserve a place in the Egg Hunt or choose your duck in the usual way. Call 880984 or email portisaaccarnival@hotmail.co.uk

RAFT RACE

We have had loads of interest in the Raft Race and can now confirm the date. This much missed part of Port Isaac History will see its return on July 29th. You can get more details by either contacting us or by looking in the *Trio* and local press.

CARNIVAL DAY

We would like to ask walkers and smaller floats to be at the playing field by 5.30pm on Saturday June 2nd. We will be closing the roads at 6pm and would appreciate the larger floats arriving close to this time. Judging will be at 6.15pm and we hope to start the procession at 7pm. The main route is from the playing field going down Trewetha Lane and New Road, turning onto Back Hill and then turning right at the bottom and following the road back up to New Road and Trewetha Lane, ending back at the Playing Field. This does mean that the main roads in and out of the village will be closed for two hours. We have contacted the emergency services and plans are in place should they need access at any point. We appreciate that the road closures may also prove to be an inconvenience to others as well. We will do our best to make this as hassle free as possible, but please go easy on us and remember that it is only for two hours out of the 8766.1536 hours in a full year. We will open the roads as quickly as we can and normal road use should be no later than 8pm.

We are sure that you will appreciate how big a job it will be to close the roads and marshal the whole area to ensure everyone's safety. It is with this in mind that we ask for volunteers to help us on the day. If you can spare a couple of hours please let us know. In return we will give you a very nice yellow vest to wear and a huge thank you.

FREE ENTERTAINMENT

We are very happy and proud to announce that Jamie Hewitt (the wives aren't happy) will be performing at the Village Hall from 9pm. Doors will open at 8.30pm and entry is, as you would expect, completely free. However, for those of you that like to spend a pound or two the bar will be fully stocked and ready to take your money.

THE BAD BIT THAT ALWAYS TURNS UP

It has been brought to our attention that some people seem to think that we have been able to achieve some kind of personal gain from the carnival funds and that our Christmas bingo was fixed. Firstly, we would like to say that on no occasion has any member of the Carnival Committee or any one associated with it received any kind of payment either in money or any other way. Secondly the Bingo was called fairly and we really don't know how you could fix the numbers. These accusations have received the response that they really deserve - nothing but a shake of the head. Should anyone want to see the accounts then please get in touch and they will be made available. Please remember that we have spent a lot of our spare time for the benefit of the village and not for our own gain.

Dean & Ellen

port isaac stay & play group

April 17th - Colouring Books
April 24th - Hand and Foot Painting
May 1st - Making Pizza
May 8th - Music Day with instruments
May 15th - Playdough
May 22nd - Jigsaws and Books
May 29th - King & Queen Crown making
June 5th - Queen's Jubilee - no playgroup
June 12th - Father's Day Cards
June 19th - Paper Plate Masks
June 26th - Port Isaac Beach trip
July 3rd - Bun/Cake Decorating
July 10th - Obstacle Course
July 17th - Visit to the Strawberry Farm

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



Birthday Celebrations

Warm appreciation of their parish priest, Prebendary John May, led to members of the congregations of the North Cornwall Cluster presenting him with gift tokens and a cheque on his 60th birthday on Mothering Sunday.

'Happy birthday' was sung in the churches where he officiated on the day and the presentations were made at St Endellion Rectory in the afternoon where a large crowd had gathered in response to an invitation from Prebendary John and his wife Mrs Julian May to come and share in birthday cake and tea.

RADIO NCB The Sound of North Cornwall
01208 808557 - studio@ncbradio.co.uk

As Atlantic fm is due to be rebranded Heart, readers may be interested in a new station, NCB Radio.

NCB Radio is a community radio station operating from Bodmin, but broadcasting worldwide on the internet via www.ncbradio.co.uk.

The station was established in 2011 by Aaron James, who is the station controller and his team of enthusiastic volunteers. The team ranges in age from 15 to somewhat older and includes people from all walks of life.

The station aims to provide a service to the people of North Cornwall, but as it broadcasts online, can be heard anywhere there is an internet connection. The station is offering completely free advertising to local businesses in return for publicity to help it increase its listening numbers.

Aaron James commented, "We are enormously excited about the station which has now been up and running for about 12 months. The difficulty we have is that, with limited resources, publicising the station is difficult and even many people in Bodmin do not know we exist! To assist us increasing listener numbers, we are offering entirely free advertising to local businesses for a limited period and all we are looking for is for those businesses to let their staff friends and family know that we exist." If anybody is interested, please contact Aaron James at aaron.james@ncbradio.co.uk.



BIRTHDAY THANKS

Thank you so very much to everyone who came to my surprise Big Birthday Party on March 22nd. I had such a lovely time and really appreciate and thank all my friends who helped me celebrate.

Mary Reid

Exhibition

Port Isaac

Penhaligon Rooms

Friday 6th - 9th April
10am - 4pm



April!

The first part of TS Eliot's Wasteland is entitled 'The Burial of the Dead', and it begins:

APRIL is the cruellest month, breeding
Lilacs out of the dead land, mixing
Memory and desire, stirring
Dull roots with spring rain.
Winter kept us warm, covering
Earth in forgetful snow, feeding
A little life with dried tubers...

Why should our happy thoughts of Easter and Spring and the coming of summer be turned around by Eliot in this way, and mixed with thoughts of burial? Is it the pain of birth, as new life and beauty is wrested from the frozen land and Eliot's 'dried tubers'? Is it the history of wars, or is it the Cross that falls across the first week of April this year, is it a bad time of the year for tax and the stock exchange, has the mower refused to start up?

