

trio



Photo: Sally Stratton

The Port Isaac, Port Gaverne & Trelights Newsletter March 2015 No: 360 60p

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WHAT'S ON - BACK COVER

PORT ISAAC
VILLAGE HALL

EASTER
TUESDAY

April 7th

CASH
PRIZE
BINGO



EYES DOWN 7.30pm

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



Save the day ...

Bank Holiday Monday May 25th

An Evening with
Johnny Cowling
in Port Isaac Village Hall
raising funds for the Hall

Trio is issued eleven times a year and is
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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 Trago Bus

Owing to lack of
support, the
Trago Coach will
no longer be
running on the
second Tuesday
of each month.

The Trio Print Service

We offer a village printing service to help
offset the cost of *Trio*.

We can print in full colour up to A3, single or
double sided, on paper or card up to 180gsm.

The machine can tri or bi-fold leaflets or
staple booklets. As well as leaflets and
brochures we can print flyers, posters,
menus etc. We also offer a design service or
can prepare your design ready for printing.

To find out more contact Dee
on 01208 880905/880862,
email: dee54@mac.com



**Merlin
MS Centre**

UK Charity Reg No: I093691

BLOW AWAY THOSE WINTER BLUES!

The sky's the limit - so why not take a leap for charity as your challenge for 2015...

That was the message from the Merlin MS Centre as it launched its Sky Dive, Zip Wire and Big Swing events.

Free Fall Friday Friday March 20th

The Tandem Jump will start at Perranporth airfield where, following a training session, participants will be flown above the North Cornish Coast strapped to an experienced skydiver before jumping together from 15,000 feet. Participants need to register in advance and can secure a place by paying a deposit of £75. If they raise £350 and above through sponsorship they can jump for free.

Zip Swing Saturday Saturday April 11th

"Scream out loud ...
we dare you to!"

Taking place at Adrenaline Quarry, near Liskeard, **The Zip Wire** sees participants, strapped in a harness and clipped to a 490 metre long wire, whizz in parallel at 40 mph, suspended 50 metres (approx 150 feet) above the quarry lake. For **The Giant Swing** three people are harnessed into a giant swing which plunges them from an 80 degree angle, 50 metres (approx 150 feet) above the lake, back and forth. Registration is £12 for the Zip Wire; £15 for the Big Swing; or £22 for both which covers the cost of taking part in the event. Participants are asked to try to raise a minimum of £50 in sponsorship.

To be a part of Merlin's Friday Free Fall of Zip/Swing Saturday contact the centre on 01726 885530 or email ruth@merlinmscentre.org.uk or sarah@merlinmscentre.org.uk to receive your fundraising pack.



Our new Co-op - WOW!



"A big thank you to Port Isaac Co-op. Your miniature shop worked well for the locals. The new shop looks absolutely super. Well done from a very satisfied customer."

Peggy

"Thanks to everyone for bearing with us and the Pop-up Shop during the transformation of the Co-op - we hope you agree that it was worth it!"

Darren



**CARNIVAL DAY -
SATURDAY
AUGUST 22nd 2015
PORT ISAAC CARNIVAL**

This years Carnival Date is August 22nd.

**There will be a public meeting at Port Isaac
School on Thursday March 12th at 7pm**

If you would like to join the committee or help in any way please turn up and let us know. We would also like to hear of any ideas that you may have for future fundraising or any improvements that can be made.

There is a lot to be planned, applied for and booked between now and August. Plus while we are doing that we also need to choose the new Royalty, hold a 4-Legged Race and stage the much loved Raft Race.

So please, don't think we don't need you.

Don't worry if you can't make the meeting, you can speak to either Dean, Kat or Nicky B for more information on how you can get involved.

The Carnival has become a much loved and anticipated event. Lets hope that together we can continue to provide and improve.

Remembering Charlie Rowe

I have been asked to write a few words about Charlie who very sadly passed away recently. A somewhat daunting task considering I barely knew Charlie for five minutes compared to most of you who have always known him. For this reason I won't presume to tell you of Charlie's life story but would recommend you ask any of the village stalwarts, especially Dennis Knight in light of his wonderful eulogy, all of whom could paint a far better picture than I ever could. And so I speak only for myself; fortunate as I have been these past five years to count possibly the most interesting and unique man I'll ever encounter as my friend.

My relationship with Charlie began in a manner familiar to anyone who has worked in one of the local restaurants or cafes, with Charlie popping in most days for coffee and a chat. I'll confess that to begin with I had some trouble understanding Charlie's thick Cornish accent (being of estuary English extraction) but once I got my ear in I discovered how fascinating this unassuming old fisherman really was. I quickly grew to relish our conversations together even the snatched, frantic, summer-season moments whilst frustrated customers looked on impatiently waiting to be served, not that Charlie cared. As far as I could tell Charlie didn't seem to bother too much with what others thought of him at all, which struck me as someone of my homogenous, monochrome generation as remarkable. I'm sure that there are countless other waiters, chefs, landlords and hoteliers who hold a special place for Charlie in their memory, in fact I'm not sure he paid full price anywhere!

The winter months offered the chance for unhurried conversation and Charlie would spend hours explaining the finer points of Thorium nuclear energy extraction via fluoride salt solution...I think. The truth is by this stage I could understand Charlie's accent but not the advanced nuclear physics he was describing, even after we researched the subject and wrote several letters to parliament together I still didn't fully comprehend anything beyond the basics. I did however understand Charlie's concern for our planet and hugely admired his drive and his belief that he could convince the British government to stop burning fossil fuels if he could just make them understand. He also spoke often about Stanley Meyer, an eccentric, maverick inventor who claimed he could turn water into fuel and so was purportedly assassinated by the CIA. Charlie held him up as a hero. I think it's quite rare to meet someone with whom you're never at a loss for something to say but I do feel I should apologise to all those who have employed me in the past for the hours I spent putting the world to rights with Charlie whilst neglecting my duties.

