



trio

The Port Isaac, Port Gaverne & Trelights Newsletter October 2016 No:377 60p

This issue

New Co-op COMMUNITY SCHEME- p3

PISCES news - p4

Port Isaac Christmas Presents- p4

GOLDEN CIRCLE News - p4

HARRY'S MARATHON Success - p5

CANVAS & RUM THEATRE event - p5

VILLAGE HALL CHRISTMAS CASH

Prize BINGO - p5

VINTAGE Fair - p5

RNLI News - p6

THE BIG SWIM - p7

NATIONAL TRUST News - p7

CARNIVAL THANKS - p8

CHILDREN'S HALLOWEEN DISCO - p8

FANTASY FOOTBALL - p8

HARVEST FESTIVAL FANDANGO! - p9

CHURCH News - p9

SCOTT MANN - p10

CHURCH ROOMS update - p10

THE SIMPLY AWESOME SINFONIA - p10

DOC MARTIN FUND - p11

SCHOOLCHAT - p11

PARISH COUNCIL - p12

COOKING WITH MARTYN - p13

MUSIC AT ST ENDELLION - p14

NORTH CORNWALL BOOK FESTIVAL- p15

TRELIGHTS CHAPEL FETE - p15

PORT ISAAC CHRISTMAS LIGHTS - p15

WEBSITES OF THE MONTH - p16

POPPY APPEAL - p16

PORT ISAAC CHORALE - p16

Front cover photograph courtesy of Jenny Balfour-Paul

Back cover photograph courtesy of Sally Stratton

Trio is issued eleven times a year and is available in *Secrets* and the *Co-op*, Port Isaac, or by post - £21 a year in the UK

To subscribe please send a cheque, made payable to *Trio*, Calenia, 3 Trewetha Lane, Port Isaac, Cornwall PL29 3RN

To advertise in *Trio* telephone

01208 880905

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.

it's panto time oh no it isn't!... oh yes it is!

tickets on sale from October 10th

the **Port Isaac**
tickets on sale
from

Monday October 17th

from
Secrets, Port Isaac

Telephone reservations
on 01208 880862

Email reservations
dee54@mac.com

Adults: £9 & £6 Concs: £8 & £5

Children (under 16): £6 & £4

Family tickets (2 adults & 2 children): £25 & £18



Snow White
and the
Seven Dwarfs
Port Isaac Village Hall

Wednesday December 28th – 7.30pm

Thursday December 29th – 7.30pm

Friday December 30th – 5pm

Monday January 2nd – 6.30pm

CHILDREN'S PARTS

There are parts in the pantomime this year for young children who wish to play woodland animals. The first meeting will be on **Sunday November 13th from 4pm–4.30 pm in the Village Hall.**

There are also parts for a group of older children (age 9–12 ish!), so do come along if you are interested,

4.30pm on Sunday November 13th in the Village Hall.

Please contact me if you have any questions, Barbara 01208 880703/ 880625

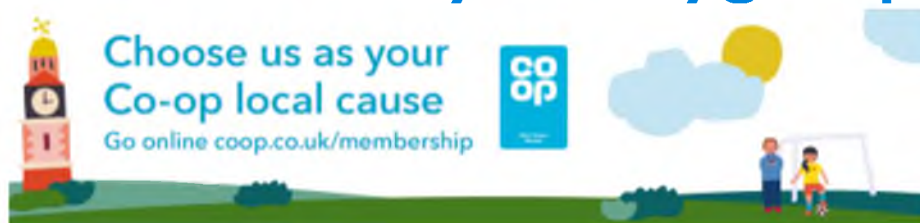
Shop in the Co-op and support Port Isaac Village Hall or Port Isaac Stay & Playgroup

Back in 1844, 28 men, the Rochdale Pioneers, worked to tackle injustice. They saw that people were stronger when they worked together and they pioneered a better way of doing business; a way of business that still thrives today - the Co-op. It was an idea that changed the world, an idea that's still changing the world.

Over 170 years on more than a billion people are members of co-ops around the world. Every co-op is united by a common purpose; that everyone should benefit from doing business together in an ethical way ... and all these co-ops have their roots here, in our Co-op.

The Co-op is championing a better way of doing business for local communities. It is putting members at the heart of the Co-op and putting the Co-op at the heart of local life by sharing its success. It is giving members more and helping them to do brilliant things in their local community.

The Co-op aims to make membership mean as much today as it did to our parents and grandparents before them. Put simply this means that the more you buy Co-op products (and services) the more you and our community will benefit. 5% of what you spend will go to you plus another 1% will go to one of three local charities that have been chosen for Port Isaac Co-op - Port Isaac Village Hall, Port Isaac Stay & Playgroup and Wadebridge Age Concern. This first "giving" period has already started and runs up until March 18th 2017.



If you are already a Co-op member a new card will be with you by October 18th. Until then you just carry on using your existing card and anything you've earned will be transferred to your new card. You can choose which cause to support and you can change your choice at any time. If you don't make a choice your 1% will be shared equally between the three causes.

**Become a member today
for £1 and earn**



**every time you choose
Co-op branded products
and services.**



HOW TO BECOME A CO-OP MEMBER

When shopping in the Co-op you will be asked if you want to join. It's a simple form to fill in and register and you also choose the cause you want to support.

Pioneer Mel will be available to help anyone who wants a hand.

**What have you
got to lose?**



The Port Isaac Co-op Pioneers with Kathryn and Freddie who will benefit from your support - the Stay & Playgroup meet in the Village Hall every week so it will be a win, win situation for them



Port Isaac Christmas Presents ...
So much to choose from



PISCES Slide Show evening in the Village Hall

Everyone enjoyed the evening hosted by John Brown. We look forward to hosting more informal evenings in the future.

Gig Club Anniversary Exhibition

will continue to the end of the year to celebrate 25 years of gig racing in Port Isaac.

Also on view: **The day that royalty came to Port Isaac**
Port Isaac celebrates the link with the children of Kosovo through the Ideas Partnership.

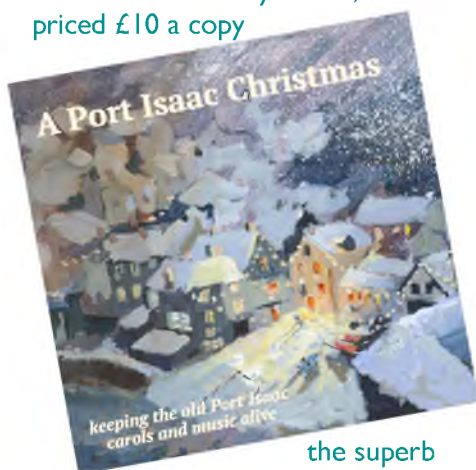
Date for your diary:

PISCES Christmas evening with the Port Isaac Chorale & Gulls, Wednesday December 14th

PISCES will continue to collect memories and stories from the real Port Isaac with a full programme of exhibitions and events for 2017



PISCES two award-nominated cookery books, priced £10 a copy



the superb collection of Port Isaac Carols priced £10 a copy (all proceeds to Port Isaac School)

Books and CDs available from *The Pottery or Secrets*. Alternatively you can purchase from the PISCES website, www.portisaacheritage.co.uk



two Port Isaac Christmas cards, priced £5 for a pack of 5 (all proceeds to Port Isaac Village Hall/Drekky Theatre Company Sound & Light fund), available from *The Pottery or Secrets*

Check out our website

www.portisaacheritage.co.uk

PORT ISAAC GOLDEN CIRCLE

Our meetings have started again after the summer break and we are looking forward to:

THURSDAY NOVEMBER 10TH
2.30PM IN THE VILLAGE HALL

Elaine from Bruallen is coming along to give a Christmas decoration demonstration - everyone is welcome to come along

TUESDAY NOVEMBER 15TH -
OUR ANNUAL BARNSTAPLE
CHRISTMAS SHOPPING
TRIP

everyone is welcome to join us. It's just £10 a seat. Call Annie Philp on 01208 880262 to book your place



He did it! Harry's Great Bristol Half Marathon



Huge congratulations to Harry Hambly who completed the half marathon in 2 hours 7 minutes, raising over £8500. The money is to purchase two defibrillators in Port Isaac and go part of the way to funding one for Port Gaverne.

Across the UK, one person dies every five minutes from sudden cardiac arrest. Thanks to Harry's amazing efforts, if that victim is in Port Isaac, they will be ten times more likely to survive the attack. There has been talk of having a defib in the village for some years; Harry has made that talk a reality. Thank you.

NORTH SOUTH THEATRE

... a maelstrom of shanties, sirens, superstitions and sea-sick sailors ...

CANVAS & RUM

*all aboard for an adventure on the high seas
suitable for audiences aged 12+*

**Port Isaac Village Hall
Friday October 28th - 7pm**

Tickets: £8 full * £6 concs * £22 family
available from Secrets, Port Isaac
call 01208 880905/880862 or www.carntocove.co.uk

Port Isaac Village Hall Christmas Cash Prize Bingo
Friday December 9th Eyes down: 7.30pm

WINTAGE FAIR

PORT ISAAC VILLAGE HALL
Saturday November 26th - 11am-4pm

RNLI NEWS



On July 26th, Port Isaac Inshore Lifeboat was tasked to an injured coasteerer at Port Gaverne. For 17-year old Harry Hambly it was his first shout. The crew recovered the casualty from the water using the spinal board and kept her stable until paramedics arrived. She was given a full assessment by paramedics on the Cornwall Air Ambulance. Harry's Dad, Richard (paramedic pictured) has a long service history with Port Isaac lifeboat and is a current serving DLA. Well done to Harry Hambly, Mark Grills, Nicki Bradbury, George Cleave and all who responded.