And yet Easter never came out of anything except Good Friday, nor Spring out of anything but winter, nor was a child born but out of labour. In April perhaps like Eliot you feel caught between the seasons of 'memory and desire'. Both are important – the past is precious to us, but so is the future. Both are in your hands, and God's. It can be plain hard work to give birth to the new life, but who would want to do anything else, and He is with you. God bless your labours in 2012.

best wishes from John

PS On March 18th I reached a certain age. So many people helped distract me from the ghastly truth – with cards and by coming to the open tea party at the Rectory. Can I thank everyone for being so very kind and friendly, and especially the churches, who gave me a cheque and also a voucher for Artcrafts in Wadebridge and filled huge birthday cards with your names and thoughts. I was bowled over... but hope to recover in time to be 70! THANK YOU!



Church Diary Dates

Easter Day April 8th

8.00am - Easter Holy Communion, St Endellion Church (Book of Common Prayer)
9.45am - Easter Sung Eucharist, St Peter's Church, Port Isaac
11am - Easter Sung Eucharist, St Endellion Church
4.30pm - Easter Festival Choral Evensong, St Endellion Church
7.30pm - Final Festival Concert, St Endellion Church

Wednesday April 11th

10.30am - Easter Mini Market, Church Rooms, Port Isaac

Sunday April 15th

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

Saturday April 21st

10am–3.30pm - Study Day on the Poetry of DH Lawrence with Canon David Steven, St Endellion. Cost £10 to include drinks. Contact Andrew on 01228 880947 or Judith on 01208880181 for details

Sunday April 22nd

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

Tuesday April 24th

6.15pm - Annual Parish Church meeting, St Peter's Church, Port Isaac

Thursday 26th

8pm - Julian Meeting, St Endellion Church

Friday April 27th

7.30pm - Terry Waite Evening & Supper, Roscarrock. Contact Patsy Battle for details

Sunday April 29th

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

Saturday May 5th

11.30am - Feast Day Sung Eucharist followed by lunch, St Endellion Church
7.30pm - Concert 'The Joyful Company of Singers', St Endellion Church

Palm Sunday Sunday April 1st

9.45am - Sung Eucharist with procession of palms & dramatised Passion, St Peter's Church, Port Isaac
11.00am - 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

Monday April 2nd

9am - Thought for the Day, St Endellion Church, Harry Moore-Gwynn Art Dealer

Tuesday April 3rd

9am Thought for the Day, St Endellion Church, The Rt Revd Tim Thornton, Bishop of Truro

Wednesday April 4th

9am - Thought for the Day, St Endellion Church, Major-General David Shaw

Maundy Thursday April 5th

9am - Thought for the Day, St Endellion Church, John Bridcut, Film Maker
7.30pm - Commemorative Celebration of the Last Supper, with footwashing, stripping of the altar & Vigil till midnight, St Kew
10pm - Late Night Candlelit Concert, St Endellion Church

Good Friday April 6th

9am - Thought for the Day, St Endellion Church, David Foster, Lloyds Underwriter
10am–10.30pm - Children's Passion Play followed by Hot Cross Buns (All welcome)
12noon–3pm - The Three Hours, St Endellion Church
12noon–12.30pm - Family Half Hour, St Peter's Church, Port Isaac

Easter Eve Saturday April 7th

8pm - Easter Fire Ceremonies, lighting of Cluster Paschal Candles, Renewal of Baptismal vows, Blessing of Easter Garden, St Peter's Church, Port Isaac

Do you, or someone you know, need a listening ear?
Tel: Judith Pollinger on 01208 880181

Our local MP, Dan Rogerson, reports -

The beginning of March saw local communities host some great events across Cornwall to celebrate St Piran's Day. This year I attended the event in Bodmin – it was a fantastic celebration of Cornwall and everyone involved, especially the children, did a fantastic job.

The next day, in Westminster, I hosted the second annual St Piran's Day reception in Parliament. The event attracted MPs, members of the House of Lords and government ministers from across the UK who came to learn more about Cornwall's unique culture, heritage and identity. Performer and educator Will Coleman joined Bert Biscoe and me to lead the charge in telling Parliamentarians about Cornwall, its history, heritage and the challenges we face today.

MAGA, the Cornish Language Partnership, provided some Cornish lessons, and were joined by representatives of community interest company Azook.org.uk which involves Cornish communities with their culture and heritage, London Cornish Rugby Club and Pauline Giles from Par who runs the BosomBuddiesUK Breast Cancer Charity. In addition information was available from Visit Cornwall, Business Cornwall, Cornwall Arts in Health and Cornwall World Heritage Site. Parliamentarians also got the chance to sample some great Cornish produce, with pasties, hog's pudding and samples of Doom Bar beer from Sharp's Brewery on offer.

When I arranged the first event last year I wasn't sure how successful it would be, however we had a great attendance and that record was maintained this year. The aim is to increase understanding of Cornwall's Celtic heritage and culture in order to inform future debates on devolution, identity and government policy, and we are aiming to go bigger and better next year.

In other Westminster news, the House of Commons recently passed Water Industry (Financial Assistance) Bill, which is a piece of legislation which will introduce a £50 rebate for water bills for households in Cornwall from 2013-14. Back in January, along with my fellow Cornish Liberal Democrat MPs Andrew George and Stephen Gilbert, I urged the Government to make sure this legislation



was introduced as soon as possible, rather than waiting until the next session of Parliament and risking any delays.

I am glad that the Coalition Government listened and acted. However I hope government ministers will understand that whilst the £50 rebate is certainly a step in the right direction, there is further to go to fully address the problem. During the debates on this issue, I called on ministers to go further and do more to help ease the burden on families. I would like to see a move from regional schemes to support those on the lowest incomes, to a national scheme – thereby providing support for those in water poverty wherever they are in the country. Treasury rules would currently mean that a national scheme would be seen as a tax. We therefore need to look at a way around this problem. While I am pleased that the Coalition Government has recognised the problem and is legislating extra help, we cannot let up on our campaign.