Charlie cared for other people and took a genuine interest in their lives, It's why he came to see us in the restaurants, it's why climate change kept him up at night, it's why his conversation never descended into the usual gossip and slander we're all so used to and it's why he was known to everybody. His natural desire was to help others. One morning after I was made unexpectedly redundant I stepped outside into a box of live crabs on the door step! When Charlie asked me what I thought I was honest (as you could be with Charlie) and told him I was very grateful but my wife wasn't a huge fan of spider crab. A few days later I opened the front door to find a carrier bag hung on the handle which contained a number of dead partridge, apparently Charlie had swapped a few

crabs with some hunters down Port Gaverne in the hope of pleasing my "fussy" wife. Just before Christmas he marched into the pottery, thrust a Disney Princess clock at me and walked out saying, Put it under the tree for the girls! We wrapped it and waited until after Christmas dinner. Charlie was sat in the armchair with a coffee when we gave the parcel to the girls and we told them it was from him. They were already frenetic with the prospect of another present but from the moment they ripped off the paper it was clearly their favourite. They both ran over to Charlie and hugged him, at which point he blushed a deep, Thermidor red and mumbled something about it probably being broken anyway.

As Dennis Knight remarked in his eulogy, the world is poorer for the loss of characters like Charlie and character is the right word, for sometimes you meet a person and there's nothing bland or ordinary about them, nothing contrived or counterfeit but a genuine sense of the individual, as though they've leapt from the pages of some great work of literature. A character who fished for over fifty years in the same small harbour, who overcame huge personal challenges, who loved his wife and family, a renowned inventor, an eccentric, an original thinker, a good man. During his darker periods Charlie would often remark that he was no use to anyone and not worth anything. I thought about that today at his funeral and smiled to myself as well over a hundred people turned out to prove him wrong.

Rest in peace Charlie with your beloved wife and family.

Lee Chantler

Barry Cleave

Barry Cleave of Brooklands Farm, Port Gaverne, passed peacefully away at Derriford Hospital after a long illness that he fought with courage.

Son of Norman (deceased) and Mary Cleave, loving husband of Ann, father of Marshall, Andrew and Tom, grandad of Jake, Beau and Gracie, brother of Jacquelyn.

Barry's funeral is at St Endellion Church at 11am on Saturday March 7th

National Trust news

Saturday 7 & Sunday 8 March
Scrub n Spuds at Epphavan, near Polzeath

Saturday 21 March **Sun and Stars at Carnewas**

Saturday 11 April **Pentire Path work.**

Booking essential for all of these events: 01208 863821

Doc Martin Fund

The trustees of the Doc Martin fund are very pleased to announce the successful proposal of an imaginative and exciting scheme that will, over the coming years, benefit Port Isaac School and it's children

The Doc Martin Fund will fund the recording of a Port Isaac Christmas CD to the tune of £5000. As a result of this, it is expected (on the initial run of production) to double that amount by sales of the CD, and to pledge all profits in a regular annual gift to the school for use in music and other creative aspects of the curriculum. This is particularly in response to the withdrawal of much of the county music service's funding and it's effect on the school.

Other proposals

There are a number of proposals still in various stages of formation that will be considered by the trustees for funding.

Who can apply?

There are funds available for *any* person's or groups to apply for, should they have projects or proposals for schemes to benefit the Port Isaac community.

With a new series of Doc Martin about to be shot and screened probably in the autumn, we would expect the fund to continue to grow.

The Trustees

Port Isaac Christmas Carol Music Project

Every Christmas for the past 15 years, a community carol concert has been held to sing and keep alive the old Port Isaac carols. Some of the carols are original to Port Isaac whilst others are Port Isaac tunes to familiar carols. At the last concert we thought it would be a great idea to record these songs for future generations. We propose to involve a wide variety of singers in the making of this CD, thereby making it into an exciting community project.

Further motivation for this project is the lack of funding now for music in Cornwall's Primary Schools. Our project will donate every penny of the profits of CD sales to Port Isaac Primary School for music and arts education.

Those taking part cover a wide and diverse range of music styles and musicians including:

**The Port Isaac Choral
The Fisherman's Friends**

Gulls

Cherry Marshall

Port Isaac School, older and younger children

Mabel McCormick

Lee Chantler

The Grenaways

**Our aim is that the CD will be completed
and ready to go on sale in July**

We are pleased to welcome our new Clerk, Gillian Thompson, who may be contacted at our usual email address: stendellionpc@gmail.com or 01726 882145

Gillian is also clerk to St Minver Lowlands PC, so is familiar with the area. Please do contact her if you have matters you wish the Parish Council to deal with. Gillian will in future be doing the *Trio* report, but for this month, to ease her in I've agreed to write it. Contacting the Clerk or PC members via email is the best way to ensure things are dealt with promptly. People often speak to me when I'm out walking - I do try my best to remember your concerns, but I am sure a lot gets missed out! One thing I did remember to raise this month was to report John Brown's request to "get the football field sorted out, it's winter the kids want to play football and the grass is long and the ground lumpy". Hopefully by the time you read this you'll have had a better kick around with your kids John!

Planning: The following applications were received and members made the following recommendations to Cornwall Council:

PA14/1184: Plot on Trelights Farm - construction of a Live/work unit and formation of vehicular/pedestrian access. Deferred from the January meeting. PC recommended refusal of the proposal on the basis of design. Members were largely in support of the principle of a Live/work unit on this site.

PA14/11886: Slipway Hotel, Middle St, Port Isaac. Proposed change of use of accommodation over the Lifeboat Station to a new dwelling. The PC approved the proposal.

Planning Decisions Approved by CC /information only

PA14/07978: 6 Dolphin St, Port Isaac. Listed building consent for the repair and replacement of existing Delabole slate roof with like for like and to replace rotting timbers.

PA14/11582: 89 Fore St, Port Isaac. Works to a tree in the Conservation area, to give 2m clearance to the roof of a neighbouring property. CC decided not to impose a TPO.

Enforcement Cases:

EN14/01916: Harbour Heights, Port Isaac. Alleged non-compliance with plans, new access track and parking space created. The Case Officer agreed that the track could be considered permitted development for the duration of the construction period only. A Planning Application is expected for the same.

Tree Preservation Orders:

Khandalla, Roscarrock Hill: Confirmation received of a TPO on the trees in this location.

Cairnsmore, Port Gaverne: Members received representations from members of the Baird family regarding their opposition. Reasons given: there are no plans to develop the substantial garden, which only had one house built on it, where there had been historic outline planning for 6, the Monterey Pines are near the end of their life for this species, and suffer life limiting arsenic poisoning. Members voted by a majority not to support The Tree Officer's recommendation in favour of a TPO due to significant public amenity, as the majority of members regarded the trees of no consequence.

