

trio



Photos: Sally Stratton

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Published by Sam & Dee Littlechild

Tel: 01208 880905

email: triopi@mac.com

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 Air Ambulance landing on Port Isaac beach - front cover photograph by Sally Stratton

This month's front cover photo from Sally Stratton shows the Air Ambulance landing on the beach coming to the aid of a holidaymaker in trouble - a lot of skilful piloting to land there and it brings home to us all just how lucky we are to have such a service, especially as we are so far away from a hospital.

Every emergency mission flown by Cornwall Air Ambulance is funded by charitable donations

The Cornwall Air Ambulance Trust's (CAAT) head of income generation, Susie Croft told *Trio*: "Every year our helicopter responds to around 700 emergency calls for help and is on-scene at an incident in an average of just 12 minutes. The helicopter can reach patients in any part of Cornwall, significantly reducing the time taken to get seriously ill patients the treatment they need - in hospital or on-scene. It costs £3 million per year to operate this service, and with no National Lottery or direct government funding, the charity relies on the generosity of the people and businesses of Cornwall."

The charity saw an increase in the number of rescue missions flown last year, with a total of 713 shouts. Rescue missions are flown for a range of medical emergencies such as cardiac arrests and medical collapses - in fact on average one in four missions are to patients suffering cardiac emergencies.

Last year nearly one in every seven missions flown was to help babies, children and teenagers, with 95 missions flown to youngsters in 2014. Cornwall Air Ambulance paramedics often work alongside land paramedics to stabilize and treat patients on-scene before transporting patients to the best hospital for their needs.

The chief executive, Paula Martin, said: "We just want to say a huge thank you to the people of Cornwall, who have kept their support steadfastly behind this charity for 28 years. Without the support of those who donate or volunteer, we wouldn't fly a single mission."

To find out how to help keep Cornwall Air Ambulance flying please visit www.cornwallairambulancetrust.org



Port Gaverne Fireworks Night
Saturday November 7th
Bonfire lit on the beach 7pm Fireworks 7.15pm
We are planning some pre-bonfire entertainment from 6.45pm and our BBQ (weather permitting)

IF YOU WOULD LIKE TO HELP OUT CONTACT ANDY on 07532 478451 or LEZA on 07793 002597

get Your coPY of trio in the co-op or secrets

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

The Doc Martin Fund

Apologies for no update in the last three months - I have been very involved with family matters and Port Isaac has been far from my mind. However, here is the news of the fund to date.

First some information! In order to allocate the funds, the Trustees are joined by two representatives from the village who have volunteered to help so that the process can be as fair and transparent as possible. Furthermore, if any Trustee has an interest in the application - for example me as a Governor of the school - they do not vote. Trustees are informed of the applications should they be unable to attend, and their opinions sought and taken into account.

The following sums of money have been granted. The earlier ones have been reported already in *Trio*.

Playing Field equipment - £8251

Port Isaac School -

£2,000 (to fund After- School Club Manager)

£550 (towards funding for the Swimming transport)

Christmas CD - £5,000 (proceeds to Port Isaac School for Arts)

Village Hall - £12,000 (for the installation of a lift)

Golden Circle - £3,000

PI Christmas Lights - £10,000 (for the plan to upgrade the Christmas lights for the whole village, top and bottom, over the next three years)

Liam Murray- Strout - £1000

(towards the funding for representing the GB Junior Surfing Team)

As is evident, all the grants measure up to the purpose of the fund in helping in particular the young and elderly in the village.

A webpage, to inform the village about the fund, is in the process of being constructed and was commissioned in June, and will be up and running very soon. On the web page we will post information about the fund and any grants that are made. Updates will also continue to be published in *Trio*.

Applications to the fund should be made to one of the Trustees.

Janet Townsend

Richard Cook

The Port Gaverne Poet Laureate, Coastguard, Fisherman, Boatbuilder, Rally Man, Fireworks Man ... and much more

RIP

one of Richard's poems

The Picnic



They drive their cars onto the beach,
Take out their picnic chairs,
Their windbreaks and their tables
and some blankets from upstairs.

They then set up the barbeque
and clear a space all round,
And strip down to their shorts
and throw their clothes upon the ground.

Then they light the barbeque,
Which causes lots of smoke,
Oblivious to folk around
who all begin to choke!

The sausages start sizzling
and the burgers catch on fire ...
The smoke is getting thicker
and the flames are getting higher!

Now by the time the food is done,
The smoke's reached Delabole,

And what they put inside the bread
Looks like a piece of coal!

But then the August weather
comes
and lends a helping hand -
Blows down the billowing windbreak
Knocks the barbie of its stand.

The shower of rain's so heavy
That it puts out all the flame,
And makes their clothes so wet
That they just can't be worn again.

Their car alarm is going off,
And Dad can't find the key ...
He thinks he may have dropped it
When he paddled in the sea.

But in the end they sort it out
and all is put away,
And off they go, up to the pub -
they've had a lovely day!!



The Seagull Problem

Paul, our Postman, writes to a Parish Councillor ...

"I'm Paul your Port Isaac Postman. It would be really great if we could sort out the seagull problem in Port Isaac. They are a real menace. This year they were even worse than last, and there were a lot more. The main problem area is Silvershell Road and Silvershell View but there are also a few problems up at Mayfield Road and Mayfield Close. It doesn't help that there are still a few people that are feeding the gulls in all of these areas.

I have spoken to my boss about the seagulls and they enquired at the highest level about what to do and they told me it is the same situation as if there was an aggressive dog at a property; we can bring the mail back to the office if we feel it is unsafe to deliver at a certain address. I really don't want to have to return any mail to the office as the majority of the people in the problem areas are elderly and they need their mail as it might include hospital appointments and medicines.

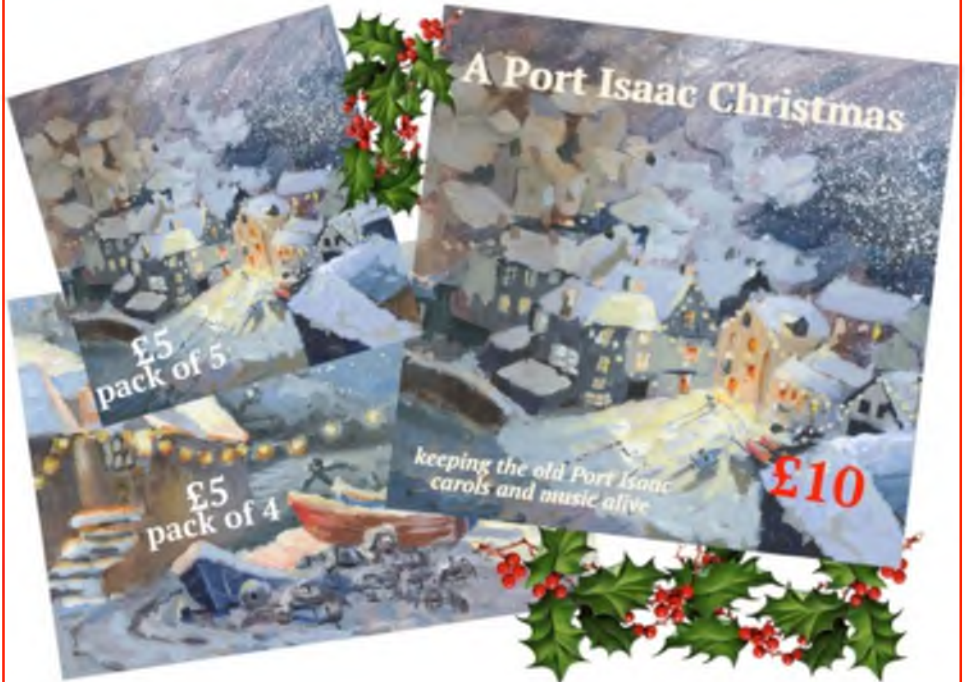
At times though it is very unsafe to deliver to properties because of the gulls protecting their young. At most addresses over the summer there are up to five or six gulls on each roof excluding their young and when you have to go down a path between two houses with gulls coming at you from all angles it can be quite frightening for some. I know the people that cover my day off really don't like it and quite often refuse to deliver to certain addresses.

