



# trio



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## Cornwall Council Report

### Speak Cornish Week

The Cornish language partnership, MAGA, have been hosting Speak Cornish Week between 21-28 July, and are encouraging YOU to get involved. All you have to do is film yourself saying a few words in Cornish, and share it online using social media with the hashtags #10sfylm #speackornish. MAGA will be sharing their own 10 second films too. Wherever you are, let's all get involved and show our love for Kernow! All of the information is on [www.learncornishnow.com](http://www.learncornishnow.com) where you can also find fun phrases to try, an overview of Speak Cornish Week, as well as a link to the calendar of events, and further updates.

### New Waste Charges

The Council will be introducing a charge for certain waste streams that are deposited at the HWRC sites by the public. The charges will take effect from Monday 1 September 2014. The waste we will be charging for and the respective charges are:

- Soil / rubble (including bricks, blocks, tiles, rubble, paving slabs, concrete posts, sanitary ware, toilets, etc) - **£1.75 per sack**
- Plasterboard (including gypsum related products) - **£4.40 per sheet**
- Asbestos – bonded type only - **£10.10 per sheet**
- Tyres - commercial and agricultural vehicle types will not be accepted. There will be no charge for bicycle tyres. - **£3.20 per tyre.**

### B3314 Collans Cross to Wadebridge: Speed Limit Review

Consultation on new speed restrictions has been taking place during July.

These are the basic proposals.

Introduce a new 30 mph speed limit at Slaughterbridge.

Introduce a new 40 mph speed limit at St Endellion.

Reduce the existing 40 mph speed limit at Pendoggett to 30 mph.

Extend the existing 30 mph speed limit at Delabole.

To respond to this consultation, you can either

1. Use Cornwall Council's Consultation finder, an on-line facility for viewing and responding to traffic consultations. This can be accessed by visiting **[www.cornwall.gov.uk/TrafficConsult](http://www.cornwall.gov.uk/TrafficConsult)**. Once registered you will be able to submit responses to this and other current traffic consultations.
2. Email the Engineering Design Group on **[traffic@cornac Ltd.co.uk](mailto:traffic@cornac Ltd.co.uk)**, quoting scheme name and scheme reference and indicating your support or comments

### New Headland Hotel Plans

**Ref No: PA14/05464** Demolition of the existing Headlands Hotel, formed out of an original Victorian house and later extensions with 11 bedrooms on three storeys, followed by the erection of a new purpose built 14 bedroom hotel built on the footprint of the existing building and on the adjacent (lower) levelled land to the south. The existing car park and vehicular accesses off the public road will be retained and reused with no extension to the existing car park. Natural stone facing to some ground floor level walls and stone 'plinths' to rendered walls with part full glazing and part rendered walls to the upper level with an undulating sedum covered roof to each main part of the building.

### PROPOSED NEW BUILD AT GAVERNE

This application will be discussed at the next Parish Council meeting on August 11th at 7pm at Port Isaac School. For full details of the plans and to make comments go to [www.cornwall.gov.uk](http://www.cornwall.gov.uk).

then 'view or comment on planning applications'. Enter **PA14/05722**. Click on documents to view details.

### AN ARTIST'S IMPRESSION OF THE PROPOSED BUILDING



All information concerning Cornwall Council can be accessed online via [www.cornwall.gov.uk](http://www.cornwall.gov.uk). Just pop in your postcode and that will bring up all the services in our area including a lovely picture of me!!

Andy Penny

Cornwall Councillor, St Minver & St Endellion  
[apenny@cornwall.gov.uk](mailto:apenny@cornwall.gov.uk)

This month's front cover is a collage of poppies from the poppy pictures displayed in St Peter's Church commemorating the soldiers who served in the First World War

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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 Doc Martin Fund

A meeting was held in the Church Rooms on July 9th. We had invited Jack Morrison, the Project Manager for FEAST (an organisation which distributes Arts Council funds in Cornwall) to tell us how they evaluate projects who apply for money in the fairest way. FEAST has been assessed as being an example of best practice for their work in awarding grants.

Jack was very informative about their work and of the importance of objectivity and transparency in awarding grants. He stressed the value of projects that would attract extra funding because of their community benefits. All of these points are important to us in setting up the Doc Martin Fund which continues to make slow progress.

The fund has reached £28,000 and continues to grow while the necessary paperwork is put in place.

Community consultation and information updates are going to be important. If you have ideas for projects that will benefit the community let us know.

The following have agreed to become Trustees in addition to Jon Cleave and Janet Townsend:

Damien Bolton, Andy Cameron, Sue Fairs, Richard Hambly and Marian Larkin.

**The next meeting will be in  
The Church Rooms  
on Thursday  
September 11th  
at 7.30pm  
Everyone is welcome  
to attend**

*Janet Townsend*

TURN TO PAGE 13 TO READ BOB MONK'S SUGGESTION ON HOW TO USE THE MONEY TO BENEFIT ALL

Please come and join us for  
the official opening of our



**WWI  
Exhibition**  
on **Wednesday August 6<sup>th</sup>**  
in **St Peter's Church**

**Songs & Supper  
Pimms & Pies**

Doors open at 6.45pm and the evening  
will end around 9pm

**Entry is free and we will be serving  
Pimms and Pies for supper**

**Songs of War and Peace**  
from *Gulls, Lee Chantler*  
and *Rob Badlan*



**The Exhibition will then be open, in  
St Peter's Church, every day from  
10am-4pm (except during Church Services) - entry is free**

**It is 100 years since WWI began and our exhibition  
remembers those men and boys who are named on  
the Port Isaac War Memorial, those who came home  
from the horror of the War and life in Port Isaac  
during the wartime years**



# CHRIS BANNISTER performs the music of JOHN DENVER



'I love the way Chris captures the true spirit of John's songs, yet delivers them in his own powerful, well-honed style.'

Steve Weisberg  
(John Denver's guitarist 1972-78)

'When Chris sings it's almost like John is back with us again'

Peter Plantec, Snowmass Colorado  
(Personal friend of John's for over 20 years)

'The Eagle and the Hawk was one of the most striking performances to have graced the stage at the Victoria Hall in many years.'

Review from The Craven Herald & Pioneer Sept 2013

**WEDNESDAY 27TH AUGUST · 8PM**  
**PORT ISAAC VILLAGE HALL**

TREWETHA LANE, PORT ISAAC, CORNWALL PL29 5RN

Tickets £8.50 - to reserve in advance call

Sarah on 07973 802637 or Rosie on 01209 890600  
or pay on the door

For information on other dates visit the website:

[www.chrisbannister-musicofjohndenver.com](http://www.chrisbannister-musicofjohndenver.com)

raising funds for  
Port Isaac Village Hall

## "A SONG TO DIE FOR"

The murder mystery night has been  
rescheduled for  
**Saturday September 20th**  
when it will be part of a Village Hall  
**Curry Night**  
full details next month but put the date in your diary now

## PORT ISAAC VILLAGE HALL



## Hire Rates

NON-PROFIT MAKING PARISH  
CLUBS/ORGANISATIONS/ GROUPS/  
ASSOCIATIONS etc, FUNDRAISING  
EVENTS, CHILDREN'S PARTIES (age  
10 and under) - £5 per hour - £50 for  
24 hrs

GENERAL USERS/COMMERCIAL  
EVENTS - £8 per hour - £100 for 24hrs

For full details or to make a booking  
contact the Hall's Bookings Secretary,  
Julia Routledge, on 01208 880142  
or email her [markjulia@hotmail.co.uk](mailto:markjulia@hotmail.co.uk)

**Your Hall FOR  
YOU to Use**

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

St Minver  
Rainbows &  
Brownies  
**DONKEY  
DERBY, CAR  
BOOT & BBQ**  
TREWINT LANE

**SUNDAY**  
**AUGUST 10th**  
from 4.30 pm

refreshments,  
raffle, bouncy  
castle, games, ice  
creams, plus lots  
more

**Fun for  
all the family**

any queries  
please contact  
Katrina on  
078660043493



The  
Chris Treglown  
Foundation Fund

**WORKSHOPS**  
**LOVE TO SING?**

WANT TO IMPROVE YOUR TECHNIQUE?  
then read on ...