The Rectory, St Endellion: Members voted in favour of upholding the Tree Officers' recommendation of TPO due to their significant public amenity.

New Road Public Toilets: The purchase of these toilets is in progress, members agreed to set up a subcommittee to deal with all aspects of running them. The toilets will have coin operated doors. Members agreed to advertise for cleaners to service the block.

Car Park Extension: Members agreed to fund the drawing up of plans, taking on board recommendation from a surveyor re the stability of the ground. Some members were in favour of the moving/or creation of another bund to facilitate effective screening planting.

Footpaths: Members agreed in the face of no action from Cornwall Council in principle, subject to quotes, to add to our weed spraying contracts the following footpaths: 1. New Rd to Tintagel Terrace by the Co-op. 2. The Terrace to Tintagel Terrace. 3. Tintagel Terrace to rear garages/access. Historically these footpaths have been the subject of many complaints to the PC, We hope this action will resolve the matter to public satisfaction.

Yellow Lines: Members heard from Cllr Andy Penny that St Minver Lowlands PC have agreed to join and co-fund a Traffic Order, saving our PC some of the cost. All the yellow

lines advertised are now agreed in principle, but might be subject to minor alteration as the TO progresses.

Neighbourhood Development Plan:

When developing design policy for our plan, we need to have a basic understanding of the principles. Cllr Williams has arranged a lecture on the Principles of Design, by architect and urban planner Tim Kellett @ Port Isaac School, Wednesday March 4th at 6pm. All welcome. If you are going to attend please email or call Nicola for info, so we have numbers for seating: 01208 880834 or nicolavickery29@btinternet.com

Next Meeting: Monday March 9th at Port Isaac School, 7pm. Nicola



CLEANING VACANCY

St Endellion Parish Council
requires a
Cleaner
for the New Road Public
Conveniences

You will be required to
clean the WCs daily

To commence as soon as the
Contract to purchase the
building has been signed

Please contact
Mrs Gillian Thompson
Parish Clerk Email:
stendellionpc@gmail.com

Tel: 01726-882145

**Johnny Cowling
Evening
at Trevathan farm
shop & restaurant
Thursday 5th March
7.30pm**

**Tickets £13.50, including a pasty,
from Travathan Farm
Shop or St Kew School**

**All proceeds to St Kew
School PTA**

A Second Helping of Port Isaac

PISCES new cookery book

By popular demand we are publishing our second book, filled with delicious recipes, fascinating old photos from our archive, personal memories and beautiful art work, all from Port Isaac.

The first copies will arrive in early April and will be on sale from *Secrets*, the *Pottery*, *Fresh from the Sea* and *Trevathan Farm* and from our website priced £10.

We will have an official launch of the book at the opening of the Second World War exhibition on Friday May 8th when you are all invited to come along for some tasters!

Oral history interviews

This year we will be adding to the wonderful footage that you have shared with us, capturing the past in your own words.

Just describing the ordinary everyday things that you did contribute towards a valuable archive.

If you would like to be part of this please contact Barbara (880625) or Annie Philp (880262).

Cream tea included!

www.portisaacheritage.co.uk

Don't forget to visit the Port Isaac Heritage website and see what is there already;

Links with Cornish Societies worldwide

Now that we have our PISCES website,

www.portisaacheritage.co.uk

and through the magic of the internet, we are hoping to link up with the numerous Cornish Societies all over the world.

As we hear from them we will include the details in our *Trio* page.

'In touch with the Past'



We hope that you have all had chance to go into St Peters Church and have a go with the new touch screen technology. If you're not sure how to use it, it's very simple - any 5 year old will show you!

"History at your fingertips!"

70th anniversary Victory in Europe Day (VE Day) Friday May 8th 2015

The Daily Sketch
No. 11,223 ** TUESDAY, MAY 8, 1945 A KENSLEY NEWSPAPER ONE PENNY

THIS IS VE-DAY

Premier Is To Broadcast At 3p.m.: Two Days' Holiday

AN official announcement will be broadcast by the Prime Minister at three o'clock this afternoon. In view of this fact, to-day will be treated as Victory in Europe Day and will be regarded as a holiday. To-morrow will also be a holiday.

The King will broadcast to the peoples of the British Empire and Commonwealth to-day at 9 p.m. D.B.S.T. Parliament will meet at the usual time to-day.

The Ministry of Information issued this pronouncement yesterday evening after a day of suspense and excitement as the world waited for the official end of the war in Europe.

Jodl Signs At Eisenhower's H.Q.

For Germany the war ended at 2.41 a.m. yesterday when General Jodl, German Army Chief of Staff, signed the first instrument signifying his country's unconditional surrender at the little red school house in Rheims which is General Eisenhower's head-

quarters which, under wise leadership, have brought them to their goal of complete and crushing victory.

I would ask you also to convey a special message of congratulation to my own Forces now under your command. Throughout the campaign they have acquitted themselves, in all Services, with a valour and distinction for which their fellow countrymen will forever hold them in honour.

WORLD MAKES WHOOPEE

This year marks another landmark date as commemorations are put in place for the 70th anniversary of VE Day in 1945

The PISCES Spring/Summer exhibition will remember the names on the war memorial but we would also like to include the stories and photographs of those who were part of the war effort and those who came back home.

If you have stories of friends or family during those years, we would love to hear from you please.

See posters and *Trio* for further details.

A reminder, we don't keep any original material, only copies.

Family Histories

Numerous people research their family trees and Port Isaac has many great families that can be traced back through generations. We are thinking about putting on an exhibition in the Autumn which celebrates those family histories. If you have research that you are happy to share, we would love to hear from you, thank you

Websites of the Month

Spring is rapidly approaching and the days are getting longer (thank goodness!) so to start with a website about the history of calendar related names - the seasons and similar. A good starting point for this is a website called "Today I Found Out", and here you can get questions answered. Someone asked about the names of the seasons and days of the week and this is the link <http://tinyurl.com/pho715j>. It turns out that in the 14th Century, the season we call Spring, was called 'Springing -Time' referring to the plants coming up. Before that it was referred to simply as Lent which comes from an Old English word, Lencten meaning Spring, but might also be linked to lengthening days. As time has gone by Springing-Time has been shortened, first to Springtime, and now Spring.

