



trio

Photo: Jenny Balfour-Paul

November

Village Hall News - p3
 Christmas Cash Prize Bingo - p3
 PISCES - p4
 PISCES Christmas Evening - p4
 Port Isaac Christmas Presents- p4
 Port Isaac Lights Up - p5
 Free Community Lantern Making Workshop - p5
 Church News - p6
 Children's Trio Christmas Competition - p7
 Golden Circle Christmas Shopping Trip to Barnstaple - p7
 Port Isaac Party Night - p7
 The Spirit of Christmas Fayre - p7
 Golden Circle - p8
 Storm Ophelia - p8
 The Joys of Cycling - p8
 Fish PI(E) Competition - p9
 Endelienta events - p10
 Port Isaac Chorale - p10
 Your Christmas Greetings in Trio - p10
 National Trust news - p10
 Liam surfs in Japan- p11
 Poppy Appeal- p11
 Scott Mann - p12
 Fantasy Football - p12
 RNLI - p13
 Schoolchat - p14
 Special Wedding Ceremony - p14
 Carol Mould, County Councillor - p15
 Fireworks - p15
 Cooking with Martyn - p16
 Trio Directory - p16-27
 What's on - back cover

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.



Looks like Port Isaac's getting into the Christmas spirit early this year. You'll find full details on everything in this issue of *Trio*, but to give you an idea ...

Starting the proceedings at the end of November, on Tuesday 28th, Trelights Chapel are holding their Christmas Fayre - it starts at 2.30pm.

Later in the week, on Friday December 1st, is the Village Hall's Cash Prize Bingo. It's always a funny night, the bar is open, you might go home a little bit richer and there is a special raffle for a Christmas Hamper.

Saturday December 2nd is the Lantern Procession and the Switch-on of our Christmas lights. Earlier in the day there will be a Christmas Fayre in the Golden Lion plus local shops and cafes will be open so you can do your Christmas shopping locally.

Father Christmas is visiting the Boathouse next day and the RNLI shop will be open as well as mince pies and mulled wine.

Don't think you can have a night in, because on Sunday December 3rd it's the annual PISCES Christmas Evening in St Peter's Church. Janet Townsend lead's the proceedings, encouraging everyone to learn and sing the old Port Isaac carols and the Chorale and Gulls will be adding their voices to the evening.

And now you can have a bit of a rest until December 8th when the Christmas *Trio* comes out with all the news of what's happening in the village for the rest of the month and into the New Year.

Trelights Chapel

Christmas Fayre

in the Methodist Schoolroom
 on Tuesday November 28th at 2.30pm

BRING & BUY • CAKES • PRODUCE • PLANTS
 BOOKS • BRIC-A-BRAC • DRAW • MINCE PIES

all proceeds to the Children's Hospice and the Air Ambulance

HELP US SUPPORT THESE FINE LOCAL CHARITIES

A BIG WELCOME TO ALL

(free parking!)



Village Hall news ...

Co-op to celebrate it's community support

On Saturday November 25th the Co-op are holding nationwide Community Days. Here in Port Isaac, our Co-op will be presenting the money raised during the current fundraising period by customers using their membership card. These charities receiving money are Port Isaac Village Hall, Port Isaac Stay & Play Group and Endelienta. Representatives from these groups will be on hand to tell you what your donations are being spent on. An extra bonus will be the Village Hall's homemade cake stall and all the money raised will go towards the new kitchen and toilets extension at the Hall.

It might seem like we've been talking about this extension forever, it certainly does us, but things are actually happening. The footings are all dug and the committee are starting work on the drains, so slow but sure ...

Don't forget you can support your Village Hall by using your Co-op card with you when you shop at the Co-op - register it to support either the Village Hall or the Stay & Play Group and 1% of your spend will go to your chosen charity (as well as 5% for you). Mel, our community pioneer, will be on hand to help anyone who hasn't registered yet.

And a final "don't forget" - the used book shelf in the Co-op supports the Hall and the Playgroup. If you have any books to donate just take them up to the Co-op and put them on the book shelves - they are near the cash point.

Become a member today for £1 and earn



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



PORT ISAAC VILLAGE HALL HIRE

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

GENERAL USERS/COMMERCIAL EVENTS - £10 per hour - £125 for 24hrs

For full details or to make a booking contact Dee on 01208 880905 or email dee54@mac.com





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



The PISCES exhibitions in St Peter's Church have welcomed over 6000 visitors during the summer. 6000 visitors who otherwise might not have gone into our village church during their visit to Port Isaac.

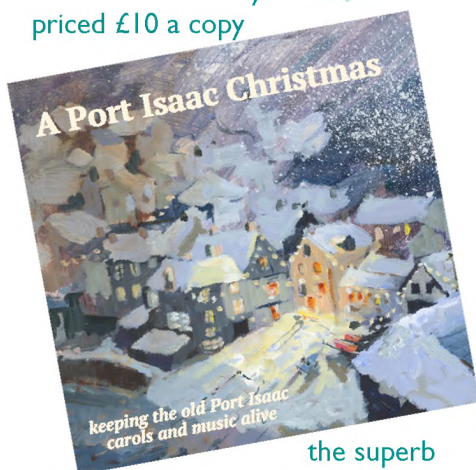
You might wonder how popping in to look at an exhibition helps our church but you only have to look at the visitors book to get your answer. Practically every person who takes the time to record their experience mentions "how lovely" our church is, how "peaceful" and "calm" it is, and how good it is to see the church opening its doors to PISCES.

Over the summer we were showing our *Trio* exhibition but that has now been replaced by *Fishing in Port Isaac*. St Peter's is open every day from at least 10am to 4pm and now things have quietened down a bit it might be the ideal time to spend an hour looking round. Plus all our previous exhibitions can be viewed on our touch screen in the church. You can also listen to our oral history interviews with local people. If you would like us to come along and record your memories of life in Port Isaac just get in touch with Barbara or Cheryl at the Pottery, 01208 880625, and they will bake a cake, charge up the video recorders and come along to see you.

www.portisaacheritage.co.uk



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



the superb collection of Port Isaac Christmas music, including the old traditional 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,



two Port Isaac Christmas cards, priced £5 for a pack of 5 (all proceeds to PISCES), available from The Pottery or Secrets

**PISCES
CHRISTMAS
EVENING**

SUNDAY DECEMBER 3RD

ST PETER'S CHURCH

7PM

WITH THE
**PORT ISAAC CHORALE
AND GULLS**

music, mince pies & mulled wine

learn and sing the traditional
Port Isaac carols

**OLD CAROLS
NEW CAROLS**

plus the Friends of
PISCES annual draw



Port Isaac Lights Up

6pm

Christmas Lights Switch on - Saturday December 2nd

Well ladies and gentlemen, boys and girls, its that time again when the nights draw in, the fire gets lit and that small band of willing men and women strive to light up our beautiful village for Christmas.