**Monday & Tuesday**  
**August 18th & 19th**  
St Minver School

**TWO-DAY WORKSHOP**  
**FOR ADULTS AGED**  
**25 YEARS PLUS**

Participants to make a small  
donation of £20 to the Fund

**Wednesday, Thursday  
& Friday**

**August 20th, 21st & 22nd**  
St Minver School

**THREE-DAY WORKSHOP FOR**  
**11-24 YEAR OLDS**

ending with a showcase at  
the end of the last day  
**NO FEE - PAID FOR BY THE FUND**

The workshops will be run by international singer and  
Director Maria Jagusz with Musical Director Michael  
Webborn (National Tour Blood Brothers) together with a  
team of up and coming young stars who will teach you new  
songs and performance skills

TO FIND OUT MORE OR TO BOOK A PLACE PLEASE CALL JULIA TREGLOWN ON  
01208 862802 or 0781 5987172 or email her at [juliatreglown@hotmail.com](mailto:juliatreglown@hotmail.com)

**The Chris Treglown Foundation Fund**





# THE BIG SWIM CORNWALL

A CORNISH BEACH TO BEACH RACE - RAISING MONEY FOR CHARITIES

SPONSORED BY SHARP'S DOOM BAR

**Saturday & Sunday August 16<sup>th</sup> & 17<sup>th</sup>**



## SATURDAY

The Triathlon  
The Serious Swim  
The Not So Serious Swim

## SUNDAY

The Super Serious Swim  
The Little Swim

**YOU CAN STILL REGISTER ONLINE ... OR ON THE DAY**

LIVE MUSIC AND CHILDREN'S ENTERTAINMENT ON  
THE PLATT AFTER THE SWIMMING ON BOTH DAYS

**MAD DOG McCREA**  
**Freshly Squeezed HODGE**  
**LIGHT KNIFE Josh Curnow**  
**Island Cassettes KENNETT**  
**LA CASA & SAM NATION (live percussion & DJ)**  
**THE GRENAWAYS The Templebys**

We are delighted to announce our beneficiaries this year:  
**CORNWALL AIR AMBULANCE LITTLE HARBOUR CHILDREN'S HOSPICE**  
**THE NATIONAL LOBSTER HATCHERY PORT ISAAC RNLI**

**THE  
SUPER  
SERIOUS  
SWIM**

**THE  
SERIOUS  
SWIM**

**THE  
NOT SO  
SERIOUS  
SWIM**

**THE  
LITTLE  
SWIM**

**THE  
TRI  
ATHLON**

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

if you can't find the answer to your  
question on the website call 01208 880154





## CREW NEWS

July was another quiet month for shouts but a very productive month for exercises and training. Andy Hallam has just returned from his initial crew training at RNLI headquarters in Poole where he spent time training at sea and also in the high tech simulation pool where they can turn on waves, thunder and lightning and wind. This facility has been a massive step forward for the RNLI and enables them to recreate, as much as possible, rough weather conditions at the touch of a button. Andy was top of his class and I'm sure will be more than happy to share his experience with you. The funding from this trip came from our twinning with Welwyn Garden City branch who have kindly agreed to focus their funds towards Andy's training.

This month you will see the boat training with Sam Williams and his instructors from Cornish Coast Adventures either at Port Quin or Port Gaverne. We will also be working with 771 squadron from RNAS Culdrose. We will try and conduct the helicopter exercise as close to the cliff path as possible so you can get a good view.

We all look forward to seeing you down on the beach for our annual Lifeboat Larks.

*Damien Bolton  
Senior Helmsman & Training Officer*



*Lifeboat Operations Manager Chris Bolton, Chairman Bob Bulgin, committee member Carole Raynor and Senior Helmsman and Training Officer Damien Bolton recently welcomed 14 of the St Breward Guides to the Station.*

## NATHAN OUTLAW'S FISH KITCHEN RAISES £1000 FOR RNLI



Since the start up of *Nathan Outlaw's Fish Kitchen*, located in the historic building immediately alongside Port Isaac Lifeboat Station, members of the Outlaw team have been very much at the heart of the active fishing community in the village and firm friends with the RNLI crew and committee next door

Since the beginning of the year, they have invited their customers to add a discretionary £1 to their bill to be donated to Port Isaac RNLI.

In recognition of the generosity of those customers and thanks to the initiative of Outlaw's management and staff, members of Port Isaac RNLI gathered together outside the restaurant to present a specially engraved presentation RNLI Shield and hand-drawn framed certificate marking a stunning donation of £1000.

On presenting the cheque to Lifeboat Operations Manager Chris Bolton and Chairman Bob Bulgin, General Manager of *Nathan Outlaw Restaurants* Ian Dodgson said, "The team at *Outlaw's Fish Kitchen* is very aware of the importance of the RNLI in this seaside location as the community and the sea are at the core of their business, being dependent on seafood caught by local fishermen."

## STAMP COLLECTION DONATED TO RNLI

Over 50 years ago RN Medical Officer Petty Officer Arthur Chadwick encouraged his young daughter, Barbara Ruby, to combine with him in starting a Stamp Collection. They both worked diligently, slowly building a fine collection painstakingly mounted in albums starting from one Arthur had obtained whilst serving in the Royal Navy in the 1940s. During that time he saw action, first on board the Heavy Cruiser *HMS Frobisher* serving in the 4th Cruiser Squadron, later in support of the D Day Landings on Sword Beach where it is recorded she fired five rounds per minute of her 7.5 inch hand loaded guns scoring direct hits on the major German Grand Bunker. Later Arthur served on board the Ch Class Destroyer, *HMS Chaplet*, ending his naval career ashore at RN Naval Base Portsmouth. To his original collection he added further stamps from his extensive

travels and Barbara also added to the mix. Later some very interesting First Day covers joined this unique collection. However, as time passed and Barbara found other interests, the stamp collection was stored safely away where it has remained these past decades.

Throughout his life Arthur was always a great supporter of the RNLI. In fact when he passed away in 2001 his family made special arrangements for his Ashes to be cast on the sea from an ex-lifeboat at Scarborough. Following on from this traditional family link with the sea, Barbara Ruby, who now lives at Delabole, has decided to further celebrate her Father's memory by donating this fine Stamp Collection to Port Isaac RNLI.

We are honoured to be entrusted with this collection and hope to raise some worthwhile funds for Port Isaac RNLI in memory of Arthur Chadwick. If there are some serious stamp collectors within the readership of *Trio* do make contact - Bob Bulgin reb37@btinternet.com or phone 01208 880765.