The first day of Spring this year is on March 20th and is also known as the Vernal Equinox. This term, Equinox comes from the Latin meaning equal day and night; the sun rising exactly in the East and setting exactly in the West. A rather complicated but informative site for all this is The Old Farmer's Almanac <http://www.almanac.com>. It is very orientated to American readers but has a lot of useful information.

The Spring flowers are something to look forward to, and with Spring starting earlier each year from the point of view of the climate, we don't have long to wait. Two years ago the website 'The Great Gardens of Cornwall' reported that the first flowering of *Magnolia campbellii* was recorded on February 19th, a full month before the official start of spring in England. Last year a little later (March 2nd) and when will it be this year? You can find out here <http://www.greatgardensofcornwall.co.uk/springstory> in their Spring Story pages. The website covers many of the wonderful gardens in Cornwall and gives a brief and informative write up and opening times.



www.greatgardensofcornwall.co.uk/springstory in their Spring Story pages. The website covers many of the wonderful gardens in Cornwall and gives a brief and informative write up and opening times.

For wild flowers and general information about the botany of Cornwall there is the website of The Botanical Cornwall Group www.botanicalcornwall.co.uk/ founded in 2002 and is a group keen on recording wild plants in the County. The website is packed with useful information. I am not sure how active it is, but the links are very useful.

So you need to get out and do some walks and www.iwalkcornwall.co.uk/walks/ will give you some good ideas of where to go.

And finally, when you have gone on your walk and seen flowers, you can identify them here www.aphotoflora.com a site dedicated to the flora of Cornwall and Devon. You click on a plant that looks like the one you have seen and it gradually narrows down your search.

Enjoy the Spring!

Tony Wainwright

Jazz at St Endellion



The Dorset based jazz group Misbehavin' gave a fantastic concert late autumn in 2013 in St Kew church and we are delighted to have them return. So if you like jazz and missed them last time around, try not to miss this opportunity to hear them. Helen Porter, their singer, will also be running a workshop here in May.

'Time Piece' with Misbehavin' at St Endellion Church Friday 20th March, 7.30pm

An evening with Misbehavin' is always a kaleidoscopic musical thrill - new arrangements of jazz favourites as well as rarely heard musical gems from song-writers such as Abbey Lincoln and Tom Waits alongside their own distinctive songs. The band kicks off 2015 with 'Time Piece', a new set of original music, exploring the mercurial qualities of time...past, present and future. Featuring vocals, clarinets, rhythm guitar and double bass, their distinctive sound draws you into the intimate and then hits you with high octane soloing, drama and exuberance!

"Helen Porter, a singer of impressive versatility, is described varyingly as 'sensual', 'athletic' and 'downright seductive'."

"Karen Wilmhurst is a superb clarinettist and bass clarinettist who fuses her experience of traditional musics, jazz and free jazz into a her own unique sound."

"Robin Walter has composed some of the bands most beautiful songs."

They are delighted to be performing with guest double bass player James Budden.

Tickets are £10 and free for accompanied under-16s, available by telephone 07787 944935, or call in at the Wadebridge Bookshop; or online at www.hallforcornwall.co.uk 01872 262466



LEFT TO RIGHT: Volunteer Crew - Senior Helm & Training Officer, Damien Bolton, Crew Members, Andy Hallam and George Cleave and Lifeboat Operations Manager, Chris Bolton
Photo: Bob Bulgin



Port Isaac RNLI Committee & Crew invite you to join us for our **48TH ANNUAL GENERAL MEETING**

at
Port Isaac Village Hall
Thursday March 26th at 7pm

- * We guarantee a warm welcome to all
 - * An opportunity to meet the crew and committee and to hear what Station and fundraising activities have taken place over the past year
 - * Election of officers
 - * View a stunning RNLI sea orientated action audio/video presentation
- Complementary refreshments and buffet snacks courtesy of Sharps Brewery and Port Isaac RNLI Committee

WELCOME TO GEORGE

Award winning crew member, Andy Hallam joined Senior Helm Damien Bolton and Lifeboat Operations Manager Chris Bolton in welcoming new crew member George Cleave to the Station at the start of his formal lifeboat crew training programme. Seen here in this photograph, George is about to set off on his first familiarisation sea launch.

George (23) is the Great Great Grandson of Charles Valentine Mitchell, who was awarded the station's first Silver Medal for Bravery back in 1870. George's grandmother, Yvonne Cleave, delights in pointing out to him all his ancestors on the old sepia print photo archive of the Richard and Sarah lifeboats that straddled the nineteenth and twentieth centuries here in Port Isaac. George has great pride to be able to carry on that historic family tradition stretching back nearly 150 years. Furthermore, his family are the custodians of the original Port Isaac Lifeboat house halfway up Fore Street, built in 1868. Our Best Wishes go with George in following the traditions set by his ancestors

Over the past eighteen months, Port Isaac RNLI crew training programme has been fully funded by the twinning arrangement set up with Hatfield and Welwyn Garden City RNLI Branch.

Sea-Changers fund the print costs of the National Lobster Hatchery's book

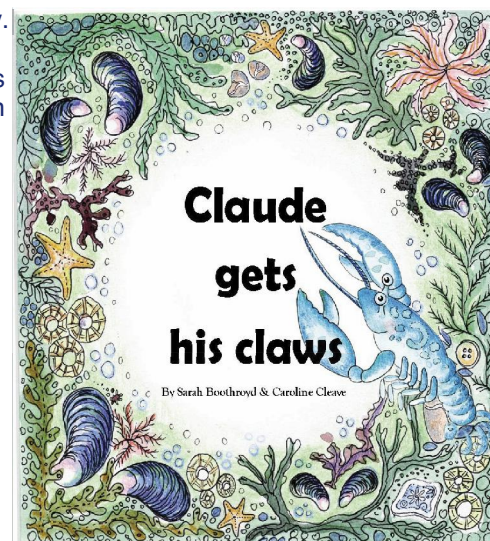
Claude gets his claws

Once again, Sea-Changers have confirmed support for the National Lobster Hatchery. Back in 2013 Sea-Changers, the marine conservation fundraising charity, donated funds towards water sampling and feed costs for the lobsters. It has just completed its latest grant allocation process and has made grants to seven UK marine conservation charities and projects across the UK, one of which is the National Lobster Hatchery.