At 20:02hrs on Sunday 4th September Port Isaac Inshore Lifeboat (ILB) was tasked to reports of two, possibly three persons washed off the rocks at Port Gaverne between the main and Castle Rock. The ILB arrived on scene ten minutes after first report was made. Two fisherman matching the description were seen and spoken with. Both were safe. A search was carried out of the entire area with nothing found. The lifeboat liaised with Polzeath Coastguard and with details from the first informant carried out a further search. Two semi submerged pot buoys were found in the location with nothing else to report. On evaluation with Falmouth Coast Guard and Polzeath Coast Guard it was detailed as a false alarm with good intent. The boat and crew returned to station refuelled and were ready again for service.



Eight years ago, David Connolly and his son Finley went out kayaking from Port Quin. The weather was fine and they were looking forward to a nice outing. Suddenly the weather turned and David was unable to return to the harbour. He held the kayak against a marker buoy and waved for help. Someone spotted them and called the coastguard. Port Isaac ILB responded and took them safely back to shore. Recently they were in Port Isaac and had the opportunity to say thank you (again!) to the three crew who saved them. The crew who responded were (a much younger) Nigel Sherratt, Andy Cameron and Mark Grills.

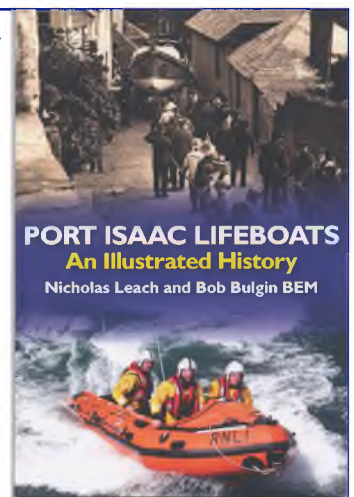
ROCK INSTITUTE SUMMER EXHIBITION

The Rock Institute Summer Art Exhibition was held in support of both Port Isaac and Rock Lifeboats. The exhibition displayed a much admired collection of RNLI related artworks. The event was held over a week and raised a fantastic total of £900 for Port Isaac RNLI. We would like to thank the organisers for their continued support.

Port Isaac RNLI are delighted to yet again have the support of a local artist to produce our Christmas card. This year it is Rosemary Grattan's "Christmas Delivery" with a delightful depiction of the Lifeboat and some feathered friends. Christmas cards are available to purchase now as well as draw tickets to win the original painting.



Since the publication of "Port Isaac Lifeboats — An Illustrated History", interest and sales has been growing with distribution extending both Nationally and beyond our shores to supporters and enthusiasts in America, Australia, The Caribbean, Sweden, France, South Africa and all points of the compass. Don't miss out on your copy available locally from The Fish Kitchen, Boat House Stores, Wave Hunters, The Golden Lion, Port Gaverne Hotel, The Old School Hotel, The Book Shop Wadebridge or Trevathan Farm or phone 01208 880765 or email reb@btinternet.com Priced at £9.99, all funds raised are to the benefit of Port Isaac RNLI.





Wednesday 26 October, Half Term, Rangers 10am-2pm

Join the rangers for a family friendly few hours cutting back scrub overlooking Carnweather Point near Polzeath. We'll cook up a jacket potato lunch on the bonfire, just save some room for the marshmallows! All tools and equipment provided, just bring clothing suitable for the weather and that you don't mind getting dirty/ smoky. Bring drinks and snacks. Free. Booking essential. For more information please phone 01208 863821 or email tom.sparkes@nationaltrust.org.uk

Wednesday 26 October, Geology Rocks! at Tintagel Haven and Barras Nose, 10.30am-12.30pm

Interpret the landscape from a different perspective, with local geology expert Jane Anderson to guide us through the geological history of the area. Barras Nose was the National Trust's first coastal acquisition in England (1897). Wear suitable walking gear and bring binoculars if you have them and some refreshments. £3 per person. Booking essential as numbers are limited and in case of change of date due to inclement weather 01208 863046

Wednesday 26 October, Talk 'The National Trust at Pentire Farm', 7pm-8.30pm

Find out what the National Trust are doing at Pentire Farm near Polzeath. At the Tubestation, Polzeath, PL27 6TB. No booking required. £2 per person or free to Polzeath Marine Conservation Group members. Further info 01208 863821 or sarahe.stevens@nationaltrust.org.uk

Saturday 12 November, Scrub 'n' Spuds, 10am-2pm

Join the rangers at Epphaven Cove near Polzeath, for a few hours clearing invasive scrub to promote greater biodiversity at this valuable coastal habitat. All tools provided and to say thank you for your help, we'll cook you up a jacket potato lunch on the bonfire. Please wear sturdy boots and clothing suitable for the weather, working in thorns and brambles and that you don't mind getting smoky/muddy and bring along drink and snacks. Free. Booking essential. For more information please phone 01208 863821 or email tom.sparkes@nationaltrust.org.uk



The Big Swim 2016

We would like to say a massive thank you to:
our wonderful sponsor 'SHARP'S BREWERY' for all their continued support

JOHN BRAY AND PARTNERS for sponsoring our fantastic stage!!!

Special thanks to **ROCK TORS** and their team who provided water safety on the day

We are delighted to have been able to donate this years proceeds of the swim to:

£3,000 Port Isaac RNLI
the Charity that saves lives at sea

£3,000 The Cornwall Air Ambulance
help life saving missions throughout Cornwall

£3,000 The Little Harbour Hospice
for all those precious children in Plymouth and Cornwall

£1,500 National Lobster Hatchery
for all their continued education, conservation and research

£1,500 Port Isaac Village Hall
helping support our local hall with their refurbishment fund

£1,500 Polzeath Life Saving Club
for the team that looks after you in the water and provides life saving training for children from 7 years and upwards

£1,000 The National Trust
who give us permission to use the beach and bring a fantastic team on the day

£14,500.00
Last years money raised was £12,700.00

That means that since
2011 The Big Swim
Cornwall has raised
£58,961.37 for
local charities

Thank you all for your continued support and to everyone who volunteers on the day

www.thebigswimcornwall.co.uk



Carnival thanks People of Port Isaac!

Thank you for making our Party in the Park Fun Day such a success! I think it's safe to say we don't let the rain stop us having fun! We managed to pick the wettest day of the year but thankfully, because of our lovely big top marquee, we all kept warm and dry and had great fun (I think the Black Rat cider helped too!)

Now for the thank you's! To Aimee Eaves, Rosie Brogan and Nicola Bradbury for all your help with bits and bobs leading up to the day and clearing up afterwards.

To Meacher and Glut for sorting out the goal posts, pallets and rubbish for us!

To Dee, Mark and Sue for judging all the amazing fancy dress contestants for us and Sue for getting everybody revved up for the Nick Bunt Memorial Tug of War competition, which was won by the Lifeboat crew boys! Respect to everybody who braved the weather to get involved with that event! It was very messy but very funny!

To Caroline Cleave for putting together a fabulous creative area and for making 'The Carnival Crab' for all the children to decorate on the day! Thanks to the Grills boys for getting that back to Caroline safely ... after a little drunken midnight tour around Port Isaac and a little sleep in Mummy Grill's garden!!

To Barbara Hawkins for her magnificent face painting skills!

To Johnny Mac for sorting out our Portaloos and generator.

To Matt, Bunty and Liam for transporting all the tables and chairs from the school over to the field and to Ellen, Karen, Rachel and Michael for sorting the raffle tickets on the day for us!

To the Dawes for lending us the hay bales and for not getting cross that 50% of the hay was all over the floor in the morning! And about 20 of them were missing as the bar people had used them to make a bed behind the bar! They soon got up when they saw Mark Dawe leaning over them at 10am in the morning!!

To All About The Bounce for braving the weather with what they could- next year we WILL have sun and bouncy castles!

To Damien for bringing the lifeboat up - I think two boys in particular enjoyed themselves trying on the dry suits and you may have some new recruits in about 5 years!

And to Dee and Sam for doing all our posters free of charge.

We were overwhelmed by the amount and the quality of the raffle prizes that were donated by the generous people and businesses of the village.

I think you will all agree that the entertainment on the day was second to none, Coz entertained the children, and we had a little giggle too, and Jamie Hewett and Citizen Smith were so fantastic and got the marquee rocking! And the burgers from Alice in Burgerland were to die for!

So once again, a huge thank you to everybody who came and supported us and helped create such an amazing atmosphere! Same time next year?