*Arthur Chadwick in the 1940s*

# CHANGE OF DATES

**THE RNLI HARVEST FESTIVAL AUCTION WITH AUCTIONEER JON CLEAVE WILL NOW BE HELD ON FRIDAY OCTOBER 10TH, STARTING AT 7PM AT THE OLD SCHOOL HOTEL, PORT ISAAC**

**THE RNLI CHRISTMAS MARKET WILL NOW TAKE PLACE ON SATURDAY NOVEMBER 15TH, STARTING AT 10.30AM IN PORT ISAAC VILLAGE HALL**

**PORT ISAAC**

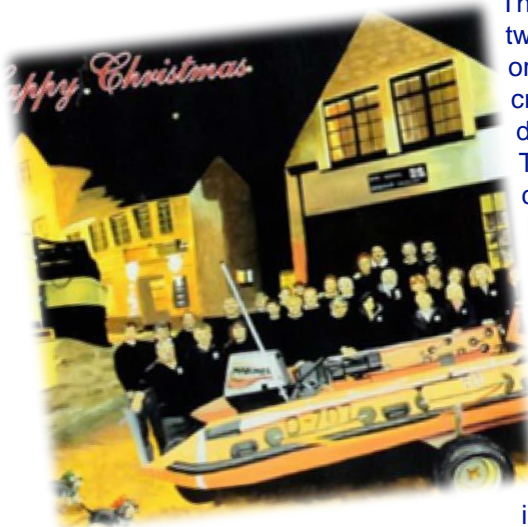
**RNLI  
NEWS**

## RNLI CHRISTMAS CARDS

Following a tradition established over the past 12 years, we are pleased to introduce two new Christmas Cards created from artworks donated by the artists to Port Isaac RNLI.

*Preparing for Lifeboat Larks*, by well-known local artist Barbara Hawkins of *Port Isaac Pottery*, is available both as a Christmas version (see illustration) combining a Christmas tree pierced window front cover overlaying a stunning image of the harbour scene and carrying a Christmas Greeting plus a fully informative artist history and RNLI link on the back cover. The cards are also available as standard multi-use card using the harbour scene as the front cover and blank inside to write your own message. This card, as in past years, is sponsored by *Sharps Brewery*.

Barbara's original painting, may be currently viewed at *The Pottery Gallery*, Port Isaac. To win this stunning and valuable original invest in a £1 draw ticket now available at the Gallery. Packs of the cards are also available there. The winning ticket draw is scheduled to take place at Port Isaac RNLI Christmas Market in the Village Hall on Saturday November 15th.



The second card, again available in two versions - Christmas Greetings or blank inside page - has been created by artist Louise Green, daughter of local man Dudley Taylor. Following a lifetime connection with the village, Louise has always held a special place in her heart for the Lifeboat, hence her creation of an image showing many of the Crew and Committee, past and present, gathered together behind our D Class Inshore Lifeboat *Copeland Bell*. The card echoes days long gone as illustrated by the history and

historical image of our lifeboat *Richard and Sarah II* together with crew and committee back in the 1800s shown in the inside cover. This card has been sponsored by *The Greenstock Company Group*.

These cards are available at £5 for a pack of five cards including self-seal envelopes plus £2 p&p. Orders to email reb37@btinternet.com or phone 01208 880765.

## LIFEBOAT LARKS

Bank Holiday Monday, August 25th, is the date for our Annual Lifeboat Larks, on Port Isaac Platt and the beach and in the sea. This is our biggest annual fundraising event of the year. We will have live music, BBQ, Sharps Bar, Pimms Bar, cake and cream tea stall, RNLI clothing, cards and picture stalls, booze barrow, children's corner, including a children's painting competition, face painting, beach games, bouncy castle, Punch & Judy show, plus so much more. Lets hope we have enough room on the beach!!

The much-anticipated highlight will be the aerial spectacular. Royal Naval Air Station Culdrose has confirmed its Helicopter will be attending to demonstrate co-ordinated search and work techniques with our D Class Lifeboat during the afternoon, subject to emergency call out. A great opportunity not only to see our RNLI crew in action, but to meet them and hear all about their participation in rescue work carried out off this rugged North Cornwall Coastline.

If you can help on the day, please contact me on 01208 880765 or Annie Price on 01208 880386. We could not carry out this event without our loyal helpers.

Let's just pray for good weather. The fundraising Committee and Crew look forward to see you on the day.

*Bob Bulgin (Chairman)*

## SEE US ALSO AT...

The Lifeboat Station will be open on **Sunday August 3rd** (the second day of the Dragon Boat Racing) and we will be selling coffee, tea, cards, prints and clothes and running a Sharps Doom Bar on the Platt

&

**Saturday & Sunday August 16th & 17th** - the Big Swim weekend - and we will be selling coffee, tea, cards, prints and clothes



# Camp 2014

South Penquite Farm became the base for Class 2 again this year. The children slept in tents and yurts and had an action packed 4 days away from home.

Highlights of the camp were making woodland creatures out of clay and positioning them in the trees. Making their own pitta pasties for lunch and cooking them on the fire..yummy!

Seeing the turkeys run into the girls toilet block and cause mayhem and last but not least just having a great time with their friends and teachers.

Thank you to everyone who helped out in any way to make this year's camp such a success!

# schoolchat



## news & views from Port Isaac School

### Goodbye

This year we said goodbye to a lively group of Year 6 children.

We wish them continued success in their secondary education and hope they will come back to see us.

Good luck to Amelia, Paige, Rosie, Sam, Will, Izak and Harry

## Sports Day

The weather was kind to us and we had an action packed Sports day which started in the morning in the playground with the field events.

The action continued in the afternoon with the races on the track and thank you to everyone who came along to cheer and support the children.

This year Owls won the trophy for the best House but there were some great results from lots of the children in all the Houses.

Louise took home the honours in the Mum's race and Joe won the hotly contested Dad's race.

## Happy Birthday

### in August ...

- Rafa 7
- Jack 5



### in September ...

- Ollie 9
- Filip 9
- Joey 8
- Gracie 6
- Max 4



Year 3 & 4 used Charles Causley's poem "Teignmouth" as inspiration for this class written poem



Port

Port Isaac. Golden  
sand and shingle.  
The breakwater's long finger  
testing the sea.

Salt damp dinghies along the Platt  
Tourists singing  
Let's have a pasty again

Nicki B crimping pasties  
Steak for the middle  
rising steam from the slits.

Tourists annoying children.  
The Fisherman's Friends singing a shanty.  
Through the choppy water  
the fishing boats swim.

Doc Martin, slick from  
his boots to his cap  
driving his own pony and trap.

Here's my mother  
lives next door,  
Strolling with a sun shade  
the long blue shore.

The sun and the day  
burn gold burn green  
August Bank Holiday  
2014.



Isaac

## Summer Holidays

As we come to the end of another school year everyone in Port Isaac School is looking forward to the break. We are not back to school 'til September there will be no Schoolchat in the September issue but we will be back in October with all our news.



# Parish Council report

supplied to Trio by the Parish Clerk

I will keep this report short because there is a separate article from Councillors about yellow lines - see article below. Councillors walked around the Parish and have recommended some changes and additions to the existing yellow lines, which we hope will keep the traffic moving more freely, and driving through easier and less of an obstacle race! Do have a look at the proposals and have your say if you see something you think has been missed or, in your opinion, just won't work. Council will discuss these proposals at the meeting on Monday August 11th.