Dan Rogerson MP

4 Tower Street, Launceston,
Cornwall PL15 8BQ



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

**St Teath Model
Engineering Club**
(Garden Railway layout)

OPEN DAY

Saturday April 14th
11am-5pm

Pencarey, Trevilly Lane, St Teath

PIGS ON TOUR



TREVOSE GOLF CLUB

The inaugural Port Isaac Plate, sponsored by Billy & Barbara, was played for over 27 holes at a very secretive Trevoze Golf Club. The reason for the secrecy was thick mist that shrouded the course; add to this the greenkeeping staff who decided to light a bonfire as well just to make things a little bit more challenging.

The mood in the Clubhouse amongst the protagonists was friendly with the usual banter; but as always happens, when the competition starts all of us finely tuned athletes get our game heads on and we become focussed on the game ahead – and if you believe that!! When we returned for lunch I noticed the mood had changed a tad after some of the boys mentioned that we had possibly been invaded by a bandit who goes by the name of Darryl. This turned out to be true - when we met in the bar after the game for a pint and some much needed hot food, the scores were totted up and every one of us, bar one, felt that we had been violated. Darryl had won everything apart from the 2s which Carlos won and then, to cap it all, he changed his name to Darren. Let's hope that the Plate stays intact until we play for it again next year!

Our next match is at Truro Golf Club on April 2nd and then the Annual Ryder Cup Team event at Trethorne on Monday April 30th.

The Lardman

Keeping the heart of the village beating

The Ambulance First Responder Scheme, which has been operating here in Port Isaac Harbour for five years, is about to step up a gear. We have enlisted new recruits to this successful voluntary group and plan to provide a 24 hour cover once all the training has been undertaken.



The enormous increase in visitors to Port Isaac, all year round, has highlighted the need for a more extensive and accessible First Response Cover. To this end we have taken the decision, with the support of FLEET (FrontLine Emergency Equipment Trust) to raise the funds to provide a second response kit and defibrillator to be kept at the top of the village. By removing the need to drive up from the harbour through all the pedestrian visitors it will speed up the response time and extend the range of cover to outlying farms and coastal paths.

We need to raise the grand total of £3,500. Everything we raise will be given to FLEET who will provide the equipment for us. There will be various opportunities through the year to make a contribution to this venture and I would ask that you all give generously. If you would like any further information please contact Deb Tidey on 01208 880783.

Port Isaac Pottery

As part of the effort to support this good cause, we're making and selling handmade porcelain and gold sea horse brooches with freshwater pearl eyes at £10 each.

Every penny will go to FLEET and the provision of a second response kit. We're making a limited edition of 100.

It's an ideal gift or a treat for yourself.

St Peter's Church Easter Mini- Market

Wednesday April 11th
in the Church Rooms
10.30am onwards



everyone welcome

The end of an era



From the end of April, Tom and Andrew up at Trelawney Garage will no longer be selling petrol and diesel. However, it's only the fuel that's stopping, everything else is 'business as usual'



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 26th? If you would like to help give Sarah a call on 01208 880154 or email her at sarahrowingclub@gmail.com

cooking with martin

It's the middle of spring, the earth is warming up, the days are getting longer and the extra daylight hours are very welcome. It's time to clear out the winter clutter, get the feather duster out and have a general spring clean.

April is the month to enjoy the newly born lambs, the spring bulbs in bloom and the fresh growth in the hedgerows. Driving through the countryside, the smell of wild garlic embraces you. It's another sign that spring has sprung and is in full swing. April also offers a plethora of seasonal delights including crab, wild garlic, sorrel, rocket, lettuces, flowering rosemary, broccoli, cabbages, spring greens, cauliflower, lemon sole, halibut, spring onions, spring lamb, mint and new potatoes to name but a few.

COCKLES - Cockles are a bivalve and a member of the clam family living in sandy beaches of our coastline. They are small and it might feel like hard work retrieving the salty, sweet cockle flesh but they are delicious. Cockles served with vinegar and brown bread is synonymous with going to the seaside. They are equally delicious served in soups and sauces or eaten raw, steamed or boiled. As they live in the sandy beaches, cockles should be washed well in cold running fresh water to remove as much sand as possible.

MOREL MUSHROOMS - Treasured by many cooks, this highly prized mushroom is perceived as a true seasonal delicacy. With their mild toxic properties, one should always cook morel mushrooms well. The distinctive honeycomb-like shape can harbour soil and other forest debris. Though they should be cleaned well, it's preferable not to soak them in water for too long, as they will become waterlogged and unpleasant to eat. With their natural earthy flavour they pair up beautifully with wood pigeon in the roasted wood pigeon breast with pickled morel mushrooms and watercress emulsion recipe.

RADISHES - There are plenty of radish varieties available - the most commonly known are the fresh breakfast radish from the spring radish varieties and the daikon from the winter radish varieties. The whole plant is edible: both the leaves and the root can be shredded and served in salads. They are normally eaten raw but could also be pickled or stir-fried. With their distinctive peppery, crisp flesh, radishes add an interesting taste and texture to spring dishes.

WATERCRESS - Watercress is another member of the brassicaceae family and has a distinctive peppery, tangy flavour. It's said to be one of the oldest known leaf vegetables consumed by humans. Watercress is a semi-aquatic plant with hollow stems, which makes them light and able to float in water, hence suitable for growing in waterlogged fields. It has many uses and is delicious eaten either raw or cooked. Thanks to its distinctive peppery taste, it complements the richness of the pigeon in the roasted wood pigeon breast with pickled morel mushrooms and watercress emulsion recipe.

WOOD PIGEON - They might be annoying this time of the year in the garden and freshly sown fields but wood pigeon eats incredibly well with its rich, dark meat. It's great to see that they are more regularly available and being sold at most farmers markets and quality butchers. Wood pigeon requires very little cooking and is well paired with other earthy flavours such as morel mushrooms and watercress.