Following our brilliant auction which raised nearly £6000 (£1500 going to Port Isaac Carnival), the Doc Martin Fund has now contributed a further £3000 to the Illuminations fund. Some of this money has been invested in new lights and installations and also maintenance for our existing stock. Once again, a huge thank you to all the businesses and locals who gave so generously to the auction – a brilliant Port Isaac event.

Following last year's torch-lit procession we have enlisted the *Articulate* group again to build more "creations" for this year's torch-lit procession which will take place on Saturday December 2nd starting at 5pm from Port Isaac School. Our own angel, "El", will be making a welcome return, and bringing along some friends. We are looking for volunteers to carry "El" and her friends through the village. They are not heavy so we don't need uber fit people, just ones who can walk!!! So teenagers, parents, adults – please help us and join the procession. There will be mulled wine served from the Boathouse when you reach the Platt.

We will be using our angels again around the village but with a bit more sparkle ... hopefully. We are also looking for homeowners at the top of the village to plug in our new lights. We put them up and provide the dri-boxes, extension leads and timers – all you have to do is plug them in. EASY! They are all LED bulbs so are very cheap to run.

As always we will need extra help to put up our lights and structures so please look out for details of when and where on Facebook and social media, on posters around the village and of course there is word of mouth (aka the Co-op!!).

If you can help in **any** way please call me on 01208 880924 for Facebook me.

Mr Chris "Illuminations" Lanyon

FREE Community Lantern Making

Saturday November 18th

11am-3pm in Port Isaac Village Hall

Come and make your lantern for the Lantern Festival

Cornwall Music
Education Hub

all welcome



Port Isaac LANTERN FESTIVAL

Saturday December 2nd

Bring your lantern and join in the parade

Starts 5pm from Port Isaac School down to

the Platt for the Switch on at 6pm

REFRESHMENTS CORNISH PIPER CHOIRS

Memory and hope

In November, we enter a season of remembering. At All Saints, we remember those who have gone before us and shown us how to live fully – people we call saints. At All Souls, we remember all those who have died, and especially our loved ones. And on Remembrance Sunday, we remember all who have died in wars and conflict, especially those serving in the armed forces.



Memory is an important way of keeping alive what is important from the past, and in our churches we do it quite a lot. Just before he died, Jesus asked his friends to remember him in a particular way. They were asked to remember him whenever they shared a meal together, breaking bread and drinking wine. We do this in a formal and symbolic way when we meet to celebrate holy communion in our churches, but perhaps we should be remembering Jesus every time we eat with members of God's family – not just meals out and special occasions, but lunches and afternoon teas as well!

Every time we share food with one another, we have a chance to remember the way that Jesus shared his love and his life with all sorts of different people, often the sorts of people who were excluded by society. And if we really do this, today, then we will also be remembering all those people in our local communities and around the world who are struggling for food and going hungry.

For me, this kind of remembering is also a call to take action to make a difference in our world today. Remembering God's generosity in the past, makes me want to reach out with that same generosity to those who are struggling today. And in this way, for me, memory leads to hope. For when we remember the way that God's limitless love poured out to the most unlikely people in Jesus' lifetime, perhaps we can also imagine our churches and communities filled with the same generous love which wants the best for all those around us, and encourages us to do whatever we can to help.

If remembering the good enables us to do whatever good we can, then I think we can be filled with hope for the future.

Revd Elizabeth

Reflective Day on Artist

Using art and focusing on Stanley Spencer, Canon Mark Chapman, will explore Advent and Resurrection themes in a reflective day in St Endellion Church on Saturday December 2nd. Canon Chapman is Vice-Principal Ripon College, Cuddesdon. Professor of Modern History, University of Oxford and Canon Theologian, Truro.

The day will begin with coffee in the Church Hall at 10am followed by illustrated talks in the church, before and after lunch. The day will end at 3pm. Tea and coffee provided but please bring a picnic lunch.

Cost £10. Please book with Judith 880181 or online www.endellionta.org.uk

Service to remember departed loved ones

A special service to remember loved ones who have died will be held in St Endellion Church at 4.30pm on Sunday November 5th. The service will last about forty-five minutes and will include readings, prayers, music and an opportunity to light candles and for names to be remembered aloud. Everyone is welcome to attend and tea will be served afterwards.

Taizé Services at St Endellion Church

Singing simple Taizé chants by candlelight, with silence, prayers and listening to readings, make for a peaceful ending to a Sunday. So, before the next busy weeks starts, why not come along to the next monthly service which will be held in St Endellion Church at **6pm on Sunday 19th November** and will last about 40 minutes. If you've not experienced one before, why not come along, you will receive a warm welcome.

Church Diary Dates

Sunday November 5th - All Saints Sunday

9.30am: Morning Worship, St Peter's Church, Port Isaac
11am: Sung Eucharist, St Endellion Church
4.30pm: Remembering a Loved One, St Endellion Church

Sunday November 12th - Remembrance Sunday

9.30am: Holy Communion *followed by*
10.30am: Service of Remembrance, St Peter's Church, Port Isaac
11am: Sung Eucharist with Act of Remembrance, St Endellion Church

Sunday November 19th

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

Sunday November 26th

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

Sunday December 3rd

9.30am: Morning Worship, St Peter's Church, Port Isaac
11am: Sung Eucharist, St Endellion Church
7pm - PISCES Carol Service in St Peter's Church, Port Isaac

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

Tel: David Foster on 01208 880008



Children's Christmas Competition

This year's Christmas lights procession will have a boat theme so to tie in with this, this year's Trio Christmas Competition is also going to be about boats. You've made your lantern boat so now write a Christmas poem about the fishing boats in Port Isaac harbour. The competition will be divided into two age groups - up to 7 years old and 8-11 years old, and there will be prizes.

If you fancy having a go, your poem has to be in by no later than Thursday November 30th.

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



Golden Circle annual Christmas Shopping Trip to Barnstaple

Tuesday November 14th

Leaves from outside the Peapod at 9.30am
Leaves Barnstaple between 3pm-3.30pm

Tickets just £10

Everybody welcome - just call Annie on 01208 880262 to book your ticket

Port Isaac Party Night

Live Music from Jamie Hewett
Followed by 'Night Owl' Disco



Saturday 25th November
Port Isaac Village Hall
7-11pm

Tickets £10 - from Secrets or call 01208880718

Or buy on the door - subject to availability

In aid of Clic Sargent and Barnardos

fundraising kindly supported by Long Cross Hotel

The Spirit of Christmas

Fayre at The Golden Lion

Saturday 2nd December

2pm-4.30pm before the 'Big Switch On' at 6pm



Browse the stalls to buy Christmas cards, gifts and local crafts, whilst enjoying mulled wine or cider and a mince pie
Everyone welcome!

Those wishing to hold a stall please contact Beth or Marc at The Golden Lion on 01208 880336
£5 stall fee and raffle money going to Port Isaac RNLI and Port Isaac Primary and Nursery School



The Golden Circle had a lovely 'meet & eat' at Trevathan Farm on a stormy autumn afternoon in October. As usual there was lots of catching up, laughter and tales from the past.

The event was all paid for by the *Doc Martin Fund* whose aim is to enable and pay for both the young and old in our community to enjoy special times together.