This year was really bad, even the locals were getting attacked and for the ones that had children and grandchildren staying for the holidays it wasn't a very nice situation. Before the gulls attack they try to poop on you which is horrid so I had to walk around with my umbrella to try and stop that as well as trying to stop them attacking me and deliver the mail at the same time. I also tried wearing a different colour jacket as I found that they were more aggressive to me when I was wearing my red Royal Mail jacket.

All in all the seagulls are a real nightmare for anybody working or living around the Port Isaac area especially us Postmen who are just trying to do our job. It would be really great if anything at all could be done to help the seagull problem."

A Port Isaac Christmas

this professionally recorded and produced community CD has been made to keep alive, for future generations, the Port Isaac carols and music (along with some new songs) that are traditionally sung in the village at Christmas - everyone who took part gave freely of their talent and time



Funded by the Doc Martin Fund, all the proceeds from the sale of this CD will be given to Port Isaac School to fund music and arts projects. To further benefit the school, Christmas cards of two snowy scenes painted by Barbara Hawkins for the CD are available in packs of 5 (148mm square) and packs of 4 (A5) at £5 a pack.

The CD and the Christmas Cards are available in Port Isaac from *The Pottery* and *Secrets*. To get them sent to you in the post the prices, including p&p, are: CD - £12.50, Cards - £6 for one pack, £11.50 for two packs

(Please email dee54@mac.com with details of your order for overseas prices)

Send your cheque, made payable to Port Isaac Projects to *Secrets*, Fore Street, Port Isaac, Cornwall PL29 3RD



The official CD launch took place at the Flower Festival on September. Pictured there are Janet Townsend with some of the Port Isaac School children who sang on two tracks on the CD Photo: Adrian Jasper



The Flower Festival

Thank you for all the wonderful floral displays which went to making a lovely Flower Festival in St Peter's Church. From the line-up of 'rainbow' wine bottles from the Stay & Play mums (oh yes?) to the flower filled wellies from the Carnival committee, it was an inventive and exciting display. And very grateful thanks to Janet, Pat and everyone who served such delicious refreshments. We made nearly £400 over the three days, which closed with a children's harvest festival led by our new vicar, Rev Elizabeth Wild. Afternoon tea rounded it off before everyone went home laden with fruit and flowers.

Barbara, Cheryl, Dee, Liz & Marion



With Christmas fast approaching, don't forget the ideal Port Isaac Christmas gifts (as well as the CD), the two PISCES books, *A Taste of Port Isaac* (reprinted due to popular demand) and *A Second Helping of Port Isaac*. Priced £10 each both are for sale at various outlets in the village or from the PISCES website shop www.portisaacheritage.co.uk

All go on the access lift!!

We are pleased to tell you that the Doc Martin fund is to give the Hall £12,000 for the access lift we have been talking about for so long. So, fingers crossed that we can get it installed for the winter. More news next month.

Also, CRCC (Cornwall Rural Community Charity) are putting the final touches to the Public Consultation Report that we need to accompany our applications for further grant funding for our multi-access toilets and new kitchen. So, all in all, the Village Hall seems to be in a very positive place at the moment ... Watch this space ...



To hire the Hall
call Julia on
01208 880142

www.portisaacvillagehall.co.uk

good
quality
**PRE LOVED
CLOTHES**
and stuff ...

Thursday October 29th

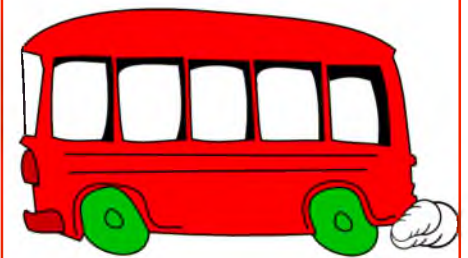
6pm onwards in Port Isaac Village Hall

BUY OR SELL ... OR BOTH

Tables £5 - call Dee on 01208 880862 or Julia on 01208 880142 to book a space

"one ladies cast-off is another
ladies new best dress"

Make a night of it - shop till you drop and then stop at the bar



Christmas
Shopping
Coach Trip
to
Barnstaple

Tuesday
November 17th

£10 per person

9.30am from
the Peapod

Book your
seat with
Annie Philp
on 880262



Liam is a Port Isaac boy who has been surfing since he was six years old. This year he has been training hard and it's paid off as he has been selected to surf for Team GB at the ISA World Junior Surfing Championships in California next month. This event is like the Olympics for the junior surfers around the world and Liam is proud to be going and representing our part of Cornwall. He will be competing against the best U16 surfers from places like Hawaii, Australia, Brazil, France and USA.

Our MP, Scott Mann talks to Trio

Since returning to Parliament after the summer recess I have written to David Cameron and Greg Clarke, the Secretary of State for Communities and Local Government, asking them to help save public toilets by exempting them from business rates, as well as asking them to consider making public toilets a statutory public service provided by Cornwall Council.

These are essential amenities for local people and visitors who should be able to expect access to a public toilet in the local area, whether it be a town centre or a beach. The Prime Minister is a frequent visitor to Cornwall and I hope my Cornish colleagues and I have emphasised the problem enough for action to be taken.

In the summer I expressed concern over a "surf tax" being considered by Cornwall Council, and I'm very disappointed to see that it has been passed. This will place an unnecessary burden on surf schools which play a huge part in education as well as sea safety and awareness.

The first week back saw the second reading of the Assisted Dying Bill. I received a huge number of correspondence on this and after much careful thought, I decided to support the Bill. I believe people who have a terminal illness and are given 6 months to live should have the choice to die in comfort because they fear they will become incapacitated and subsequently endure a painful death. Ultimately the Bill was rejected by the Commons, but the mere presence of a debate on the subject may give the overall argument further momentum.

I also attended a broadband debate where I made the point to fellow MPs and Ed Vaizey, Minister for Culture and the Digital Economy, that many businesses are relocating to, or starting up in, rural areas and require faster connectivity.

Further to this, I met with mobile phone provider '3' to discuss how they are increasing their mobile internet coverage across North Cornwall. Historically, signal was difficult to obtain along the coast and indoors in rural areas. Now though, the building of more masts and better technology is allowing them to reach these areas and penetrate buildings with low-frequency waves. This means that rural businesses and homes can consider getting a USB 'dongle' or 'MiFi' unit to provide them with mobile internet if they cannot obtain reliable landline internet.