ROASTED WOOD PIGEON BREAST WITH PICKLED MOREL MUSHROOMS AND WATERCRESS EMULSION

4 beetroots 4tbs Cornish sea salt
120g cooked pearl barley 1tbs chopped chives
1tbs chopped flat-leaf parsley 1tbs extra virgin olive oil
1tsp sherry vinegar Salt and freshly cracked black pepper

100ml rapeseed oil 2tsp sherry vinegar
1 sprig of thyme, leaves only Pinch of sugar
200g morel mushrooms, cleaned and sliced

50g picked watercress leaves 50ml rapeseed oil
1tsp Dijon mustard Pinch of sugar
Salt and freshly cracked black pepper

2 wood pigeons
Salt and freshly cracked black pepper
10g unsalted butter 10ml olive oil

METHOD

Salt-baked beetroot

Preheat the oven to 160°C. Wash the beet roots, scrub the skin and remove the leaves, but leave a small piece of the leaf stalk attached to the beetroot. Cover the damp beetroot in the sea salt, lay them on a baking tray and place the tray in the preheated oven for one-and-a-half hours. Let the beet roots cool and then dust off as much salt as possible. Cut them in half if they are small and quarters if they are larger. Brush the baked beet roots with oil and set aside until needed.

Pearl barley salad

Mix the cooked pearl barley the herbs, oil and vinegar, season to taste and leave to develop flavours for 10 minutes.

Pickled morel mushrooms

Clean the morel mushrooms and cut them into rings. Heat 1tbs of oil in a medium non-stick frying pan and sauté the morel mushrooms with seasoning for two minutes. Remove the pan from the heat then add the thyme leaves, sherry vinegar and the rest of the oil. Let the oil heat through with the heat of the pan then set aside for 20 minutes.

Watercress emulsion

Place all the ingredients, apart from the oil for the watercress emulsion, in a blender and blend until smooth. Add the oil slowly while blending to form an emulsion.

Roasted pigeon

Preheat the oven to 200°C. Heat the oil and butter in a non-stick frying pan, season the pigeons and colour them golden brown for one minute on each breast, then transfer the pigeons to a roasting tray and place them in the preheated oven for four minutes. Let the pigeons rest for six minutes, remove the breast from the carcass and serve.

To serve

Place three pieces of the salt-baked beet roots on the plate and spoon the spelt salad in the centre. Drain the morel mushrooms and place them on the plate, drizzle the watercress emulsion and place one pigeon breast on top of the spelt salad. Garnish the plate with fresh rosemary flowers and sprigs of fresh watercress.



Parish Council report

Welcome back to the Parish Council report – it was agreed at a recent meeting that the Parish Clerk write a report for Trio each month

PARISH COUNCIL VACANCY

Miss Nicola Williams has been co-opted onto the Parish Council. There is still one vacancy remaining on the Parish Council, if anyone is interested please apply before the next council meeting on the 9th April.

NEIGHBOURHOOD PLAN

Sarah Arden, a Planning Policy Officer from Cornwall Council spoke at the Parish Council meeting on Monday 12th March 2012 on Neighbourhood Plans.

Neighbourhood Plans are part of the Localism Bill and the main purpose is to bring powers down from Central Government level to Local Councils like Cornwall Council and then down to Parish Council level. The Localism Bill means that Parish Councils will be able to take over more services and have more input in planning in their area.

There are 3 options within the new planning process. A Neighbourhood Development Plan, A Neighbourhood Development order (which would be site specific) or The Community Right to Build. If the Parish Council was to create a Neighbourhood plan it would be adopted and contain planning policies which would be used for future applications.

If the Parish Council does not draw up a neighbourhood plan, planning applications will be determined on the new Core Strategy, which is not area specific. In a Neighbourhood Plan you can set out standards that are in keeping with the village, protect areas of green space and mark out buildings which are of local interest and need protecting.

The new Core Strategy will not include tight development boundaries around the outside of the village. The AONB will still stand and therefore certain areas will still be protected but development boundaries will not be so rigid.

If the Parish Council wishes to go ahead and create a Neighbourhood plan, Cornwall Council can help by providing technical support and evidence. Public Consultation will need to take place once the neighbourhood plan is drawn up, it would need to be independently reviewed, which Cornwall Council would pay for and then the plan would go to public referendum and needs 51% of voter support to be adopted. Cornwall Council would also pay for, and organise the referendum.

There are no regulations in place for Neighbourhood Plans and the Localism Bill does not come into force until the 1st April 2012. The new Core Strategy for Cornwall will not be adopted until next year so the Parish Council has time to put a Neighbourhood plan in place, as the existing policy would remain in place until the Core Strategy comes into force.

The Parish Council will now need to consider what to do next.

CORNWALL COUNCILLOR REPORT

Mr Gisbourne informed the Council that the Council tax bills were out today and there was a 0.2% increase which was down to the Police.

PUBLIC DISCUSSION

Mr David Raynor asked if the Parish Council could arrange for 2 Disabled parking bays in the lower part of the village, opposite the church and next to the Post Office.

Mrs Bush asked if there was any news on Mayfield. The Clerk informed Mrs Bush that she had an e-mail from Mr Paul Mund at Cornwall Council and they would not cut the hedge back to Mr & Mrs Bush's property, but they were welcome to cut it back themselves. Mr M Bell agreed to contact the Cornish Guardian to report the story.

Miss N Williams raised concerns about the overgrown hedges at Back hill and Church Hill in particular 25 Church Hill. This has been reported to Cornwall Council.

Miss N Williams also raised concerns regarding the steps on Lobber, which look like they will collapse. This has been reported to Dave Woods, Countryside officer.

APPLICATIONS AND NOTICES

PA12/01109 Addition of tea rooms to existing business to include outside seating area on existing decking. Mrs Angela Bushell, Angelius Tea, Lamorna 2 Tintagel Terrace, Port

Isaac. The Parish Council object to this application on the grounds that it is in a residential area and therefore unsuitable as a food premises.

Approvals & Refusals

PA11/10825 Construction of Two storey extension to dwelling. Mr P Jones, 9 Lundy Road, Port Isaac. Cornwall Council have approved this application

PA12/00347 Notification for consent to re-pollard group of 5 Horse chestnut Trees (G1) back to previous cut points within a conservation area. Mr B Teardale, The Fo'c'sle, 19 Church Hill, Port Isaac.