STORM OPHELIA

what a difference 10 miles makes!



Malcolm Lee took the photograph of Port Gaverne cove when the Storm Ophelia winds were at their height. The wind was blowing up the valley from the south, so it had the effect of smoothing the waters immediately adjacent to the land. In contrast the photograph below is of Trevoze Head, just 10 miles down the coast on the same day!



Websites of the Month



Some months back I spent a few days in Amsterdam and was amazed at the number of bikes. They were everywhere, with massive bike parks (one houses over 3000 bikes!) that here are only seen for cars. In the morning, you had to be a bit careful not to be knocked down by the number of cyclists. I saw a whole family cycling with what looked like a four-year old, a six-year old with a mum and dad, all happily chatting together.

While its different over here generally, Cornwall offers some really wonderful cycling routes, where you can get off the roads. In Bodmin, while the road works have seemed to go on for ever, they look like they may be in their final stages and this road works project was at least partly to establish some new cycle trails. So, for this month I thought we could see what the web has on offer for cycling. For an overall site of cycling trails across the southwest a good place to start is Sustrans (www.sustrans.org.uk/hcn/map) which has a lot of information about campaigns for cycling and the details of where you can cycle, taking bikes on trains and so on.

The trails associated with the Bodmin road works (Build a better Bodmin) are a bit hard to find online, but there is a useful map <https://tinyurl.com/yckbmrpsp> from the construction company showing where they will be. The plan is to connect Bodmin with Lanhydrock, the Camel Trail and Cardinham Woods, and some of this has been completed – for example the Scarlett's Well project was completed last year <https://tinyurl.com/Scarletts-well-project>

The cycle trail I have been exploring recently is the Camel Trail (for history see https://en.wikipedia.org/wiki/Camel_Trail) from Wadebridge – one way goes to Bodmin and the other to Padstow and you can view and download maps from www.cameltrailmap.co.uk. This website has a useful interactive map, showing where you can get refreshments on the various bits of the trail and the code you should follow. This includes giving way to pedestrians, dogs being kept under control and so on. The mixture of people cycling and walking these trails ranges from small children with families and lots of older people (like myself). Some of them seem to be very fit indeed. As the trail follows the route of the River Camel (a lovely website about west country rivers has details <http://wrt.org.uk/protect/river-camel>) where there are many interesting marine and freshwater birds, you will also find birdwatchers taking photographs and peering through their binoculars. There are also bird hides so you can watch the wildlife without disturbance.

There are many other cycling and waking trails across Cornwall and the Council website <https://tinyurl.com/Cornwall-cycle-trails> has some details and links. Additionally, for those that go through Forestry Commission land their website has good information - for instance this link is for the Bodmin Beast blue cycling trail www.forestry.gov.uk/forestry/inf-d-9a3kbb. This gives a rating for difficulty, and in addition to the risks of bumping into the Beast of Bodmin, it says: "You will encounter a number of technical climbs and descents, snaking single track trail and features such as tight bermed corners, small step downs, rollers and table tops. All features can be rolled over at a moderate speed. The trail is exposed to steep unfenced side slopes in places."

There are also many apps that are useful to consider and here are two I thought were useful. The first is from the Forestry Commission and is called Forest Xplorer. In this app you can search for forests near you, and if they have a cycling track (for example Cardinham Woods) there is map with details of cafés, picnic areas, play areas and so on. Another app that tracks where you have cycled (or run) is Runkeeper. This is free and gives you a map at the end of where you have been.

Hope you get on your bike soon!

Tony Wainwright

Harvest of the Sea Community Project

Inaugural Fish PI(E) competition

The weather on Saturday October 7th was dreadful, but through the lashing rain hot fish pies were being delivered to Port Isaac Village Hall for the first Port Isaac Fish Pi(e) competition. Over 30 entries, of all shapes and sizes, were cooked for the competition and the community lunch which was served after the judging to a packed hall.

Judges Janet Chadband, Chris Lanyon and Nathan Outlaw took time and care to discuss the merits of each entry, comparing notes and tasting and re-tasting until they had reached their unanimous decision (bet they didn't eat any supper that night!).

Best business Fish Pie was awarded to chef Martin Perkins and his team at the St Kew Inn

Best open Fish Pie went to local man Ian Honey whose pie was described by the judges as 'simply delicious'

Best Fish Cake went to Mabel whose little fish cake style cakes were a visual treat and tasted good too.

The Children's Class was won by the nursery children at Port Isaac school who also delivered a photo album showing how they had all helped to bake the winning cakes.

The winners were awarded certificates and prizes by Nathan Outlaw who had also kindly donated his new book 'Home Kitchen' for the winners. He left to prepare lunch at his restaurant saying, "I've tasted some really good pies today in Port Isaac's First World Fish PI(e) competition and hope you do it again next year."

Despite the continued bad weather the hall was filled with both pies and people all eating and enjoying themselves for a good cause. It was also lovely to see Julian Waring, fundraising manager and representative from the *Fishermens Mission*, enjoying and supporting the fish themed event.

With the sale of the Fish PI tea towels, sold through businesses in the village, and the proceeds from the lunch, the three chosen charities, *The Fishermen's Mission*, *The Ideas Partnership* and *St Peter's Church* all look to receive some much needed funds from Port Isaacs Harvest of the Sea Project.



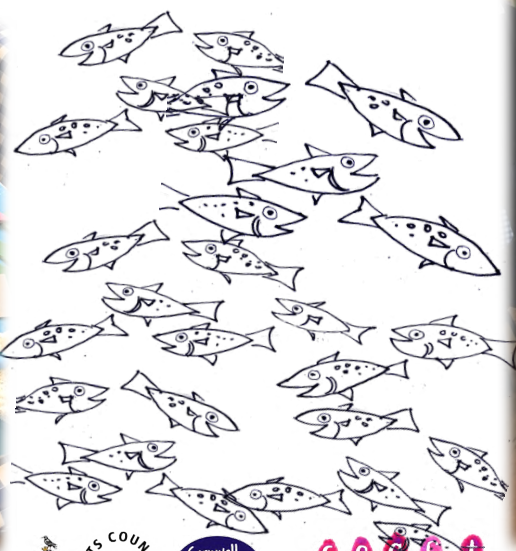
"More fish pie! Bring it on!" Judges Janet Chadband, Nathan Outlaw and Chris Lanyon



Winners, chef Martin Perkins and his team at the St Kew Inn



Mabel's winning fish cakes



Winner, a very proud Ian Honey

Endelienta events in November



**Saturday November
4th, 7.30pm**

Galini Piano Trio Endelienta

Haydn, Shostakovich and Schubert from these world class players, including Andrew Watkinson, first violin of the Endellion Quartet

£10 (accompanied under 16s free)

**November 4th - December 10th,
weekends, 11.30am - 4.30pm**

2nd Endellion Open Exhibition

Selected exhibition of a wide variety of works from West Country artists. Entry free

