

trio

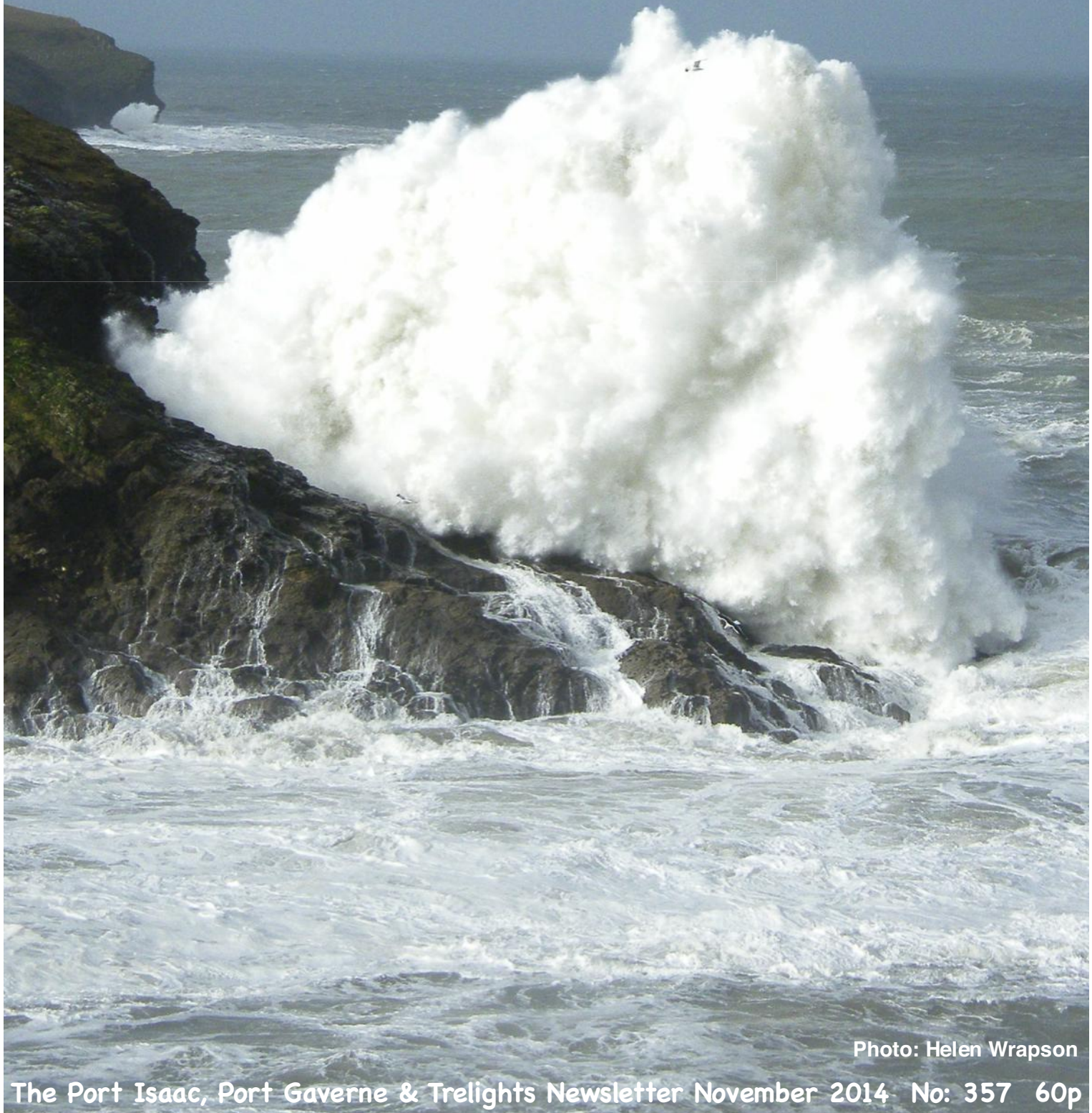


Photo: Helen Wrapson

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WHAT'S ON - BACK COVER

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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 Drekkly Theatre Company's production of

CINDERELLA

PORT ISAAC VILLAGE HALL 7.30pm

STILL SOME TICKETS LEFT FOR SUNDAY DECEMBER 28TH, MONDAY DECEMBER 29TH & TUESDAY DECEMBER 30TH

£8 & £5 ADULTS, £6 & £3 CHILDREN & OAPS

available from *Secrets*, Port Isaac
Email: dee54@mac.com
Tel: **01208 880905**

A reminder to the children who want to be in Cinderella
We are meeting in the Village Hall on Sunday November 2nd at 4pm



THE ROYAL BRITISH
LEGION

REMEMBRANCE DAY SERVICE
Sunday November 9th
St Peter's Church
10.30am



Panto Scenery
Painting Day
Wednesday November 12th
Port Isaac Village Hall
10am onwards
everybody welcome to come
and help and enjoy
Lovely homemade cake and soup

Pasty & Pint Consultation!

Thank you so much to everyone who came up to Trevathan Farm on October 23rd. Those who came were curious, at times vocal, but above all engaged, which is what it all about. As I keep repeating, it is all about the conversation.

We had plenty of feedback, all of which is noted. Lots of attendees took our scoping forms away with them, so I look forward to receiving them back.

Endeavouring to keep the conversation alive, please note the next two consultation events, The Big Neighbourhood Bacon Butty (see below), followed by an event kindly sponsored by The Mote. "The Hand Held Supper", Thursday December 11th, 7-10p.m @ The Mote. In addition to the map and images already seen, we'll have lots of info on Self-Build projects, the process and funding. Let's get this community building its future together!

Huge thanks once again go to Trevathan Farm, Barnecuts Bakery and Sharp's Brewery for their sponsorship, it means a lot to know we have the support of local business behind us.

St Endellion Parish Council

NEIGHBOURHOOD DEVELOPMENT PLAN CONSULTATION

Love the place you live?

**Come along and find out
more - and have your say!**



Saturday November 22nd

9am-12noon

Port Isaac Village Hall



The Village Memory Tree, once again generously donated to the village by Trevathan Farm, will be lit up in its usual place on Little Hill waiting for you to decorate it with your Memory ribbons and decorations

Hamper raffle for Port Isaac Village Hall

all things vintage
and vintage
inspired plus
handcrafted items

VINTAGE RETRO & HANDCRAFTED FAIR

11am - 4pm

FREE ENTRY

mince pies,
coffee, tea,
homemade
cake and soup

Port Isaac Village Hall
Saturday November 29th

down on the Platt

St Minver Silver Band

Christmas Lights switch on

Friday December 5th - 6pm

Mulled wine and mince pies

The lights will be switched on by the Kernow King who will then be performing in the Village Hall

tickets at www.thekernowking.eventbrite.com

Another chance to support the Fisherman's Friends Charities

Dear Trio

Christmas is not too far away and a huge thanks from the Fisherman's Friends to Port Isaac Rowing Club for their generous donation of £200 to one of our special charities, The Brandon Trust. The Rowing Club raise funds on Friday nights by selling a few burgers in the doorway of the Pawlyn cellars, and that sum is a considerable dent in their far from overflowing coffers. To be appreciated in such a way makes our efforts all the more rewarding.

The Brandon Trust was Trevor's chosen charity, for which he was an ambassador, to raise people's awareness of the fantastic work they do in supporting adults with learning difficulties to live and work within the wider community.

A huge thanks as well to the Village Hall committee, who have given up their evenings and come to our and our charities' rescue on several 'last minute dot com' rainy occasions, and very generously facilitated our being able to hold our gigs up there.

It has been very heartening to perform out on the Platt again after our long break, particularly as the central tenet of these performances is to sustain large audiences to raise money for a variety of our chosen charities, some local and some with a wider reach, and we are delighted to still be doing this after nearly 20 years.