PA12/00092 demolition and reconstruction of existing dilapidated annexe for use as overspill accommodation for main house, for non-paying and paying guest (B & B). Mr & Mrs R Clifton, Stonelands, Trewetha, Port Isaac. Cornwall Council have approved this application

POLICE REPORT

There were no crimes committed in the Parish in February compared to 3 crimes for the same period last year.

CEMETERY

David Dingle will fence the gap in the cemetery hedge which goes out onto the road and the Council will be buying more plants to fill gaps in the cemetery hedge.

COAST PATH STEPS

The Parish Council agreed to dispose of the granite steps salvaged by Cornwall Council from the South West Coast Path disabled ramp project. It was agreed to advertise the 16 Granite Post for sale by tender in Trio. Tenders to reach the clerk by 9th April

CAR PARK

Work on the Car Park will not start until after the Easter Holidays therefore the car park will be run again over the Easter Holidays in its temporary state. The Parish Council received 3 tenders. It has been agreed to let Mr Byron Buse run the Car park over the Easter Holidays.

We are still waiting to hear from Peter Moore at Cornwall Council on the approval of the Loan Guarantee and the section 278 agreement, which needed to be approved by the cabinet.

ANNUAL PARISH MEETING

The Annual Parish Council meeting is being held on Thursday 5th April 2012 at 7.30pm at Port Isaac Primary School, Guest speakers include Cornwall Council Brian Gisbourne, PC Taylor, Johnny Bamford from Buffalo Pictures

DATE OF NEXT MEETING

Monday 9th April 2011 at Port Isaac .



It was a great pleasure for some members of Port Isaac RNLI committee to have the opportunity of recognising the long standing support of our local Co-operative store manager, Roy Smith, by the presentation of a dedicated lifeboat certificate and engraved RNLI service shield. Roy and his Co-op crew have given maximum support to the RNLI over the years and this presentation represents a token of appreciation from Port Isaac crew and committee.

Seen here left to right are RNLI committee members Annie Price, Carole Raynor and Jan Rowe, Co-op Manager Roy Smith and Co-op Area Manager Colin Oliver and RNLI committee members David Raynor, Bob and Sandie Bulgin.

Steve Knightley Solo Tour 2012

**Port Isaac Village Hall
Thursday May 10th**

"Steve Knightley is the song writing force behind Show of Hands"

As part of a solo tour following *Show of Hands* 20th year celebrations at the Royal Albert Hall, Steve is in concert at Port Isaac Village Hall.

Supported by Phillip Henry and Hannah Martin who have played everywhere from Maida Vale Studios to Nashville, Tennessee; and are regulars on the festival circuit, from Glastonbury Festival to the Ham Marquee at Sidmouth Folk Week.



Tickets £14 each from Port Isaac Pottery 011208 880625
portisaacpottery@btconnect.com
Cheques payable to Steve Knightley

**The Merlin Project - The Cornwall MS Therapy Centre
Coffee Morning in St Teath Church Hall**

Saturday April 28th - 10am

Bring & Buy, Raffle, Jams & Chutneys, Cake Stall, Plants

Phone Lorraine on 01208 850650 for more info



PORT ISAAC RNLI AGM

The RNLI AGM will again be taking place this year at the Village Hall on Thursday April 12th commencing 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, including final audited accounts and election of officers for the forthcoming year.

Our guest speaker this year is a highly respected member of the Sennen Cove Lifeboat in his role as Coxwain, Terry George. He will have some amazing stories to tell involving his 29 years as a lifeboatman, which I know you would not want to miss.

So come and join us all. The bar will no doubt be appreciated by everyone, and also refreshments provided by the Committee., plus a raffle.

So everyone is welcome and we look forward to seeing you there.

PORT ISAAC LIFEBOAT SUMMER SERVICE

***Our annual event to wish our
Crew and our Coastguards
safety with their duties and
endeavours throughout the
season***

This will take place on Sunday June 10th (time to be announced in next *Trio*) once we know when Father John May has a gap in his busy Sunday schedule. Again we will have a band to lead us in the singing and we will again have the Port Isaac Chorale to cheer us along, in which we feel is such a worthy service. We look forward to seeing as many of you down on the Platt as possible. Thank you.

Annie Price, Deputy Chairman



PORT ISAAC SHARED COMMUNITY EXHIBITION SPACE

'Inspired by Port Isaac'

(Exhibition to start late May)

This is a wide ranging theme that encompasses all subjects; poetry, painting, film and TV memorabilia, etc. If you've been moved to put pen to paper by the wild North Atlantic coastline and write a poem, or painted a glowing sunset over Lobber, we would invite you to share it with us.

From early records many have visited Port Isaac and been influenced. John Wesley visited Port Isaac around a dozen times. He wrote in his journal on September 19th 1748, *'Thence I went to Port Isaac, and preached in the street at five to near the whole town, none speaking an unkind word. It rained most of the time, but I believe not five persons went away.'*

In more recent times, were you an extra in one of the many TV or film productions based around here? There's still time to jot down your memories of being an extra or let us have any photographs.

Have you written about Port Isaac - it doesn't have to be a poem, it could be a short story or a brief recap of a memory you have that was inspired by our village.

Would you be happy to show prints of any art work you have created?

Please drop any contributions into Dee at *Secrets*. Your original work will then be copied and returned to you.

Once again, thank you. This promises to be a great exhibition! There will be an Open Evening together with Port Isaac School, who are working towards a joint display with us - date to be arranged.



'Tin Can Tommy'

Thank you to everyone who came along to the open evening, especially to William, Poppy and Emilia from Port Isaac School who were brave enough to stand up and speak so eloquently.



The exhibition runs until mid-May and is part of research by Plymouth University into rural communities.