Alice, Kat and Charlotte xxx



Fantasy Football 2016/17

LW	POS	TEAM	MANAGER	POINTS
2	1	DYNAMO FUCHTHEREST	Andrew Grills	192
5	2	BLUEJEANS & MOONBEAMS	Andy Penny	172
14	3	BADA BING!	Paul Honey	165
10	4	PORT ISAAC SOCCER SERVICE!	Richard Hambly	161
21	5	THE LOBBIES	Pete & Julie Lobb	160
3	6	AFC BONEMOUTH	Tim Witherden	153
4	7	FOXHOLE ALLSTARS	Bryan Nicholls	153
11	8	BIG SAM'S CHEWING GUM MASTERCLASS	John Yates	153
1	9	LSD MINDWOVEN	Danny Treacy	149
7	10	A MAN'S GOTTA KNOW HIS LIMITATIONS	Chris Witherden	149
16	11	MAYBEES	Tom Bishop	144
6	12	LIDDSPURS	Peter Liddicoat	141
15	13	MOTS FLYERS	Tom Cleave	138
18	14	MUDGUTS MARAUDERS	Ann Cleave	138
20	15	CALIFORNIA CHROME	Kevin Grills	136
13	16	FLYING FOREST	Kevin & Emma Honey	132
8	17	SHE WAS ONLY XI	Harry Hambly	131
12	18	CRUISE TO GLORY	Chris Lanyon	124
9	19	BOOM XHAKALAKA	Jake Treacy	112
19	20	HONEYBABES	Jean Herring	100
22	21	TOM'S TEAM	Tom Lobb	98
17	22	BLACKBIRD ROVERS	Margaret Honey	80

up to September 23rd 2016

St Peter's Church Port Isaac



Our simple seaside Church is open to everyone, every day until about 4pm. We have a service every Sunday morning at 9.30am to which you will be warmly welcomed. You will also find our Church is a lovely quiet place, at any time, to just sit and reflect and be peaceful.

The Church is also home to PISCES (Port Isaac Shared Community Exhibition Space) and you can enjoy the silence and take a look at the current PISCES exhibition - a regularly changing look at life in Port Isaac in days gone by, up to the present day.

Church Diary Dates

Sunday October 2nd

9.30am: Morning Worship,
St Peter's Church, Port Isaac
11am: Sung Eucharist,
St Endellion Church

Sunday October 9th

9.30am: Holy Communion,
St Peter's Church, Port Isaac
4pm: Family Harvest Fandango,
St Peter's Church, Port Isaac
11am: Sung Eucharist,
St Endellion Church

Sunday October 16th

9.30am: Morning Worship,
St Peter's Church, Port Isaac
11am: Sung Eucharist
6pm: Taize Service
St Endellion Church

Sunday October 23rd

9.30am: Holy Communion,
St Peter's Church, Port Isaac
11am: Book Festival Reflective
Service, St Endellion Church

Sunday October 30th

9.30am: Holy Communion,
St Peter's Church, Port Isaac
11am: Sung Eucharist,
St Endellion Church

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

Tel: David Foster on 01208 880008

Miracles do happen

Had a bad day? They happen, sometimes very, very bad days. Life does that, sadly. But look at the picture, which I have borrowed from my newspaper. You may have seen it already. Doesn't it make you feel happier? Twins Rosie and Ruby Formosa, conjoined at their abdomen and sharing part of the intestine, facing a likely death, were separated, and are now about to begin school. Don't tell me that miracles no longer happen – they do, hour by hour in our hospitals and elsewhere. Here is one of the more remarkable. It lifts the heart.



One might argue that the quite astonishing feats of the medical professionals are not the same as those recalled in the Gospels. True, Jesus was the difference. But if it were not for the revelations discovered over the centuries by researching scientists, who then translated discovery into action and healing, there would be far fewer miracles, if any at all.

The important thing that the twins show us is that miracles of skill and care do happen still, and there is no reason to suppose that each of us might be a recipient. One might argue that it doesn't prove the existence of God and all that is claimed in scripture. Equally it shows that prayer to a loving God is answered. There is always hope, however black the future seems.

If we could prove beyond doubt that there is indeed a loving God, then what value is faith?

Peter Coster



Our MP, Scott Mann talks to Trio ...

Earlier this month I ventured out on to Bodmin Moor with the Redwings Horse Sanctuary to process over 160 wild ponies for passporting and microchipping. The Bodmin Moor Commons Council, RSPCA, Animal & Plant Health Agency, and trustees from the Elise Pilkington Charitable Trust - who funded the operation - were also present to make sure ponies can be chipped and tracked to ensure their welfare.

There have been many unfortunate incidents of ponies being neglected on the Moor and it's great to see so much joined-up work between agencies, organisations and local representatives to make sure these animals are looked after and that owners can be held to account.

After the end of the summer recess, two important Bills came before MPs to make changes to taxation and broadband. The Finance Bill was passed to clamp down on tax evasion, while the Digital Economy Bill had its second reading to enhance broadband delivery.

The Conservative Government has vowed to clamp down on tax avoidance and illegal tax evasion, with more than 25 measures being introduced to raise an extra £16 billion by 2021. The tackling of loopholes and illegal tax evasion in the last Parliament alone is expected to raise £12 billion by this year. Within the Bill I also voted to make sanitary products exempt from VAT. This issue received a lot of attention last year in Parliament, however at the time, there was no legal scope to zero-rate sanitary products because of EU law.

With the EU set to loosen its grip on VAT law early next year, the Government has legislated to exempt sanitary products once it is legal to do so. In the meantime, the Treasury has been donating all VAT proceeds to women's charities, which this year stood at £15 million.

I spoke in the Commons to welcome the Digital Economy Bill which will bring in a Universal Service Obligation (USO) for broadband and a new Electronics Communication Code to enhance the provision of both landline and mobile broadband.

The USO is expected to be 10Mbps which would be a minimum statutory requirement for broadband customers. I highlighted the current situation in North Cornwall where customers are paying for 10Mbps but only getting something along the lines of 0.5Mbps, which is simply unacceptable.

The new Code will also change the way service providers can enhance their delivery of broadband, with mobile companies being given more freedom to modify their masts so they can boost their range or upgrade them to 3G and 4G internet.

This will not only benefit local people but also visitors who expect mobile phone signal and broadband when on holiday. It will also mean more rural areas can become contactable which will make people safer if they need to contact the emergency services.

I have been asked to sit on the Public Bill Committee which will meticulously scrutinise it, and I'm looking forward to being a part of this Bill and contributing to its development.

Contact at: 10 Market House Arcade,
Fore Street, Bodmin PL31 2JA
Tel: 01208 74337

Port Isaac Church Rooms

The Church Rooms Group is pleased to announce that, in principle, we have agreed a 'Heads of Terms' agreement which will allow the group to take responsibility for the future of the Church Rooms. Our aim is to preserve and enhance the building in the first instance whilst agreeing a longer term plan for the future of the building.

The Group will be seeking meetings with all interested parties within Port Isaac and the larger community to ensure that there is no conflict of interest with current community funded projects. It is intended that there will be a public meeting shortly to launch the preservation stage in the first instance and identify the longer term goals of the group.

Until such time all interested parties should contact Peter Leach, Group Secretary in the first instance peterl@tjinternational.ltd.uk for further details

Have You watched the BBC 4 Great Orchestra Challenge and loved it?

the program was looking for the orchestra that best captures the spirit of great British amateur music making

CALLING ALL MUSIC LOVERS, amateur musicians, lapsed players and anyone over 16 who loves music, now is your chance to pick up an instrument, and be part of an orchestra that does not take itself too seriously. The Seriously AwEful Sinfonia (SAS) welcomes anyone over 16 who loves music. We rehearse during term time on a Monday evening at Camelford Hall from 7.15pm-9.15pm (subs only £20 per term, includes all sheet music). We need new members in all sections, string, woodwind, brass and sax and percussion/timpani. There is no minimum grade for entry. If you are wondering whether you could enjoy being part of our music-making, why not come along to Camelford Hall to listen on a Monday evening at 7.00pm. If you decide to try us out, there is no audition, just bring your instrument and music stand and join in. We have a trumpet and two violins to lend to anyone who would like to join but has no instrument.

See what makes us tick and read our story on our website - www.sasinfonia.com and on Facebook or contact jenny@oaten.name 01208 862795/07711555004

"what we lack in technique we make up for with enthusiasm"

"we're a very slightly bonkers extended family"

"Brilliant !..... but wrong "

"it takes me so long to get the thing out of its case there's no time left for any practice"



DOC MARTIN FUND

The Trustees held the AGM in early September and reported that £81,159.22 has been received from Buffalo Pictures since the fund began. Of this £39,326.78 has been granted to the following causes:

The Port Isaac Christmas CD - a CD recorded by local musicians with ALL the profits of sales going to Port Isaac School to assist with music and the arts - £5,000
Port Isaac School - funding to assist the Breakfast Club - £2,550
Port Isaac Playing Field - purchase of equipment - £8251.78
Port Isaac Village Hall - purchase and installation of multi-access chair lift - £12,000
Port Isaac Golden Circle - funds to supplement hall hire, day trips, outside speakers etc - £3,000
Port Isaac Christmas Lights - funding to renew old and purchase new lights - £10,000 (£3,000 still to be drawn)
Liam Murray - support for sporting excellence, funding local boy Liam to take part in the World Junior Surfing Championships - £1,000
Port Isaac School - funding to assist/support swimming (transport to and from) and the breakfast club and after school club - £14,000 (still to be drawn)

Harry Hambly - funding to assist/support sporting excellence, funding local boy Harry to travel to the US for football coaching (as part of this, Harry was involved with raising money to purchase two defibrillators for the village (see page 5) - £1,000

The fund currently stands at £24,222.67 and applications for funding - matched funding is the preferred method of support - should be made via Jon Cleave at The Boathouse Stores of Jan Townsend, The Sibbys, Rose Hill, by letter. Applications will be considered at the trustees quarterly meetings - dates to be published in the next issue of *Trio*.