Friday November 24th, 7.30pm

Flats and Sharps

Cornish band who blue the lines between bluegrass, folk, country and pop, give us highly original songs as well as renditions of Bluegrass classics

£10 (accompanied under 16s free)

Book tickets online at

www.endelienta.org.uk

by phone 07787 944935

or from Wadebridge Book Shop

Regular Endelienta events

North Cornwall Book Festival Book Club -

every second Wednesday of the month, 7pm-9pm in the Stone Barn. For more information contact Ronnie Harrison at operations@ncornbookfest.org £2 per session

Endelienta Poetry

Group - every second Saturday of the month, 10am-12noon in the Stone Barn. For more information email philippa.giles@bandittelelevision.com

Endelienta Make Club

- every third Saturday of the month, 10am-12.30pm in the Stone Barn - for children and parents, a fun place to explore, create and get messy - £5 session. Book online or pay on the door

Port Isaac Chorale

On September 23rd, the Chorale were privileged to be invited to join the Restormel Concert Band at a joint Concert at Lanivet Church near Bodmin. With the warmest of welcomes, we installed ourselves along with some very impressive instruments and took it in turn to entertain the audience. The opening arrangement made us all prick up our ears to the polished and professional sound of the Restormel Concert Band, everything from 'Skyfall' to the 'Looney Tunes' cartoon theme! We give credit to both Musical Directors who provided an interesting and contrasting repertoire and with a delicious supper provided by the church helpers, we were all able to socialise over a glass of wine and discuss the possibility of another opportunity to work together.

A Date for your Diary - The Chorale will be singing at St Minver Church on Saturday November 25th at 7pm in aid of local charities and are busy in rehearsal perfecting our dotted minims and crotchet rests. We look forward to seeing you there for what promises to be an entertaining evening in the lovely surroundings of the church.

Finally, our thanks go to choir member Jeremy who so kindly organised a very sociable lunch at the Bridge Bistro in Wadebridge where the food was delicious and the company lively. We all enjoy these lunches or suppers which helps to underpin this friendly choir.

Should you be interested in joining us, we are seeking a top soprano and two basses. Please get in touch with our Secretary Pat, Tel 01208 880969 or Musical Director Janet Townsend Tel 01208 880505 for further details.

The National Trust



Saturday 11 November & Saturday 9 December

Scrub and Spuds 10am - 3pm Pentire Head, near Polzeath

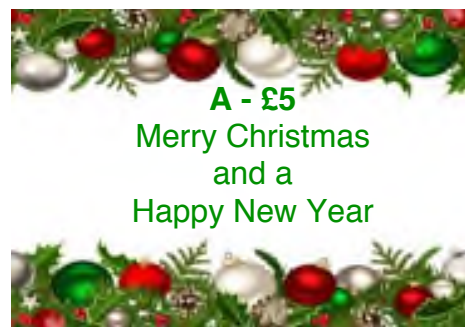
Free. Booking essential, please phone 01208 863821 or email tom.sparkes@nationaltrust.org.uk

YOUR CHRISTMAS GREETINGS IN TRIO

The Christmas issue of *Trio* will be published on **Friday December 8th**. If you would like to include your own personal or business Christmas greeting in this special festive issue, you need to start thinking about it now.

Basically there are two size options - see examples. Just let us have your message - hand it in to *Secrets* or

put it through the letterbox, send it in the post or drop it into Calenia, 3 Trewetha Lane, Port Isaac, Cornwall PL29 3RN, along with the appropriate payment (cheques made payable to *Trio*) to arrive **NO LATER THAN DECEMBER 1st**.



Liam Murray Strout went surfing in Japan

Liam recently travelled as part of the English Junior Surf Team to Hyuga, Japan. They were competing in the ISA World Junior Championships. As Liam is now 18 this was his last big competition as a junior. 41 countries took part and England finished in 15th place overall and they were the 3rd placed team from Europe.

I travelled with the team to support from the beach one last time and it was an amazing experience. The scenery was stunning, the people so friendly and welcoming despite our lack of Japanese and their lack of English! Everything was very different ... the culture, the food and even the weather. It was a trip that neither of us will ever forget.

Thank you to everyone who, over the years, has offered encouragement and supported him in his surfing. I am extremely proud of his many achievements and I know his Dad would have felt the same.

Sue and Liam

“Live” Theatre at the Regal

Did you know that The Regal Cinema in Wadebridge regularly shows live screenings of performances by the Royal Ballet, the Royal Opera House, the National Theatre and the Royal Shakespeare Company.

Ticket prices are fixed by the production company but are usually £15 (£12.50 for over 60s and under 15s). The screenings are usually on a Thursday evening and more often than not, sold out.

The performances start at 7pm and there is the opportunity to watch pre-recorded material about the screening and the rehearsal process, including interviews with key people including performers and production staff.

The recorded performance takes place in front of a live audience but the cameras are strictly on the stage. The actors have special rehearsals before a “live screening” as the cameras can pick up on every facial expression, expressions that could be missed in a large theatre. The sound is clear and true and the picture is sharp so there is no reduction in quality in these cinema screenings. So if you fancy giving it a try keep your eye on the Regal website for what’s “COMING SOON”.

The Royal British Legion Poppy Appeal



Lest We Forget

“None of what we do for our brave veterans and their families would be possible without the support of people like you.”

The RBLI Poppy Appeal HQ

We look forward to seeing you at St Peter’s Church on Sunday November 12th at 10.30am for Port Isaac’s Remembrance Service.

The annual Poppy Appeal takes place every October and the need to raise even more funds this year has increased as demands continue, not just to honour those who have lost their lives but for those who survived and are left with physical and mental injuries and to support their families.

*Annie Price
Poppy Appeal organiser*



Scott Mann, our local MP, writes ...

Like many in Cornwall, I was very concerned to hear that the Royal Cornwall Hospitals Trust was being placed into 'special measures' after the Care Quality Commission (CQC) found it to be Inadequate for safety, responsiveness and being well led. The CQC found that surgery, maternity and gynaecology, end-of-life and outpatient services at Treliske Hospital were Inadequate, with the Penrice Birthing Centre also being rated as Requires Improvement.

However, the CQC has rated critical care and children and young people's services as Good, with services provided at St Michaels Hospital and West Cornwall Hospital as Good. Inspectors also found that RCHT has made improvements in many areas which were flagged for concern previously, particularly the reporting of incidents and staffing levels during busy periods.

Most importantly, however, the CQC said staff are consistently compassionate and that they treat patients with kindness and respect, particularly those in mental health crisis. No one doubts that the doctors, nurses and staff at RCHT are hard-working and dedicated to caring for the people of Cornwall, and everyone in the county values their work. However, there are clearly failings at a management level and how various services and resources are allocated, and my sole focus will be to demand improvements for my constituents, regardless of who delivers it.

Over the coming weeks, NHS England and RCHT will be working to address the issues highlighted by the CQC so that the people of Cornwall have the best level of care possible, and I want to reiterate that this is my sole focus. I have been assured by the Department of Health that a range of support is being provided to RCHT, including an Improvement Director and arrangements with NHS trusts in Devon to provide executive support. There is national dedicated funding available to any trust that is placed in Special Measures, and I have been assured that RCHT will have full access to this to support improvement.