If any other businesses or organisations who benefit by their proximity to our regular Friday evening gigs feel compelled to make a donation to one of our charities and causes, here is a list – The Deep Sea Fisherman's Mission, The Brandon Trust, Port Isaac Carnival, PISCES, Little Harbour, The Harbour Commissioners, Macmillan Cancer Support and The Lobster Hatchery.

Please make any cheques out to the organisation or charity in question and if you like we (any of the FFs) will forward it on for you.

Many thanks in anticipation

The Fisherman's Friends

SANTA IS COMING TO TREVATHAN

Trevathan Farm shop and Restaurant, St Endellion are really excited to announce that Santa and his Elves will be visiting them during December!

Please come along and join in the fun. Stroll into the winter wonderland and make your way to Santa's Grotto, a quaint log cabin where you will be able to meet Santa in person, enjoy your own special time with him and if you have been really good, receive your very own gift.



Santa's elves will be there to escort you and answer any questions you may have.

You can even take the opportunity to post your letter to Santa whilst you are there in the post box available.

Santa will be in his cabin from 11am until 3pm on Saturday 06, 13 & 20 December and on Sunday 21 December. Tickets are £5.00 per person.

We recommend you book in advance to avoid disappointment as Santa can be very busy at this time of year. Bookings are being taken either by phone or in person at Trevathan Farm Shop. You will then be able to collect and pay for your ticket from the 'Elf Desk' on the day.

If you would like to discuss the possibility of a group booking, please do not hesitate to contact us and we will endeavour to do our best to help.

Trevathan are very pleased to add that they are supporting the Fire Fighter Charity during this event and hope their visitors during December take the opportunity to purchase a raffle ticket to win a luxury hamper and join us in supporting this very worthy cause.



Port Isaac Stay & Playgroup

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

Activities coming up:

November 4th – Firework/Rocket making

November 11th – Outing to Cardinham Woods

November 18th – Leaf painting and collage

November 25th – Paper plate faces

December 2nd – Stained glass windows

December 9th – Christmas card making

December 16th – Christmas party with a visit from Santa

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

WWI Exhibition

This exhibition runs until the end of the year in St Peter's Church and is open every day from 10am to 4pm (except during Church services). Do try and see this memorial to those who gave their lives in 'the war to end all wars', those who came home from the horror of the conflict and life in Port Isaac during the war years.

There are over 200 entries in our visitors book showing that this exhibition has been appreciated by people from all over the world. Here are a selection of the comments that have been made:

"A very moving exhibition and a fitting tribute to those lost":
Sarah & Andrew, Norwich

"Excellent tribute to your local men": Viv & Geoff, Staines

"A beautiful and interesting tribute to WW1 heroes":
George & Jackie, USA

"A lovely and fitting tribute to each individual person who will never be forgotten": Anna, Huddersfield

"Lovely to see a tribute to each man": Gillian, Birmingham

"A fine memorial to the men and families involved": Mary, London

"Thank you for the work and research, it is very much appreciated and moving. It is a beautiful sunny day, a gift to us that so many did not have and this exhibition brings that home": Ann, Derby

"A worthy tribute to those lost a century ago": Pete & Olwyn,
California, USA

"One of the best exhibitions we have seen on WW1 this anniversary year – excellent 10/10": Fred & Pauline, Somerset

"A wonderful tribute to all that have fallen. Thank you for sharing your research": Linda, Wiltshire



www.portisaacheritage.co.uk

We finally launched the new exciting website and touch screen last month at a cream tea in St Peter's Church. A representative from the Heritage Lottery Fund, Hilary Bracegirdle, came to see our project and very kindly said that she had seen many community projects and ours was one of the best. High praise indeed. The reason our project is so good is because so many people have been involved and the result is rewarding on many levels. Hilary said that the oral history interviews, above anything else, looked fun. And they are. Thank you to everyone who very generously gave their time and shared precious memories. So go online or visit the touch screen and listen to the stories from the past; they will make you laugh and they will make you cry.

On a more serious level there is much research and in-depth information for anyone studying local history, all kindly given by yourselves.

So there, I've blown our trumpet on your behalf. You must check it out for yourselves. I'm sure there are things to correct and, hopefully more material to add. We look upon this as the beginning of a Port Isaac collection which will go on and be enhanced over the years. If you have stories or pictures or information you are happy to share, do please get in touch.

"Take a look and tell us what you think."

Our next meeting is on Monday November 17th at Cheryl's home, 10 Tintagel Terrace, starting at 4pm. There will doubtless be cake as well as chance to find out what we are up to. We would love to see you if you would like to come.

A Second Helping of Port Isaac

to be launched Easter 2015

All the best things are worth waiting for!

This is a last call for your recipes, stories, photos and illustrations to be included. Anything and everything to Dee at *Secrets*, email: dee54@mac.com

We are also including an 'Eating Out' chapter and if you would like your business included in this along with a recipe please get in touch with Cheryl (880802) if she hasn't been in touch with you first!!

PISCES
Christmas Evening
Tuesday December 9th
St Peter's Church
7pm for 7.30pm
with the Port Isaac Chorale and Gulls
music, mince pies, mulled wine
traditional Port Isaac carols
old carols, new carols
PLUS THE FRIENDS OF PISCES
ANNUAL PRIZE DRAW

Parish Council report

supplied to Trio by the Parish Clerk

I have received a complaint from a Councillor that 'some people do not like the new format being adopted for Parish Council reports. It has turned into a bit of a Sue's domestic diary type of contribution' and 'perhaps we should stick to the old system'. So here goes.

Minutes of Parish Council meetings are available on the St Endellion Parish Council website - www.stendellionpc.com

The October meeting was well attended by members of the public who wished to speak on various issues.

PLANNING APPLICATIONS

Full reports to Cornwall Council with regard to the Parish Council's decisions can be viewed on the Cornwall Council Website.

PA14/08558. New agricultural building to house increasing cattle herd. Roscarrock, Trelights, Port Isaac. Supported.

PA14/08811. Proposed repair and enlargement of porch on south elevation. 9 Church Hill, Port Isaac. Supported.

PA14/07978. Listed building consent for the repair of the existing Delabole. Slate tile roof with like for like materials and replace rotting timbers.

6, Dolphin Street, Port Isaac. This application had been withdrawn.

PA14/08139. Change of use from commercial to residential with ground floor and first floor extensions. John Bray and Partners, 11 New Road, Port Isaac. Supported, with conditions.

PA14/07850. Proposed new dwelling in eastern half of Signal Field, Port Isaac. Supported, with conditions.

The following Planning Decisions had been received from Cornwall Council:

PA14/06777. Conversion of roof space to form additional accommodation. 52, Fore Street, Port Isaac. Approved by Cornwall Council.

PA14/05722. Demolition of existing structure; creation of single family dwelling with associated landscaping and parking. Land east of Port Gaverne beach. Refused by Cornwall Council.

PA14/07251. Listed building consent for proposed repair and enlargement of porch on South elevation. Leat House, 9, Middle Street, Port Isaac. Approved by Cornwall Council.

PUBLIC TOILETS

Cornwall Council were requested to open the Roscarrock Hill toilets for the whole of half-term week.

HIGHWAYS

Cllr Penny has met with the Highways Inspector and it was to be hoped that some of the superfluous signage around the village would soon be removed. Drivers will be advised to turn around at the slipway rather than try to drive on up Church Hill.

Neighbourhood Development Plan: Please try to drop in on some of the events and presentations being organised by the Parish Council. They need your input to produce a viable plan for the future of the Parish.

The Clerk can be contacted on 01840 211790 or stendellionpc@gmail.com

Mobile Phone Mast Consultation!