Class 1 and Class 2 had a trip to Truro to take part in two different workshops being held at the Museum. Miss Martin's class went to learn about the giant who created St Michael's Mount. They heard the story and then were able to create a piece of art work to bring back to school and continue the theme of giants in their Literacy lessons.



schoolchat

news & views from Port Isaac School

Bikelights

Once again we are taking part in Bikelights in Wadebridge. We have an artist and an IT expert coming in to work with the children in Class 2 on a design for the school bike with the theme 'marvellous machines'. We are basing ours on Roald Dahl's *Georges Marvellous Medicine*.

The Bloodhound

Class 2 took part in a workshop at Truro Museum which was all about the Bloodhound car being built to break the land speed record. The car is expected to reach a speed of 1000mph.

The children got the chance to build their own models and record the speed. It was a very informative morning and we are hoping to be able to go and see the car when it comes to Newquay Airport for some testing.



£3.00 entry by pre-booked ticket only
(Includes a snack, drink, disco and games)

For all children aged 3 - 11 yrs old
(all children under 7 must be accompanied by an adult)

There will be a raffle so bring some extra pennies with you.
Phone Jan at the school to book your ticket: 880494



Parish Council report supplied to Trio by the Parish Clerk

Planning Applications

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

1. PA16/02367 Pre-App, 39 New Road, Port Isaac – pre-application advice for new 2-storey, 4-bedroom house to replace existing 2-storey, 4-bedroom house. Whilst wholly agreeing that the present building had come to the end of its current life, Members unanimously commented on the inappropriateness of the rear balcony as it would compromise the privacy of the neighbouring property, looking straight into the garden. Generally the balance of opinion disapproved of the scale of the proposal which was criticised as overwhelming given its position in the street. Two members had no misgivings.
2. PA16/05736, 5 Tintagel Terrace, Port Isaac – erection of a single storey one bedroom self-contained annex to replace the existing lockup garage. Members had no objection.
3. PA16/06509, Land adj. Port Gaverne Hotel, Port Isaac – demolition of existing café, construct new café hut from matching materials, proposed new landscape to help improve site finish. Members voted unanimously to object to the proposal on the basis of insufficient information due to the complete lack of detail reference comparative ridge heights. Given the sensitive location Members felt this is essential and should be provided as a matter of course.
4. PA16/07128, 17 Silvershell Road, Port Isaac – extensions to the rear and side of the existing dwelling including Balcony addition, alterations to internal layout, replacement roof structure and finish, new windows and doors through out and new rear terrace and extended/modified front car parking. Members voted unanimously in support of this proposal with the sole recommendation the balcony should be framed in non-reflective material i.e. powder coated metal or timber.
5. PA16/07413, Land S of 8 The Terrace, Port Isaac – demolition of single storey garage and erection of new two-storey two-bedroom house. Members voted to object to this proposal 5 to 2 against. This third design we had considered is still felt largely to be overwhelming and out of scale given the proximity of other dwellings. Members were also concerned by the unbroken slate herringbone covering on all elevations as contributing to the overbearing nature of the design. When wet the building would be very dark in appearance.
6. PA 16/07447, Tregudda Road from Tremore to Port Gaverne – non-material amendment (various as per schedule) to planning application PA15/07216 for owners' accommodation to include a laundry/store room, a boiler room and living accommodation. Members voted in favour of all the amendments 4 to 3 in support.

Enforcement Cases

1. EN16/00308, Harbour Heights, Rose Hill, Port Isaac – alleged breach of condition No.3 of PA10/08418, namely annexed accommodation being used as a self-contained dwelling. Contact addresses for the owner had been provided to the Case officer: Ms Serena Wearne.
2. EN16/00667, Land NE of Port Gaverne Hotel – refusal of retrospective application under PA16/01770 for the provision of new hard-core. Also unauthorised stationing of a shipping container on the land. Case officer, David Tapsell reported he had not had the opportunity to visit this case. NOTE – an appeal can be lodged up until mid-October.
3. EN16/01087, Tregudda, Port Gaverne – alleged not built in

accordance with approved plans PA15/07216; namely orientation of building and installation to two chimneys (not one). Case officer: Louise Whitby had closed this case, as a non-material amendment application had been submitted under reference PA16/07447.

4. EN16/01510, 17 Trewetha Lane, Port Isaac – change of use of building from a lock up store to a trading shop. Case officer: Claire Hawke advised she had carried out a site visit but she was unable to provide Members with any further information at this stage.

The Main Car Park – one of the ticket machines had been stolen and a replacement has been ordered. An insurance claim has been submitted. It was understood that the National Trust and others had suffered similar incidents.

Coach Parking – Members are very keen to provide parking for coaches and would welcome hearing from anyone with suitable land.

New Road WCs and Retail Unit – there had been a number of teething problems with the building work and it is hoped these are now all rectified. It has been identified that a disabled ramp to the shop is required and plans are being drawn up for this.

Port Isaac Pilot Waste Project – a number of complaints had been received and these have been taken up with Cornwall Council / Cory as appropriate.

Gillian Thompson
Parish Clerk / RFO

Email: stendellionpc@gmail.com

LOCK UP YOUR BINS!

For those concerned about their wheelie bins being used for public waste, the WheelieBinWarehouse <https://wheeliebinwarehouse.com/> has a range of lockable bins that our waste operatives can unlock on bin day ... might be worth having a look?



Martin's Heritage Carrots

Now we've reached October, root vegetables are out in force, destined for soups and casseroles as the nights draw in, and the colour palette has moved from summery greens and reds to deep purple, orange and brown.

Heritage carrots have been a favourite on restaurant menus for the last few years and are now making appearances in supermarkets in an array of colours. As well as brightening up the dinner table, they also bring a lovely, sweet taste to any dish they're used in. Remember, purple, yellow and white carrots have been around for 200 years longer than the humble orange carrot and we think they deserve equal place on your plate. I have heard, but do not know if it is true, that we have the Dutch to thank for orange carrots - think William the Orange and all that. Who knows? All I know is they taste great at this time of year.

Carrot, Puy Lentil and Thyme Salad

FOR THE HONEY NUTS

1 tablespoon olive oil
20g pecan halves
15g sunflower seeds
15g pumpkin seeds
2 tablespoons clear honey

For the honey nuts, line a baking tray with non-stick baking paper and set aside. Heat the olive oil in a non-stick frying pan until hot, then add the pecan halves and sunflower and pumpkin seeds. Toast the nuts and seeds over a medium heat for 2–3 minutes or until they start to turn golden, stirring continuously to prevent the nuts from burning.

Add the honey and keep heating and stirring for a further 1–2 minutes or until the nuts are a deep golden colour.

Transfer the honey nuts to the prepared baking tray, then set aside and leave to cool completely.

FOR THE CARROT AND PUY LENTIL SALAD

100g Puy lentils
400g small baby organic carrots or Chantenay carrots, with tops and roots intact
1 tablespoon extra virgin olive oil
1 orange pepper, deseeded and cut into long strips
1 clove garlic, crushed
1 tablespoon clear honey
finely grated zest and juice of 1/2 orange
1 tablespoon soy sauce
1 teaspoon grated (peeled) fresh root ginger
1/2 teaspoon nigella seeds (also known as black onion seeds or kalonji seeds)
1 tablespoon chopped fresh Thyme
sea salt and freshly cracked black pepper

Place the Puy lentils in a small saucepan, cover with plenty of cold water and bring to a gentle simmer, then cook, uncovered, for 15–20 minutes or until the lentils are cooked and tender. Season with salt, then drain well, place in a bowl, set aside and keep warm.

Meanwhile, wash the carrots, then remove the top green leaves but leave the long roots on as they look pretty. If the carrots are very fresh, there is no need to peel them, otherwise, you can peel them, if you prefer. Cook the carrots in a pan of boiling salted water for 8–10 minutes or until cooked and tender (cooking time will depend on their size). Drain well, then mix with the cooked Puy lentils, set aside and keep warm.

Heat the olive oil in a large, non-stick frying pan until hot, then add the strips of pepper and the garlic and sauté over a medium heat for 3–4 minutes or until softened and starting to turn golden brown. Season with salt and pepper, then add the combined cooked Puy lentils and carrots and cook for a further 2 minutes or until heated through. Add the honey, orange zest and juice, soy sauce and ginger and cook for 2 minutes or so, until the liquid thickens and starts to coat the carrots.

Transfer the cooked carrot mixture to a serving dish, then fold in the nigella seeds, toasted honey nuts and the thyme and serve immediately. Serve as a side dish with roast chicken, pan-roasted duck or confit duck leg, grilled pork chops, or just add some bacon or chorizo to make a hearty warming easy one pot meal.

This recipe was created by Madalene Bonvini-Hamel from *The British Larder: A Cookbook For All Seasons* and if you like me, love to cook seasonal food then buy her book - it has recipe that will make your mouth water.

One last thing: Hello! My Name is Martin and I have a problem ... I can't stop myself buying new cookery books. I think that is the first step completed, oh no ...Mx



Over the years, the Gig in the Garden held annually at the St Kew Inn in conjunction with NCB Radio, has raised thousands of pounds for local charities. It's a day when locals can usually get out and see each other again after a busy summer and this year's event looked to be the best yet. Let's hope that Sarah at the St Kew Inn and NCB Radio don't let the behaviour of a handful of people put the future of the event in jeopardy. Let's hope that they know just how much their hard work is enjoyed and appreciated by local people.