Nevertheless, Cornwall is at the forefront of internet broadband with the next wave of investment looking to get 95% of people in the county connected to superfast broadband. BT and Superfast Cornwall are working hard to connect communities and rural areas, and compared to other parts of the UK, Cornwall is very fortunate.



Back in the constituency I recently visited a beef farm to watch a TB test being carried out. These are nerve racking experiences for farmers who can face painful and emotional consequences upon a bad result. Many cows are being killed because they have TB, and this disease needs to be tackled head on. Farmers want a heathy badger population, and the current situation does nothing for the badgers, the cows or the farming community.

*Temporary Constituency Office:
Suite 1, Coldrenick Farm, Helland,
Bodmin, Cornwall, PL30 4QE*

T: 01208 75656

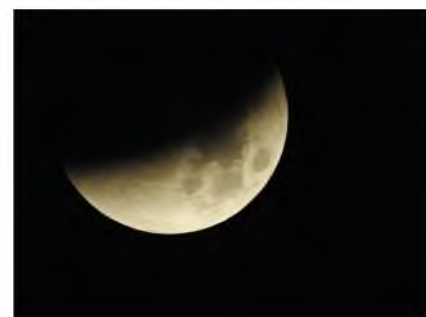
The Gig in the Garden

On September 12th, the third annual 'Gig In The Garden' took place at St Kew Inn. The event, jointly by Sarah Allen and Mike Masters of St Kew Inn and Daniel Sproull of NCB Radio, welcomed some 800 people on a lovely sunny day to the beautiful gardens of St Kew Inn. The assembled throng was treated to a great mix of live music including Sophie Smith, Rick Borrie, Charlie Bowdery and the amazing late night combination of the zydeco cajun sounds of the Gumbo Flyers and the funk up jazz of the well-known local band Freshly Squeezed. Martin Perkins and his team of chefs served up an excellent selection of food all day and this was accompanied by more than a dozen different types of beers and ciders served at Mike's Rustic Straw Bar in the garden.

Almost £4000 was raised for FLEET, St Kew Highway Playing Field Trust and NCB Radio.

Sarah Allen of St Kew Inn said "It was a real pleasure to welcome so many people to our pub at this year's Gig In The Garden. We try hard to provide an end of summer party for our customers and, this year, hundreds more people attended than they have in the previous two years. I think that the Gig In The Garden has now become firmly established as the local music event at this time of year and we are already planning the event for 2016. We would like to thank the many local companies and organisations that kindly sponsored the event and St Austell Brewery for its support."

The Gig In The Garden 2016 will take place on September 10th



Sally Stratton's stunning photos of the total eclipse of the moon viewed over the village in the early hours of September 28th - you won't see this again until 2019.



National Trust news



Saturday 10 & Sunday 11 October **Scrub 'n' Spuds at Porthcothan** Help National Trust rangers in their efforts to reduce gorse and blackthorn to promote greater biodiversity at our valuable coastal habitats on Porthcothan cliffs, near Bedruthan Steps. To reward your efforts we'll cook up a jacket potato lunch on the bonfire. Family friendly and a great way to meet new people. Come along on one or both days. Free. 10am-4pm. 01208 863821 or sarahe.stevens@nationaltrust.org.uk for info and to book your place

Saturday 17 October **Litter pick above and below water at Port Gaverne.** Join National Trust rangers in helping Dive Against Debris remove litter from the beach and sea at Port Gaverne, near Port Isaac. 8am – 1pm Further info: 01208 863821 or sarahe.stevens@nationaltrust.org.uk

Sunday 25 October **Coastal Challenge #The Sunrise Run** 7.30am Glebe Cliff, Tintagel. 5 mile and 10 mile off road social runs. £3 per person, includes a bacon sarnie at the end. For more info 01208 863046 or northcornwall@nationaltrust.org.uk

Tuesday 27 October **Geology Rocks! Pentire Head**, near Polzeath. Join local expert Jane Anderson to guide us through the geological history of the area. With insights from National Trust rangers on wildlife and history too, this should prove to be a fascinating walk. 3.5 mile coastal walk with some strenuous sections. 11am - 3pm Bring suitable walking gear and a packed lunch. £3 per person. Info and booking: 01208 863046

Wednesday 28 October **Scrub 'n' Spuds at Lundy Bay.** Bonfires, potatoes, toasting marshmallows, we've got the lot! Bring along the family and help us in our efforts to cut back the gorse and blackthorn and help the wildlife living at our valuable coastal habitats around Lundy Bay. To thank you for your hard work, we'll cook up a jacket potato lunch on the bonfire. Just remember to bring clothing that is suitable for the weather and some sturdy boots (we'll be working about 1km walk from the car). Don't forget your Mum or Dad! For further info and to book your places: 01208 863821 or sarahe.stevens@nationaltrust.org.uk

Port Isaac Rocks

FOR CORNWALL HOSPICE CARE

Saturday November 21st

PORT ISAAC VILLAGE HALL

doors open 7pm for 7.30pm

for one night only

STARRING

PORT ISAAC'S VERY OWN

'Elvis'

'Cher'

'Buddy'

'Tina Turner'

'The Everleys'

'Cliff'

'Gilla'

'Roy Orbison'

'Three Degrees'

and many more ...

Tickets just £5 each
available from
Secrets, Port Isaac

Tel: 01 208 880862
or email:
dee54@mac.com

BAR & BAR FOOD

GET YOUR TICKETS NOW

PORT ISAAC RNLI

Friday October 30th

Port Isaac
RNLI

HARVEST
FESTIVAL
& AUCTION

The Old School Hotel 7pm

Don't miss this annual event
with our auctioneer Jon Cleave

The RNLI - saving lives at sea

Church Diary Dates

Sunday October 4

9.30am - Morning Worship,
St Peter's Church, Port Isaac
11am - Harvest Morning
Worship, St Endellion Church

Monday October 5

6.30pm - St Peter's PCC
meeting in church

Wednesday October 7

7.30pm - Healing Service,
St Minver Vicarage

Sunday October 11

9.30am - Sung Eucharist ,
St Peter's Church, Port Isaac
11am Sung Eucharist St
Endellion

Thursday October 15

7.30pm - St Endellion PCC
meeting Church Hall
6pm Taize Service by
candlelight - St Endellion
Church

Sunday October 18

9.30am - Morning Praise,
St Peter's Church, Port Isaac
11am - Sung Eucharist,
St Endellion Church

Tuesday October 20

7.30pm - Whist Drive,
St Endellion Church Hall

Thursday October 22

7.30pm - Mothers Union,
St Endellion Church Hall

Sunday October 25

9.30am - Sung Eucharist ,
St Peter's Church, Port Isaac
11am Sung Eucharist, St
Endellion Church. Preacher the
Very Revd Roger Bush, Dean
of Truro

Thursday October 29

8pm - Julian meeting Thalassa,
Porthilly

Saturday October 31

10am – 3pm Study Day The
Spirituality of Shakespeare's
Plays led by Professor Paul
Fiddes St Endellion Church

Sunday November 1 (All Saints Day)

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

Who is my Neighbour? (Luke 10 v29)

Living where we do in this beautiful part of the world, a crisis such as the mass migration of thousands of refugees fleeing from persecution, homelessness, continual oppression and possible death can seem very far away and irrelevant with us as we address completely different matters. We can be tempted to sway with the mood of the press which can arouse our fear and distrust.