St Endellion Church Hall, November 6th 4.30pm-7.30pm

Harlequin Associates will host a drop in session to discuss the possibility of placing a telecoms installation around the areas of St Endellion and Trelights to provide coverage for "Not Spots" in the surrounding area.

St Endellion Parish Council urges you to attend so that we can assess feedback regarding the suggested sites!

Where Will Your Children Live?

Housing Needs Survey Deadline January 9th!

As I told you last month, you should all have had a postcard reference this. Sadly I know many of you missed it, it came addressed to "The Occupier" and doubtless went the same way as most correspondence addressed in the same way ... straight in the bin! The survey can be completed online, BUT, only with the code specific to your address.

However, if you have sent it to recycling heaven all is not lost! I have hard copies and a list of all the codes in the Parish, and furthermore the timescale for the survey is now increased to Friday January 9th 2015.

The key issue which must be addressed in our Neighbourhood Development Plan is how much housing provision we require in the next 30 years, and this survey is that key piece of evidence we need! But it's not all about need, don't ignore it purely because you have no project/no need. It helps us build a profile of the whole housing picture in the Parish. Please contact me for a hard copy and your code.

While we are on surveys. At various events I have shoved our scoping survey into many hands, and haven't had that many returned. It's really short and painless to fill in - find it on the Parish Council website @ www.stendellionpc.com or by using this nifty little chap with your mobile:



Our next events - see page 3 - are both food orientated! (it says a lot about me and my priorities) - The Big Neighbourhood Bacon Butty, Saturday November 22nd in Port Isaac Village Hall, 9am-12noon and The Hand Held Supper, Thursday December 11th at The Mote, 7pm-10pm.

Nicola
nicolavickery29@btinternet.com 01208
880834/07974965624
Atlantic Cottage, 78 Fore St,
Port Isaac, PL29 3RF

Stop Press! St Endellion Parish Council are delighted to announce they have been awarded £7,500 Lottery Funding to support the Neighbourhood Development Plan. With huge thanks to Cornwall Rural Community Council who supported our application!

Fireworks & Bonfire

Saturday November 1st - Port Gaverne Beach
Fire lit at 7pm & Fireworks at 7.15pm

Children's Christmas Competition write a poem for Trio

This year we are doing something a little different. We want you to write a short poem called

Why I Love Christmas

The competition will be divided into two age groups - up to 7 years old and 8-11 years old, with prizes for the winning entries.

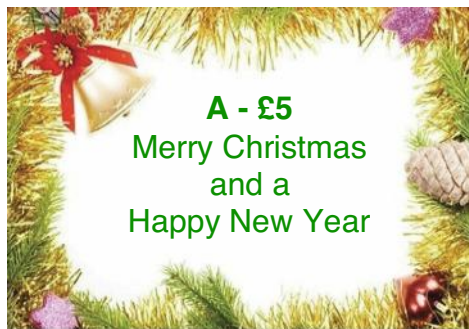
If you fancy having a go, your poem has to be in by no later than Monday December 1st. Of course, you can illustrate your poem if you want to.

Drop your completed entry into Secrets or in Calenia, 3 Trewetha Lane or email it to triopi@mac.com

YOUR CHRISTMAS GREETINGS IN TRIO

The Christmas issue of *Trio* will be published on Wednesday December 10th. If you would like to include your own personal or business Christmas greeting in this special festive issue, you need to start thinking about it now.

Basically there are two size options - see examples. Just let us have your message - hand it in to *Secrets* or put it through the letterbox, send it in the post or drop it into Calenia, 3 Trewetha Lane, Port Isaac, Cornwall PL29 3RN, along with the appropriate payment (cheques made payable to *Trio* to arrive NO LATER THAN DECEMBER 1st.



Jan's Bingo

Wednesday December 3rd
Port Isaac Village Hall
Eyes down: 7.30pm

This year we have decided to share the proceeds of the annual Bingo between Macmillan Cancer Care in acknowledgement of the kind and caring "end of life care" given to Cath, and also, after discussions with the district nursing team attached to Port Isaac Surgery, for the purchase of a Warfarin Testing device to be of benefit to patients and nurses in the local area.

I hope you feel able to support the Bingo as you have done for so many years. The prizes will be the usual Christmas themed with homemade mince pies at half time.

Janet Chadband



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

Your Hall FOR
YOU To Use

www.portisacvillagehall.co.uk

PORT ISAAC RNLI HARVEST FESTIVAL

Always a popular event, our annual Harvest Festival Auction, held for the second year running at The Old School Hotel, proved to be a resounding success, gaining great support from locals and visitors. They came together for a fun evening enjoying "Auctioneering Action" under the hammer of our well-known personality, author and Fisherman's Friend, Jon Cleave.

As in past years, great generosity had been shown by individuals and local businesses who had donated many stunning items to bid for. They ranged from a Coastal Tour in a 30 foot RIB for 12 people to hampers overflowing with garden produce, homemade jams, great cakes and a number of vouchers for meals at many of our local restaurants.

As always our Lifeboat Crew bid high for the Harvest Loaf, donated by Barnecutt's - truly an art form in itself, complete with not one but two field mice sculpted into the crust - a great example of the Baker's craft - see photo of our junior Lifeboat supporter Rafa in front of crew with loaf in hand.

At the time of going to press I can confirm the funds raised for the evening exceeded £2000, a figure only possible through the generosity of all of those who donated to the auction and of course the bidders. A very big thank you to you all from the Crew and Committee.

Bob B, Chairman



*Jan Rowe, Sandie Bulgin & Cheryl Webster
The crew with Rafa and the Harvest Loaf*



Buoys and Belles

**Saturday 22nd November, 7.15pm
Cleese Hall, Camelford**

On Saturday 22nd November, Save the Children Camelford branch and Endelienta join forces to present Buoys and Belles, a cabaret-style concert featuring the Boscastle Buoys, supported by brilliant local barbershop octet the Coastal Belles & Sapphire, at the Cleese Hall in Camelford. Prepare yourselves for a great night of entertainment to warm the heart at the onset of winter.



Tickets at £7.50 include a glass of wine and delicious home-made light refreshments. There will be a bar and raffle. All funds raised will go to Save the Children, which works in 120 countries throughout the world, including the UK.

Tickets in advance from 01840 214613 or c.sandbrook1@btinternet.com or on the door.



For the third year running, Mike Meakin and his team at Buttermilk Confectionary shop, seen here with Port Isaac RNLI voluntary Crew and Committee, presented a cheque for £1000 to the Station Training Officer and Senior Helmsman, Damien Bolton.

On accepting this generous donation Damien expressed the appreciation of all concerned and confirmed this sum will contribute towards the operational cost incurred in training four new volunteer crew members.

Buttermilk have chosen Port Isaac RNLI to share their fundraising for the third year running, with a further matched sum of £1000 donated to Cornwall Air Ambulance.

These funds have been raised by the sale of copies of a Doc Martin article featured in an Australian magazine, TV Week, and associated souvenirs of the Doc Martin ITV programme.

Mike Meakin teamed up with his son-in-law Ben Broadhurst of Concorde Copiers to reproduce copies of the article which are sold to tourists and Doc Martin fans from around the world at Buttermilk Confectionary shop featured in this popular series as Mrs Tishell's pharmacy.



Seven year old Rafael "Rafa" Coates receives a certificate of RNLI crew competence from Lifeboat Operations Manager Chris Bolton following his remarkable performance in carrying out the oral test applied to prospective volunteer lifeboat crew members when applying to join the crew. Out of 50 questions posed to Rafa his score of correct answers was 45!

Needless to say, Senior RNLI HQ Inspectors who were visiting the station at the time were most impressed with Rafa's enthusiasm and level of knowledge. All present felt such a great effort deserved a suitable reward - a special RNLI certificate. Committee members also contributed one of the special edition Port Isaac Lifeboat Mugs currently on sale at the Station.