## Planning Applications considered by Parish Council

**PA14/03014.** Khandala. 7 Roscarrock Hill, Port Isaac.

To strip and re slate roof and slate hanging to rear elevation. Take down and re build brick chimneys and renew lead work. Replace all windows with like for like hardwood sash windows, replace existing roof windows on rear sloping roof. Carry out general refurbishment of brick quoins and arches and repoint stonework, minor general works and renewing services as found necessary. *Council supported this application.*

**PA14/03869.** Little Tremiro, Trefreock, Port Isaac. Construction of extension and subterranean garage. *Council supported this application.*

**PA14/03286.** Trefreock Barn (Cobbles Cottage) Port Isaac. Construction of single storey extension to rear of property consisting of a garden room and a utility room. *Council supported this application.*

**PA14/04145.** Co-operative Retail Services Ltd, 31 New Road, Port Isaac. Erection of single storey extension. *Council supported this application.*

**PA14/04549.** This application was later withdrawn by the applicant.

## Planning Decisions Received

**PA14/03015.** 8 Lundy Road, Port Isaac. *Approved by Cornwall Council.*

Hopefully by the time you read this, the new swings will have been installed in Port Isaac Playing Field, the seat half way up the hill from Port Gaverne to Port Isaac will have been repaired, and all our beautiful footpaths will have received their final cut of the year.

The need to produce a Neighbourhood Plan is becoming ever more evident and to this end the Parish Council is beginning the process, but they need your input. We

need to have a say about how our villages 'grow' over the next 30 years. We all know change must happen, but the only way to retain some control over what is built, and where, is to have a Neighbourhood Plan in place.

Before the 'plan' can be drawn up we will need your help. What do you think our villages need? More houses, more public transport, more small scale industrial units for self-employed entrepreneurs, more industry, better access to doctors/dentists? These questions, and many more, will eventually appear on a questionnaire which will drop through every letter box in the Parish. What you say in your answers will be used to make the Neighbourhood Plan. There will be public meetings organised to seek your views, suggestions and ideas. Please come along and have your say. It could be a lively discussion!

Enjoy the rest of the summer.

I can be contacted on:

Telephone: 01840 211790 or  
stendellionpc@gmail.com

Susan Theobald



Our Remembrance Sunday service is on November 9th in St Peter's Church and will be followed by Laying of Wreaths at the War Memorial.

Collecting boxes will be distributed to businesses by October 27th (in time for Half Term). Please let me know if you do not wish to have a collecting box this year.

If you usually purchase a wreath, can you let me know if you are happy to do so again. The Open centre wreath will cost £17, the Cross will cost £15 and the Chaplet of Poppies will cost £15. Naturally, if you should decide to give a donation on top of cost it would be much appreciated. Please let me know what you want to do.

Finally, if you would be willing to give up a few hours to help with house-to-house collecting during the two weeks running up to Remembrance Sunday, I would love to hear from you. None of us are getting any younger and it would be lovely to have some younger helpers. Also needed are a few to help with collecting at the Co-op - a very sociable job!

Let me know if you wish to help or have any queries. Ring me on 01208 880386. Many thanks

Annie Price (Poppy Appeal Organiser)

## St Endellion Parish Council Yellow Lines proposals

Updated proposals for a Traffic Control Order (jointly with other Parish Councils), for discussion at the Meeting on Monday August 11th 2014.

- 1 Hillson Close [O.S. Grid Ref. SX 0015 8050]  
SINGLE yellow line on both sides from end of existing double yellow line at B3267 to the rumble-humps at each courtyard, and to the Surgery gateway, including the turning area at the top. (No parking 9.00am to 6.00pm)
- 2 Mayfield Road [O.S. Grid Ref. SX 0010 8060]  
2.1 SINGLE yellow line on both sides from end of existing double yellow line near B3267 (a) to "Mayfield Close Nos. 1 & 2" sign on North West side, including just into the entrance to Mayfield Drive, and (b) to the Hydrant sign opposite (a) on the South East side. (No parking 9.00am to 6.00pm)
- 2.2 Waiting-time Restriction to apply on the South East side in the School lay-by, and opposite this on the North West side. (Between 8.00am and 6.00pm, waiting limited to 10 minutes; No return within one hour)
- 3 Trewetha Lane/New Road/Hartland Road junction [O.S. Grid Ref: SW 9995 8072]

continued overleaf



# Dragon Boat Racing



## Port Isaac Stay & Play Group

We meet every Tuesday morning in the Village Hall from 10am to 12noon.

Activities throughout the summer include:

August 5th - Carnival Float, making decorations

August 12th - Carnival Float, costumes

August 19th - Carnival Float finalising

August 26th - Outing

If you want to know more contact either Laura on 01208 881089 or Cherry on 07900 527610

continued from previous page ...

DOUBLE yellow line from end of existing double yellow line on South side of Trewetha Lane (B3267) to the "Zone" sign.

- 4 Hicks' Corner (New Road, B3267) [O.S. Grid Ref. SW 9980 8095]

Change marking to "Bus Stop/Coach Drop-off/Pick-up ONLY".

- 5 New Road from Hicks' Corner to Cornwall Council Car Park [G.R. SW 9980 8095]

- 5.1 DOUBLE yellow line from end of existing double yellow line on New Road (B3267, South West side) to "Zone" sign at top of Back Hill (Left Hand side, looking down).

- 5.2 DOUBLE yellow line from end of existing double yellow line on New Road (unclassified, North side) to "Zone" sign at top of Fore Street (Right Hand side, looking down), including across [now disused] Bus Stop area.

- 5.3 DOUBLE yellow marks on the kerb or at the edge of the carriageway along New Road (unclassified) on (a) the North side from the "Zone" sign at the top of Fore Street Eastwards to the lower entrance to the C.C. Car Park, and on (b) the South side from Hicks' Corner Eastwards to a point opposite the lower entrance to the CC Car Park.

- 6 The Terrace [O.S. Grid Ref. SW 9990 8095]

DOUBLE yellow lines both sides from the ends of the existing double yellow lines on New Road (unclassified) Eastwards (a) on the North side to the "No Through Road" sign, and (b) on the South side to the BT pole adjacent to the wall-mounted Letter-box.

- 7 Port Gaverne [O.S. Grid Ref. SX 0030 8080]

DOUBLE yellow lines both sides from the ends of the existing double yellow lines at the bottom of Port Gaverne Hill (a) on the North side to the "No Parking" sign, and (b) on the South side to the end of the Fish Cellar building.

- 8 Beyond Headlands Hotel [O.S. Grid Ref. SX 0045 8095]

DOUBLE yellow lines both sides from the ends of the existing double yellow lines up the hill Eastwards to where the road narrows.

- 9 Additional suggestion (compatible with any/all of the above)

20 mph speed restriction throughout the whole village, in place of the present 30 mph restriction.