Music at St Endellion

There are some exciting concerts to be enjoyed in October, all somewhat unique in style - from harps galore to world music with Senegalese percussion and lute and lively folk with banjo, fiddle, cello and Irish pipes, along with some wonderful vocalists. For the first concert we are delighted to be hosting professional harpist and teacher Sarah Deere Jones and harpists from all over Cornwall:

Cornwall Harp Centre Gala Concert - Saturday 14 October, 7.30pm

A unique and magical concert of harps and harpists featuring Celtic, Medieval and Classical harps and music, with a few added surprises! The concert features director Sarah Deere-Jones with some of her most talented students and the 'Harpers Bizarre' ensemble of 6 harps. Sarah is a world-class harpist and this concert will be a rare opportunity to hear her perform in Cornwall. 'Harpers Bizarre' themselves have performed in Europe and America as well as elsewhere in the UK.

This year the North Cornwall Book Festival is being held at St Endellion from 21st to 23rd October and again as part of this year's festival we have two very exciting concerts:



Amadou Diagne & Group Yakar - Friday 21 October, 7.30pm

Multi-instrumentalist (guitar, percussion, kora) and singer Amadou Diagne from Senegal, West Africa and his UK based band Group Yakar are a dynamic and creative collective of musicians with a unique fusion of styles- from Afrobeat to Blues, Jazz Funk to Mbalax, African Salsa with a Rock attitude. Combined with their love of improvisation they deliver a truly memorable performance. Amadou Diagne's soulful and warm vocals deliver great power, whilst his Senegalese melodies and percussive rhythms always rouse an audience into a dancing frenzy.

Wild Willy Barrett's French Connection- Saturday 22 October, 8.00pm

From a cafe in Paris, via a hoolie in Dublin, to a night out in New Orleans with rip-roaring fiddle and banjo – this band does it all! The group will be returning to St Endellion with their array of instruments in tow, following their highly successful appearance at last year's book festival. The performance will highlight songs

from their new album, 'Avant Garde Mangetout' and features French singer, Aurora Colson, who is known for her heart-rending performances of retro French Chansons and her wide jazz repertoire.



*Tickets for all these concerts are £10 (free to accompanied under-16s) and available from the Endelienta Box Office: telephone 07787 944935 or online at www.endelienta.org.uk
Or you can call in at the Wadebridge Bookshop, 43 Molesworth Street, Wadebridge.*



SUNDAY OCTOBER 2nd, 3pm in ST ENDELLION HALL

Cornwall Cellist Barbara Degener is bringing a group of her fellow cellists to St Endellion at the beginning of October. They have volunteered to give a short concert for children and young people of any age showing what kind of noise the big members of the violin family can make, including Pirates of the Caribbean! It will be a lovely opportunity to hear cellos played really well. There is no charge for going along to listen and it will be a very informal performance.



a magical three-day festival of literature, music and workshops

From prize winning novelist Rachel Joyce (*The Pilgrimage of Harold Fry*) to the Scottish poet laureate Jackie Kay and Costa prizewinner Andrew Miller; from graphic fiction to heart-rending memoir; from history to travel; from biography to poetry: there is something for everyone in this intimate festival celebrating all things book-related. Come and meet familiar or new authors, and enjoy fascinating talks, discussions and readings from some of the country's bestselling writers, as well as from the very best local writers featured in our new, free 'Cream of Cornish' sessions. With a dedicated young people's day, sofa stories and drop-in art workshops for children at the weekend, all the family is catered for.

If you enjoy being creative, there are workshops for adults in producing graphic novels; poetry writing; short story writing; plus creating a notebook, all led by our visiting professional authors and artists.

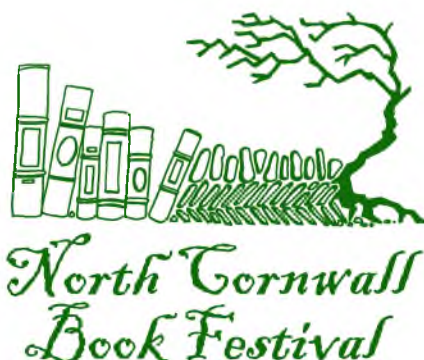
Our music programme brings you exciting contrasting concerts. *Amadou Diagne and Group Yakar's* world music mixes smoky, bluesy jazz with Senegalese melodies and percussion. *Wild Willy Barrett's French Connection* is back by popular demand. Their wit and irrepressible fun were enjoyed by a packed house last year. Perranporth shanty band *Stamp and Go* accompany writer Gavin Knight in an evening of sea stories and songs.

In between sessions, browse the exhibitions and wonderful bookstall, or visit our bar, café and food outlets for mouthwatering hot food, cold snacks and cakes.

Tickets for most sessions £6. For further details, visit our website: www.ncornbookfest.org

"I spent the weekend at the small but perfectly formed North Cornwall Book Festival, founded by the novelist Patrick Gale. It's my first book festival, and if they're all like this, I want more".

2015 festival blogger



Trelights Chapel Fete

Once again our Fete was very successful in terms of proceeds and pleasure. Following a day of preparation - carrying tables, chairs, china, boxes, boiler etc across the road from the Schoolroom to Trewithick House - we were rewarded on August 16th with a sunny, breezy day.

After welcoming everyone to the event, Mrs Pam Hall duly declared the fete open at 2.30pm. Visitors and local friends and residents collected bargains and new-found treasures from the various stalls and then relaxed in the pleasant surroundings and enjoyed the delicious cream teas whilst chatting to friends and listening to the music of the accordion played by Mrs Bette Armstrong.

The Chapel members are extremely grateful to Peter & Pam Hall for making their beautiful garden available for what has become a village event. Many villagers helped in various ways and to those also we extend our gratitude. Especially we need to thank Ross for his invaluable help in erecting the gazebos, also Sam, Pam & Peter's grandson, for his ingenious transport system.

Everyone's contribution to the enjoyment of this occasion is so valued, we thank you.

Peter M Blake

Port Isaac Christmas Lights

Following on from last year's display, this year will be **BIGGER** and better with more lights, candlelit parades, nativity scenes and, of course, angels, lots and lots of angels.

We will be opening the Village Hall up all day on Sunday October 9th to do general work on the artwork (angels) and general maintenance on the lights to make sure they all work. If you can come along and be part of it then you will be made very welcome.

The initial donation from the Doc Martin Fund has given us the chance to get some quality lights and stuff for our village but we need to build on our success "SO" we are looking for donations from local businesses and residents to help us keep everything growing. If you want to make a donation our bank details are:

Port Isaac Illuminations

Sort code: 52 10 47

Account No: 11241152

Ref: Donation + your name

thank you in advance
and hope to see you on
October 9th.

Websites of the Month

We are already into autumn and on the way to winter. Each year it seems to take me by surprise that the days get shorter and shorter so quickly. Although I can think of warm fires and being cosy on cold winter nights, I'm afraid I would go for long evenings every time. As I write this, today is the autumn equinox (meaning equal night) when we have equal hours of daylight and darkness all over the world and this morning I heard one of the BBC weather people explaining what the equinox is and how it differs from the start of autumn. On the BBC website he explains it all in a short video <http://www.bbc.co.uk/weather/features/37423436>. The reason is that the Earth is tilted on its axis as it spins around and as it tilts it makes us closer or further away from the Sun depending on the time of year. When we are tilted closest to the Sun, it is the summer; furthest away it is the winter. Spring and autumn are in between. When the Earth is not tilted at all compared to its spin the north and southern hemispheres are equally close to the Sun and that's the equinox. At the equator the tilt doesn't affect the angle to the Sun and so they have equinox all the year round.

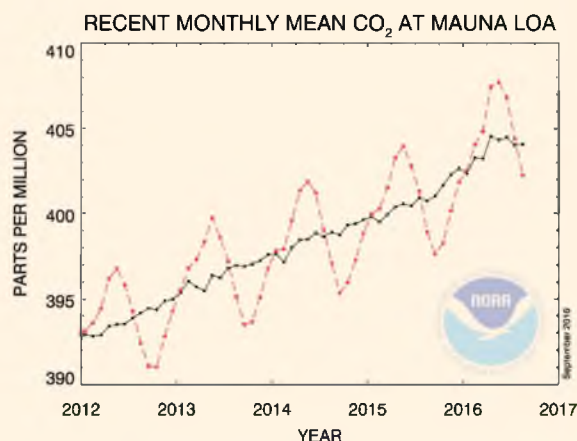
This is one aspect of a broader topic that I think is fascinating. These are the consequences that arise from the fact that the length of the day changes. It affects plants and animals, including ourselves in all sorts of ways and goes under the name of Chronobiology and Wikipedia is a good place to look <https://en.wikipedia.org/wiki/Chronobiology>. This site explains some of the research activities to try and understand how our biological clocks work and how they keep time. A good article about human clocks is in Scientific American <http://www.scientificamerican.com/article/your-brain-has-two-clocks/> that suggests we have one clock for day night and so on and another to keep track of time passing.

People's rhythms are attuned to the day night cycle of course – we sleep at night and wake during the day. This is such a commonplace thing that we take it for granted. But if the system that keeps us in synchrony goes wrong it can be very disruptive. I found this amusingly named website very clear; it is devoted to problems associated with sleep and our daily rhythms (www.1ststopsnoring.co.uk/sleep-conditions/circadian-rhythm-disorders/) and has lots of information about how all this works. It shows how our body clocks if not synchronised by the day night cycle, would run at 25 hours a day, not 24. It is an active brain process that keeps it in line with the day. It also talks about the research that has been done on seasonal affective disorder where people feel quite low as the autumn comes on, is beginning to uncover some of the underlying mechanisms of all this, and people are getting some useful help for their conditions at last.