When not at school, Rafa is to be found during most waking hours carrying out further sea related studies and assisting management and crew members at Port Isaac RNLI Station.



Lifeboat Operations Manager Chris Bolton and members of Port Isaac RNLI Committee, including our popular Port Isaac artist, Barbara Hawkins, attended Sharp's Brewery to present a special edition signed, mounted and framed copy of Barbara's painting, "Preparing for Lifeboat Larks" that she donated to the RNLI.

Over the past 12 years a number of well known artists have creating images unique to Port Isaac RNLI which have then been sponsored by Sharp's for the production of cards which are then sold by the Station in order to raise funds. These cards are available both as Christmas Greeting and blank write your own message as well as framed special edition, signed art reproductions.

For further information contact 01208 880765 or reb37@btinternet.com



CREW REPORT

Operationally the station has been quiet with regards to services but again very busy with training; the crew has certainly been practicing all their finely honed skills out on the water.

Copeland Bell's plotter has been updated with the latest software thus improving our capabilities and making its use much more efficient. We have also taken delivery of the latest dry suits and the boat has been fitted with a new 50hp engine. This is a true testament to the RNLI's commitment in keeping us current and most importantly as safe possible.

It was also a great pleasure for Andy Hallam and I to venture up to Hatfield and spend the evening with the fundraisers from Hatfield and Welwyn Garden City whom we are now twinned with. All funds raised by them are dedicated to Port Isaac RNLI. So far the branch has raised over £2500 and the evening bought in a further £1400 which was amazing. These funds have so far been directed to Andy and Sam Brown's training. We gave them a talk on the impressive history of Port Isaac RNLI from its beginnings to the present day and Andy did a great job in demonstrating the kit that they themselves have helped pay for. It was a real honour to meet them all and hopefully we will meet again soon.

Damien Bolton, Senior Helmsman

THE RNLI CHRISTMAS MARKET

Our annual RNLI Christmas Market will be taking place on Saturday November 15th from 10.30am onwards in the Village Hall. Father Christmas will be making a special appearance along with coffee, tea, mince pies mulled wine, raffle, stalls and exclusive Port Isaac RNLI clothing and Christmas cards. The highlight of the morning will be the draw to win the Barbara Hawkins original painting "Preparing for Lifeboat Larks" as reproduced for this year's Port Isaac RNLI Christmas Card.

Have you booked your stall for this special event. Stalls available for £15 to RNLI. Please contact Annie Price on 01208 880386 .

It will be a great fun morning and we look forward to seeing you all there.

Annie Price

Websites of the month - Broadband continued ...



My column last month told the story of my efforts at getting something done about the very poor speed I was getting on broadband - which was downloading at about 0.2 Mbps (megabits per second) and should have been around 6.5 - this month is part II.

This stage of proceedings started when I was looking around online a couple of Sunday's ago to see if I could find anything about the structure of the BT company as I wasn't sure I had it right in my last column and I came across a report on the This is Money website that showed Mr John Petter, the chief executive of BT Consumer (the bit of BT that provides my broadband in the same way that Talk-Talk and other Internet Service Providers would) receiving the 2014 wooden spoon award for the worst customer service <http://tinyurl.com/of93vog>. He looked like a nice chap in the photo and I got to thinking it would be a good idea to send him a letter telling him what had been happening. So I looked around some more and found a website <http://www.ceoemail.com/> that lists the email addresses of chief executives and John Petter's was there. The website is free unless you are using it for commercial purposes and as I wasn't it seemed OK to use the email and send him a letter.

In my letter I explained what had been going on and how I had tried over months, and in fact years, to get a reasonable speed. How I had spoken to a great many BT people, tested my speed using my laptop connected to my router by a cable lots of times and so on. I also asked about the cabinet that serves Trewetha - cabinet 83 - and whether it would ever get upgraded to Superfast.

You will understand my surprise when I received a very nice reply in less than ten minutes saying:

"I know Port Isaac well - it is a lovely place. I am so sorry broadband is compromising your enjoyment of it. I will ask our senior team to investigate and expedite matters. I understand how frustrating this must be. Please accept my personal apologies."

This was a very pleasant surprise, although I am beginning to worry about whether John gets any time off.

Anyhow, the senior team were impressive. Stephen from Newcastle Technical Complaints became my case manager and quickly got up to speed (if you will pardon the pun). Another contact that John linked me up with was Ranulf, who is in charge of superfast in Cornwall. He got in touch to find out what was happening about our cabinet. As it turns out Ranulf himself won't be able to get superfast, as he lives outside Falmouth and his cabinet is not on the list. In our case, from what Ranulf has passed on, we have 122 people linked to our cabinet, but some are so far from the exchange they won't get any significant speed benefit. You can read here <http://tinyurl.com/d43zdpb> about this. As you can see if people are more than 3 Km from the cabinet their speed drops below 10. There are no publically available maps as far as I know for how far the subscribers are from the cabinet, so unless someone can find this information, we have to take it on trust. Ranulf lists the reasons as follows:

"(1) too many people are too far from the cabinet and so would not see a significant speed increase, (2) that the existing broadband speeds are relatively good and (3) that the costs to enable this cabinet are quite high. Taken together it's therefore not one that we will enable this time."

I suppose the next thing that happened was that I started being in touch with other people in Port Isaac and Trewetha who were also having problems. In Trewetha it finally transpired that 11 of us were in the same boat having the MSO (major service outage) and also for slow speeds. The fact that the senior team were on the job resulted in many calls from people in BT locally, who are in charge of the exchange and reinforced the impression that there could be a lot done to improve the organisation of this system. It is not customer friendly. There is a really good website and book on service design thinking <http://thisisservicedesignthinking.com> and perhaps BT could have a look at this approach. What we as customers need is a seamless system that gets faults sorted, rather than the clunky, disorganised and not joined up approach BT has. I realise this is partly a consequence of the market arrangements, but something must be possible as some providers clearly have better customer service than BT.

So, with other people involved, and getting information from different sources, it transpired that the slow speed was nothing to do with my distance from the exchange as one of my BT contacts told me what this was and could never have accounted for the slow speed. Why did they tell me that was the cause? The reason for the slow speed was - wait for it - a congested virtual path in the backhaul network - now why didn't I think of that? So what needed to be done was for an extra bit of capacity to be installed in the exchange. It is a bit like running out of memory on your hard drive and needing a bigger one. This is not easy stuff to understand but if you want to try there is a wiki about it http://en.wikipedia.org/wiki/Asynchronous_Transfer_Mode. I did ask BT if they knew any good websites, but they didn't.

So my speed is now up to around 6.5 again. I raised the issue with Stephen about the engineer who paid me a visit in November 2013, made no improvement in my speed and charged me £130. Initially his response, after looking into it, was that as it was over 120 days ago it couldn't be refunded.

So I thought another letter to John Petter was in order, so on another Sunday, I sent a follow up, and got another equally nice reply. He agreed that not being refunded was odd, and confirmed that the superfast issue was out of his hands. In short order, and perhaps unconnected with his reply, Stephen got back to me to say he had discussed the repayment for the engineer with his manager and as I had complained about the speed then, they would refund it.

So to sum up, over some years I have not had the speed I should have and been advised by BT that it is either my equipment, or the distance from the exchange. I have been told, albeit reluctantly, that my £130 will be refunded. It has taken up a very large amount of time and has been a lot of bother at times (even though I have met a lot of nice BT people, and learned quite a lot on the way). I have found all the BT staff I have spoken to and had emails with very professional and helpful. They are all doing a difficult job. I just think it needs some reorganisation.