How difficult is it to keep our hearts and minds steadily embracing the necessity of never losing sight of the truth that these people are our brothers and sisters and that our humanity must be expressed even if only by maintaining a disposition of compassion and generosity.

Even if we do not call ourselves Christians, the Bible can offer us the wisdom of how to live our lives rightly. Most of us would be impressed by the action of The Good Samaritan (Luke 10: 29-27) who, without letting fear deter him ministered to a man lying helpless on the road having been robbed and mugged. The man was of a different and despised race, yet the Samaritan acted with compassion and generosity towards him.

Maybe none of us will be called to act in this sort of situation, nor in direct response to even one of the present-day refugee crises all of which are fraught with huge political, economic and social issues for governments to address and, please God, solve. Of course there are no easy answers. But may we all resolve to keep our minds open and steady, thus keeping our precious humanity. For as William Blake expresses in his poem "The Divine Image"

"Mercy has a human heart and Pity a human face."

Sue Barlow

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

The Church Rooms

The working group has been meeting. A Building Surveyor with great experience of renovating village/ Church halls looked round it the other day and is very keen to take on the project with us but it will be costly as the Hall is in a sorry state.

Several ideas were put forward in the recent survey at the Indian Summer Fair and the results showed considerable interest and enthusiasm from the village for the project. Lots of ideas for use of the hall have been put forward from the village as well as the working group and we are beginning to move forward.

Next month we hope to have in *Trio* an impression of what it could look like for comment and suggestions and a further update will be given on progress.

Janet Townsend

Indian Summer Fair on 6th September

The Playing Fields Association and Church Rooms team would like to thank all the people who came to take part in our public consultation and 'lucky dip' at this event which was funded by the 'First Steps' programme. The sun shone and the people came and gave their opinions. In all we had almost 120 responses over the three hours of the lovely Sunday afternoon fair; around sixty for each of the projects and all but one of them positive (well, there's always one isn't there).

The First Steps programme is a government funded initiative designed to put communities on the road to applying for public funds. We have to be accountable and keep proper records. Here follows a quote from Debbie Croucher, our First Steps Programme relationship manager who mentors us during the programme:

"I am the First Steps Relationship Manager allocated by the First Steps Programme to the Port Isaac Playing Fields Group. In addition to support from myself they have received a small grant from the Programme. As an unincorporated association they needed a constituted organisation to accept the money on their behalf, which is common practice for a number of the groups that we work with. In this case the Parish Council of St Endellion agreed to administer the grant on their behalf.

The allocation of funds up to £2,300 has been authorised by the First Steps Programme, based on an outline budget submitted at the application stage. Now the project is underway the actual expenditure is agreed with myself and the Playing Fields team. I can confirm that the programme for consultation and consultancy expenditure has been agreed with myself and is within the agreed budget. I am very confident in the way that the team are working and how they are spending the funding."

Playing Fields and Church Rooms Groups



Trelights Methodist Chapel

Trelights Chapel members and friends were blessed with beautiful weather on August 11th for their Summer Fayre/Garden Fete at Trewithick House, home of Mr & Mrs P Hall, to whom we extend our sincere thanks. Peter and Pam had once again worked hard to prepare their lovely garden which was the perfect venue, being directly opposite the Chapel. The warm summer day made the carrying of tables, chairs, boxes and china across the road much easier for the helpers on the day. We are most grateful especially to 'grandson' Sam and those who helped on the stalls. A special thank you must also go to Ross who 'went the extra mile' in erecting gazebos and games and to Betty Armstrong who added to the atmosphere of the occasion with her accordian playing.

The fete was opened by Joan Murray, our longest serving member. It was enjoyed by lots of visitors as well as by many local supporters and raised over £1000 towards the maintenance and decoration of the Chapel, which remains the last listed building in the Bodmin, Padstow and Wadebridge Chapel Circuit.

On the second weekend in September the Chapel held its Harvest Festival services. Members worked hard on the Saturday to have the Chapel looking radiant for the Sunday evening service conducted by Mr Peter Parsons. Many donations of fruit, vegetables and flowers were on display as they were for the following Monday evening service taken by our Minister, Rev Nick Wood who, with his wife, entertained with guitar and flute. The evening concluded with a supper in the Schoolroom which was equally as bountiful as the display in the Chapel. The produce was finally auctioned to provide a donation to



Following a successful summer exhibition commemorating the end of the Second World War and its connections with Port Isaac, PISCES is exhibiting part of its general history collection. This will change over the winter months. As always you can keep up with the full collection through our touch screen and website:

www.portisaacheritage.co.uk

Dear Reader, we would like to hear from you!

Is there any subject you think that PISCES should cover?

Do you have a story to tell which we can record for our oral history collection?

Is there anything you would like to suggest that PISCES can do in the future?

Would you come along if we ran some more events ... lunches, film shows, reunions?

We welcome any feedback and ideas, so please let us know. We also welcome any new members. We meet every few months (with one due this autumn ... date to be arranged).

Call Dee at *Secrets* on 01208 880862 or Barbara at the *Pottery* on 01208 880625.



Port Isaac historic fishing village

photos courtesy Annie Philp



HELP!!! HOUSE WANTED IN PORT ISAAC

Carole and David Raynor are looking to buy a house on the flat
2 to 3 bedrooms, garden, garage, and parking

**If you can help please phone 880581 up to the
October 9th and after that date 880650**



FOR SALE
**Produce Stand for selling Veg,
Jams, Pickles etc**
Wooden Construction with Sides,
Back & Roof - £75 ono

ST MINVER BAND CONCERT

SUNDAY NOVEMBER 1ST
ST MINVER CHURCH - 7PM

with guests

GULLS

ENTRY: £6
(£3 OAPs & CHILDREN)

Hedge Planting at the Main Car Park - Sunday November 8th at 10am

The original planting scheme for the car park was to have cost £10K. I persuaded our Parish Council that planting with native hedging whips will screen more effectively and will benefit biodiversity and, far more importantly, has cost us a fraction at under £400! Cllr Penny asked me to source native planting that could be foraged too, so we have blackthorn, hazel and buckthorn among the species.

We've ordered 400m of native hedging which will be delivered on Friday November 6th. Whips can be planted in a single cut with a spade, and a rabbit cowl slipped over the top of a cane to protect the whip. Planting must be done in autumn/winter, and if not planted immediately must be heeled in. As you can imagine, it's going to be quite a pile!

We are requesting volunteers to assemble in the Main Car Park on Sun Nov 8th at 10am with a spade to be trained. Lunch and hot drinks (and you never know with Andy Penny at the fore perhaps a bacon butty for brekkie too) will be provided. We have also pencilled in dates the following two weekends in the event of inclement weather, so it could be a moveable feast.