PISCES Recipe Book

We've reached our total of 100 recipes, stories and pictures for the first edition. Thank you to everyone who has supported this project.

We will be launching our book, fingers crossed, at the end of May. More details to follow in the next *Trio*.

AGM

Thursday May 1st at 4.30pm
in St Peter's Church

Anyone is welcome to come along.
And if you enjoy tea and cake, you're welcome to join the committee too.
The more the merrier!

A reminder of our contact numbers;
Dee Littlechild at *Secrets* -
01208 880862 (01208 880905)
Barbara Hawkins at the Pottery -
01208 880625

Summer Exhibition

'Fishing and the Sea'

Our grand summer exhibition will be showing the history of fishing in Port Isaac. This is such a key theme to the village; we hope you will feel happy to share any old photos and stories of the past.

Going from previous visitor numbers and comments over the summer, there is a huge interest in Port Isaac itself and not just as a TV location. We know that many people come from all over the world and show a real enthusiasm for finding out more about the place and the lives of the real people who live here. It's always amazing how many people from many countries have links with Port Isaac.

As always, we are grateful for everyone's support and if you could drop anything you have in to Dee at *Secrets*.

On April 27th at 7pm there will be a fundraising evening with the kind permission of Robert & Kate Sloman at Roscarrock.

Terry Waite heads up a wonderful charity called Emmaus, this is a charity that has been doing great work throughout the world for homeless people, it goes further than many other charities as people are given somewhere to live BUT they have to give up all benefits when they live with Emmaus, so the tax payer does not have to pay for them.

An Evening with Terry Waite

There will be a presentation about Emmaus, only a short one, and then Terry Waite will speak about his experiences as a hostage for seven years in Lebanon, four of which were in solitary confinement, no books to read, no paper to write with and the torture.

This will be an amazing evening so please come along and join us. The evening will be Black Tie so ladies dress up. There will be wonderful food - posh fish and chips. The tickets are £35.00 to include your first drink!! Please come and join us for a magical evening. If you are unable to come but would like to sponsor the evening, give your time, help in any way or buy tickets please contact Patsy Battle on 07799420 218 or patsybattle@hotmail.com Look forward to seeing you,
Patsy Battle

Websites of the Month – Exercise, Ageing and Health

April 7th is World Health Day (<http://tinyurl.com/6n8bh5s>) which marks the anniversary of the founding of the World Health Organisation (WHO) in 1948. Each year there is a different theme and this year the theme is Ageing and Health: Good health adds life to years. So as I am getting on a bit myself, I thought this might be a suitable topic to explore on the web. To begin with the WHO's page (see link above) you can find some useful facts about ageing. For example the number of people over 60 has doubled worldwide since 1980. Between now and 2015 the number of adults aged 65 and over will outnumber children under 5. However, as 65 is the new 40 or something like that, we can all take heart as there are lots of grans to help with the kids.

So what websites are there to tell us about living healthily into old age? If you want lots of information, well set out and well researched, there are two places I would go to, which, coincidentally will be working more closely together in the future than they have. The first is the Centre for Policy on Aging which has a wealth of free downloadable information. One paper particularly caught my eye as it reminded me of the brilliant work done by Pisces for the 'Tin Can Tommy and Rusty Bum' exhibition last month where kids and senior folk (as we say) got together to show how games we have played over the years can enrich our understanding of the different generations. The paper is the strategy for the active ageing and solidarity between generations <http://tinyurl.com/3rdxgb8> (bit of a mouthful of a title) and 2012 is the European year for active ageing and solidarity between generations (hence the title). It has some really good examples of how different generations getting together can have such a positive impact.

The other organisation which this is now more closely linked to is the Joseph Rowntree Foundation (JRF) who now have a new website called 'A better life - Old Age, New Thoughts' (<http://betterlife.jrf.org.uk/>). It has the text of a poem and a video by Sir Andrew Motion, the Poet Laureate about getting old. There are some stories with great pictures of older people and also a section on what it is like to be 100. The website is like a magazine really, but if you want some of the research material and other things, you can get it from the JRF site itself <http://www.jrf.org.uk/work/workarea/better-life>

A lot of the advice you get to stay healthy, is to exercise and a recent Horizon programme had some interesting facts about this. It was done by a GP who has become something of a media star, Dr Michael Moseley. During the programme he puts himself through quite a hard regime, but showed that if you wanted to do something to get yourself in better shape, it is a mixture of keeping active in everyday things (the chair is a killer was one of the catch phrases) but also, if you are up to it doing some high intensity exercise which really puffs you out, only a 3 minutes a week will do the trick!.. (get a doctors advice if you want to try this yourself!). You can see a clip from the programme that explains some of this on the BBC website: The truth about exercise <http://www.bbc.co.uk/programmes/p00pd6rv>

And on the exercise front I have to confess to being a bit of a Wii fit addict and play Wii tennis whenever I get some time. I have a respectable score too. Well it turns out that there is some convincing evidence that this is better for your so-called 'cognitive' fitness (memory etc) than if you just do exercise, say on an exercise bike. Full story in The Daily Telegraph (<http://tinyurl.com/8xoncv2>). What they found was that giving someone just exercise they

got physically fitter, but it didn't help the decline in memory, but add in the 'virtual reality' and you get a lot of benefit. And as games get a bit of a bad press this site on Games for health <http://tinyurl.com/7cfwc7l> that my son told me about is good. One of the comments by a physiotherapist is that people say games only make you lazy and fat, but as part of rehabilitation they are really a health giver. One example was someone recovering their ability to walk and they had a game where they had to walk along a virtual reality road kicking a virtual ball out of the way. There are lots of interesting examples here of how games are changing this aspect of medicine.