## 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** - 08451 558155

**Local Dental Helpline** - 01872 354375

**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 - Chris Bolton** - 01208 880256

**Electricity** - 0800 365900

**Water helpline** - 0800 1691144

**Parish Council:** Clerk - 01840 211790  
stendellionpc@gmail.com

**Dan Rogerson MP** - 01566 777123

**Cornwall Council** - 0300 1234 100

**Bowthick Tip** - 01840 770778

**Vet - Nutes** - 01208 813258



## Church Diary Dates

### Saturday August 2nd

**7.30pm** - Concert at St Endellion Church  
(Bach Mass in B minor)

### Sunday August 3rd

**9.30am** - Sung Eucharist, St Peter's Church, Port Isaac

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

**7.30pm** - Chamber Concert, St Endellion Church (Gounod, Reich, Mendelssohn)

### Monday August 4th

**7.30pm** - Concert, Truro Cathedral  
(Bach Mass in B minor)

**10.30pm-11pm** - Vigil Service to Commemorate beginning of World War One, St Endellion Church

### Wednesday August 6th

**7.30pm** - Opera, St Endellion Church  
(Puccini La Boheme)

### Thursday August 7th

**7.30pm** - Choral & Orchestral Concert, St Endellion Church

**10pm** - Late night concert (Songs & Sea Shanties with the Fisherman's Friends)

### Friday August 8th

**11.30am** - Festival Send-Off Service, St Endellion Church

**7.30pm** - Closing Concert, St Endellion Church (Opera La Boheme)

### Saturday August 9th

**12 noon** - Croquet Tournament, St Endellion Rectory Lawn

### Sunday August 10th

**9.30am** - Sung Eucharist, St Peter's Church, Port Isaac

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

**6pm** - Taize Service, St Endellion Church

### Monday August 11th

**6pm** - Rainy Day Farewell Auction, Perceval Institute, St Minver

### Thursday August 14th

**2pm** - Rectory Garden Party, St Endellion Church (all welcome)

### Friday August 15th

**9.15am** - Eucharist (Blessed Virgin Mary), St Endellion Church

### Sunday August 17th

**9.30am** - Force Five Informal Service with Archdeacon of Bodmin, St Peter's Church, Port Isaac

**11am** - Sung Eucharist with Archdeacon of Bodmin, St Endellion Church

### Tuesday August 19th

**7.30pm** - Whist Drive, St Endellion Church Hall

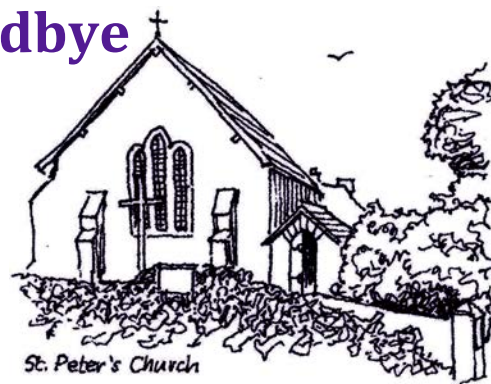
### Sunday August 24th

**9.30am** - Sung Eucharist, St Peter's Church, Port Isaac

**11am** - Friends Sung Eucharist & Lunch, St Endellion Church

## Time to say Goodbye

Was it really seven years ago that John May and his family arrived here in North Cornwall? I guess the fact that it's gone so quickly speaks for itself. Now, sadly, it's time to say farewell to a gifted and much-loved parish priest who has endeared himself to many in the community, as well as to those who attend church.



St. Peter's Church

Prayerful, humble, hospitable, wise, hard-working, kind, generous, gentle, and with a delightful sense of humour, John's ministry has been characterised by his deep love of God and his desire to love and serve others. As well as faithfully carrying out his ministry as a parish priest, and working to bring together the churches of the North Cornwall Cluster, he has also been instrumental in fostering the mission of the Arts and Spirituality through Endelienta, putting his own poetic and musical abilities to good use.

Many in the area have reason to be grateful for his ministry and friendship, so as well as expressing thanks through donations, a 'rainy-day' auction has also been arranged which will be held at the Perceval Institute on Monday August 11th at 6pm, with viewing from 10am on Sunday August 10th and Monday August 11th. A catalogue of items for sale is being prepared.

A formal farewell service and presentation, to which all are welcome, will be held in St Minver Parish Church at 7pm on Wednesday September 10th.

*Judith Pollinger*

## St Endellion Church Garden Fete

The annual church fete will be held on Thursday August 14th at 2 pm in the Rectory garden at St Endellion. There will be all the usual stalls: produce, tombola, bric a brac and books, as well as games and amusements and Mr Punch will be making an appearance along with the unfortunate Judy! There is no admission charge so come along and enjoy a lovely afternoon.

**Do you, or someone you know, need a listening ear?**

**Tel: David Foster on 01208 880008**



## Trelights Methodist Church Garden Fete

**Tuesday August 12th**

**2.30pm in the garden of Trewithick House, Trelights, by kind permission of Mr & Mrs P Hall**

various stalls including cakes, produce, plants, bric-a-brac, draw, games and cream teas

proceeds for Chapel funds



# Dan Rogerson writes ...

People often contact me with problems about the out-of-hours doctors service currently run by Serco. The service has been controversial since the last Labour government handed it to a private company, and over the past few years I have been campaigning for extra weekend medical clinics and an out-of-hours GP services where people have been having problems accessing out of hours medical care.

I was pleased to hear that local NHS chiefs, under new powers given to them by the Coalition Government, have decided against simply giving a new company control of out-of-hours services when Serco's contract ends on May 31st 2015.

NHS Kernow's decision to take 12 months to re-design the service is a very welcome one, and is an opportunity for us to make sure that we get the new out of hours service right. Residents in our area, particularly in rural communities in north Cornwall must have the same access to a decent out-of-hours doctors service as everyone else.

I am campaigning to crack down on nuisance calls. Not only are the likes of unwanted marketing calls, silent and abandoned calls, spam texts and recorded messages pestering people day in and day out, but for vulnerable residents they can be a menace that put people at risk of scams and fraud just as much as a crook or a pushy salesman turning up at their door.

So I want to hear from people who are suffering from nuisance calls so I can make sure the Government's Nuisance Calls Task Force know how much of a problem this is for people in our area and to see what I can do to help. If you have been having problems with nuisance calls please let me know about it by filling out my quick survey online at <http://bit.do/nuisancecalls>.

I have also been raising local people's concerns about bus services in and out of Port Isaac with Western Greyhound and Cornwall Council, and to try and protect and improve bus services. In July the Government announced a £48.9 million 'Growth Deal' investment for Cornwall, to help boost businesses, skills in the local labour market, help infrastructure projects and improve public transport.

As part of the package, there will be a review of the existing Cornish bus network to identify and progress improvements. It is right that public transport improvements are a part of this economic growth strategy - North Cornwall is already poorly served by bus routes and we don't have access to local rail services either, which is why I will be working to make sure that we seize the opportunity of a new 'Bus and Integrated Transport Strategy' for Cornwall to try to protect and expand the bus network in north and east Cornwall.

Every summer I spend the time visiting villages and parish in the North Cornwall constituency to knock on doors and listen to concerns, so that I can raise the issues that matter to people when I speak up for us in Westminster. My MP's summer tour is a tradition that was started by my predecessors John Pardoe and Paul Tyler and I am looking forward to coming to Port Isaac, Port Gaverne, Trelights and the surrounding communities soon to speak with people and see if there is anything I can help with.

If I don't catch you in or if there's anything I can help with then you can always contact me by e-mail, letter, telephone or arrange a time for us to meet using the details below.

Dan Rogerson MP

4 Tower Street, Launceston, Cornwall PL15 8BQ

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

## Climate Friendly St Endellion

I wonder how many of our summer visitors, on their way to or from Doc Martin's Surgery [aka Fern Cottage, Roscarrock Hill], have found any of our internal village footpaths, lanes, alleys, opes, snickets, ginnels, jowlers (or whatever the local name is for such short-cuts). As the village has grown haphazardly over centuries, there are now about twenty, long or short, steep or flat, broad or narrow, tarmac or concrete, earth or rock, fenced, hedged or walled pathways to be found. At one time or another I have used the following (and you may know many others):

Margaret's Lane (Trewetha Lane to Rose Hill) and its diversion *via* Mount Pleasant

Meadowstile Lane (Trewetha Lane to Rose Hill)

Back Lane (Rose Hill to Middle Street) and its connection to Dolphin Street

Shuggy's Ope (Rose Hill to Fore Street)

Bottom of Rose Hill (to Fore Street)

Golden Lion Passage (Fore Street to The Platt)

Temple Bar, aka Squeezy Belly Alley, (Fore Street to Dolphin Street)

The short-cut behind The Slipway (Middle Street to Roscarrock Hill)

The short-cut in front of Leat Cottage, formerly Mark Provis' shop, (Middle Street to Roscarrock Hill)

Doctor's Meadow - Doctor who? (Hicks' Corner to Trewetha Lane)

The alley beside the Co-op (New Road to Tintagel Terrace)

The other alley parallel to this (New Road to Tintagel Terrace)

The steps below Garfield House (The Terrace to Port Gaverne Hill)

The path at the end of The Terrace (The Terrace to "garage access") and its continuation ("garage access" to Tintagel Terrace)

There are also the obvious South West Coast Path (Fore Street to New Road Car Park) and its link (Fore Street corner above the Fish-&-Chip shop to Coast Path), sections of a national walking route.