Chronobiology also covers the way plants organise their rhythms – when to flower, when to drop their leaves in autumn and so on. Some of this is controlled by daylength (although temperature and other factors do come in to play for many species). Also many plants and animals hibernate and for some of them this is triggered by daylength; also birds migrations.

Finally, a link with the climate change theme of these columns can be seen by looking at the amount of CO₂ in the atmosphere measured over the past few decades at Mauna Loa near Hawaii <http://www.esrl.noaa.gov/gmd/ccgg/trends/>. If you look at the picture you can see the graph goes up and down with the seasons. Usually the point is that the trend line is going up – and indeed it has set new records this year – but this time look at how much it varies (the black line is the trend, the red line the actual readings). A big part of the reason for this is because when the spring arrives the leaves come out and start absorbing CO₂ as part of photosynthesis. In the autumn and winter the leaves fall down and decompose, giving off lots of CO₂.

Tony Wainwright



The Royal British Legion Poppy Appeal in Port Isaac



The Poppy Appeal starts in the village on Monday October 17th. If you can help in any way please call Annie Price on 01208 880660.

The Remembrance Service takes place in St Peter's Church on Sunday November 13th.

PORT ISAAC CHORALE

It's great to welcome everyone back after the summer break with an opening rehearsal of varied repertoire to lubricate the vocal chords.

Throughout the summer, there have been several music events, concerts and workshops which choir members have attended, including the picnic atmosphere of 'Songs by the River' at Lostwithiel along with the wonderful Sunday afternoon Choir Barbeque hosted by Carol Hurd and Gerald Blewett. In such a convivial atmosphere we enjoyed salads, sausages and summer puddings cooked and concocted by members who attended and we extend our thanks for an enjoyable party where the topics of conversation were varied and lively, to say the least!

So now it is back to work for the winter as we commence rehearsals come rain or shine for our forthcoming Music Hall Evening Extravaganza and our entry into the Wadebridge Music and Speech Festival in Spring.

We are a friendly group of singers who rehearse in Port Isaac Village Hall on Tuesday evenings so if you would like us to sing at your event please contact our Secretary Pat Pearson Tel. 01208 880969 or Musical Director Janet Townsend Tel. 01208 880505.

So in true 'strictly' fashion.....Keeeeeep singing.

Nicki B's Pasty Shop

OPEN EVERY
DAY FROM
8.30am

Telephone:
01208 880099

to advertise in Trio
call 01208 880905
or email:
triopi@mac.com

THE MOTE

SEAFOOD RESTAURANT
The Platt Port Isaac 01208 880226

New Chef New Menu New Look

Coffee
Lunch
Teas
Dinner

Sunday Roasts with all the trimmings

Andy Penny General Building Services

Specialising in Glass Fibre Flat Roofing
All General Building Work
Plastic Fascia & Guttering
Brick Paving & Patios
07532 478 451/01208 880985
andy@andy-penny.co.uk



cornish cabs



Home phone

01840213108

Mobile

07599319764

Family run taxi service

Based camelford and portisaac

SMALL ENOUGH TO CARE ABOUT
THE BIG THINGS
in your life

SPROULL
SOLICITORS



Sproull Solicitors

Call us: 01208 72328

Visit online: www.sproulllp.co.uk

Email: reception@sproulllp.co.uk

Visit us at Bodmin, Camelford or Wadebridge

Brooks & Jeal

Chartered Accountants

Business Start up
Property Letting Advice
General Business Advice
Accountancy
Personal & Business Tax Advice
Bookkeeping, VAT & Payroll
Business Forecasts & Plans
Company Formation
Company Secretarial Services



Eddystone Road
Wadebridge
Cornwall PL27 7AL
www.brooksandjeal.co.uk
T: (01208) 812129
F: (01208) 816798



M.E.R. ELECTRICAL SERVICES

All types of electrical work carried out

Security Alarms CCTV
Good rates Free estimates
No call out charge

PORTABLE APPLIANCE TESTING (PAT)

Registered with local authority
for Part P of Building Regs

For a friendly, reliable service
call Mark on

01208 880142
or 0779 4782627

markroutledge544@yahoo.co.uk
Mayfield Road, Port Isaac

NICOLA O'MARA interior design



www.nicolaomara.com

DAVID PHILP

FOR ALL YOUR GARDENING NEEDS

The Lodge, Trelights
Port Isaac, Cornwall PL29 3TH

Phone **01208 880056**

Mobile **07817 161136**

Email **peapipod@btinternet.com**



for all your garden maintenance

Grass Cutting

Garden Waste removed

Power spraying

Full Insurance

K L Honey Ltd

Building & Renovation Contractors

Tel: **01208 880609** Mobile: **07971 479309**

Email: **klhoney@btconnect.com**

to advertise in
Trio call **01208 880905** or
email:
triopi@mac.com



*Highlighting the finest, sustainable seafood caught
from day boats off the Cornish coast*

Restaurant Nathan Outlaw Port Isaac

Offering a seafood tasting menu at lunch and dinner
and a set lunch menu

Dinner - Wednesday to Saturday 7.00pm – 9.00pm

Lunch - Friday & Saturday 12 noon – 2.00pm

For reservations: 01208 880896



also

Outlaw's Fish Kitchen

serving small, delicious plates of fish and seafood

Dinner - 6.00pm – 9.00pm

Lunch - 12 noon – 3.00pm

Reservations taken for dinner only on 01208 881183

Outlaw's Fish Kitchen is now open 7 days per week!

www.thisisnorthcornwall.co.uk

THE PINK COTTAGE PORT GAVERNE

**Holiday cottage next to beach.
Sleeps 8. Dogs welcome, garden,
Wi-Fi, log fire, parking.**

Tel: 01803 731082

cilla.marnan@btinternet.com

www.pinkcottageportgaverne.com



SELF CATERING APARTMENT IN PORT ISAAC

**Sleeps 2. Newly appointed
and spacious with outside
patio area. Parking.**

Tel: 07929 274664

LARGE HOLIDAY HOME in PORT ISAAC

**sleeps 10
log fire, gardens
garage parking in village
for details call
07967 089766**

HOLIDAY HOME in Port Isaac

**Spectacular views.
Sleeps up to 7 people.
Quiet gardens. Dogs welcome.
Parking for two cars.**

Contact:

r.meere@btinternet.com

Kernow Cleaners

**Spring Cleaning
Holiday Change over
Commercial &
Domestic Cleaning**

**For details or a no obligation
Quote please ring Rakhia on**



0754 014 7734



rakhiamumtaz@live.co.uk

References Available

DBS Checked

Roy Speakman

A.B.I.C.C.

BUILDING CONTRACTOR

**Specialist Carpenter
Period Reconstruction
Kitchen/bathroom installations**

All roof work undertaken

Tel: 07790 602404

email: rwsbuild@live.co.uk




St Kew Inn

Booking is recommended
call 01208 841259

Home to well cooked seasonal Cornish produce

Just Shellfish



Crab & Lobster
LIVE * COOKED * DRESSED
Jeremy & Liz Brown
The Fish Cellars
Port Isaac
Cornwall

01208 880449

GARDEN OF EDEN



LANDSCAPING SERVICES

Maintenance: Lawns, Hedges, Pressure Washing
Hard & Soft Landscaping, Patios,
Fencing, Turfing etc
Plant Supplier, Compact Tractor & Mini Digger work

For a free estimate phone Jim Dyer on
01208 851916 or **07970 919389** (mobile)
www.jdyerlandscaping.co.uk
Churchtown Cottage Fore Street St Teath PL30 3JA



KERNOW ECO CLEAN

Professional Carpet & Upholstery cleaning

Domestic & Commercial

Fully insured
Friendly & efficient service
Excellent prices

01208 841117

The Peapod

OPEN DAILY FROM 10.30am

Italian leather handbags, scarves and jewellery
Dog collars and leads in lovely prints -
made in England. Selection of natural wax
gel candles and lots, lots more

FOLLOW THE
PEAPOD ON
FACEBOOK

26 New Road, Port Isaac, PL29 3SB Tel: 01208 881197

Martin's Logs

Seasoned Stored Firewood
Pick-up loads and
Trailer loads available

Call **07833 488899**



ROCK JOINERY

Hardwood & Softwood Joinery Specialists

www.rockjoinery.co.uk

Richard Collins

Unit 2 Pityme Business Centre, St Minver
Wadebridge, Cornwall
t: 01208 862145 (day), 01840 213733 (evening)
m: 07721 721464

remember to say you
saw it in TRIO

Want to advertise in Trio?