Tony Wainwright



Wednesday 19 November - **Scrub n Spuds at Willapark, Tintagel**

Join National Trust rangers in their efforts to reduce gorse and blackthorn to promote greater biodiversity at this valuable coastal habitat. To reward your efforts we'll cook up a jacket potato lunch on the bonfire. Free. 10am-4pm.

Contact: 01208 863821 or sarahe.stevens@nationaltrust.org.uk for further information.

Port Isaac Rowing Club



Hi all, well, it's been a busy time for the rowing club over the last couple of months with lots of ups and a very sad down...

Our member and friend 'Skinny' Dave Wood died in his sleep in September at the age of 29. We will all miss him very much as he was a bundle of positivity and had a real 'can-do' attitude. Dave joined us last year, and by May this year had earned himself a place in the Mens A crew for the Scillies. Dave leaves behind two small boys and his fiancée, Becky, is expecting his third. We'll miss you buddy.



On the rowing front, the County Champs have now passed, with the women finishing 44th out of 98. Better than average, so as a small club we're delighted,

although of course, we aim to better this next year! The men took part in the event for the first time in years, and although they didn't get through to the 2nd round, they did get a better race time than the likes of Rock A and Mevagissey A...we both had our final races in quite a heavy boat compared to some of the others, so we're all satisfied that we tried our best, and all had a good time.

The Great London River Race took place at the end of September, and we really made our presence known, taking all three gigs and dressing as Cornish Choughs - a big thank you to Caroline Cleave and Wendy Shipley for putting so much effort in with the costumes. It really is quite an experience racing a variety of vessels down the Thames past so many iconic land marks!

We would like, as a club, to say a massive thank you to all who donated apples at the weekend to be made into 'giggler' cider at Tom Brays cider farm in St Mabyn...the resulting beverage went down very well last year!!

Finally, our annual AGM will be held on the evening of the 20th November in the Penhaligon Rooms. Of course, everyone is welcome, and if you are interested in joining the club please come along - the meeting may not be very exciting, but we are sure to end up in the pub afterwards!



www.thebigruncornwall.co.uk

1st March 2015 - The Camel Trail Wenfordbridge to Padstow

Raising money for The National Lobster Hatchery, Padstow



The SECOND year of The Big Run!!!! Last year was a great success and saw hundreds of people run along the trail to Padstow. The day was super hot but everyone finished and did so well. This year we are holding the race on 1st March when the trail is quiet and cool!

Why not race this race as your long run, if you are entering The London Marathon??? Or take up a challenge personally with friends or alone. The scenery is gorgeous and the run is off road and flat! We are hoping to extend the numbers and create a great event for the future, for those with a competitive streak or those just wanting to run for fun for a person challenge to develop their running skills.

After the races, spectators enjoyed a delicious pint of 'Doom' donated by sponsor Sharps Brewery. Goodie bags and a medal were given to competitors at the end of their long run. There were lots of happy smiley red faces!

The Super serious Run – 17.3 miles Wenford bridge to Padstow - £27.50

The Super Serious run will start at Poly's Bridge and finish in Padstow. This 17.3 mile stretch is a flat trail run with no obstacles, gates or bridges. The trail is well worn as it attracts 400,000 people per year. It's scenery is stunning and passes through woodland and open pathways along the estuary. This run is perfect for those who want the distance but not the endurance of hills and fell running.

The Serious Run –11 miles – Borough Arms to Padstow - £14.50

The Serious run will start at The Borough Arms in Bodmin and finish in Padstow.

This 11 mile run a flat trail run with no obstacles, gates or bridges. The trail is well worn and it's scenery is stunning and passes through woodland and open pathways along the estuary. A perfect personal challenge.

The Little Run – 6 miles – Wadebridge to Padstow - £10.50

The Little Run will start at Wadebridge and will end up in Padstow. This 6 mile run is the smaller of the runs and yet is still a challenge! Why not run this as a personal challenge or as a first time run.

Book online to secure you places. For further information please contact The Big Run and Big Swim Office
Pilchards Corner, Port Gaverne,
Cornwall, PL29 3SQ

PHONE: +44 (0) 1208 880567 MOBILE
+44 (0) 78252 94087

sarahcoates@thebigruncornwall.co.uk

The Doc Martin Fund

It is now well over 12 months since an agreement between the local community of Port Isaac and Buffalo Films instigated the setting up of The Doc Martin Fund. This agreement said that the fund should be “to advance projects that enhance and benefit the wider community, particularly for the very young or the very old”. Though it may seem that not too much has happened between then and now, there have been a number of necessary and important developments that have led us to the point now where we can begin to decide what projects and initiatives we should support.

1. A Trust Deed has been drawn up, in consultation with solicitors and the Charity Commission, which provides a framework for the trustees of the fund to work within/refer to when faced with making decisions about the fair dispersal of funds.

2. In addition to the two original trustees, Janet Townsend and Jon Cleave, additional trustees Andy Cameron, Marion Larkin, Damien Bolton, Sue Fairs and Richard Hambly have been co-opted to ensure a wide balance of interest, opinions, age-groups and skills.

3. The trustees have taken advice from a reputable and experienced body as to the mechanics of a fair and open dispersal of grant funds, based on a proven, accepted and widely used system of assessment.

4. The fund now stands in excess of £35k

5. The trustees are representatives of the community and it is important that the community is party to all decisions as to the use of the fund. So that the community can be up-to-date with developments, a website will be established to which the community can have access. The trustees also want to create a database of all those members of the community who have access to email. Not everyone, of course, has access to email and it is intended to keep everyone apprised of developments by regular updates in *Trio*. Those not on email will always be welcome to contact the trustees personally or by letter.

It would help, therefore, if everybody who does have access to email lets the trustees have their email address – all households will have had a letter with a form to include this information but if you have not received this letter then copies are available from the Boathouse Stores (the old Post Office).

There will be an Open General Meeting for all interested parties in the Church Rooms at 7.30pm on Thursday November 6th. It is the intention that groups/organisations in the Port Isaac community should make initial representations in order that they may be considered for support from the fund.

These groups/organisations should be properly formed, with constitutions clearly stating their aims and objectives. They should specify any projects, large or small, for which funds are required. These can be completed on the form that was included with the letters sent out to all the community, but again, if you haven't received one, get a copy from the Boathouse Stores. The cut-off date for receipt of these applications is October 31st but *Trio* has been told that late applications will be accepted.

This is an exciting project that, in this time of recession, will enable our community to benefit from the impact of Doc Martin; a chance to enhance local projects and organisations which have for too long been neglected.



As I write this, a well-respected scientist has reminded us of the effects of increased atmospheric CO₂ on the oceans. Oceans absorb CO₂ readily, forming carbonic acid, a weak acid. This causes problems for the vast number of sea-creatures with shells made of calcium carbonate, the same stuff as chalk and limestone. Fortunately the sheer volume of the oceans means that atmospheric CO₂ does not build up as quickly as one might expect, knowing how much goes into the air from burning coal, gas and petroleum. However, it is well-established that atmospheric temperatures are rising. Water has a very much greater capacity for heat than air so, as atmospheric temperatures rise, the temperature of the oceans will also, but more slowly. As ocean temperatures rise, the solubility of gases like CO₂ and oxygen falls, and the buffering effect of the oceans disappears. Therefore we cannot expect the present apparent slackening in global warming to continue. It is also worth remembering, as our fishermen know well, that warm seas are dead, it's cold nutrient-rich seas that are full of life, with an abundance to be harvested.