Although the reason for the problems at RCHT are not solely down to an increase in demand, it is clear that more services are needed in other communities rather than the majority of people being funnelled into Truro, and earlier this year I wrote to NHS Kernow to express my support for the creation of an urgent care hub in Launceston. Not only would this allow the people of North Cornwall to be better cared for in the constituency, but it would take pressure off of Treliske Hospital which would help the whole of Cornwall.

We should explore ways of offering more NHS services in other parts of Cornwall which typically would only be found in Treliske. Of course, there will always be some services and procedures which will have to be based out of Treliske or Derriford, but as part of the Sustainability and Transformation Plan process currently being undertaken by Cornwall Council and NHS Kernow, we should look at replicating more



services in other hospitals and medical centres, as well as integrating health and social care.

Patients should be cared for as close as possible to their home, with more joined-up working between hospitals, GPs and social care providers so that the people of Cornwall are cared for much better in their home rather than having to visit hospital.

Scott Mann 01208 74337



Fantasy Football

LEAGUE TABLE 2017/18

LW	POS	TEAM	MANAGER	POINTS
1	1	LIDDSPURS	Peter Liddicoat	442
2	2	ROONEY'S RETURN	Margaret Honey	418
3	3	FOXHOLE ALLSTARS	Bryan Nicholls	403
4	4	FLYING FOREST	Kevin & Emma Honey	391
8	5	BADA BING!	Paul Honey	387
6	6	PACOS BOYS	Kevin Grills	379
7	7	AFC BONEMOUTH	Tim Witherden	378
5	8	DYNAMO FUCHTHEREST	Andrew Grills	368
9	9	WESTCOTT FC	John Yates	338
13	10	HONEYBABES	Jean Herring	332
10	11	FC LOYALTY EXPECTED	Richard Hambly	329
11	12	ABOUT TIME I WON	Dan Grills	323
15	13	SAINTS LOVER	Harry Hambly	316
12	14	IF YOU WANT A GUARANTEE, BUY A TOASTER!	Chris Witherden	313
14	15	TAKE US TO THE CHAPEL	Chris Lanyon	305
18	16	BORDERLINE	Andy Penny	299
17	17	MAYBEES	Tom Bishop	283
16	18	MUDGUTS MARAUDERS	Ann Cleave	255
19	19	THE KOLASINAC TANK	Danny Treacy	245
20	20	MOTS FLYERS	Tom Cleave	225
22	21	WENGER OUT FC	Jake Treacy	202
21	22	GRANDKIDS ELEVEN	Cheryl Webster	177

up to October 23rd 2017

Port Isaac Stay & Playgroup

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

RNLI NEWS



**CHRISTMAS
IN THE RNLI
BOATHOUSE**

**SUNDAY
DECEMBER 3RD**

11AM ONWARDS

**Father Christmas has
promised to bring presents
for the children
and his helpers will have
the Lifeboat Shop open**

**CHRISTMAS CARDS • PICTURES
CLOTHING • BOOKS
MINCE PIES • MULLED WINE**

Plus the draw will take place
for Roy Ritchie's original painting
SANTA'S CALL TO DUTY
as reproduced on this year's
Port Isaac RNLI Christmas card

NATHAN OUTLAW LAUNCHES PORT ISAAC RNLI NEW BOAT APPEAL WITH A GENEROUS DONATION



Kickstarting the fundraising appeal, Ian Dodgson (right), General Manager of the Fish Kitchen, presents a cheque for £14000 to Lifeboat Operations Manager Chris Bolton (centre) and Treasurer David Raynor (left). Looking on are other Port Isaac RNLI volunteers and Fish Kitchen staff.

Through a £2 donation added to each bill at *Outlaw's Fish Kitchen*, the small, 20-seat restaurant located in the heart of the village, managed to raise the £14,000 over the course of one year.

The smaller of Nathan's two restaurants in Port Isaac, *Outlaw's Fish Kitchen*, achieved 1 Michelin star in its first year of opening, which has subsequently retained each year since. The restaurant neighbours the Port Isaac RNLI station, and has supported the lifeboat through customer donations and fundraising from its very first opening day, raising over £27,000 since August 2013. Ian Dodgson, General Manager for *Nathan Outlaw Restaurants* says of the restaurant's fundraising, "We're completely honoured to be able to support such a worthy cause. What I think most people forget is that the RNLI is made up of volunteers willing to take time out of their lives, and often disrupt their business, when responding to shouts. The team at Port Isaac all have a huge undertaking to respond to regular calls and keep the station well prepared, along with the constant need to raise funds; they are all local people selflessly giving their time. It's a privilege to be able to help in any way towards ensuring they have the best equipment and resources for them to better respond to shouts in dangerous conditions at sea, and we're delighted to hear that this year's £14,000 will kick start the fund raising campaign for a new boat."

HARVEST FESTIVAL AUCTION SUCCESS



The annual Port Isaac RNLI Harvest Festival has had another amazing year, raising £3700 thanks to the wonderful generosity of everyone who attended. Despite Storm Brian trying to put a dampener on things, turnout was great. Reverend Elizabeth Wilde got proceedings off to a start with the blessing of the lifeboat and her crew. Fisherman's Friend Jon Cleave then entertained us all as auctioneer. Lots included a return trip for two to London with a guided tour of Tower Lifeboat Station, a weeks holiday in Padstow, a spa day at the St Moritz as well as an array of prints, jewellery, meals out, wonderful hampers and tasty cakes. The committee would like to thank all who attended and made the evening such a great success.

Dear RNLI,
We have made £23.88
by selling interesting
things we have found on
the beach, such as, seaglass,
rocks, shells, and other amazing
beach items! We hope this
money is put to good use
and helps you.

From,

- Lyla, age 11
- Esther, age 10
- Liv, age 10
- Betty, age 9
- Alice, age 7
- Casper, age 6
- Daisy, age 4

Port Isaac RNLI would like to
send a big thank you to Lyla,
Esther, Liv, Betty, Alice, Casper
& Daisy for their wonderful
donation of £23.88 made by
collecting and selling interesting
items found on the beach.

Rev Judith conducts a very special wedding service



Prebendary Judith Pollinger conducted the wedding of her son, Jonathan Pollinger to Sarah Murray in St Michaels Church, Porthilly - a very happy occasion.



North Cornwall Book Festival

Year 5 and 6 went along to the Book Festival held at St Endellion Church. After a very entertaining talk by the author, Christopher William Hill the children went into the church to meet another author and do some character development writing.

After lunch there was another workshop for them and this time they met a poet who gave them some tips for writing poetry.

The whole day was great fun and the children were inspired to do some creative writing of their own.

Halloween Disco

The children were busy one afternoon in school making decorations for the hall....ghosts, bats, and other spooky things, in preparation for the annual Hallowe'en disco.

Everyone made something and dressed up to add to the atmosphere.