Following the success of the National Lobster Hatchery's self-published children's book *Claude gets his claws*, stock ran out just before Christmas. They are now back in stock thanks to Sea-Changers who have funded the print costs of the next 1000 copies.

The book follows Claude's journey, a wild Cornish lobster, who starts life as an egg on the underside of his mum's tail with his 4,000 brothers and sisters. The mother lobster gets caught in a lobster pot and brought to the National Lobster Hatchery where her young can hatch away from predation and the baby lobsters are nurtured through their most vulnerable stage of their life cycle and released back into the wild. The illustrations are absolutely beautiful and bring the story to life.

If you wish to purchase a copy of the book, they are available online from The National Lobster Hatchery.



Dan Rogerson MP

All residents and businesses need access to a decent broadband service and whilst 95% of Cornwall will have it by the end of this year under the current 'Superfast Cornwall' scheme, I know that the remaining 5% of premises, including many St Breward, Helland, Cardinham, Blisland and the surrounding parishes, still have very poor speeds.

In my role as Government Minister for Rural Affairs I recently announced investment for a new scheme for Cornwall, which will extend superfast fibre broadband to 99% of premises. If you can't access superfast fibre broadband and want to be considered for this new upgrade scheme please contact me, as I will be pushing for premises across North Cornwall to benefit from this new funding.

A cross-party Parliamentary committee report published recently has come forward with several recommendations to help dairy farmers cope with sharp falls in milk prices and factors beyond their control. The report recommended that the remit of the government's Groceries Code Adjudicator should be extended to cover dairy suppliers. The Groceries Adjudicator was an idea first raised by Cornish Liberal Democrats - it has now been set up by the Government to better protect farmers from abuse or mis-treatment by the big supermarkets. Clearly, the system isn't currently working in the best interest of all dairy farmers, which is why I am now looking at how the Groceries Adjudicator can be reformed to further improve the relationship between dairy farmer and supply chain, including supermarkets.

I have been campaigning for the NHS to bring a much needed dental surgery back to Camelford, to help increase dentists provision in North Cornwall. In February NHS Kernow announced that they have chosen a consortium of GPs to operate out-of-hours and weekend doctors services across Cornwall. The service will begin this summer, taking over from the current private provider, Serco. The problems with our out-of-hours GP services under Serco have been well documented, and rural north Cornwall has had particular problems with many people in our area struggling to get access to a doctor out-of-hours at weekends.

Many of us will be reassured that the new service will be led by GPs rather than by another private company. I will be seeking assurances that residents in our area get access to a good out-of-hours doctor's services under this new contract.

With best wishes, Dan

Dan Rogerson

Liberal Democrat MP for North Cornwall

Address: 4 Tower Street, Launceston PL15 8BQ

Telephone: 01566 777123

E-mail: contact@danrogerson.org

We'd like to thank the following people and businesses who contributed to the cost of the New Year's Eve firework display that welcomed in 2015.

Billy & Barbara, Port Isaac Pottery

The Slipway

Outlaw's Fish Kitchen

Jill, The Peapod

The Mote

The Golden Lion

All the HPs at Harbour Heights

Nigel & Marion, Hathaway

Liz Rowe

Paula & Jeremy

Without their generosity we wouldn't be able to put on such an impressive display. We hope the whole village and all the visitors enjoyed it and we hope to do the same next year.

All the best for 2015,

Rick, Bonnie & Jake, The Old School Hotel

Fantasy Football 2014/15

LW	POS	TEAM	MANAGER	POINTS
2	1	MAYBEES	Tom Bishop	907
1	2	CLASS ON WEEDS	Richard Hambly	885
5	3	MUDGUTS MARAUDERS	Ann Cleave	844
3	4	BADA BING!	Paul Honey	823
4	5	JUST ONE F IN LEEDS	Lardman Lanyon	799
6	6	BOOTS OF SPANISH LEATHER	Andy Penny	737
7	7	LADS ON TOURE	Tim Witherden	706
8	8	MOTS FLYERS	Tom Cleave	696
12	9	EMMA'S APPRENTICE	Kevin & Emma Honey	683
9	10	TYRANNOSUAREZ REX	Dan Grills	678
11	11	I'VE BEEN THINKING	Margaret Honey	673
13	12	LIDDSPURS	Peter Liddicoat	673
10	13	WESTCOTT WANDERERS	John Yates	667
15	14	CLASS ON GRASS	Harry Hambly	657
16	15	JOSHIES ALLSTARS	Karen Grills	653
17	16	PULL DEM PISTOLS OR WHISTLE DIXEY	Chris Witherden	640
14	17	CUT PRICE FROGS	Danny Treacy	636
21	18	PAGAN HEART	Tom Penny	632
23	19	FOXHOLE ALLSTARS	Bryan Nicholls	627
19	20	THE LOBBIES	Pete & Julie Lobb	625
18	21	DREAM CHASERS	Matthew Brewer	617
20	22	ADCS UNITED	Andrew Dungey	601
22	23	TOM'S TEAM	Tom Lobb	584
24	24	TISWAS	Jean Herring	517
25	25	DYNAMO FUCHTHEREST	Andrew Grills	466
26	26	HOWAY THE LADS	W Herring	326

up to February 23rd 2015

Church Diary Dates

Sunday March 1st - Lent III

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

11am - Morning Praise, St Endellion Church

Wednesday March 4th

7.30pm - Healing Service, Cropstone, Pityme Speaker: Dr Peter Garland

Friday March 6th

12 noon - Lent Course, St Endellion

Stone Barn & Lunch in Church Hall

2.30pm - Women's World Day of Prayer, St Kew Highway Methodist Church

Sunday March 8th Lent IV

Mothering Sunday

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

11am - Sung Eucharist, St Endellion Church

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

Friday March 13th

12 noon - Lent Course, St Endellion Stone Barn & Lunch in Church Hall

Sunday March 15th

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

11am - Sung Eucharist, St Endellion Church

Wednesday March 19th

7.30pm - Mothers Union, St Endellion Church Hall

Friday March 20th

12 noon - Lent Course, St Endellion Stone Barn & Lunch in Church Hall

Saturday March 21st

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

Sunday March 22nd

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

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

Palm Sunday March 29th

9.30am - Sung Eucharist with procession of palms & Dramatised Passion, St Peter's Church, Port Isaac