With enough bodies we can get the whole thing planted up in a day...and mercifully none of us, within couple of years, will have to look at rows of cars sparkling on the horizon! If you don't fancy digging there will be plenty of other help needed too, kids can join in by laying out the bundles for planting etc. Volunteers to help out with the catering will also be very welcome! Thanks,

Nicola

Please call/email me to let me know if you can help:
01208 880834/
nicolavickery29@btinternet.com

The British Legion Poppy Appeal



Although VE Day on 8th May 1945 signified the end of the war in Europe and VJ Day on 15th August that same year signified the end of the war against Japan, we must remember that our Armed Forces have been involved in other wars since then. There was the Korean War 1950 to 1953, the Falklands War in 1982, two wars in Iraq 2003 and 2011, the war in Afghanistan 2001 to 2014 and many other conflicts worldwide.

In all these wars and conflicts, such as Northern Ireland, we have suffered heavy casualties, and the Royal British Legion is one of the Service Charities that helps for the rest of their lives, not only Service personnel, but also their families.

Next month, I will be calling for volunteers to sell poppies both door-to-door and at various locations in the build-up to Armistice Sunday (Remembrance Sunday) as you have always done in the past. Especially I would ask for any volunteers to help man the table selling merchandise in the Co-op which has been kindly agreed by Darren, the Manager.

If you can help in any way, I would love to hear from you. Just ring me on 10208 880386 Thank you,

Annie Price (Poppy Appeal Organiser)

Fantasy Football 2015/16

| LW | POS | TEAM | MANAGER | POINTS |
|----|-----|----------------------------|----------------------------|--------|
| 2 | 1 | HONEYBABES | Jean Herring | 126 |
| 4 | 2 | AFTER THE STORM | Kevin Grills | 117 |
| 1 | 3 | FOXHOLE ALLSTARS | Bryan Nicholls | 109 |
| 6 | 4 | MEN BEHAVING BADLY | Richard Hambly | 108 |
| 5 | 5 | THE LOBBIES | Pete & Julie Lobb | 99 |
| 19 | 6 | SAME OLD BLUES | Andy Penny | 96 |
| 3 | 7 | HAVEN'T GOT A KALOU | Harry Hambly | 95 |
| 7 | 8 | MAYBEES | Tom Bishop | 94 |
| 16 | 9 | MUDGUTS MARAUDERS | Ann Cleave | 93 |
| 14 | 10 | DIRTY SANCHEZ | Danny Treacy | 92 |
| 9 | 11 | TOM'S TEAM | Tom Lobb | 89 |
| 11 | 12 | THE CALL OF DUTY | Joshua Grills | 88 |
| 12 | 13 | SCHOOL'S OUT! | Tom Penny | 87 |
| 13 | 14 | EVIL MONKEYS | Jake Treacy | 85 |
| 8 | 15 | ABOUT TIME | Margaret Honey | 83 |
| 15 | 16 | STILL NO F IN LEEDS | Lardman Lanyon | 81 |
| 10 | 17 | BADA BING! | Paul Honey | 78 |
| 18 | 18 | DYNAMO FUCHTHEREST | Andrew Grills | 78 |
| 17 | 19 | GOTTA LOT ON, GOTTA GET ON | Karen Grills & Matt Brewer | 69 |
| 24 | 20 | FLYING FOREST | Kevin & Emma Honey | 66 |
| 25 | 21 | MOTS FLYERS | Tom Cleave | 63 |
| 22 | 22 | LIDDSPURS | Peter Liddicoat | 62 |
| 20 | 23 | FINE PIECE OF HICKORY | Chris Witherden | 56 |
| 21 | 24 | STAY TOO LONG | Dan Grills | 55 |
| 23 | 25 | EVERTIM FC | Tim Witherden | 39 |
| 26 | 26 | LUCKY LADS | W Herring | 24 |

up to September 18th 2015

Co-op raises over £1500



We would like to say a big thank you to everyone who baked the cakes for our cake sale, to Annie Philp and Jill O'Connor for selling them, to Trisha for selling the raffle tickets and to Lowenna for doing the head shave on the Sunday.

The amount raised so far is £1,500 and we still have some more to collect. Thank you all for your support - PORT ISAAC: YOU ARE AMAZING!

A big thank you from Darren, Annette, Mel, Seth and all the Co-op staff

Photos: Sally Stratton



Housing Needs Assessment & Our Neighbourhood Development Plan

We now have the results of our Housing Needs Assessment (HNA) which was commissioned as part of our Locality Award from Lottery funding. I have always been careful to refer to our Neighbourhood Development Plan. Any plan must include development to be passed at examination. However a plan enables us to decide where and how our Parish should be developed rather than leaving it to the mercy of commercial developers who will build housing no one local can afford, especially given the requirement to provide affordable is no longer an obligation. Good housing provision is what maintains vital age balanced communities.

The results really are quite fascinating in terms of our demographic. A high than usual requirement for social (rather than affordable) housing is identified due to our low wage economy. The high price of housing renders affordable housing based on a percentage of local value unaffordable for many. Let's hope the economic plan soon to be developed by our Coastal Community Team will in the long term redress this imbalance. Meanwhile, whether or not Cornwall Council can be persuaded to build social housing remains to be seen, we are yet to see how policy reference the sale of social housing will affect our supply. The summer budget announcement lowering social rents will also impact the funds available to build social housing.

Unsurprisingly our community is also identified as imbalanced in terms of age demographic, meaning that we will have a high need of housing for older people over the duration of the plan, it projects this trend will continue. The age old issue of the young unable to purchase locally and moving inland, exaggerates the imbalance. However this could be ameliorated by provision of suitable smaller units encouraging older over

occupiers to downsize freeing up family size homes. Older people who have moved here later in life to retire will require (smaller) adapted housing as they age. At 67 units, more than 50% of the predicted figure is for this sector, which is a clear illustration of a changing demographic replicated Cornwall wide. A careful plan providing suitable housing could stop the outward flow re-balancing the community. The assessment advises monitoring downsizing which might free up housing to fulfil need.

Another national change in housing requirement reflected here is a high need for single people and childless couples, exacerbated by an almost total absence of low priced private rentals. Interestingly our HNA also mentions the unregulated rental market making this requirement difficult to assess. We all know of the hidden housing, the chalet or caravan where someone lays their head. But these days they are few and far between, problematic for employers.

The housing figure we need to plan for in our NDP is around 80-90 new units across the parish within the life of the plan, realistically 15 yrs. I'll arrange an exhibition soon where all the detailed evidence for the figure will be displayed. This is relatively high as since 2011 we have a very low number of completions.

We do not intend to identify a minimum housing figure in the NDP but we do need to accommodate growth to respond appropriately to the results of the Survey whilst balancing this growth with the sensitivities of our nationally designated landscape, our Area of Outstanding Natural Beauty (ANOB).

The next task is to work out how this can best be achieved, and how to direct growth to the areas of our landscape that have the highest capacity to accommodate new development whilst responding to what the Housing Needs Assessment has identified. We must study the landscape as our parish lies almost wholly within an ANOB. Housing outside existing built up areas, including Port Isaac and Trelights, will

be supported by Cornwall Council where they form rural exception sites, the exception being identified local need. The HNA gives no guidelines for how this target can be achieved, but it does recommend that mixed housing developments/open market/social/ self-build/affordable is preferable. In any development, housing types it states, should be indecipherable. Mixed development tends to preserve open market housing for local need rather than second homes. An NDP recently passed at examination has a policy of a 6 month moratorium on the sale of new houses in mixed developments to non-local purchasers. Also suggested is policy permitting development of medium/larger accommodation comprising 3-4 bedrooms with integral workspaces, assisting families to root in their communities as working practises shift and people work more from home.