Nursery Fish Biscuit winners

There was a fish pie competition held in Port Isaac on Saturday 7 October and the nursery made biscuits decorated as fish, using raspberry flavoured icing from raspberries picked from our garden.

We were delighted to be declared the winners of the children's category and were given a signed cookery book by Nathan Outlaw, apron, tea towel and a plaque.

Mrs Aldis & Miss McDonnell



Bloodhound Update

The Bloodhound is being tested at Newquay Airport in preparation for the record breaking attempt in South Africa later this year.

Year 5 and 6 will be going down straight after half term to spend the day watching the trials and also take part in engineering workshops.

ASTRAL FOX RECORDS PRESENTS

WINTER MOUNTAIN

FULL BAND TOUR NOVEMBER 2017
SAT 11 NOV ST JAMES CHURCH ST KEW

WITH SUPPORT FROM:
SADIE HORLER THE WOODCARTS

HARBOUR BREWING CO. NORTH CORNWALL

HARBOUR SESSIONS

FOR TICKETS AND FURTHER INFO VISIT
WWW.WINTERMOUNTAIN.CO.UK

f /WINTERMOUNTAIN t /WINTER_MOUNTAIN

Carol Mould, our County Councillor, reports . . .

Hello

After a busy summer we are now moving into the autumn with two big consultations being conducted by Cornwall Council which will have an impact on all of us.

The summer season has seen a mixed bag of weather but visitor numbers hopefully have not been affected.

St Endellion PC continue to work hard on your behalf and I have attended as many meetings as possible. I have been very pleased to see the progress made with the Neighbourhood Plan, although not popular with everyone, in areas such as ours they are in my opinion, a must have, without some form of protection in place there is no stopping unfettered development. I would urge you all to get involved and give your support to the hard work being done to create a plan for your area.

The first consultation is concerning waste, as an area that has had a pilot scheme tried and tested, you will all be well placed to give your views when the consultation is rolled out in the new year. It remains to be seen if fortnightly collections and food waste are to be included in the consultation.

The other consultation that will affect us all is the ward boundary changes. The boundary commission have decided the number of Cornwall Councillors to be elected in 2021 is to drop from 123 to 87. This of course will mean every elected councillor will have to represent a much larger electorate. It is estimated each newly elected councillor will represent 5000 residents. At present the number for St Minver and St Endellion is in the region of 2300. The first draft shows St Endellion Parish being split from St Minver Highlands and Lowlands and merging with St Tudy and St Mabyn. St Minver Highlands and Lowlands will merge with half of Wadebridge and St Breock. It must be stressed however, that this is the first draft and anyone can view the mapping and comment to the boundary commission. There will be open events in the new year that will set out more clearly what the options are. You can view the process on the boundary commission website www.igbce.org.uk and you can leave your individual comments on the consultation portal, Consultation.lgcbe.org.uk

Your Parish Council will have all the information as it becomes available, in the meantime if you have any queries about this or any other issues please contact me

Carol Mould
07870 118001

Commercial waste bags can be posted to a chosen address.

For any problems with commercial waste email roche.service@biffa.co.uk



www.stendellionpc.com

No Parish Council report this month,
a bumper one next month



**PORT GAVERNE
FIREWORKS &
BONFIRE
NIGHT**

**SATURDAY 11TH
NOVEMBER**

**Bonfire will be lit at 7pm with the
Fireworks lit at 7.15pm**

Timber and hedge cuttings only, can be taken down to Port Gaverne beach from Wednesday November 8th. Please keep hedge cuttings separate from timber. This makes building the bonfire a lot easier as we use a mechanical grabber to move the hedge cuttings.

**Please do not bring any other material
down - no sofas, no mattresses, no
plastic, bitumen or tyres.**

If anyone would like to help with marshalling or collection buckets please be down at Port Gaverne for 6.30pm or contact Steve on 07794780041 or Andy on 07532 478451



Martin's Cheddar and Cider soup

I suggest a mature, full-flavoured cheddar such as Keens. The stock should, if possible, be homemade, chicken or vegetable. Bread is pretty much non-negotiable here, toasted and dipped into the soup's creamy depths.



Serves 6

onions 2, medium
butter 30g
carrots 2, medium
celery 1 stick
milk 400ml

plain flour 45g
chicken or vegetable stock 400ml
cider 350ml
mustard 1 tsp
cheddar 400g
chopped parsley a small handful



Peel and roughly chop the onions. Melt the butter in a deep saucepan over a moderate heat then cook the onions till soft. Scrub and finely dice the carrot, finely dice the celery, then add to the softening onion and continue cooking for 10 minutes or so till tender.

Warm the milk in a small saucepan and set aside. Stir the flour into the vegetables and continue cooking for two or three minutes, then add the milk and stir to a thick sauce. Pour in the chicken stock and cider, bringing it to the boil then lowering the heat and letting the mixture simmer for a few minutes. Stir in the mustard, check the seasoning. (It may want pepper, but probably very little salt.)

Grate the cheese and stir into the soup, leaving it to simmer (**it is crucial it doesn't boil**) for five minutes, until the soup has thickened. Add a handful of parsley as you bring it to the table and serve with bread.

Baked squash with celery and herb cream

1 squash
creme fraiche (you need enough to $\frac{3}{4}$ fill the squash)
lemon juice
3 sprigs celery leaves
1 sprig rosemary
2 sprigs thyme or sage
1 knob butter
1 clove garlic finely chopped
grated nutmeg
150g good melting cheese, such as comte, gruyere or cheddar, grated
sea salt and black pepper

To garnish (optional)
olive oil 3 tbsp
sage 4-5 leaves

Heat the oven to 200C/gas mark 6. Cut the top off the squash to make a lid and set aside. Scoop out the seeds and a little of the flesh so that you are left with a clean squash bowl. To stop the squash toppling over, it is a good idea to make a base for it to sit on: take a roughly 30cm square piece of foil, squeeze it together and shape it into a "bracelet". Put it in a roasting tin and place the squash on top.

Fill the squash three-quarters full with creme fraiche and then add the lemon juice, herb sprigs, butter, garlic and grated nutmeg or the cinnamon stick. Season with salt and pepper.

Place the lid back on the squash. Cover with foil and bake for at least an hour. The cooking time will vary, depending on the size of your squash. It is done when a sharp knife slides through the flesh with no resistance.

Remove the herb sprigs and sprinkle in the grated cheese. Place the squash back in the oven, without the foil, for about 10 minutes, until it has browned and the cheese is nice and gooey.

The fried sage garnish is optional, but it looks and tastes great. Heat the olive oil in a small frying pan and add the sage leaves, making sure they are completely dry if you have washed them. Fry for about 30 seconds, until crisp, then remove and place on kitchen paper to drain. Sprinkle the leaves on top of the squash filling.

The easiest way to serve this is to spoon out the creamy contents on to each person's plate and then cut chunks off the squash horizontally, working your way down. Serve with toasted sourdough bread. You could do small squashes and serve one per person.