Many of the above will be of interest to visitors looking at a Historic Fishing Village (as our road-sign proclaims), as well as to Doc Martin fans. Others are of interest only to residents of particular areas, like the Hartland Road "back-gardens complex" and the short-cuts linking Mayfield with Silvershell and the main road, probably nameless so far.

If you know other paths, or names (or different names) for any of the paths mentioned, please let me know, possibly *via Trio*, so we can keep our maps up-to-date.

Robert Manders

The less you respond to rude, critical, argumentative people, the more peaceful your life will become.



# Letter to Trio

Bob Monk copied Trio with a letter he has sent to the Parish Council outlining his ideas for the "use of available funds for the benefit of all persons living in the Parish Council area, not just the elderly or the young, or the sportsmen or the church users or the business people or the church hall fund or the visitors BUT EVERYONE WHO LIVES HERE".

He writes:

We all use two items, water and electricity (I did think up a scheme to build a hydro-electric scheme dam across the valley which would have provided both water and power as well as sailing, canoeing and fresh water fishing but I don't think those living in the valley would be pleased to see their houses under water, plus we would have to move the sewage works – not as far-fetched as it may appear; it is done in North America, Scotland, Canada and the rest of the world by villages and towns, but too difficult here.)

This led me to my next idea which was reinforced when I received an email from the Cornwall Energy Fund offering funds to help support groups with their community-led renewable energy projects. I did start to tell my idea to a member of the Parish Council who dismissed it in a very few words, "It's an area of outstanding natural beauty."

My idea is to build one large power generating windmill – the same size as the ones at Delabole (and there are hundreds if these all over the county) – that would supply enough electricity for approximately 1950 homes for 333 days per year and to have the windmill in an area which, by no stretch of the imagination, could be called an 'area of outstanding natural beauty'. An area with a view of 28 existing electric poles, a small housing estate, some 24-odd signs of various sizes including one threatening visitors with fines for miss-parking, a rather misleading sign giving directions to "The Village", another misleading sign saying there are no signs, paper signs saying what was on in the village two weeks ago. Plus a sign saying "Main Car Park" – to my mind it is not the main car park but an overflow car park. Back to my idea, which is to put the one windmill just below the new car park. We are all different, some hate modern windmills but I like them and think they rate alongside E-type Jaguars, Concorde, Hunter aircraft and Clipper ships for grace and beauty. Definitely a lot more attractive than old heaps of flapping sacking and bits of wood that appear in old Dutch masterpieces as windmills!

Why not get one windmill with help from the energy fund and from the Doc Martin fund and the car park and have FREE ELECTRICITY FOR ALL RESIDENTS?

Bob Monk, Port Isaac

- **Sun & Stars** at Carnewas, near Bedruthan Steps. Saturday 2 August. From 7pm til after dark. Join the National Trust and Kernow Astronomers to take a closer look at the sun (safely!), the moon and the stars through telescopes. Free. Family friendly event. No booking required. Find us at the National Trust Carnewas car park PL27 7UW
- **Rock pool rambles** at Polzeath with the National Trust and Polzeath Marine Conservation Group. Monday 11 August 12noon – 2pm and Thursday 28 August 1pm – 3pm. Discover and learn about the amazing marine life found on the rocky shores of the Polzeath Voluntary Marine Conservation Area. £2 per person or free to Polzeath Marine Conservation Group Members. **Booking essential** on 07779 8896650 or polzeathmc@gmail.com
- **Bat Nights and BBQs** at Pentireglaze, near Polzeath. Wednesdays 13, 20 and 27 August. 7pm until after dark. Join National Trust rangers for a BBQ and a talk about bats, then a short walk to the cliffs to see and hear greater horseshoe bats emerge from old mine workings. Bring your own food for the BBQ. Bat capes optional! £4pp, under 12s free. **Booking essential** 01208 863046

## Could lobster farming become a new industry for Coastal areas?

The Technology Strategy Board (TSB) have teamed up with Biotechnology and Biological Sciences Research Council (BBSRC) to joint fund an industry and academic partnership which aims to develop a novel approach to sea based rearing systems for the European Lobster. *Lobster Grower* is a 15 month project Consortium driven project led by the National Lobster Hatchery at Padstow. The project aims to develop the technology required to grow lobsters at sea in containers. This will help the partners to assess the potential for aquaculture of the species, which could have great long term benefits to coastal communities around the UK.

Dom Boothroyd, general manager of the National Lobster Hatchery believes: 'This project is a huge step forward for the charity, it will generate technology that will enable us to grow juvenile lobsters to a greater age before releasing them into the sea to enhance local stocks, whilst at the same time providing them with environmental enrichment so that they are better able to cope with life in the wild. Secondly it will generate the intellectual property within the charity that we hope will generate funds in the future for our ongoing conservation, education and research work. Long term it could facilitate the development of a lobster farming industry that would not compete with the existing market (which is fed by the fishery) but actually generate market diversification as we have seen with the development of the Bass aquaculture industry. This will also create jobs and wealth in our small coastal communities'.







"nine rafts sitting on the shoreline ready to be pushed, carried or pulled into the water"

Thanks to Sally Stratton for the photos

"... a silence settled upon the beach ... the countdown started. 3, Crew members got into position. 2, pulses started to quicken. 1 the claxon and they were off ... the air was filled with flour, eggs and seaweed in the vain hope of gaining an advantage"

# 2014 The Raft Race

"How happy were we when Sunday July 20th greeted us with great weather and perfect sailing conditions."



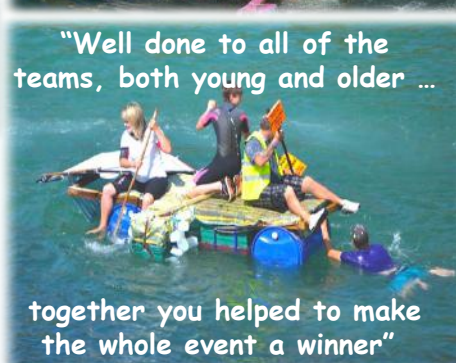
"... next came the rafts, each one complete with a team ready to have fun whilst competing for the winners shield and the £100 prize money"



"... Compere for the day, Mr George Cleave ... with his very own brand of humour and running commentary nothing was missed or left unmentioned"



"Well done to all of the teams, both young and older ..."



together you helped to make the whole event a winner"

"...the newly introduced children's race ... as soon as the adult on each raft feverishly started to paddle, their young crew were throwing seaweed and flour at the opposing teams"



"This year we extended the course by another 30 feet and this proved to be too much for one raft as it sunk not long after the making the turn for the return stretch ... all is not lost though, next year we will be offering diving trips to the Great Raft Race Wreck."





CARNIVAL DAY -  
SATURDAY  
AUGUST 23<sup>rd</sup> 2014

**PORT ISAAC CARNIVAL**

CARNIVAL PARADE  
STARTS AT 6pm

are you  
ready?