Call 01208 880905 or email: triopi@mac.com

BRIGHT SOLUTIONS

Tony Bright
Painter & Decorator
CITY & GUILDS QUALIFIED
External & Internal
Friendly Professional Service
References supplied on request

01840 213694 / 07765 632164
TONY.BRIGHT@HOTMAIL.CO.UK

The Longcross

Hotel, Restaurant & Gardens



Trelights, Port Isaac,
Cornwall PL29 3TF
T: 01208 880243
F: 01208 880560

www.longcrosshotel.co.uk
E: info@longcrosshotel.co.uk

OPEN DAILY FOR MORNING COFFEE, LUNCHES, CREAM TEAS AND EVENING MEALS
VICTORIAN GARDENS, CHILDREN'S PLAY AREA AND SUNDAY ROASTS

Sofa, Chair and Cushion Covers
made-to-measure

Painting and Decorating

Philippa Eddison

eddisons@onetel.com 01208 841208



**CHRISTOPHER KEY
SOLICITOR**

Friendly office open
Monday-Friday
9.30am-12.30pm

Appointments out of office
hours by arrangement

Trebiffen, Boscastle PL35 0BN
Tel: 01840 250200
Fax: 01840 250900

The Angry Anchovy



PIZZERIA

10 New Road, Port Isaac - next to Trelawney Garage

01208 881384 Find us on 

R.A. HANCOCK

ELECTRICAL CONTRACTOR

AGRICULTURAL & DOMESTIC WORK

SALES & SERVICE

SLIMLINE RADIATORS

DIMPLEX & CREDA

COMPLETE SHOWER INSTALLATIONS

Hartland Road Port Isaac

Telephone: 01208 880328

Local Guide Books & Maps *available at* Secrets, Port Isaac

LOCAL INFO

Doctor's Surgery - 01208 880222

Repeat Prescriptions - 880242

NHS 24-hour Helpline - 111

Royal Cornwall Hospital (Truro) - 01872 250000

East Cornwall Hospital (Bodmin) - 01208 251555

Derriford Hospital (Plymouth) - 08451 558155

Local Dental Helpline - 01872 354375

Police (non-emergency) - 101

PCSO Claire Drennan - 0845 6567930

Civil Enforcement Parking Team - 0300 1234222

Rev Judith Pollinger - 01208 880181

Harbour Master - Byron Buse - 01208 880321

Lifeboat Operations Manager - Chris Bolton - 01208 880256

Electricity - 0800 365900

Power Cuts - 105

Water helpline - 0800 1691144

Parish Council:
stendellionpc@gmail.com

Cornwall Council - 0300 1234 100

Bowthick Tip - 01840 770778

Vet - Nutes - 01208 813258



The Cornish Cove

... is now open for breakfast,
morning coffee, lunch, afternoon tea ...

lovely homemade cakes, quiches and sandwiches
all produce locally sourced
we look forward to seeing you

The Cornish Cove Fore Street Port Isaac Telephone: 01208 880250



TREMEER HOME IMPROVEMENTS

High Quality
Conservatories,
Extensions, Windows
& all building work

Peter Lobb
01208 851182
07798 644293



R Mears & Sons Chimney Sweeps & Stove Installation

Established over 30 years

Vac Brush, Full CCTV investigations,
Pots, Cowlings & Bird Protection fitted. Chimneys Lined.
Solid Fuel Appliances, Rayburns, Woodburners,
Stoves, etc serviced. Fully Insured.

Tel: 01840 261221 Tavistock: 01822 664554
Mob: 07737 533392
www.sweepdevon.com



**E.F.I.R
CAR BODY REPAIRS**



ROBERT GIKLER

Unit 5G
Highfield Ind Est
Camelford
PL32 9RA

robertgikler@yahoo.com

07964465064

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. 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



Port Isaac Pottery & Chapel Cafe

clothing, accessories and
homeware now upstairs



www.thisisnorthcornwall.co.uk

RUSSELL RICHARDS

Roofing & Building Services

Tel: 01208 841813

Mobile: 07967229291

Email:

russ.richards69@btinternet.com

to advertise in Trio email:
triopi@mac.com



Muts Cuts

Qualified Pet Groomer

H: 01840 211786

M: 07921 637055

W: www.mutscuts.co.uk

E: mutscuts@yahoo.co.uk

Gable Cottage

Newhall Green

St Teath

PL33 9ES



k i l n .

a new studio shop

with hand-painted china by artist sue pullin

+ a range of hand-picked homewares, gifts and stationery
from cornwall and scandinavia

3 MIDDLE STREET, PORT ISAAC, CORNWALL, PL29 3RH

t: 01208 880578 e: info@kilnstudio.com w: kilnstudio.com

J.M.C.

PROPERTY MAINTENANCE

Window and Gutter Cleaning
Painting and Decorating
Algae Control Fencing
Grass and Hedge Cutting
Small Building jobs

Email:

jamie.carthew@aol.co.uk

Mobile: 07891 376145

PAUL HONEY

PAINTER & DECORATOR

INTERIOR & EXTERIOR MAINTENANCE,
WALL & FLOOR TILING, ARTEXING,
COVING & WALLPAPERING

Tel: 01208 881122

Mob: 07773 305626

PHONEY247@BTINTERNET.COM

The Old School Hotel & Restaurant

Fore Street, Port Isaac PL29 3RD Tel: 01208 880721
email: reception@theoldschoolhotel.co.uk

**Cream Teas & Coffees • Lunches
Afternoon Teas & Sandwiches •
Evening meals**

**We are open to all, all day, every day
starting at 8:30am for Breakfast**

**Try our Takeaway Fish & Chips and
Homemade Burgers!**

All our food is freshly made to order using local produce where available

Visit our website for offers, menus and the latest info:

www.theoldschoolhotel.co.uk

BREAKFAST. LUNCH. SUNDAY ROAST.
CREAM TEAS. HOME-MADE CAKES.
CELEBRATION CAKES. ICE CREAM.
HOME PRODUCED BEEF, LAMB AND
FREE RANGE EGGS. FRESH FRUIT AND
VEG. LOCAL BREAD AND CHEESES.
GIFTS AND CRAFTS.



Shop & Restaurant open daily from 9am

Winter Warmer Special

****2-courses including homemade dish made using our home-produced meat, followed by homemade crumble with custard and tea or coffee ... £9.95 per person**

offer available daily from October 1st-22nd, excluding Sundays

Don't forget we serve ... Breakfast 9am-11am

--- Lunch from 12noon - 3pm ---

**Coffee, tea, homemade cakes, cream teas,
ice cream etc served all day**

Pop in ... you will be sure of a warm welcome ... open every day!

**Book now for Traditional Sunday Roast, choice of meats
including our home-produced beef, followed by a
selection of homemade desserts - booking essential!**

TELEPHONE: 01208 880164 www.trevathanfarm.com

CHILDRENS PLAY AREA. RIDE-ON TRACTORS AND DIGGERS. PETS CORNER

Find us on the B3314 at St Endellion, nr Port Isaac

Follow us:  



Nicola Vickery Interiors

Your concept, my expertise
T. (01208) 880834

www.nicolavickeryinteriors.co.uk

Roman blinds, curtains, voile blinds,
cushions, upholstery all traditionally
handmade in Port Isaac.

Full interior design, property buying
& project management service.

WINDOWS XP YOUR LOCAL WINDOW CLEANER

Domestic & Commercial
eco-friendly, pure water
system, fully insured,
regular and reliable

Call John Brown on

07815 156632

to advertise in Trio call
01208 880905 or email:
triopi@mac.com



FRESH FROM THE SEA

PORT ISAAC 01208 880849

Sustainably caught Lobster and Crab, landed daily in Port Isaac and delivered straight to our shop at the top of the hill. Available cooked, dressed, in a sandwich, boxed to take home or even live.

A selection of seasonal wet fish from Cornish Day Boats - members of the Responsible Fishing Scheme

Come and see us for a handpicked Crab Sandwich or a Lobster salad and glass of wine