Our next step is to carry out a Local Landscape Character Assessment. A group of us underwent training in how to do this and we're recruiting volunteers to assist in the task. Essentially it requires small groups of 2/3 people to walk the landscape in sections & describe what they see in terms of how the land lies, which will provide an evidence base for all parties involved in the planning process to better understand where development can be absorbed, and also where it cannot. This element of the plan is evidently finite, and we'd hope to complete by the end of November.

All this evidence will build on the policy for our plan. A robust plan which identifies where housing can be built that safeguards our valued landscape and protects our Parish from un-wanted development in the wrong places.

Please email me/message me/call if you care about your community, love the place you live and want to help.

Nicola Williams
nicolavickery29@btinternet.com
01208 880834/07974 965624

Port Isaac Stay & Playgroup

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

This is what is planned for
the group in the next few
months

October 6th - Outing
to Jungle Jack at
Newquay

October 13th - Music
Day

October 20th -
Painting

October 27th -
Halloween Party

November 3rd -
Making toilet roll
fireworks

November 10th -
Making poppies

November 17th - Bring
a book for storytime

November 24th -
Assault Course

December 1st -
Making Christmas
cards

December 8th -
Making Christmas
party hats

December 15th -
Christmas party

If you want to know
more contact Bonnie on
01208 880946 or Cherry
on 07900 527610



Climate Friendly
St Endellion

In the run up to the UN Climate Change Conference in Paris in December, several things have been (or are) happening in Cornwall. Firstly, during the last six years over 4,000 people in the county signed carbon-reducing pledges, and Luci Isaacson has tracked them down and calculated how much carbon dioxide has been saved. The results are remarkable: 3,300 tonnes of CO₂ were saved, and Luci's project cost £6,000, so each tonne saved cost £1.98, which is very competitive with the cost of carbon capture on an industrial scale. You can read Luci's report on <http://climatevision.co.uk/wp-content/uploads/2015/09/Carbon-Logic-Footsteps-Report-2015.pdf>.

By the time you read this, a Conference will have taken place in Truro (following a Big Breakfast — what a lovely idea!) to consider the Pope's Encyclical Letter "Laudato Si'", which is sub-titled 'On care for our common home'. Then local community energy groups in Truro and Falmouth (similar to WREN in Wadebridge) will be organising a Green Open Homes Week from 5th to 11th October. A really varied range of houses will be open, demonstrating the renewable energy and energy-efficiency improvements they have made. For details, go to <http://truroandfalmouth.greenopenhomes.net/truro-falmouth-green-open-homes-week-192>. If you're down west, it might be worth having a look.

There's even a play, "Baked Alaska — Time to Change the Temperature" by the Riding Lights Theatre Company, Monday 12th October, 7.30pm at Truro Methodist Church. Contact <http://www.churchestogetherincornwall.org.uk/docstore/73.pdf> for details. Finally, there's a chap going from Cornwall to Paris for the Conference, and he's travelling in a very climate-friendly way, by bicycle! Euan McPhee will set out from Truro Cathedral at about 11am on Tuesday 17th November; why not go down to see him off, or wave him past nearer Port Isaac? Email him on clethriomys@btinternet.com for details of his route through Cornwall.

One idea that is around now, to compliment the solar PV panels generating electricity on your roof, deals with the problem that the Sun doesn't always shine. Since the electricity generated by the panels is low-voltage DC (which has to be converted to 240 volts AC to be fed into the mains), it is quite feasible to store it in batteries when the Sun shines, and draw it from the batteries when the Sun goes in. There are now relatively simple control systems for this, which can be used on a domestic scale. The set-up could cost about £4,000, and the batteries are guaranteed for 5 years; with gentle treatment by the control-system they should last 10 years, by which time the technology should have progressed.....

Thinking of climate-friendly travel, though not going as far as France, it is worth remembering that, if it were still open, our railway station would now be more than 120 years' old. The London & South Western Railway extended its North Cornwall line (from Okehampton, through Halwill Junction and Launceston), already open to Camelford in August and Delabole in October 1893, through Port Isaac Road and St Kew Highway to Wadebridge on Saturday 1st June 1895. There it met the Bodmin & Wadebridge Railway, a surprisingly early steam-worked line, dating from 1834, which the L&SWR had acquired in 1847 (illegally! — legalised only in 1886...). The thing that I always find striking is that the B&WR was built to the same gauge (distance between the rails) as the pioneer lines, Stockton & Darlington and Liverpool & Manchester, opened hundreds of miles away during the previous 9 years. Admittedly, it did need a bit of straightening-out when linked to the North Cornwall line, but all the same, there was some thinking ahead, surely!

The later story of our local railway, and of the bus routes that connected with it, will have to wait until another time, perhaps. There's just time to wish you happy travelling, if you are, during the next month, and may it be as climate-friendly as possible.

Robert Manders

Stop Press: As a footnote to my article last month, VW has just been exposed in the USA for car-management software that effectively falsifies the results of emissions tests on diesel cars. No-one knows yet whether other manufacturers have also done similar things, or whether this also applies to Europe, but the VW's MD has resigned andwatch this space! Oh dear, a diesel car seemed such a good idea....

Casual Vacancy

We have yet to be able to fill the vacancy on the Parish Council. If you are interested in serving your community in this way, please contact the Chairman, Cllr. David Raynor, Tel: 01208 880581, Email: David.raynor@unicombox.com

Draft Consultation Document on Planning Response Policy

Members sought the views of residents on the draft planning response policy (as published in the last edition of TRIO) and as a result, it has been decided not to progress with this proposal.

Planning: The following applications were received and Members made the following responses to Cornwall Council:

1. *PA15/06999, Spindrift, 36 Trewetha Lane, Port Isaac* – demolition of existing dwelling and erection of replacement dwelling. Members voted unanimously to **SUPPORT** this proposal. However members note the use of “Weatherboarding”, and dislike the use of this material as it is not in the local building vernacular.
2. *PA15/07227, 91 Fore Street, Port Isaac* – demolition of existing house and construction of new house. Cllr. Bell had declared an interest and left the meeting whilst this item was discussed. Members voted unanimously to **SUPPORT** this proposal, however the request the LA seeks a full construction plan, due to the site specific difficulties of works and the proximity of the site to holiday letting properties to include details of preparation of access track, plant usage, disposal/ storage of spoil, traffic management plan for control of traffic at the Fore St access, hours of work, notice of works schedule for neighbouring properties, hours and period of works.
3. *PA15/07383, 71 Fore Street, Port Isaac* – removal of 1 Monterey cypress. NFA as this is an application for works to trees in a Conservation Area and will be decided under delegated powers.
4. *PA15/07602, Orange PCS Ltd Telecommunications Mast, Cor 77 Port Gaverne* – installation of 4 no. microwave dishes on the existing tower, replacement of an existing equipment cabinet with 2 no. new radio equipment cabinets and development works ancillary thereto. Members are in support of this proposal in the hope it improves mobile ‘phone reception

Planning Decision Approved by CC – for information only

1. *PA15/04812, 5 Rose Hill, Port Isaac* – reconstruction of dormer window. Reinstatement of chimney stack previously removed. Addition of lean-to store.
2. *PA15/05364, 57a Fore Street, Port Isaac* – change of use of garage to living accommodation and associated external works.
3. *PA15/06703, Land North of Kosylund, Marshalls Way, Trelights* – change of use of land from agricultural to garden within residential curtilage and erection of a new boundary wall.
4. *PA15/07383, 71 Fore Street, Port Isaac* – removal of 1 Monterey cypress. CC had decided not to make a TPO.