This month's walk is fairly straightforward, an updated version of Walk 5 in Robin Penna's "15 Walks in the Parish", and should take about two hours. Leave The Platt by walking SSE a short way up Church Hill. After the last cottage on the left, take the valley path (F.P.no.35), also on the left. Along the path, through a gate, past Jon's Lake, a metal gate and the Water Treatment Plant, and another gate to the former Port Isaac Mill. The metal track between the house and the holiday accommodation leads to a wicket-gate, left. The path drops down, left, along the old mill-race to the former mill-pool, now silted-up. Ignoring the small slate footbridge, left, site of the sluice that controlled the water from the pool, carry straight on (now F.P.no.36) along the right hand side of the pool to a stile, just beyond F.P.no.40 dropping down from Homer Park, right.

Follow the path to the right of a gate, up into a large sloping field. Bear left along the lower edge, then through a wooded area with a high bank, right, and former orchard, left. You emerge into Fuzzy Parc, a large sloping field, with the remains of a fallen tree on the left. Around here you may find a displaced roadside "Public Footpath" sign, pointing left towards a dilapidated footbridge over the stream, which you cross. Turn right and follow the lower edge of the fields, keeping near the stream. Through two gaps and their barriers, into a large field and up to the gate in the opposite corner, you then pass along a lane, often extremely muddy, into Tresungers farmyard. The right-of-way ends here, so it is polite to ask permission to walk through if you see anyone in the yard.

Turn left and go to the top end; out of the yard turn right and, keeping about thirty metres from the wall, right, straight (F.P.no.17) over the hilltop to a gate. Through this, turn right, to the corner of the field, then left and down the steep hillside to the bottom, keeping close to the hedge, right. Over the stile there is no footbridge or stepping-stones, just a muddy crossing and steep cow-trodden bank opposite, and a further stile. Climb diagonally left up the fields, making for a gate onto the main road, B3267, just to the right of Bodannon farmhouse, and the hamlet of Trewetha.

Turn left along the road about 100 metres to the bend, a Decision Point. You can follow the track left here, past Archer Farm and Twelve Acres, soon becoming F.P.no.35 and dropping down into Port Isaac valley. Over a stile and bridge over the stream, turning right beside the former mill-pool, left, and, finally over the small slate footbridge mentioned earlier, there turning right to join the valley path back to the village, and sources of refreshment.

The alternative is to follow the road a further 100 metres, crossing over to a stile (to the left of Trewetha Farmhouse) and F.P.no.2, which leads over three stiles to the top of about 120 steps down into Port Gaverne valley. At the bottom follow the path left, eventually between former "fish palaces" and past a lime-kiln, left, to the harbour at Port Gaverne. You can either find refreshment here, or return by roadside path, the bottom tier of the Car Park and the Coast Path (F.P.no.1), to Port Isaac harbour, where you started.

Let's hope the weather keeps reasonable, happy walking!

Robert Manders

HALLOWE'EN DISCO

The always popular Hallowe'en disco took place after school.

It was time to dress up, play some games and have a dance!

schoolchat



news & views from Port Isaac School

CHRISTMAS

BINGO

Port Isaac School

Friday 5th December



Doors open 6:00pm

Eyes down 6:30pm



~ Lots of Christmas prizes ~ Raffle ~

~ Refreshments provided ~



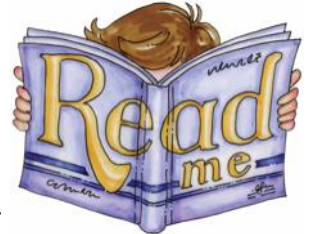
All welcome



Proceeds to Friends of Port Isaac School

St Endellion Book Festival

On the last day of this half term Year 2,3,4 and 5 children spent the afternoon at Daymer at the Festival. There were workshops and readings especially for the children from children's books and everyone enjoyed the trip.



Harvest Festival



Our annual Harvest Festival took place in school. The children told the story of The Little Red hen, sang songs, recited poems, offered a prayer for the harvest and sold the produce that they had brought in to school.



Thank You!

The school grounds have had a major tidy up and big thanks have to go to everyone who turned up to help.

Happy Birthday

in November ...

- Bob 9
- Lily-Rose 3
- Poppy 5
- Taya 3
- Robyn 4
- Honey 3



The Friends of Port Isaac School

CHRISTMAS FAYRE

Friday 12th December
From 3.30 pm, in school

Visit from Father Christmas

Cakes Table sale Gifts Mince Pies

tombola Raffle & lots lots more



All Welcome

Remembering Zofia - 'Babcia'

On September 1st a funeral was held in St Peter's Church for a very remarkable lady, Zofia Fry. Zofia was a character in Port Isaac, sharp to the point of abrasiveness, but of great integrity. Her accent revealed at once her Polish origins, and it was ironic that her funeral was 75 years, almost to the day, after the invasion of Poland by the Nazis. She rarely talked about her past, but the funeral eulogy by her grandsons was a revelation of Zofia's life. The horror and sadness that she had overcome is astonishing, which is why it is shared with you, with the family's permission.

Born in the palace of a 15th century Polish King in Krakow, Zofia Sekowski was the eldest child of Henryk and Janina Sekowski, sister of her beloved Tadeusz, and mother of Piotrus, Tadeusz, Andrzej and Teresa. As a young woman, she lost her father, her mother and her brother in the atrocity of the 1939-45 war, in unimaginably horrifying circumstances that could only be understood by those who suffered in a similar way. Her father survived Buchenwald and Auschwitz, but was killed by a Russian firing squad for being a member of the Polish underground resistance. Her mother died in Auschwitz in 1944, and her brother, having survived Auschwitz, was gravely ill and died after the Nazi retreat.

So, at the age of 22, Zofia had to rebuild her life, now without those whom she loved. With the end of the war, Poland became a part of the communist Soviet Union, having been moved from one oppressive dictatorship to another. Poland was not a good place to be if your family was connected with an underground movement that fought against both Nazis and Russians. One has to remember that Germany was divided, and that it was highly dangerous to attempt to leave East Germany. Somehow, she managed to cross a war-torn Europe working as a translator for the Allies, then on to the UK in 1946.

She met and married Stanislaw Liguz, a Polish war hero, and they settled in Sutton Coldfield. The marriage was not happy as they both struggled with the turmoil of coming to terms with what had happened to them in the war years. It was a very hard marriage for Zofia in many different ways, and it ended very badly. The second part of her time at Sutton Coldfield was a happier and active time. From her flat in Mason Close she certainly threw herself into work and many different activities. She became the hub of many social events for family and friends, and it was there that she made some of her closest and dearest friends. Over the years she kept frequent and regular contact with them. She often said that she could not see herself moving from her flat or the area. Things were just too good.

Then she met Gordon Fry and everything changed. They found their way to Port Isaac, with their caravan and their sense of adventure. Her life with Gordon and their dogs in Port Isaac was the happiest and most fulfilling time of her life. The house they rebuilt, their travels, the imaginative and sometimes eccentric things that they did in nearly thirty years formed something very special, and it seems that she saved the best until last.

It was a sequence of events which would have broken a lesser woman. It would have been easy for Zofia to let herself become bitter and hardened, to surrender to self-pity and regret. Nobody could have blamed her for that. But that, as people who knew her will testify, was not Zofia. She attacked life with energy, a sharpness and a focus that few people possess. She rarely talked about the events of the war and its aftermath, and in her life there were many events that were just too painful for her to talk about. It was the same when her eldest son Piotrus was mentioned, whom she buried after a life that ended far too soon in 1991. At the funeral as the rector concluded and people began to walk away, Zofia said "You should never walk away from an open grave". The grave was filled in by hand, by each member of the family who was there. It was the same with her only daughter Teresa, who was born a special baby with very special



needs, and who also died at a very early age.

Most of us go through a period of trauma and need at some time, and at such times to have a friend, mother or grandmother such as Zofia was a source of tremendous strength, comfort and guidance. At a time of deep need, she read a book entitled "The Cave of the Ancients" by Lobsang Rampa. It was a book about the Buddhist experience of self-awareness, the abuse of power and the meaning of life and death. The words in the book changed her life. Although fundamentally a Christian, like many other things her belief system was well developed, intelligent and complex.