Enjoy Mx



Adrian & Sandra Bresnan

THE KRAB POT

PORT ISAAC, CORNWALL

Open daily from 10.30am

Tel: 01208 880826

WINDOWS XP YOUR LOCAL WINDOW CLEANER

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

Call John Brown on

07815 156632

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



St Kew Inn

Booking is recommended
call 01208 841259

Home to well cooked seasonal Cornish produce

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

The Angry Anchovy



PIZZERIA

10 New Road, Port Isaac - next to Trelawney Garage

01208 881384 Find us on 

THOMAS HAWKEN SERVICES

grass cutting, strimming & trimming, painting inside & out
stone hedging, all small jobs around the home

POLTREWORGEY FARM **01208 880275 / 07812 032333**



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

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

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

The Trio Print Service

01208 880905/880862, email: dee54@mac.com

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

Fish & Chips

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

plus burgers, sausages, chicken,
cold drinks etc

01208 880281

*see window for
opening hours*

FRESH FROM THE SEA

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
Tel: 01208 880849

Local Guide
Books & Maps
available at
Secrets,
Port Isaac

Your first step in property preservation and maintenance



- Carpentry
- Property Care
- Kitchens
- Bathrooms
- Vinyl Flooring
- Fire Door Maintenance

T: 01208 841 528
M: 07816 899 649
E: jandbathome@aol.com



Port Isaac Pottery

all new fashion & giftware
award-winning photography
children's clothing
exclusive handmade pottery
and more ...

OPEN
DAILY
9am-5pm

ROSCARROCK HILL PORT ISAAC

Tel:
01208
880625

Chapel Cafe

Open every day for
breakfast from 9am
with hot food served
all day until 5pm

Try our Full Cornish Breakfast





WORLD'S BIGGEST COFFEE MORNING
MONDAY NOVEMBER 27TH
WE ARE MACMILLAN. CANCER SUPPORT

We will donate £1 for every drink and each slice of cake we sell
Plus big prize tombola!!



Saturday 9th December **Festive Menu** **Book early on 881300**
Evening opening from 6.30pm

We are now taking private evening bookings for those special events on your social calendar - anniversaries, birthdays etc
menus to suit your budget
Please contact Laura or Chris for further details on
01208 881300

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



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



KERNOW
ECO  **CLEAN**

Professional Carpet & Upholstery cleaning
Domestic & Commercial

Fully insured
Friendly & efficient service
Excellent prices

01208 841117
www.kernowecoclean.com

**remember to
say you saw it
in TRIO**



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.

NICOLA O'MARA interior design



www.nicolaomara.com

The Peapod

OPEN DAILY
FROM
10.30am

FOLLOW THE
PEAPOD ON
FACEBOOK

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

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

**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



CLEAR YOUR
MIND OF
CAN'T

SPROULL

SOLICITORS

01208 72328
www.sproulllp.co.uk

Disputes | Family | Property | Wills

Philip Sleep Flooring

Professional & Reliable with over 20 years experience

01840 552 147

Huge selection of quality carpet, vinyl, LVT,
wood & safety flooring at affordable prices

Free consultation, planning & estimates

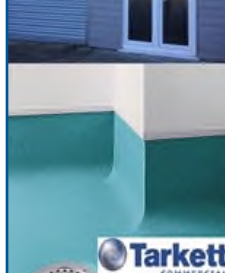
Insurance work undertaken

Shop now open at:

Unit 4 Pentire Workshops, Delabole, PL33 9BA
(Behind Atlantic Signs, keep right)



Opening Times
Mon-Fri 9.00-2:30
Sat 9.00-5:00



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 9am

WINTER WARMER LUNCH

2-course lunch including tea or coffee ... only £9.95
offer available throughout November, excluding Sundays

Bookings now being taken for Christmas functions
please ask to see a copy of our Christmas menu

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

Book now for our Traditional Sunday Roast, choice of meats
including 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:



T.F. GRILLS and Sons

Building and Carpentry
Painting and Decorating

Free Estimates

Telephone: **01208 880094**

07875 221222

email:

markcgrills@googlemail.com

R.A. HANCOCK

ELECTRICAL CONTRACTOR

AGRICULTURAL & DOMESTIC WORK

SALES & SERVICE

SLIMLINE RADIATORS

DIMPLEX & CREDA

COMPLETE SHOWER INSTALLATIONS

Hartland Road Port Isaac

Telephone: 01208 880328

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

The MOTE

Port Isaac

FOOD ALL DAY

Lunch 12noon-3pm

Supper 6pm-9pm

'Sunday Funday - The Mote Roast'

£12.50 - 1 course, £16 - 2 courses, £19 - 3 courses

Christmas Parties

£24 per head for three courses - please get in touch



ROCK
JOINERY

Hardwood & Softwood Joinery Specialists
www.rockjoinery.co.uk

Richard Collins

Unit 2 Pitme Business Centre, St Minver
Wadebridge, Cornwall

t: 01208 862145 (day), 01840 213733 (evening)
m: 07721 721464

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



PORT ISAAC LINEN

Domestic and business service
catered for
Delivery and collection service available
Please call Cheryl Skinner on
01208 880198 or
0785 4585683

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

HOLIDAY BARN PORT ISAAC

ten minutes walk to harbour
GARDEN AMPLE PARKING WIFI
2 bedroom PETS VERY WELCOME
www.portisaacmill.co.uk
email: bertiemwatson@btinternet.com

Tel: 01208 880298

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

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

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

Office: 01840 213 683 - Mobile: 07738 824 181

Info@IJESLtd.com - www.IJESLtd.com

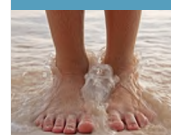


www.thisisnorthcornwall.co.uk

ATLANTIC FOOTCARE



*Your feet
are your
connection
to the
earth.
Be kind
to them.*



Treatments

Foot Health Check
Nail Care & Cutting
Corns & Callus
Cracked Heels
Ingrown Toenails
Fungal Infections
Thickened Nails
Athlete's Foot
Verrucas
Heel Pain
Diabetic Foot Check
Toenail Reconstruction
Toenail Paint

Alison Mattinson DipFH MCFHP MAFHP

Telephone: 07736 679310

Home visits
available

Email: alison@atlanticfootcare.co.uk

www.atlanticfootcare.co.uk



Julie Monk

SPORTS & HOLISTIC THERAPIST



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

PAUL HONEY

PAINTER & DECORATOR

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

Tel: 01208 881122

Mob: 07773 305626

PHONEY247@BTINTERNET.COM

L Little Treats

Mobile Hair & Beauty by Lowenna

Ladies, Gents & Children's Hair
including "Special Occasion"
hair and make up

Nails
manicures, pedicures and nail extensions

Eyes
brow & lash treatments and tinting

Beauty Treatments
waxing & threading and facials

Tanning

TELEPHONE **07891 259376**

to book an appointment or
for more information

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**

Roy Speakman

A.B.I.C.C.