Planning Decision Refused by CC – for information only

1. *PA15/03188, 8 The Terrace, Port Isaac* – demolition of existing single storey garage and erection of new two-storey house in the garden of 8 The Terrace using existing vehicular access off Tintagel Terrace.

Planning Applications Withdrawn – for information only

1. *PA15/04758, Land South West of 30 Tintagel Terrace, Port Isaac* – proposed conversion and extension of garage and workshop to boathouse, garage, storage and associated works.

Enforcement Cases – for information only

1. EN15/01014, Land North East of Port Gaverne Hotel – levelling of the land and importation of hardcore to create a car park for customers of the Port Gaverne Hotel. A large caravan and shipping container had also been brought onto site. Case officer – Serena Wearne. A Personal Circumstances Questionnaire (PCN) had been sent to the landowner and CC is currently awaiting its return.
2. EN15/01190, Harbour Heights, Rose Hill, Port Isaac – alleged non-compliance with approved plans. New access track and parking space created. Case officer – Serena Wearne had spoken to the landowner who had agreed to regrade the

track and get the access onto Rose Hill stopped up. Deadline to complete this work was the beginning of September. To date this hadn’t been actioned and Cllr Williams will speak to Ms Wearne.

3. PA15/01293, 15 Fore Street, Port Isaac – new agricultural style storm door to the exterior of the existing house, on the beach facing side of the listed building. Case officer – Tammy Burden

Main Car Park

There has been a problem in the car park with people parking below the bund on the overflow car park, which is highly dangerous. New signs asking motorists not to park there had been ignored. More fencing is to be erected to help prevent this. Hydroseeding has been carried out in the car park bund and four bins had been delivered and are ready for installation. Members will organise a working party to plant bulbs and trees in early November. It is hoped to arrange delivery of the trees for Friday 6th November.

Roscarrock WCs

Cornwall Council (CC) has advised that ‘no suitable service concession’ for the toilets had been received. Members have set up an extraordinary meeting with Mr Jon James, CC to discuss their future on 23rd September. Members particularly wish to discuss the future of the fish cellars and whether it would be possible to purchase them, to help defray the cost of the WCs.

Gillian Thompson
Parish Clerk / RFO

Email: stendellionpc@gmail.com



RNLI Christmas Cards

Once again, by popular demand, well known local artist Roy Ritchie, based at New Polzeath, a staunch supporter of Port Isaac RNLI, has created a romantic Harbour Christmas scene showing Father Christmas flying away from our snow bound lifeboat station on his annual delivery of presents.

This image is now available as a unique high quality Christmas Card available from the Pottery or by telephone order to 01208 880765 or email reb37@btinternet.com

Pack of four cards - £5
orders of 50 plus cards £1 each

Class 2 Reading

If anyone would like to come into school in an afternoon to listen to the children reading please contact Jan in the office. CRB checks will be done if you haven't been in before.

Playground Update

It's looking very colourful in the playground now and there are lots of exciting things that the children are keen to try out. The workmen have not quite finished so we'll have to wait a little bit longer before we can test

Dance Project

Port Isaac and Boscastle schools are taking part in a dance project. The children in both schools are working separately with Sarah (the dance lady). By half term they will all come together for a combined performance.



Sarah will be in our school every Friday and our children are taking their inspiration for their dances from the beach and from one of our topics this term, the

A Visit to the Beach

In preparation for the dance project the children spent a day on the beach recently. It was a very creative day involving sand sculptures, sketching, observing marine life and storytelling.

schoolchat



news & views from Port Isaac School



Wild Tribe

This half term Wild Tribe sessions take place on Thursday afternoons. If you have any fallen twigs, branches or foliage from your garden we can put it to good use. Please contact Jan or Mr Collinson in school.



STAFF VACANCY

The Federation of Boscastle and Port Isaac CP Schools,
Mayfield Road, Port Isaac, PL29 3RT

☎ 01208 880494

✉ secretary@port-isaac.cornwall.sch.uk

Port Isaac School

Breakfast Club Assistant

Grade B £7,8499 per hour

5 hours per week (Mon, Tues, Wed & Thur) from 7.55am – 8.55am
plus an hour flexi time (term time only, permanent variable hours contract)

We are looking for a fun, caring, enthusiastic and flexible person to join our friendly and successful school delivering high quality childcare. The applicant must be imaginative, creative, have a good sense of humour, high expectations of behaviour, and love working with children in a relaxed and sociable environment.

You will be responsible for providing breakfast and suitable play activities for children who attend our breakfast club.

Previous experience of working with young children is essential.

We welcome visitors to the school prior to interview. Please phone or email to make an appointment.

Closing date: Monday 12th October.

Interviews: TBC

Start Date: ASAP after interviews

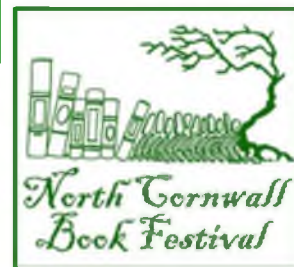
Please phone or email for further information

We are committed to safeguarding children and the successful applicant will be required to undertake an enhanced DBS.

Applicants should be aware that Boscastle C.P. School and Port Isaac C.P. School have federated. The successful candidate will be employed by the federation and can therefore be asked to work at either school.

North Cornwall Book Festival

Friday 23 to Sunday 25 October
St Endellion, Port Isaac



**Interviews ... talks ... readings ... workshops ... concerts
children's events ... bar & café ... bookshop**

Come and join us at North Cornwall's unique three-day festival for all ages, celebrating everything book-related. Rediscover familiar authors or meet new ones from a wide menu of lively events include readings, discussions, workshops, a dedicated young people's day and family events throughout the weekend. Come and hear the Festival's chairman **Patrick Gale** talk about his new book "A Place Called Winter". Our fantastic line-up of authors includes among many others **Neel Mukherjee**, Julia Copus, Patricia Duncker, and **John Lanchester**. The likes of Christopher William Hill, Jill Murphy, Moray Laing and Chris Higgins, and **Port Isaac's very own Caroline Cleave** will keep your children entertained. If you are looking for hands-on experiences, there are workshops for aspiring writers or bookmakers on romantic fiction, starting your novel, poetry, papermaking, illustration and writing for children.

The festival is not only about books! We are delighted to be able to boast two mouthwatering concerts: singer-songwriter **Tom Hickox**, featured recently on Jools Holland and at Glastonbury; and **Wild Willy Barrett**, who provide a captivating mix of music styles encompassing folk, blues and rock, all spiced with wry humour. There will also be photography and children's book design exhibitions in the Hall and church.