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

Maundy Thursday April 2nd

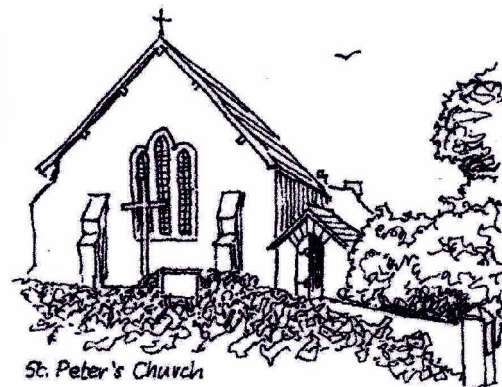
8pm - Commemoration of Last Supper, Footwashing & Vigil till Midnight, St Endellion Church

Good Friday April 3rd

12noon-3pm - Three Hours Before the Cross, St Endellion Church, Canon David Steven



Lent



I am writing this on Ash Wednesday, the first day of Lent. The church keeps Lent as a period of preparation for Easter when we come to remember Our Lord's death and resurrection. It lasts for forty days (more or less) in a reminder of the forty days which Jesus himself spent in the wilderness at the beginning of his earthly ministry, seeking in solitude and reflection the resources to meet the challenges of what was to come. Lent can work for us in a similar way, whether, like Our Lord, we embrace a meagre diet to concentrate our minds, or undertake some extra spiritual duty, like a more regular reading of the bible or taking a short time each day to reflect upon our lives and the way in which we live them, or indeed undertaking some new task, such as supporting a neighbour or assisting those less well off than ourselves. In whatever way we choose to keep Lent let us try to do so cheerfully, as Our Lord urges, not going about with long faces in the hope that people will think us the more holy, but with a bright step and joyful heart so that the benefit which we gain from our activity will be a matter between God and ourselves.

Andrew Lewis, Assistant Curate

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

Tel: David Foster on 01208 880008

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No particular experience is required and we provide all necessary training. So if you can give up an evening a week and want to do something different with your free time, this could be exactly what you are looking for.

For most people volunteering is about 'giving something back', socialising and making new friends, or getting to know the local community. Others enjoy feeling like a valued member of a team, finding a worthwhile hobby that gives them quality time away from work or a busy lifestyle, or knowing they are making a difference to the lives of young people.

To find out more, please visit armycadets.com/volunteer-with-us or call Bodmin Cornwall ACF Headquarters on 01208 78183.



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available

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Rainbows & Brownies



Climate Friendly

St Endellion

By the time you read this, it will already be at least the twelfth day of Lent, the season of the Christian year between Ash Wednesday and Easter Eve. Traditionally the weekdays are devoted to penitence and fasting, so the day immediately before Lent, Shrove Tuesday, was a day of revels and feasting, Carnival in Rio! — the last day you could eat meat before Easter. Many people, church-goers or not, still voluntarily give up something for Lent — especially favourite foods like chocolate or cheese.

The churches in the South West, particularly the Anglican Church, are marking Lent in a positive and climate-friendly way by a “Carbon Fast”, trying to reduce the amount of carbon dioxide (CO₂) we put into the atmosphere. A related problem, tackled at the same time, is that of the use of water, an increasingly scarce but vital world resource. They have produced a leaflet suggesting for each day, as well as a Bible reading, some activity to undertake concerning the use of carbon or water.

These activities are quite thought-provoking: to start on Ash Wednesday they suggest removing one light bulb in your home and living without it during Lent as a reminder of what you are doing (and saving a little electricity/energy/ fossil fuel/CO₂ thereby). Two days later you are recommended to borrow (or buy) an energy monitor, watch your energy use during the following month and see where you can decrease your consumption. The Climate Friendly Parish project has some monitors available to borrow (from Penny & Robert Manders, at Garrick, 34 Trewetha Lane, Port Isaac).

Using a shower rather than a bath is something those on a water-meter probably already do, but how about buying some of your clothes second-hand to save water? It takes 2,700 litres of water to make a cotton shirt, but 11,000 litres to make a pair of jeans. Around 17% of industrial water pollution comes from textile dyeing and treatment, and 8,000 synthetic chemicals are used to turn raw materials into textiles, many of the chemicals then being released to pollute water sources. Clothes no longer new should be re-used rather than just discarded — and in Cornwall we no longer have a landfill site ... and the controversial incinerator's not yet functioning!

If today is washday, then avoid using a tumble dryer; use an extra spin on your washing-machine to make clothes dry faster. If it's a nice Spring day, hanging washing outside can be healthier, cheaper, use less energy (*etc*, see above) and leave a fresher feel. Whether it is or isn't, have a “Sweater Day” — turn your heating down or off, put on more jumpers, be active in the house or outside. In the evening, wrap up in blankets, or have an early night.

Just think of the consequences of having a day drinking just water: a cup of coffee may be a quarter of a litre to drink, but 140 litres of water were needed to produce that single cup (water for the crop to grow, to process the berries into coffee and make the granules, plus that used to make the packaging, and...). Meanwhile, those more traditionally English (or Cornish) than me may feel superior, since tea requires “only” 30 litres of water to produce one cup.

Rainwater harvesting is worthwhile in our climate, and you may be surprised how many downpipes there are around your house. Suitable barrels are available, with kits of the necessary parts, from hardware shops. They are not difficult to set up, and the benefit in the garden and elsewhere in summer is immense. Another resource near home is locally-grown food: reduce “food-miles” by buying from local independent shops and suppliers, and eat food that is ‘in season’ — use as little as possible that has to come from ‘the ends of the Earth’ because it's the ‘wrong time of the year’. Food grown in season usually uses less energy and less water. We should also remember that one of the big uses of water is washing prepared food — bagged salads and greens are “triple washed”.

You could ask your electricity supplier how much of their power comes from sustainable sources. Tidal generation is being researched in Cornwall, and biomass is grown in nearby parishes, but wind and solar are controversial in AONBs (Areas of Outstanding Natural Beauty), so the answer might well be complicated.