Finally there is lots of evidence that being with other people is good for you at whatever age, but particularly as you get older (although the relationships should be good ones - too much contact with difficult relationships can be a bit toxic of course). And it is possible to have really good relationships online. I have covered some of the ways you can link up in previous articles (Facebook, Skype etc) but one that I don't think I have covered may be relevant here for people with dementia. This is a condition that is associated with getting older, and while research is going on, there is no current cure. So keeping as fit as possible is an obvious thing to do and so exercise is good as pointed out above. But there is a website run by people with dementia called DASNI <http://www.dasninternational.org/> which is a worldwide organisation by and for those diagnosed with dementia working together to improve our quality of life. There is lots of information on the site and ways to contact other people and the discussion groups are really lively. People can learn such a lot from each other.

Tony Wainwright

All change for rubbish and recycling

Starting from April 2nd, Port Isaac's rubbish and recycling days are to change.

The daily rubbish collection from around the bottom of the village remains unchanged so if you have received a leaflet telling you different information, ignore it. However, rubbish from the rest of the village will now be collected on a Tuesday. Recycling will continue to be collected fortnightly but our day will change to Tuesday. If you have garden waste to be collected you have to register for the prepaid service - call 0300 1234 141 - and this will be collected fortnightly, on alternative Tuesdays to recycling.



Back in 2000 the United Nations General Assembly decided on eight Millennium Development Goals which, it was hoped, could be achieved by 2015. Attaining those eight Goals would, in many different ways, end world poverty and its consequences. It was announced recently that, eleven-and-a-half years into the campaign, one of the Goals had been achieved, at least partially. Goal number seven (out of eight, but presumably of equal priority to the others) is to "Ensure Environmental Sustainability". It is divided into four Targets, and it is the third of these that has been reached (in part): "Halve, by 2015, the proportion of the population without sustainable access to safe drinking water and basic sanitation".

Even if this achievement is no more than a partial one, we should applaud the fact of its attainment. According to a UN Fact Sheet, 'some 1.7 billion people gained access to safe drinking water' between 1990 and 2010, but 884 million still lacked such access, while '2.6 billion people in 2010 still had no access to basic sanitation, such as toilets or latrines'. Some of the improvement has been achieved by national governments, but much more has been done by a number of voluntary organisations, like WaterAid, Practical Action (formerly Intermediate Technology) and Oxfam. We should be thankful that they have been so successful in their work in all these countries. We know that they still need our support, as they continue to try to reach the other half of the inhabitants of our world, who still lack safe water and basic sanitation.

It is interesting to see what the other Targets are, and see how far they are from achievement. The first Target is to "Integrate the principles of sustainable development into country policies and programmes, and reverse the loss of environmental resources". In the UK the Government is supporting the development of sustainable sources of power (solar, wind, wave, tidal and



Climate Friendly St Endellion

geothermal) but is also pursuing non-renewables like oil and gas (west of Shetland) and nuclear power. In other countries policies are similar, with fossil fuels like petroleum and coal, and non-renewable resources like metal ores, continuing to be mined on a large scale.

Target Two is to "Reduce biodiversity loss, achieving, by 2010, a significant reduction in the rate of loss". Most authorities say that the rate of extinction of species has never been higher, throughout the world, so it is obvious that this Target has not, to any extent, been achieved. 'Nearly 17,000 species of plants and animals are currently at risk of extinction', and the number grows by the day. 'High rates of consumption (by the developed nations, i.e. us), habitat loss, invasive species (e.g. Himalayan Balsam, Japanese Knotweed, and Rhododendrons in Cornwall), pollution and climate change' are the main causes, and they are 'not being sufficiently addressed'.

The fourth Target, to "Achieve, by 2020, a significant improvement in the lives of at least 100 million slum dwellers", was achieved twice over, since, by 2010, 'more than 200 million slum dwellers have gained access to improved water, sanitation or durable and less crowded housing, greatly enhancing their prospects of escaping poverty, disease and illiteracy'. However, 'slum improvements are failing to keep pace with the growing number of urban poor. The absolute number of slum dwellers keeps rising, with some 828 million people living in slums today, even if the share of the urban population living in slums is declining'.

The one thing that is really uncertain about this "Goal 7" is whether, even in theory, let alone in practice, Environmental Sustainability can be ensured. The book I quoted two months ago ("Here on Earth"

by Tim Flannery, Allen Lane, 2011) questions whether sustainability is at all possible, and whether one overly successful species (*Homo Sapiens*) is about to ensure its own destruction (while the Earth in all its fullness otherwise continues to evolve). If we have pushed things too far, by excessive consumption of non-renewable resources and production of greenhouse gases, equilibrium may no longer be possible, and stability may not be recoverable. We shall have to return to this question on another occasion.

From looking at a world-wide picture, encouraging in places but dispiriting in others, we come back to local affairs, and collection of refuse and recyclable materials. By now you should have been notified officially that Cory Environmental Municipal Services have taken over collection from Sita UK, although Sita UK still deal with the actual recycling and disposal of recycled materials. This is part of the unification of services throughout Cornwall, which will mean that, eventually, services will be the same, wherever you live. Refuse will continue to be collected weekly, but must be bagged (black or other plastic bags, sealed), and protected from scavenging animals/birds, e.g. put in a dustbin.

Recycling will continue to be collected fortnightly, but now alternating with collection of Garden Waste. This latter will now be a "subscription service", requiring initial registration and payment. Colours of recycling bags may change (and may still vary from place to place), while boxes will be provided to contain glass to be recycled. Every household should have received a leaflet by post, giving all the details, including the dates of each collection. The same people will carry out collection — they will transfer to the new company. These new arrangements may take some time to settle down, so be patient, things will work out!

Happy recycling!