BUILDING CONTRACTOR

Specialist Carpenter
Period Reconstruction
Kitchen/bathroom installations
All roof work undertaken

Tel: **07790 602404**
rwsbuild@live.co.uk



log on to

www.thisisnorthcornwall.co.uk

JohnBray

Cornish Holidays

STAY WITH US

Choose from over 300 of the
best located self-catering cottages
and coastal holiday homes in
Rock, Daymer Bay, Polzeath
and Port Isaac

LET WITH US

We're on the lookout for more
superb coastal retreats, call us
on **01208 880302**.

JOHNBRAV.CO.UK

Cloud Nine, Port Isaac

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



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



Andy Penny

General Building Services

Specialising in Glass Fibre Flat Roofing

All General Building Work

Plastic Fascia & Guttering

Brick Paving & Patios

07532 478451/
01208 880985



andy@andy-penny.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

The Cornish Cove

OPEN DAILY join us for
Breakfast, Lunch & Afternoon Tea
or just pop in for a cup of
tea or coffee and cake

Having a party or a celebration?

Why not let us take care of the catering?
from a small get-together to a big party,
we can cater for all your needs

or you could hold your event here in
The Cornish Cove

please call us on 0772 2233384 or
ask in the cafe for further info

find us just opposite the South West Coast Path entrance
Fore Street Port Isaac PL29 3RE Tel: 07722 233384

Indian Night
at
The Cornish Cove
PORT ISAAC
every Friday from 6pm
eat in or takeaway

Choice of three
homemade curries,
served with Pilau rice
£9.95 eat in
£7.95 takeaway

Homemade
bhajis,
pickles &
poppadoms
£4.95

BRING YOUR OWN WINE

Reservations only 0772 2233384

Two sittings - 6pm & 7.30pm

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

0779 4782627

01208 851724

markroutledge544@yahoo.co.uk

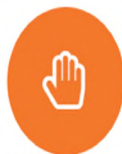
www.thisisnorthcornwall.co.uk

We are here to make sure that upon arrival your guests are not greeted by unsightly rubbish bags. Make use of our convenient rubbish removal service. If your property is not located near a rubbish collection point, or the local collection day doesn't coincide with your changeovers, we can simply and conveniently remove any rubbish bags left by your guests. This means that you don't have to worry about any unsightly bags left around the property or stored in a utility, until collection day.



Collection

We will Collect your rubbish bags before your new guests arrive.



Cleaning

We wash your bin and line with a fresh bin bag as required.



Disposal

As a licenced refuse collector we will dispose of your bags at a designated licensed tip.

WE'RE OPEN

6 days a week - 9am until 5pm

The Office at Studio 1, 73 Molesworth Street, Wadebridge PL277DS

01208815060 or 07814 934978

info@holidayhomewastecollection.co.uk

Window Cleaning Service



Professional windows, doors, conservatories, solar panels & window frame cleaning & gutter clearing at competitive prices

satisfaction guaranteed

Call for a free, no obligation quote

07850 015 907



★ Professional,
Reliable,
Trustworthy,
Affordable

Domestic Cleaning

★ Pub, Restaurant, Office & Shop
Cleaning

Holiday Let Maintenance &
Changeover Service

Ironing Service

★ Window Cleaning ★

01840 552 012

Ian Large Services

We make things work!
mail@ianlarge.com



Ian Large

www.ianlarge.com
+44 (0) 7377 721 956

Twizzle Twig, Port Gaverne
Port Isaac, Cornwall PL29 3SQ

Got problems with your technology?
PC playing up? Mac misbehaving?

Phone problems?
Installations, updates,
upgrades and advice?

We can help!

www.ianlarge.com

07377 721956

Nicki B's Pasty Shop

OPEN EVERY
DAY FROM
8.30am

Telephone:
01208 880099

Just Shellfish



Crab & Lobster

LIVE * COOKED * DRESSED

Jeremy & Liz Brown

The Fish Cellars

Port Isaac

Cornwall

01208 880449

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

Local Guide Books &
Maps available at
Secrets, Port Isaac

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
exclusive jewellery & gifts

01208 880862/880905 www.secretsportisaac.com

S R HEWETT & SON

electrical contractors

Steve 07836525443
Mike 07841521782
01208 880319



NEW BUILDS - A/V INSTALLATIONS - MAINTENANCE & REPAIRS - REWIRE'S - FREE ESTIMATES

WWW.SRHEWETTANDSON.CO.UK

K L Honey Ltd

Building & Renovation Contractors

Tel: 01208 880609 Mobile: 07971 479309

Email: klhoney@btconnect.com

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

WHAT'S ON

Friday November 3rd

The Coastguard's Daughter -
Canvas Theatre Company with music
from Gulls in Port Isaac Village Hall -
7.30pm

Saturday November 4th

Concert by Galini Piano Trio in St
Endellion Church - 7.30pm

Tuesday November 7th

Kerbside recycling collection - bags
out by 7am

Thursday November 9th

Golden Circle Meeting - Elaine from
Bruallen demonstrating Christmas
Floral Decorations - Port Isaac
Village Hall - 2pm - *EVERYONE
WELCOME*

Saturday November 11th

Annual Fireworks & Bonfire Port
Gaverne - Bonfire lit at 7pm,
Fireworks 7.15pm

Sunday November 12th

Remembrance Service in St Peter's
Church - 10.30am

Tuesday November 14th

Golden Circle Christmas Shopping
Trip to Barnstaple, leaves from
outside the Peapod at 9.30am

Saturday November 18th

Free Community Lantern Making
workshop, to make your lantern for
the Christmas Lights Lantern
Festival, in the Village Hall -
11am-3pm

Tuesday November 21st

Kerbside recycling collection - bags
out by 7am

Friday November 24th

Flats & Sharps bluegrass/folk band in
St Endellion Church - 7.30pm

Saturday November 25th

Port Isaac Co-op Community Day
including a Village Hall Cake Stall

Dr Barnado's/CLIC Sargent fundraiser
Party Night in Port Isaac Village Hall -
7pm-11pm

Friday December 1st

Port Isaac Village Hall Christmas
Cash Prize Bingo night in the Hall -
eyes down 7.30pm

Saturday December 2nd

Christmas Lights Switch-on - Lantern
Procession starts 5pm from Port Isaac
School, Lights Switch-on on the Platt
at 6pm

Sunday December 3rd

Christmas at the RNLI Lifeboat Station
- 11am

PISCES Annual Christmas Evening in
St Peter's Church with the Port Isaac
Chorale and Gulls - *keeping alive the
old Port Isaac Christmas Carols*

Sunday December 10th

Concert by Wells Cathedral School
Young Musicians - 3pm

Thursday December 14th

Golden Circle Christmas afternoon -
Port Isaac Village Hall - 2pm -
EVERYONE WELCOME

Saturday February 3rd 2018

Grand Music night - a fundraiser for
Cornwall Hospice Care - our BIG
Hospice event for 2018

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

Trio copy dates

With the exception of February and
December, Trio comes out on the first
of every month. Copy dates are:
DECEMBER November 30th

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
2pm- 4.30pm in Port Isaac Village Hall.
Contact Annie Philp on 01208 880262