Zofia leaves behind her sons Andrzej and Tadeusz. Zofia – Babcia (Granny in Polish) – leaves behind her grandchildren Sharna, Jgesh, Olesch and Janek, and six great grandchildren. She leaves her dear friends and many who know her. The young woman and survivor Zofia Sekowski became the devoted mother and grandmother Zofia Liguz and then the happy and contented Zofia Fry, the rock of the family. A remarkable woman indeed.



Church Diary Dates

Saturday November 1st

10am–3pm - Study Day : 'Spirituality & the Modern Novel' led by Revd Prebendary Paul Fiddes, St Endellion Church

7pm - Sung Eucharist for All Saints with the Advent Choir, St Endellion Church

Sunday November 2nd (All Souls)

9.30am - Morning Praise, St Peter's Church, Port Isaac

11am - Morning Praise, St Endellion Church

6 pm - Cluster Evensong, St Michael's Porthilly - a service to light candles and remember departed loved ones

Wednesday November 5th

7.30pm - Healing Service, Thalassa, Porthilly. Speaker: Revd Dr John Hereward

Sunday November 9th

Remembrance Sunday

9.30am - Said Eucharist St Peter's Church, Port Isaac followed by

10.30am - Remembrance Service

10.55am - Sung Eucharist, St Endellion Church

6pm - Taize Service, St Endellion Church

Sunday November 16th

9.30am - Morning Praise, St Peter's Church, Port Isaac

11am - Sung Eucharist, St Endellion Church

Tuesday November 18th

7.30pm - Whist Drive, St Endellion Church Hall

Sunday November 23rd

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

11am - Sung Eucharist, St Endellion Church

Tuesday November 25th

7.30pm - St Endellion PCC, Church Hall

Wednesday November 26th

7.30pm - Mothers Union, St Endellion Church Hall

Thursday November 27th

8pm - Julian Meeting, Rock House, Delabole

Sunday November 30th, Advent Sunday

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

11am - Sung Eucharist, St Endellion Church

Remembrance

The amazing sight of the sea of red ceramic poppies encircling the Tower of London and the poppies many of us are wearing are an especially poignant reminder of those who lost their lives in war in this centenary year of the outbreak of World War One. They also prompt us to question why we never seem to learn the lessons of the past. Why do we continue to go on killing and maiming one another? Even, why does God allow so much slaughter and bloodshed?



I believe it's never God's will that human beings should fight, wound and kill each other; never God's will that there should be hatred and enmity between people and nations; never God's will that there should be loss, suffering and anguish.

God longs for us all to live in peace and harmony with each other, but God's gift of freewill means that we can choose how we react and respond to others, including those who offend or injure us or someone close to us.

So when we bewail the number of wars and conflicts in our world today, as we often do, let each one of us think of our own families, neighbours and communities and ask ourselves if we are living in peace and harmony with them. Are we still refusing to speak to someone who offended us? Are we still holding grudges years after an incident? Are we intending one day to get our own back on someone who hurt us? Are we still seething with resentment at someone who did us harm?

Let this year's blood-red poppies, be more than a poignant symbol of remembrance of those who died, but also a means of inspiring us to let go of present anger or those old resentments, and bitterness, and lead us to be at peace with one another and with ourselves so that the world itself may become a more peaceful place.

Judith Pollinger

Trelights Methodist Church Christmas Fayre

Tuesday December 2nd All welcome
2.30pm in the Schoolroom

Cakes, Produce, Plants, Bric-a-Brac,
Books, Draw

Come and enjoy an hour with friends
supporting and raising funds for the
Children's Hospice and
The Air Ambulance

**Do you, or someone you know, need a listening ear?
Tel: David Foster on 01208 880008**

Update from Dan Rogerson MP

The Coalition Government recently announced a £1,114,000 investment in the South West Coast Path, which will see much needed repairs to the path at Barretts Zawn as well as at Daymer Bay and Trevone following damage in last winter's storms. I have been working with local people to secure this much needed funding which will be used to repair, improve and promote the South West Coast Path. As well as the urgent repairs to the path there will also be new information boards, signs and marketing to help to promote the path as a tourist attraction.

I am on the hunt for areas that are in need of a new post box. Royal Mail are going to install 2,000 new post boxes across the country, particularly in rural areas and on new housing developments that don't have decent access to a post box. If you think your area is in need of a post box please let me know so that I can press for any new post boxes to be installed.

I am also continuing with my campaign to cut the tax we have to pay on petrol and diesel in North Cornwall. In areas like ours where using a car is a necessity not a luxury, I think it is right that we pay less fuel duty. The Coalition Government have extended the 5 pence-per-litre reduction in tax on petrol and diesel to some rural areas, and I am continuing to keep up the pressure for the reduction to be brought to North Cornwall.

The Government have also awarded £4.3 million to help fix potholes across Cornwall. One of the most common complaints I hear as local MP is the state of some of our roads, so I am pleased that the Government has responded and is offering this much-needed funding to invest in our roads. Of course money will not be the solution to all of the problems across Cornwall, but if you are having problems with specific potholes on your street or in your area, please do let me know and I will try and get any problems fixed.

Turning to national issues, I have been working with my Lib Dem colleagues in Government to rebuild trust

in our migration control system this week. Key to that is to bring back exit checks. Britain used to have exit checks but successive governments phased them out. We have insisted on reintroducing them but there has been problems reaching agreement within the Coalition. Before the 2010 General Election around 57% of entry and exit points were covered by proper checks. By March last year we were at 65%, and now we are up to 80%. We are working with Eurotunnel and the big ferry companies to continue plugging the gaps, and will keep on campaigning for full and proper exit checks so we know who is coming in and out of the country.

Every summer - and during September and early October when Parliament breaks up for the party conference season - I spend the time visiting towns, villages and parishes in the North Cornwall constituency to knock on doors. My annual door knocking tour aims to give as many local people as possible a chance to speak to me in person about any local or national issues, problems or concerns. It's a tradition that was started by my predecessors as MP, John Pardoe and Paul Tyler, and it's a vital part of my work to keep in touch with local people all year round - not just at election time - so that I can campaign on the issues that matter when I speak up for us in Westminster.

This is my tenth summer tour, and it has good to be able to see so many familiar faces and many new faces too as I knocked on doors in Port Isaac and other communities across North Cornwall. If I didn't managed to catch you in or if there's anything I can help with or which you would like to discuss with me 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

Office Address: 4 Tower Street, Launceston, Cornwall. PL15 8BQ
E-mail: contact@danrogerson.org **Telephone:** 01566 777123

Fantasy Football 2014/15

LW	POS	TEAM	MANAGER	POINTS
1	1	CLASS ON WEEDS	Richard Hambly	332
2	2	LADS ON TOURE	Tim Witherden	260
7	3	MAYBEES	Tom Bishop	255
3	4	CLASS ON GRASS	Harry Hambly	245
8	5	JUST ONE F IN LEEDS	Lardman Lanyon	241
4	6	BADA BING!	Paul Honey	239
5	7	EMMA'S APPRENTICE	Kevin & Emma Honey	216
6	8	TOM'S TEAM	Tom Lobb	210
17	9	BOOTS OF SPANISH LEATHER	Andy Penny	210
10	10	JOSHIES ALLSTARS	Karen Grills	208
11	11	I'VE BEEN THINKING	Margaret Honey	203
13	12	MUDGUTS MARAUDERS	Ann Cleave	200
20	13	MOTS FLYERS	Tom Cleave	198
15	14	PULL DEM PISTOLS OR WHISTLE DIXEY	Chris Witherden	194
21	15	CUT PRICE FROGS	Danny Treacy	189
12	16	DREAM CHASERS	Matthew Brewer	185
14	17	THE LOBBIES	Pete & Julie Lobb	174
9	18	ADCS UNITED	Andrew Dungey	169
16	19	TYRANNOSUAREZ REX	Dan Grills	162
19	20	WESTCOTT WANDERERS	John Yates	152
18	21	PAGAN HEART	Tom Penny	146
22	22	FOXHOLE ALLSTARS	Bryan Nicholls	130
23	23	TISWAS	Jean Herring	126
24	24	DYNAMO FUCHTHEREST	Andrew Grills	125
25	25	HOWAY THE LADS	W Herring	106
26	26	LIDDSPURS	Peter Liddicoat	94