“And finally”, as Trevor Macdonald would have it, you can find more on the website <http://ecochurchsouthwest.org.uk>.

Well, there are just some of the daily suggestions for what is left of the 40 days! May you find plenty to do and think about until Easter.

Robert Manders

The Frank McNichol Art Group

£10 DAY OUT TO FALMOUTH

with optional, subsidised, visit to the award-winning National Maritime Museum at the special price of £6 per head

Monday April 20th

The Port Isaac Frank McNichol Art Group continue to meet on a regular basis and from time to time arrange visits to Galleries and Art Collections around the County. In conjunction with the Camel Art Society we are currently considering a day visit to the Falmouth Maritime Museum to view a new exhibition which just opened featuring a diploma selection of works 'Celebrating the Sea' from the Royal Society of Marine Artists (RSMA).

The RSMA is widely recognised as being the focal point point for much of of Britain's finest marine art from which there are over 100 paintings in the collection, providing a rich resource for researchers and lovers of marine art. This visit will also provide the opportunity to view the wonderful and unique collection of Marine Craft and Artefacts currently on display at the Museum.

The proposal is to leave Port Isaac by private chartered coach at 9-30am on Monday April 20th with a possible collection at Wadebridge en-route and to return from Falmouth Events Square at 4-30pm. If you are just looking towards a day out in Falmouth without taking in the Maritime Museum there will be room on the coach and you will be welcome. However it is essential to pre book as soon as possible.

Contact Sandie B on 01208 880765.

Winter Sale of Special Art Edition Frank McNichol Prints



These three reproductions of popular Frank McNichol paintings currently available as special art reproduction prints exclusively through the McNichol Trust

Moonlight over Port Isaac, Boats on the Platt at Port Isaac & Moonlight Departure - Port Gaverne

The are now available for a short time only at a special sale price of £60 each

Contact Sandie B on 01208 880765

Port Isaac Stay & Playgroup

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Cake Decorating

Tuesday March 10th
Mother's Day Cards

Tuesday March 17th
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Tuesday March 24th
Painting

Tuesday March 31st
Easter Activities
and Egg Hunt

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to raise funds for Music

St Teath Church Hall

Saturday March 7th

10 til 12

Raffle, New and Nearly
New Clothes, Tombola,
Cake Stall

Entrance to include
Coffee, Tea & Biscuits



Night Walk

Walking club went on a walk along the Camel Trail which finished at dusk. They were able to watch the starlings swoop and swirl and listen to the sounds of the wild life as the sun set.



Valentine's Disco

Thanks again to the Friends of the School for hosting this annual event in school just before half term.

Bugsy

As part of the Coast and Moorland trust Class 2 were invited to Camelford to watch a performance of Bugsy in Sir James Smith's school. This was a dress rehearsal and everyone agreed it was amazing. The acting and singing was fantastic and we all enjoyed the performance.



Story Openings

Year 5 and 6 have been developing their creative writing skills and here are some of their story openings for a story with the title Hunted.

Vigorously he burst through the shop doors; he raced uncontrollably through the streets and into the city. Whilst clambering around old dustbins causing stray cats to arch their backs and the pigeons to flutter away to the roofs. **Luke Year 6**

In the middle of the night from between two hotels a woman appeared. She was furiously sprinting, through lorries, over parked cars and skidding round corners. The sound of trucks zooming by frightened the puppies and made the cats fur puff up. **Isaac Year 6**

In the middle of the forest the man walked into a clearing; it was twilight, so no one was there. Suddenly he heard a noise, it sounded like marching. To his amazement it was the soldiers looking for him, he started running and the brambles hit him in the face. **Mollie Year 5**

In front of the bank between the tall thick trees, the girl appeared; she was sprinting as fast as she could. She struggled over spiky brambles in her way and she jumped over slippery logs on the ground. **Demelza Year 6**

Along the road from between two alleyways the woman appeared. She was sprinting frantically as she dodged through broken boxes of old clothing thrown away and jumped over metal pipes rolling in the wind. The house lights flickered and caught the eyes of watching stray cats and the pigeons squatting on the electric wires. **Kailyn Year 5**

Plucky Pirates!

Port Isaac and Boscastle Pirates football team travelled to Otterham and Tintagel to play more matches just before half term.



Scores were 5-0 to Tintagel and 4-1 to Otterham. Our goal scorer Aaron scored from outside the box with a super kick!



Port Isaac School
Friday 20th March



Doors open 6:00pm

Eyes down 6:30pm

~ Lots of Easter prizes ~ Raffle ~

~ Refreshments provided ~

All welcome

Proceeds to Friends of Port Isaac School



There is more to Cauliflower than cheese!

Cauliflower is one of Cornwall's great underrated vegetables but I love it and here are a few reasons you should too. If you're on a no/low carbohydrate diet, you can use cauliflower as a rice substitute, you can cook it slowly with cream and milk and make a silky soup or purée, you can pickle it, you can make delicious curries or chutney, you can roast it ... you get the gist.

Roasted whole cauliflower with crème fraîche

Keep all the leaves on the head of the cauliflower for this - when roasted, they are deliciously crisp and tasty. The addition of a few chopped anchovies would be a flavoursome addition to the butter - you won't need the salt if you use them.

- 1 large cauliflower with its leaves intact
- 150g creme fraiche
- 1 tbsp lemon juice
- 70g unsalted butter, softened to room temperature
- 3 tbsp olive oil
- Coarse sea salt

Using a pair of scissors, lightly trim the leaves at the top of the cauliflower, so that about 5cm of the cauliflower's head is exposed. Fill a pan large enough to fit the cauliflower in salty water. Bring to the boil and carefully lower in the cauliflower exposed head down - don't worry if the base sticks out a little. Bring back to a boil, cook for six minutes, then transfer the cauliflower to a colander, exposed head down. Set aside for 10 minutes, to drain and cool.

Heat the oven to 170°C/335°F/gas mark 3. Mix together the crème fraîche and lemon juice, and set aside in the fridge until required.