Road closures from 5.30pm-7.30pm

If you are taking part in the Parade be at the Playing Field by no later than 5pm for registration

Look out for the full list of Carnival classes and trophies that will soon be displayed around the village and on Facebook

CAN YOU HELP IN ANY WAY? We need marshalls for the parade - you still get to watch the carnival and you'll get a free drink in the marquee afterwards

Carnival (half) Week - August 20<sup>th</sup> -23<sup>rd</sup>

We have an 80' marquee and a 20' beer tent with daily entertainment, a market, games and rides, some great catering (no burger vans here) and live music

We would love hear from you if you can help set up the inside of the marquee on August 18<sup>th</sup> & 19<sup>th</sup>

EVENTS

**Wednesday, 10am-3.30pm - Music workshop for all children.** They will be able to come into the marquee and use any of the instruments provided.

**8pm -** sample the bar and enjoy listening to the **Boscastle Buoys**

**Thursday, 10am-3.30pm - Banner making, arts and crafts.** Bring the children in throughout the day and they will be able to make banners that they can either take home, decorate the marquee with or parade with in the Carnival on Saturday. If they don't want to make a banner no problem - they can use any of the materials to make or build anything they want.

**8pm - Rock'n'Roll.** Dance the night away to some of the finest Rock'n'Roll from the 50's with the country's premier Rock'n'Roll Disco.

**Friday - 10am-12noon & 2pm-4pm - Party Day for the kids.** Magic, music, animals and puppets. Both parties are guaranteed to thrill the kids and keep mum and dad happy for a while. See one or see both. the choice is yours.

**7.30pm on the Platt - Disco in the marquee**

**Saturday, 9am-3pm - CARNIVAL MARKET.** The football pitch will be transformed into Port Isaac's very own outdoor market. This will be your chance to do some shopping and grab some bargains before getting ready for the parade. While you are shopping why not take a break and enjoy some of the great catering we will have on site and listen to the live band that will be playing throughout the day. In addition cream teas will be available in the marquee during the Saturday afternoon. You have no excuse. All of the above and a chance to relax with friends or old acquaintances.

Join us, have fun and be proud that you are part of  
Port Isaac's Carnival revival



# Websites of the Month

This time of year it is a real delight to spend time in our beautiful countryside and one of the best ways to do this is walking the footpaths. So this month I thought a look at websites and apps that can enhance our enjoyment. I have divided them into two groups: One is to provide information on the Countryside Code, the other are apps and websites for walking and rambling. So the Countryside Code first. Natural England is the home of the Countryside Code and you can read it and download it here <http://www.naturalengland.org.uk/ourwork/enjoying/countrysidecode/>. The important thing about this Code is that it applies to everyone – those who use the paths for rambling, those whose land it crosses, and those responsible for their upkeep.

For those using the footpaths it says:

## **Respect other people**

- Consider the local community and other people enjoying the outdoors
- Leave gates and property as you find them and follow paths unless wider access is available

## **Protect the natural environment**

- Leave no trace of your visit and take your litter home
- Keep dogs under effective control
- Plan ahead and be prepared
- Follow advice and local signs

It has this advice for land managers:

**Most people who visit the countryside are keen to act responsibly and problems are normally due to a lack of understanding. There are a number of ways you can help them to realise their responsibilities:**

- Keeping paths clear and waymarks and signs in good order and up to date will help people stick to the right routes and access points. Contact your local authority or National Park Authority to find out what help is available.
- Where there is public access through a boundary feature, such as a fence or hedge, create a gap if you can – or use an accessible gate or, if absolutely necessary, a stile. When installing completely new gates and stiles, make sure you have the permission of the local authority.
- Encourage people to respect your wishes by giving clear, polite guidance where it's needed. For example, telling visitors about your land management work helps them to avoid getting in your way.

It is worth downloading a copy as it has good simple advice.

A couple of good websites to look at for ideas are Walking World <http://www.walkingworld.com/> which has a free sample of walks and over 6000 for an annual subscription of £18. The second one that is completely free is called Walking England and is a sort of 'portal' for walks in all English counties and <http://www.walkingincornwall.info/index.php> is the one for Cornwall. The clever thing about this site is that it collects together links to other sites where there are walks listed that are free to download. For example the AA have a walk on their site for Port Isaac and you can link to it from the Walking England site. There are lots of other Cornwall walks listed.

What has really developed recently are apps for smartphones which use the latest GPS technology linked to maps that you can download. This allows you to know where you are and to see the map as well. It can show you the direction you are walking in as well. The real value with some of them is that you can see the footpaths marked and even if a field has become overgrown, or for some other reason has been made less passable than it should be, you can see where it goes and navigate with confidence.

The basic principle is the same and these three apps are good. None are free.

Routebuddy atlas <http://www.routebuddy.com/atlas> has downloads for all the standard maps and organises them for you. Once downloaded you can select the one you want, at the resolution you need and you are up and walking!

<http://www.viewranger.com/en-gb> also has various different maps available and, like the others, shows the direction you are walking in. It also links up with the Walking World website and allows you to download the walks you have selected so you can have them on your phone. As it says on the Walking World website:

*"Software from ViewRanger for Symbian, Android and iPhone allows you to view your position and plotted routes on your mobile phone. In all cases the app is completely free and you can view the walks on a range of 'open' mapping and aerial imagery. It's a great way to access and follow your Walkingworld walks. Walkingworld subscribers can download walks direct to their phone for no extra cost."*

With the app that works with UK map <http://ukmapapp.com/> you can download a detailed map, but it doesn't show the footpaths in as much detail as routebuddy or viewranger.

I have to admit that I have only been using these apps for a short while, and they have some features that look very helpful, but I haven't quite worked out how to use them. I just need more practice!

Tony Wainwright



# Martin loves Mackerel

I love Mackerel not only because they are the only fish I ever seem to be able to catch at the moment but also for their versatility. This recipe is from Raymond Blanc and involves pickling the mackerel first and then grilling to get a nice crisp skin. If the weather stays like this you could also pickle the fish and then BBQ skin side down.

## Grilled mackerel with soy lime dressing

### For the mackerel

- 250ml/9fl oz cider vinegar, or white wine vinegar
- 250ml/9fl oz water
- 40g/1½oz caster sugar
- 35g/1¼oz red onion, finely sliced
- ½ tsp whole pink peppercorns
- 3-4 lemon slices
- 2 whole mackerel, filleted, pin bones removed
- 1 tbsp oil

### For the soy and lime dressing

- 1 tbsp soy sauce
- 1 tbsp water
- 1 lime, juice only
- 1 tsp fresh root ginger, peeled, finely diced
- ½ tsp dark muscovado sugar

### For the fennel salad

- 1 fennel bulb, finely sliced on a mandolin, slices soaked in ice-cold water for 20 minutes, drained
- 1 tbsp olive oil
- ½ lime, juice only
- 1 bunch rocket leaves
- 2 pinches sea salt
- 1 pinch cayenne pepper
- 1 orange segmented

### METHOD

1. For the mackerel, heat the cider vinegar, water, coriander stalks, caster sugar, red onion, peppercorns and lemon slices in a medium saucepan over a medium heat. Heat the mixture until just warm (about 60C), then remove from the heat. Transfer the contents of the pan to a flat, shallow container and set aside to cool.
2. When the mixture has cooled, place the mackerel fillets into the container, flesh-side down. Set aside

and marinate for 20 minutes.

3. For the soy and lime dressing, combine all the dressing ingredients in a small pan and gently heat through until the sugar has dissolved. Set to one side.