Robert Manders

Port Isaac Village Hall

YOUR HALL FOR YOU TO USE

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

GENERAL USERS £8 per hour
(£1 an hour discount for advance block
bookings of six or more sessions)

NON PROFIT MAKING PARISH

CLUBS/ORGANISATIONS etc,
including Children's Groups £7 per hour
(£1 an hour discount for advance block
bookings of six or more sessions)

ALL USERS - 24hr period £60

KITCHEN HIRE (for users cooking
meals etc), to include hire of crockery
& cutlery for 100 £50

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01208 880098 for more info

local info

Doctor's Surgery - 01208 880222

Repeat Prescriptions - 01208 880242

NHS Direct 24-hour Helpline - 0845 4647

Royal Cornwall Hospital (Truro) -
01872 250000

East Cornwall Hospital (Bodmin) -
01208 251555

Derriford Hospital (Plymouth) - 08451
558155

Local Dental Helpline - 01726 77777

Police (non-emergency) - 08705 777444

PC Malcolm Taylor - 079680 87667

PCSO Claire Drennan - 0845 6567930

Police Station - 01208 895872

Civil Enforcement Parking Team -
0300 1234222

Rev Judith Pollinger - 01208 880181

Harbour Master - Byron Buse - 01208
880321

Lifeboat Operations Manager - Phil
Tidey - 01208 880783

Electricity - 0800 365900

Water helpline - 0800 1691144

Parish Council:

Clerk - 01288 341242
stendellionparishcouncil@fsmail.net

Dan Rogerson MP - 01566 777123

Cornwall Council - 0300 1234 100

Bowthick Tip - 01840 770778

Vet - Nutes - 01208 813258

Local Books available in Secrets, Port Isaac

Walk Talk

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A Quick Look Round Port Isaac

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A Short Guide to Port Isaac

A more detailed guide - **£5.50**

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The Trevan Book

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prior to 1834 by John Watts Trevan - **£10**

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3	3	MAYBEES	Tom Bishop	891
4	4	BADA BING!	Paul Honey	871
6	5	HOLLY'S RETARDS	Richard Hambly	866

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3	3	FROGCHESTER UTD	Margaret Honey	856
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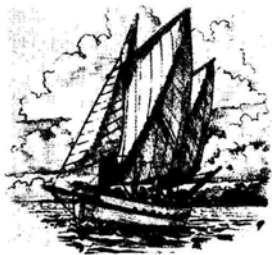
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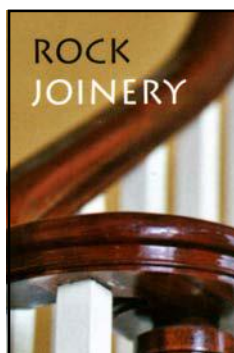


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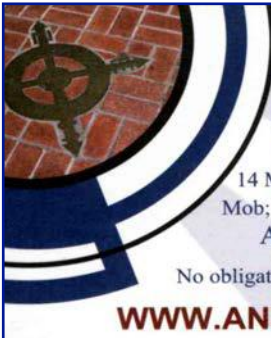
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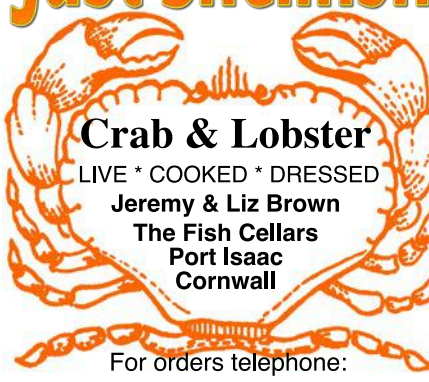
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Diary Dates



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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

Thursday April 19th
Hospice Clothes Sale & Fashion Show in St
Peter's Church Rooms - 7.30pm

Tuesday April 24th
St Peter's Parochial Church Council AGM in
the Church - everyone welcome - 6.15pm

Thursday April 26th
Port Isaac Village Hall AGM - 5.30pm -
everyone welcome

Friday April 27th
The Dancer & the Devil - brought to Port
Isaac Village Hall as part of the Carn to
Cove Performing Arts scheme - 7.30pm

Tuesday May 1st
PISCES AGM in St
Peter's Church - 4.30pm



Tuesday May 15th
Whist Drive in St Endellion Church Hall - 7.30pm

Friday June 1st
Fisherman's Friends Friday Night on the
Platt



Saturday June 2nd

PORT ISAAC CARNIVAL
CARNIVAL PROCESSION
THROUGH THE VILLAGE - 7PM

Sunday June 3rd
The BIG Jubilee Lunch - in Port Isaac
Village Hall - 11am-3pm

Sunday June 10th
Port Isaac RNLI Summer Service on the Platt

Friday June 15th
Fisherman's Friends on the Platt

Tuesday June 19th
Whist Drive in St Endellion Church Hall - 7.30pm

Sunday June 24th
Midsummer Music in the Garden at the
Manor House, Port Isaac - 3pm onwards

Friday July 13th
Fisherman's Friends on the Platt

Tuesday July 10th
St Peter's PCC meeting in the Church - 6.15pm

Friday June 1st
Fisherman's Friends on the Platt

Wednesday July 18th
St Peter's Church Summer Mini-Market

Tuesday July 24th
Whist Drive in St Endellion Church Hall - 7.30pm

Friday July 27th
Fisherman's Friends on the Platt

Sunday August 5th
Port Isaac RNLI Lifeboat Larks

Friday August 10st
Fisherman's Friends on the Platt

Friday August 17st
Fisherman's Friends on the Platt

Wednesday August 22nd
St Peter's Church Coffee Morning at St
Endellion Rectory - 10.30am

Friday August 24st
Fisherman's Friends on the Platt

Sunday August 26th



THE BIG SWIM
PORT GAVERNE TO PORT ISAAC

Friday August 31st
Fisherman's Friends on the Platt

Sunday September 16th
St Peter's Church Harvest Festival

Tuesday September 18th
St Peter's PCC meeting in the Church

Saturday November 10th
Annual Fireworks and Bonfire at Port
Gaverne Beach

Saturday November 17th
St Peter's Church Christmas Mini-Market

Trio COPY dates

ISSUE	COPY DATE	PUBLISHED
May	Tuesday April 24 th	Tuesday May 1 st
June	Friday May 25 th	Friday June 1 st

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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