In Support of **WADEBRIDGE FUNDRAISING GROUP**
 Cornwall Hospice Care **INVITE YOU TO JOIN THEM**
 Caring for our community
 Mount Edgcombe Hospice St Julia's Hospice
 Registered Charity No. 1113180 **FOR**

CHRISTMAS FLOWER ARRANGING
 DEMONSTRATION BY ELAINE OF BRUALLEN

on **MONDAY 1ST DECEMBER**
 7.00pm

AT ST TUDY VILLAGE HALL
WADEBRIDGE ROAD
BODMIN, PL30 3ND

£7.50 to include a glass mulled wine & a mince pie

For further information and tickets please contact Jacqueline Pomfret 01208 880531 or Fern Thomas 01208 841202

Some easy to do family meals

Let's face it, a roast dinner can be a bit of a "faff" to cook – there's all the peeling of vegetables and then the slow cooking time for the meat; then there's the stuffing to make and the whole issue of who is going to carve. So, in reality, it's not really the best meal to cook mid-week after a long day at work, and you would need to feed the family a small snack before dinner was served, given that most roast dinner's take about two and half hours to cook.

This recipe has all of the elements of a roast chicken dinner – that's the chicken (of course!), the stuffing, the roast spuds and all the vegetables such as carrots, parsnips and sprouts. Even though the sprouts cannot be cooked with the rest of the ingredients, you will still have a roast dinner on the table in under an hour and with the minimum of washing up too.

All that is left to make is the gravy, and on this occasion it's perfectly fine to make a commercial gravy mix for the meal (as well as a packet stuffing mix) - I make mine with the water that the greens or the sprouts were cooked in, so you also get all the vitamins and goodness from the vegetable water, as well as some residual taste.

All-In-One Roast Chicken Dinner (serves 4)

Ingredients

8 chicken thighs, skin on
a little vegetable oil
750g potatoes, peeled and cut into even size chunks
4 to 6 carrots, peeled and cut into even size pieces
4 to 6 parsnips, peeled and cut into even size pieces
Sea salt and freshly ground black pepper
1 x 170g box of stuffing mix

Sprouts or seasonal greens to serve
Gravy to serve

Method

- * Pre-heat oven to 220C/450F/Gas mark 7.
- * Make the stuffing mix according to the instructions on the packet and when cool enough to handle, shape into 8 balls.
- * Add a little oil to a large roasting tin and add the vegetables to the tin – turn them over in the oil to cover and sprinkle some sea salt and pepper over the top of them.
- * Cook the vegetables for 10 minutes, before adding the chicken thighs - sit the thighs on top of the vegetables. Add the stuffing balls, tucking them in and around the chicken and the vegetables and cook for a further 30 to 40 minutes, until the chicken is cooked and the skin is crispy and the vegetables are crunchy on the outside but soft on the inside.
- * Serve with gravy and seasonal greens or sprouts.



Thrifty Mexican style Spicy Bacon and Baked Bean Casserole makes for a quick and delicious meal.

This is so quick and easy and relies on store-cupboard ingredients, bacon and a green pepper which most of us have in our fridges! I also keep a stock of fresh chillies in my freezer as they are so easy to use from frozen and can often be found reduced in the vegetable aisle!

The chillies in the dish give a gentle warmth that won't put children off but if you wanted to pep things up then you could always add some of the chilli seeds!

Spicy Bacon and Baked Bean Casserole

Ingredients

1 large onion, finely chopped
1 Green pepper, diced
3 mixed chilli peppers, de-seeded and finely chopped
1 tbsp Rapeseed oil
210g unsmoked back bacon, chopped
400g tin chopped tomatoes
400g tin baked beans
Freshly ground pepper
75g mature Cheddar, grated

Method

- * Fry the onion, green pepper and chillies in oil on a medium heat for about 8 minutes until softened.
- * Add the bacon and fry until cooked. Add the tomatoes and baked beans, cover and simmer gently for 5 minutes. Season with pepper.
- * Transfer to an ovenproof dish, sprinkle with grated Cheddar and brown under a grill. * Serve with rice.

ENJOY - Mx



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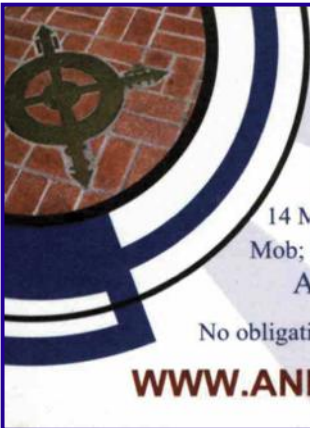
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WHAT'S ON

Saturday November 1st

Barn Owls Poetry Group, Endellienta Stone Barn, St Endellion - 10am

Port Isaac's Bonfire & Firework Display at Port Gaverne - Fire lit 7pm, Fireworks 7.15pm

Sunday November 9th

Remembrance Sunday service in St Peter's Church, Port Isaac - 10.30am

Tuesday November 11th

Kerbside recycling - bags out by 7am

Wednesday November 12th

Panto Scenery Painting Day in the Village Hall - 10am onwards

Saturday November 15th

RNLI Christmas Market in the Village Hall

Thursday November 20th

Port Isaac Rowing Club AGM in the Penhaligon Room

Saturday November 22nd

St Endellion Parish Council Neighbourhood Development Plan Consultation meeting - The Big Neighbourhood Bacon Butty - Port Isaac Village Hall - 9am-12noon

Tuesday November 25th

Kerbside recycling - bags out by 7am

Saturday November 29th

Vintage Fair in the Village Hall - 11am-4pm

Friday December 5th

Port Isaac School Christs Bingo - 6.30pm

Port Isaac Christmas Lights Switch on with the St Minver Band - 6pm on the Platt

Tuesday December 9th

Kerbside recycling - bags out by 7am

PISCES Cornish Christmas Evening in St Peter's Church with the Port Isaac Chorale & Gulls - 7.30pm

Thursday December 11th

St Endellion Parish Council Neighbourhood Development Plan Consultation meeting - The Hand Held Supper - The Mote - 7pm-10pm

Friday December 12th

Port Isaac School Christs Fayre - 3.30pm

Saturday December 13th

The Endellienta Scholars Concert at St Endellion Church

Monday December 15th

Parish Council Meeting at Port Isaac School - 7pm

Sunday December 28th, Monday 29th, Tuesday 30th 2014 & Friday January 2nd 2015

Cinderella, the Port Isaac Pantomime staged by the Drekkly Theatre Company, in Port Isaac Village Hall - 7.30pm - tickets for sale from Secrets

2015

Sunday March 1st

The BIG Run

Saturday August 8th

The BIG Swim

Sunday August 16th

Port Isaac RNLI Lifeboat Larks

Trio Copy Dates

MONTH

December

COPY DATE

Wednesday December 3rd

PUBLICATION DATE

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

First Sunday in the month - Morning Worship at 9.30am

Second and Fourth Sunday in the month (and if there are five Sundays) - Sung Eucharist at 9.30am

Every third Sunday - Morning Praise 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 or call 01208 880905