18 New Road, Port Isaac, PL29 3SB
www.freshfromthesea.co.uk

log on to

www.thisisnorthcornwall.co.uk

Bev and Steve welcome you to
TERRACE TEA ROOMS
and Bed & Breakfast

2 Tintagel Terrace,
 Port Isaac PL29 3SE.

email info@terracetearooms.co.uk

www.terracetearooms.co.uk

Telephone 07908 436262



Western Supply



**Timber · Building Materials · Roofing · Landscaping ·
 Plumbing · Electrical · Paint & Decorating Products**

**Established
 1965**

Atlantic Road, Delabole, PL33 9DN

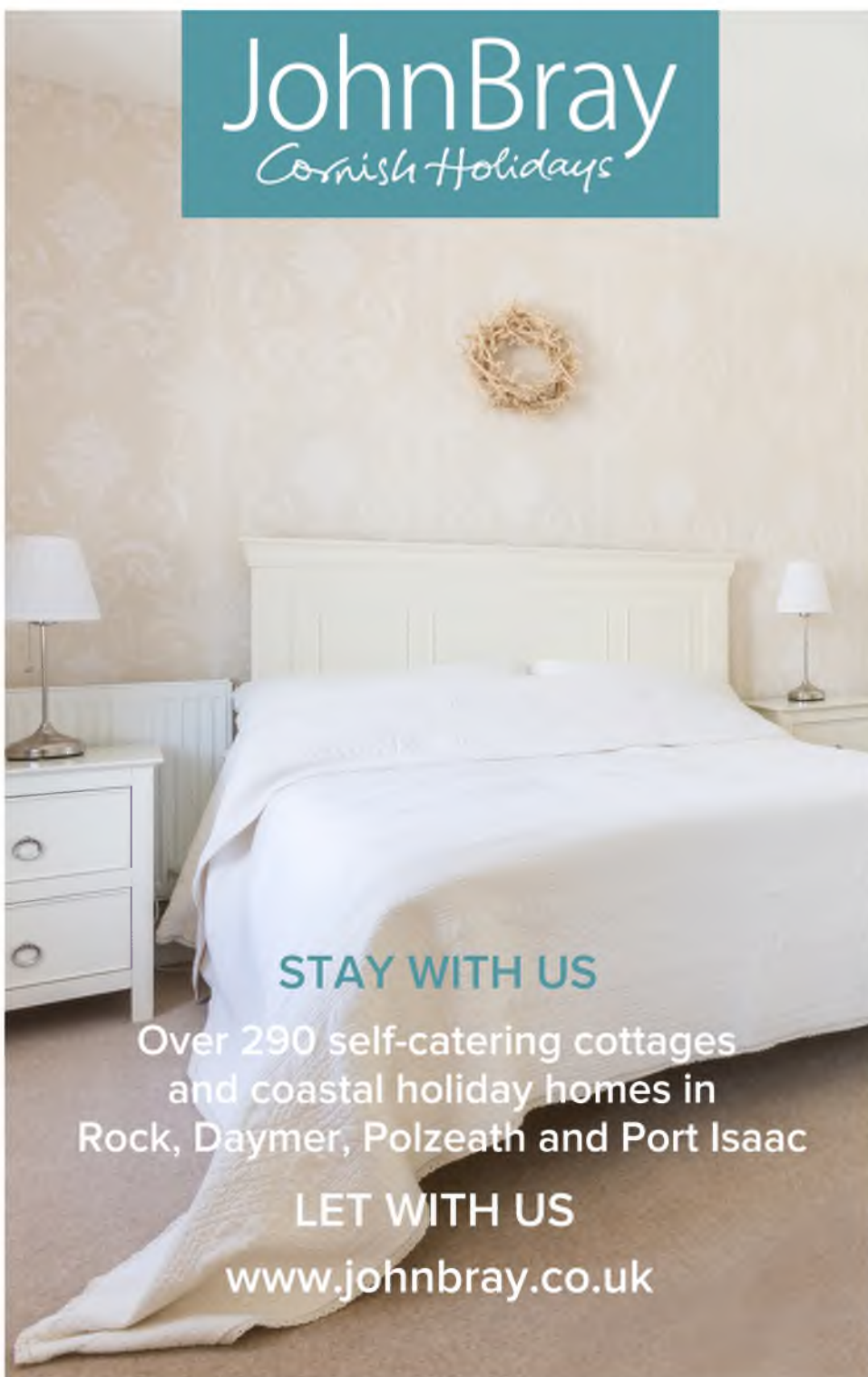
t: 01840 212580

**Trade & Public
 Welcome**

www.westernsupply.co.uk

JohnBray

Cornish Holidays



STAY WITH US

Over 290 self-catering cottages
 and coastal holiday homes in
 Rock, Daymer, Polzeath and Port Isaac

LET WITH US

www.johnbray.co.uk

Ivan Jones Electrical Services Ltd



Your Local Electrician.

Domestic - Commercial - Industrial - Agricultural

*Celebrating
20 years of
Customer Satisfaction*

1995



2015

*"A BIG
Thank you to
ALL our Clients"*

Competitive & non-biased prices on:
LED Lighting - Electric Radiators - Garden Lighting & much more.
Offering a range of manufacturers to BEST suit your property & budget

- Testing & Inspecting (EICR)
- Landlord Certificates (EICR)
- Portable Appliance Testing
- Fault Finding
- Additional Points & Repair
- FREE Quotations
- Rewires
- New Builds
- Fire Alarm Installation & Testing
- Emergency Lighting & Testing
- CCTV Design & Installation
- Planned Maintenance

Office: 01840 213 683 - Mobile: 07738 824 181
Info@IJESLtd.com - www.IJESLtd.com



Plumbing, Heating, Gas & Oil
Installation & Maintenance Engineer



PLUMBLINE
MAINTENANCE

Darren Milner

Tel: 01208 850431 E-mail: plumblin93@yahoo.co.uk

S. Goodman Plumbing & Heating



- All Aspects Of Plumbing
- Oil Heating
- Biomass Heating
- Wood Burning Stoves
- Geo-Thermal Heating
- Servicing
- Central Heating & Underfloor Heating
- Solar Heating
- Bathroom Installations & Tiling
- Water Harvesters
- Septic Tanks
- Drainage

Tel: 01840 213196 Mob: 07968 984305
98 HIGH STREET, DELABOLE PL33 9AQ

TRELAWNEY GARAGE

14 New Road, Port Isaac

01208 880536

**Servicing & Repairs
Breakdown Service
Accessories**

*Overheating?
Air Conditioning
Servicing & Recharging
now available*

**GAS DELIVERIES
13kg, 19kg & 47kg**

Remember to
say you saw it
in TRIO

log on
to www.thisisnorthcornwall.co.uk



**THE
T
A
K
E
A
W
A
Y**

& The
**Ice Cream
Parlour**

**ROSKILLYS CORNISH
ICE CREAMS**
cold drinks beach goods

OPEN EVERY DAY

Fish & Chips

*locally supplied fish, freshly cooked
in a light, crispy batter*

plus burgers, sausages, chicken,
cold drinks etc

01208 880281

T.F. GRILLS and Sons

**Building and Carpentry
Painting and Decorating**

Free Estimates

Telephone: **01208 880094**

07875 221222

email:

markcgrills@googlemail.com



Julie Monk

SPORTS & HOLISTIC THERAPIST



SPORTS MASSAGE
ASSOCIATION

MSMA L4, Dip VTCT Qualified

Member of BABTAC

Email: jaemonk@btinternet.com

Website: www.juliemonk.co.uk

Trelights, Port Isaac

Tel: 01208 880236

Mob: 07775 728680



Sports/Deep tissue Massage

Reflexology

Swedish Massage

Indian Head Massage

Hopi Ear Candling

Gift vouchers available

CLASSIFIEDS

Port Isaac Grass fed Lamb

jointed, bagged and labelled for the
freezer

Whole lamb - £110

Half lamb - £55

smaller quantities available

Please call Barry Collins on

01208 880755

FREE

Two Seat High Back Sofa

Good Condition

Tel: 01208 880224

the oldest gallery in the village

Secrets

Port Isaac

original art in all mediums
limited and open edition prints

art cards & art materials
Port Isaac books & walks
jewellery, scarves & gifts

01208 880862/880905 www.secretsportisaac.com

S R HEWETT & sons

electrical contractors

Tel: 01208 880319
Mob: 07836 525443



DENNIS KNIGHT

Proprietor: JT Collins

WHOLESALE & RETAIL FISH MERCHANT
FISH CELLARS, PORT ISAAC

FRESH FISH DAILY OPEN SIX DAYS A WEEK

Tel/Fax/Answerphone: **01208 880498**

Mobile: **07969 555182**



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

Trio Copy Dates

MONTH	COPY DATE	PUBLICATION
November	October 25th	November 1st
December	December 2nd	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 and Third Sundays in the month - Morning Worship at 9.30am and Second, Fourth and Fifth Sundays in the month - Holy Communion at 9.30am

St Endellion Church - Every Sunday at 11am

Trelights Methodist Church - Sunday Service at 6pm

WHAT'S ON ...

Sunday October 2nd - A group of cellists give an short informal concert for children in St Endellion Hall - 3.30pm

Monday October 3rd - PIGS Ryder Cup

Sunday October 9th - Port Isaac Christmas Lights maintenance day in the Village Hall - 9.30am onwards

Harvest Festival Fandango - a Family Harvest Festival and Afternoon Tea in St Peter's Church - 4pm

Monday October 10th - Panto tickets go on sale

Tuesday October 11th - Kerbside recycling - leave out by 7am

Friday October 14th - Cornwall Harp Centre Gala Concert at St Endellion Church - 7.30pm

Saturday October 15th - RNLI Ball

Friday October 21st-Sunday October 23rd - North Cornwall Book Festival

Friday October 21st - Amadou Diagne from Senegal & Group Yakar at St Endellion Church - 7.30pm

Saturday October 22nd - Wild Willy Barrett's French Connection at St Endellion Church - 7.30pm

Tuesday October 25th - Kerbside recycling - leave out by 7am

Friday October 28th - Canvas & Rum (maritime theatre and songs) in Port Isaac Village Hall - 7pm

Monday October 31st - Children's Halloween Fancy Dress Disco in the Village Hall - 4pm-6pm

Saturday November 5th - Annual Bonfire & Fireworks at Port Gaverne

Thursday November 10th - Golden Circle meeting - Elaine from Bruallen gives a Christmas Decoration demonstration - Port Isaac Village Hall - 2.30pm

Sunday November 13th - Annual Remembrance Service in St Peter's Church

Children's panto rehearsals begin in the Village Hall - 4pm

Tuesday November 15th - Golden Circle Christmas Shopping Trip to Barnstaple

Saturday November 19th - Endelienta Scholars Concert at St Endellion Church - 7.30pm

Wednesday November 23rd - Port Isaac School Christmas Bingo at the Poldark Inn

Saturday November 26th - Vintage Fair in the Village Hall - 11am-4pm - Soup & Sweet lunches from 12noon

Sunday December 4th - Zoltan Ensemble concert at 3.00pm at St Endellion Church

Wednesday December 7th - Port Isaac School Christmas Fayre - 3.30pm

Friday December 9th - Port Isaac Village Hall Christmas Cash Prize Bingo in the Hall - eyes down 7.30pm

Wednesday December 14th - PISCES Christmas Evening in St Peter's Church with Port Isaac Chorale and Gulls

**Wednesday December 28th,
Thursday December 29th,
Friday December 30th,
Monday January 2nd**
**Snow White and the Seven
Dwarfs** - the Port Isaac
Panto in Port Isaac
Village Hall