4. Preheat the grill to its highest setting.

5. When the mackerel fillets have marinated, remove them from the marinade and pat dry with kitchen paper. Make several diagonal scores in the skin, going across the length of each fillet to stop them from curling up during cooking.

6. Brush a baking tray all over with oil. Arrange the mackerel fillets onto the greased tray, skin-sides facing upwards. Place under the grill and cook for 4-5 minutes, or until the skin is crisp and the flesh is cooked through.

7. For the salad, combine all the salad ingredients in a large bowl.

8. To serve, divide the fennel salad equally among four serving plates. Place a grilled mackerel fillet on top of each portion. Spoon the salad dressing around the edge of the plate.

**So have a good silly season, and keep calm and remember, they are on holiday! Mx**



**POST  
OFFICE**

**Shirley welcomes you to:  
St Peter's Church Rooms,  
Port Isaac**

**Monday 9.30 - 13.30**

**Friday 10.00 - 14.00**

We can offer a full range of services. However some of these will need to be taken to the Core Office for processing, and will be returned on the following working day (Monday or Friday). We also stock a selection of stationery.

Port Isaac Post Office 01208 880799

Camelford Core Office 01840 212614

# Tantra Yoga

Beginner friendly - only £5

**Tuesday evenings from 7pm-8pm  
upstairs at the Penhaligan Rooms**

(opposite The Old School Hotel, Fore Street, Port Isaac)

**contact Emily 0795 1941206**

**www.findingyourself.co**



**Yoga/Art Retreat  
September 12th-14th  
at a Tipi Site**

**www.cornishtipiholidays.co.uk**



# FISHING TRIPS ON THE HELEN CLARE PORT ISAAC



**Telephone: 01208 880546  
Mobile: 07836 283163**

## CLEANER WANTED

for small 2 bed  
cottage in Trewetha

**NOW**

Please Call -

**01452 770972**

Double room available  
from August 18th,  
in Port Isaac,  
en-suite, all mod cons  
£250 pm excl bills ..  
**07890 988882**

## BOAT FOR SALE

Fibreglass, 12ft 9ins, oars, rowlocks,  
45 years old, needs minor repairs,  
kept in Port Isaac garage  
with Road/Beach trailer (approx 5yrs old)  
and winch  
Good condition - Boat and trailer £400  
Tel: Jonathan Larkin - **07769 933668**



# Activities for kids

at the Pop/Cafe/Gallery,  
Wadebridge  
**01208 815720 to book**

## YOGA FOR CHILDREN & PARENTS

Monday 4th & 18th August  
Yoga Classes for parents  
and children  
11.00-12.00 £6 (£3 siblings)

## CHILDREN'S HAT MAKING

Monday 11th August  
Pirate, Peter Pan and Robin Hood  
hat making class  
11.00-12.45 £9 (£7 siblings)

## SPECIAL EFFECTS MAKE-UP

Monday 25th August  
special effects make-up lesson  
including horror and war wounds.  
Great for fancy dress and  
Halloween  
11.00-13.00 £10 (£8 siblings) suitable  
for 8+ years  
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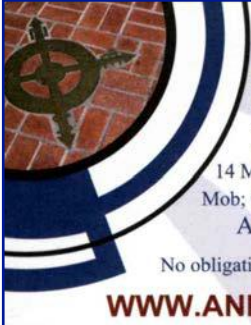
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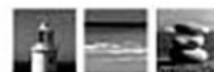
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# WHAT'S ON

**Tuesday July 29th - Friday August 8th**  
St Endellion 56th Summer Festival

**Saturday & Sunday August 2nd & 3rd**  
Dragon Boat Racing at Port Isaac and Port Gaverne

**Tuesday August 5th**  
Kerbside recycling, bags out by 7am

**Wednesday August 6th**  
Official opening of the **PISCES WWI exhibition** in St Peter's Church - Songs & Supper, Pimms & Pies - doors open 6.45pm

**Thursday August 7th**  
St Breward Silver Band play on the Platt - 7.30pm

**Monday August 11th**  
Parish Council Meeting at Port Isaac School - 7pm

**Tuesday August 12th**  
Trelights Methodist Church Garden Fete in the garden of Trewithick House - 2.30pm

**Thursday August 14th**  
St Endellion Church Garden Fete - 2pm  
St Breward Silver Band play on the Platt - 7.30pm

**Saturday & Sunday August 16th & 17th**  
The BIG Swim

**Tuesday August 19th**  
Kerbside recycling, bags out by 7am

**Wednesday August 20th**  
*In the Carnival Marquee*  
Carnival daytime Music workshop for children  
Evening - The Boscastle Buoys

**Thursday August 21st**  
*In the Carnival Marquee* - Carnival Craft Day for children  
Evening - Rock'n'Roll Disco

**Friday August 22nd**  
*In the Carnival Marquee* - Carnival Party Day - magic, puppets, music and games - 10am-12noon & 2pm-4pm  
Evening - disco in the marquee

**Saturday August 23rd**  
Carnival Market on the Playing Field - 9.30am-3pm  
**Port Isaac Carnival Grand Parade** 6pm followed by Live music *in the Marquee*

**Bank Holiday Monday August 25th**  
RNLI Lifeboat Larks

**Wednesday August 27th**  
Chris Bannister performs the songs of John Denver in the Village Hall - 8pm

**Thursday September 11th**  
Doc Martin Fund meeting in the Church Rooms - 7.30pm

**Friday September 12th**  
The Grace Notes concert in St Endellion Church - 7.30pm

**Saturday September 13th**  
Old fashioned Cream Tea in the Village Hall with music from the wartime era

**Saturday September 20th**  
Curry Night and 'A Song to Die For' - Murder Mystery entertainment in Port Isaac Village Hall - full details in next month's *Trio*

**Friday September 26th**

Fashion Show in the Village Hall - with Indigo (Wadebridge)

**Thursday October 9th**

"Oh What A Lovely War" - matinee during the Golden Circle Meeting - 2pm

**Friday October 10th**

RNLI Harvest Festival Auction at the Old School Hotel - 7pm

**Friday October 24th**

Sospirso (Trio) n St Endellion Church

**Friday October 24th - Sunday October 26th**

North Cornwall Book Festival at Trefelix Daymer Bay and Endelienta Stone Barn

**Sunday November 9th**

Remembrance Sunday service in St Peter's Church, Port Isaac

**Saturday November 15th**

RNLI Christmas Market in the Village Hall - 10.30am

**November 29th**

Vintage Fair in the Village Hall

## Trio Copy Dates

### MONTH

September  
October  
November  
December

### COPY DATE

Monday August 25th  
Wednesday September 24th  
Saturday October 25th  
Wednesday December 3rd

### PUBLICATION DATE

Monday September 1st  
Wednesday October 1st  
Saturday November 1st  
Wednesday December 10th

## Regular Events

**Port Isaac Stay & Playgroup** - every Tuesday from 10am 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. 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-4pm in Port Isaac Village Hall. Contact Annie Philp on 01208 880262

## Church Services

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

Sunday - Sung Eucharist at 9.30am Every third Sunday - Family Service at 9.30am

**St Endellion Church** - Every Sunday at 11am

**Trelights Methodist Church** - Sunday Service at 6pm

## POST OFFICE HOURS

The Post Office service is open in The Church Rooms on Monday from 9.30am -1.30pm and on Friday from 10am-2pm

**Want to find out what's happening in the Village? Read your Trio and look on the Trio Diary page. Make sure your event is included here! email info to [triopi@mac.com](mailto:triopi@mac.com) or call 01208 880905**