Venues on the St Endellion campus include the beautiful church, the Betjeman Marquee, the Stone Barn and, in Port Isaac, the Village Hall. The Liskeard bookshop will be selling books and hosting book signings throughout the weekend. Delicious light food is available and the bar/café is open all day.

For more information and to book tickets, go to our website: www.northcornwallbookfestival.org or phone the Box Office 07787 944935.

You can also check us out on Facebook: www.facebook.com/NorthCornwallBookFestival

For enquiries, or to join our e mail list, email us at NCBF@endelienta.org.uk.



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**Port Isaac Village Hall
Saturday October 24th**

10am-4pm

**£35 for the day. To book go to
www.northcornwallbookfestival.org
or telephone 07787 944935**



Saturday 24th October 7:30pm, St Endellion Church PL29 3TP

**Ticket price: £10 Adult
free for accompanied under 16s**

**Tickets/info: 07787 944935 | www.carntocove.co.uk
Or in person from Wadebridge Bookshop,
13 Moleworth Street PL27 7DR**



The North Cornwall Book Festival is an Endelienta project supported by Arts Council England, FEAST, The Ernest Cook Trust, Sproull Solicitors, Great Art, Nathan Outlaw. Registered Charity No 1145047

MUSHROOMS

Autumn is upon us and with the change of season comes mushrooms, whilst I do not recommend that you forage mushrooms without consulting an expert you can buy a mix of farmed mushrooms easily in the supermarket



Mushroom ketchup still has a loyal following and is traditionally thin and almost black. The flavour comes not only from mushrooms but soy sauce, cloves and paprika. The modern commercial versions are made from powdered mushrooms and concentrate, water and salt.

MUSHROOM KETCHUP

A thick, slightly rough textured ketchup to accompany grilled steak or lamb, makes 300-400ml.

- 250g mixed mushrooms
- 3 garlic cloves, peeled
- 3tbsp cider vinegar
- 3tbsp caster sugar
- 5 spring onions, finely chopped
- 15 anchovy fillets
- 3 large gherkins
- 3 tbsp Dijon mustard

In a food processor combine the mushrooms, garlic and cider vinegar to a coarse purée then scrape into a heavy saucepan over a moderate heat. Stir in the sugar and spring onions and simmer, stirring regularly till the onions have softened. Ignore the slightly unappetising look - it is early days.

Roughly chop the anchovy fillets and gherkins, add to the pan with a generous grinding of black pepper, and continue to cook for 10 minutes, stirring regularly. Add the mustard, stir and leave to simmer for a further 5 minutes. Adjust the seasoning, it should be sweet,

sharp and salty, then serve with grilled steaks or lamb.

MUSHROOM STROGONOFF WITH WILD RICE

- 1 tbsp oil
- 1 medium onion, diced
- 4 cloves garlic, minced
- 500g mushrooms, sliced
- 50ml vegetable stock
- 1tbsp smoked paprika
- Black pepper
- 3 tbsp sour cream
- 4 tbsp fresh parsley and tarragon, chopped
- 1 tbsp mushroom ketchup (optional)

Heat the oil in a large frying pan, and cook the onion, garlic and mushrooms over a medium heat for 5-10 minutes, until slightly softened. Add the vegetable stock and smoked paprika, and season well with black pepper and salt. Cook for a further 5 minutes.

Just before serving, stir in the sour cream and half of the mixed herbs, and once heated through, serve topped with the remaining herbs.

I love rice but it can be a bit dull, so here is a simple way to pimp your rice. So first just cook your rice as you would normally in salted boiling water, and drain into a colander when just cooked, leave the rice in the sink with the cold tap running to cool the rice down (you can do this earlier and keep the rice until ready to serve) drain the rice and keep to one side.

- 1 tbsp each of black onion seeds, pumpkin seeds, fennel seeds and cumin seeds. Dry fry with no oil over a medium heat to toast.

- 1 diced onion
- 2 cloves of garlic chopped
- A splash of oil
- A knob of butter
- 1 tsp Garam masala

Add a splash of oil and the butter to a pan, fry the onion and garlic over a medium heat until golden, add the garam masala, fry 1 minute then add the rice and the seed mix, season with salt and pepper and fry until hot. If the rice starts sticking to the pan add a splash of water and loosen from the bottom of the pan, do not worry the crispy rice will add texture to your dish.

If you use this base recipe the options are endless just add what you like, the



Chapel Café

Roscarrock Hill Port Isaac PL29 3RG

Thank you to all our customers after what has been a great year so far.

Since joining the team at the beginning of the year, Head Chef, Chris Lanyon, has continued Chapel Café's high standard. Looking forward, we are aiming to build a strong full-time staff team. With that in mind we are offering **three salaried job opportunities**, including an assistant manager position. For further details please contact Chapel Café on 01208 881300 or by email: matthewmain@chapelcafe.co.uk

WHAT'S ON THIS WINTER

Chapel Café will be **open all winter** from 10.30am daily

Back by popular demand - Music Quiz - Friday 6th November

Teams of 4 3-course buffet **£15 per person**

For a festive night in the café - Christmas Quiz - Friday 18th December

Teams of 4 3-course buffet **£15 per person**

We are now taking advance bookings for **New Year's Eve** - menu and prices available soon

Did you know that now you can keep up to date with us on our website -

www.chapelcafe.co.uk

**Full time staff required for 3 positions,
including assistant manager**

For further details please enquire within or
contact Chapel Café on 01208 881300
Email: matthewmain@chapelcafe.co.uk

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WHAT'S ON ...

October 23rd - October 25th - North Cornwall Book Festival at St Endellion: talks and workshops for adults and children:

Friday October 23rd - NCBF Children's Day at St Endellion

Tom Hickox in concert at St Endellion Church - 8.00pm

Saturday October 24th - Papermaking Workshop in Port Isaac Village Hall - 10am

Wild Willy Barrett's 'folk band' in St Endellion Church - 7.30pm

Thursday October 29th - Sale night of Pre Loved Clothes & Stuff plus bar - Port Isaac Village Hall, 6pm onwards

Friday October 30th - RNLI Harvest Festival & Auction at the Old School Hotel, 7pm

Sunday November 1st - St Minver Band Concert in St Minver Church, 7pm

Saturday November 7th - Annual Bonfire (7pm) & Fireworks (7.15pm) at Port Gaverne

Sunday November 8th - Annual Remembrance Service in St Peter's Church

Hedge Planting at the Main Car Park - 10am

Sunday November 15th - Zoltan Ensemble chamber group in St Endellion Church - 3pm

Tuesday November 17th - Christmas Shopping Trip to Barnstaple

Saturday November 21st - Port Isaac Rocks - Music through the Decades - in the Village Hall - raising funds for Cornwall Hospice Care

Saturday November 28th - Vintage Fair in Port Isaac Village Hall

Sunday December 12th - RNLI Christmas Market in the Village Hall

Three Spires Singers and Devon Baroque for Handel's Messiah in St Endellion Church

Trio Copy Dates 2015

| MONTH | COPY DATE | PUBLICATION DATE |
|----------|------------------------|------------------------|
| 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 Bonnie on 01208 880946 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

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