Mix the butter with the oil. Put the cauliflower stem side down in a medium baking tray and spread the butter mix all over the white flower. Sprinkle over a teaspoon and a quarter of salt, and roast for an hour and a half to two hours, basting the cauliflower with the buttery juices five or six times during cooking. The cauliflower is done when it's super-tender and a dark golden-brown, and the leaves are crisp and charred. Remove from the oven and serve with the lemony crème fraîche and a little extra salt for sprinkling on top alongside.



How To Make Cauliflower Rice

Cauliflower For Rice. Let me be clear. Cauliflower does not magically turn into rice when you grate it, so don't expect this to taste like rice. It's more about function. So if you're not a big fan of cauliflower to begin with, you probably won't be a fan of cauliflower rice.

To make enough cauliflower rice for two big servings, start with one large cauliflower. Pull off the leaves and break the cauliflower into large florets, then rinse them well. Leave them in a colander to let all the moisture drain off. At this point, you have two options: you can grate your cauliflower florets or you can process them in a food processor. Obviously, the food processor is the easier choice. Break the florets into smaller pieces, then put half of them in the large bowl of a food processor and pulse until finely chopped. If you don't have a food processor or you want to make sure your cauliflower rice grains are uniform in size, using a box grater works well too.

Heat a large skillet pan over medium-high heat and swirl around about a tablespoon of oil to coat the bottom. Once the oil has heated, add the rice and cook it for about 5 minutes, or until it's softened and just beginning to turn golden brown. Season with salt and pepper to taste. Depending on the plans you have for your cauliflower rice, you can add some chopped onion or minced garlic to the oil before adding the cauliflower, or stir in chopped herbs or fresh lime juice after the rice is done cooking.

Cauliflower rice doesn't work as a substitute for rice in every recipe, but it will work as a substitution in any recipe that calls for serving over a bed of rice. It's also a perfect replacement for couscous.

Gobi Aloo (Indian Style Cauliflower with Potatoes)

- 1 teaspoon cumin seeds
- 1 teaspoon minced garlic
- 1 teaspoon ginger paste
- 2 medium potatoes, peeled and cubed
- ½ teaspoon ground turmeric
- ½ teaspoon paprika
- 1 teaspoon ground cumin
- ½ teaspoon Garam Marsala
- 1 cauliflower, cut into florets
- 1 teaspoon chopped fresh coriander

Heat the oil in a medium skillet over medium heat. Stir in the cumin seeds, garlic, and ginger paste. Cook about 1 minute until garlic is lightly browned. Add the potatoes. Season with turmeric, paprika, cumin, garam masala, and salt. Cover and continue cooking 5 to 7 minutes stirring occasionally.

Mix the cauliflower into the saucepan. Reduce heat to low and cover. Stirring occasionally, continue cooking 10 minutes, or until potatoes and cauliflower are tender. Finish with the coriander.

So give it a try, but good old school cauliflower cheese with Davidstow cheddar takes some beating, enjoy Mx

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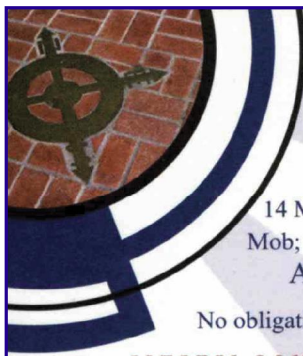
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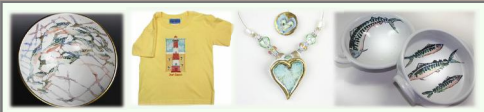
References supplied on request

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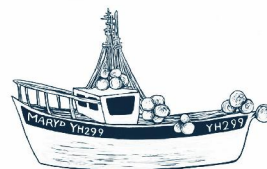
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WHAT'S ON ...

Sunday March 1st

The BIG Run

Organ Recital at St Endellion Church - 3pm

Tuesday March 3rd

Kerbside recycling - bags out by 7am

Sunday March 14th

Endellion Poetry Group at St Endellion Stone Barn - 10am-12noon

Tuesday March 17th

Kerbside recycling - bags out by 7am

Friday March 20th

Misbehavin' Jazz Quartet at St Endellion Church - 7.30pm

Thursday March 26th

RNLI AGM in Port Isaac Village Hall - 7pm

Tuesday March 31st

Kerbside recycling - bags out by 7am

Saturday April 4th - Sunday April 12th

St Endellion Easter Music Festival

Tuesday April 7th

Village Hall Easter Bingo in the Hall - eyes down 7.30pm

Thursday April 23rd

Concert with Birmingham Symphony Orchestra Strings at St Endellion Church - 7.30pm

Saturday April 25th

Poetry Workshop with Dr Alyson Hallett at Endellion Stone Barn - 10am-3pm

Friday May 8th

Opening of PISCES WWII Exhibition to coincide with the anniversary of VE Day and Book Launch in St Peter's Church - 7pm

Saturday May 16th

Quiet Day at St Endellion Church - 10am-3pm

Saturday May 23rd

Music Workshop at St Endellion Church - 10am-3pm

Sunday June 6th

Cheryl Brendish Recital at St Endellion Church - 7.30pm

Sunday June 14th

RNLI Summer Service of the Platt - 12.30pm

Friday June 19th

Bristol Madrigals at St Endellion Church - 7.30pm

Friday June 26th

Cornish American Song Institute at St Endellion Church - 7.30pm

Saturday August 8th

The BIG Swim

Sunday August 16th

Port Isaac RNLI Lifeboat Larks

Friday June 19th

Bristol Madrigals at St Endellion Church - 7.30pm

Saturday August 22nd

PORT ISAAC CARNIVAL

Friday October 23rd

RNLI Harvest Festival & Auction at the Old School Hotel

Saturday November 28th

Vintage Fair in Port Isaac Village Hall

Sunday December 12th

RNLI Christmas Market in Port Isaac Village Hall

Trio Copy Dates 2015

MONTH	COPY DATE	PUBLICATION DATE
April	Wednesday March 25th	Wednesday April 1st
May	Friday April 24th	Friday May 1st
June	Monday May 25th	Monday June 1st
July	Wednesday June 24th	Wednesday July 1st
August	Saturday July 25th	Saturday August 1st
September	Tuesday August 25th	Tuesday September 1st
October	Thursday September 24th	Thursday October 1st
November	Sunday October 25th	Sunday November 1st
December	Wednesday December 2nd	Wednesday December 9th

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**