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The Golden Lion

HALLOWEEN

ULS NICHI



8pm Prize for best team fancy dress Max 5 per team / entry fee £5 per team Call to book a table 01208 880336

Cover photos: Sally Stratton

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What a great day we all had at the Carnival this year! We were so happy to see so many people turn out. There were so many amazing floats and walkers and everybody looked fantastic! Jesterz Entertainment and Tankslapper helped us to party into the evening and I think it's safe to say that a good time was had by all.

We definitely feel that this was the best Carnival yet and look forward to Port Isaac Carnival getting even bigger and better next year. We'd like to thank everybody in Port Isaac for all the help, support and kind donations throughout the year that help make our Carnival such a success. There are too many people to thank individually but you all know who you are and we really couldn't do this without you all. Bring on next year!!

> Love The Carnival Girls xx

and the Results were:

Walking Single

1st Queen Bea - Teagan Tiddy 2nd Star Wars - Edward Tyler 3rd Iron Man - Dylan Thomas Seaman

Walking Group

1st Mary Poppins - Fast Forward Dance and Fitness 2nd Lego School - Port Isaac School 3rd The Spice Girls - Mollie, Amelia, Amber, Ruby & Beth

Best Artistic

1st Ocean Commotion - Pattenden/ Baguley Family 2nd Alice in Wonderland - Just Shellfish 3rd Noah's Ark - Noah Brewer

Best Comedy

1st Gulls Rock & Roll - Gulls 2nd The Joker - William Mainwaring 3rd Mary Poppins - Fast Forward Dance and Fitness

Visiting Royalty

1st Wadebridge Carnival Queen -Mya Appleby 2nd Bodmin Fairy Queen - Jennie Tiddy

Best Children's

1st Travelling Zoo - Port Isaac Stay & Play 2nd Dorothy and Toto - Eva Thomas Seaman 3rd Frida Khalo - Zienna Pattenden Daly

Best Trade/Business/Organisation

1st Alice in Wonderland - Just Shellfish 2nd Nigel Chapman - Vintage Tractors 3rd Port Isaac Lifeboat

Best in Carnival

1st Travelling Zoo - Port Isaac Stay & Play 2nd Ocean Commotion - Pattenden / Baguley Family 3rd Alice in Wonderland - Just Shellfish



raising money for Port Isaac Carnival

Fish PI(E)
competition &
Community Lunch
Saturday October 20th
Port Isaac Village Hall
JUDGES: Nathan Outlaw, Chris Lanyon & Janet Chadband ENTRY CATEGORIES - all on a Fishy theme Fish Pie (pastry or potato - hot)
Fish Pie (pastry or potato - hot)
Fish Cake (sweet sponge cake with Fish decoration on top
W Paper Plate decorated with Fish designs (paint, paper, collage)
Anyone can take part
Deliver your entry to Port Isaac Village Hall between 10am and 10.30am on the day
between 10am and 10.30am on the day
O Jack to the start of the star
2000 - 20 "a cracking event untouchable value 120000 - 20 "a cracking event untouchable value a great social gathering you'd be mad not to"
MAIN COURSE: catch of the Day Fish Pie, A C
V Jack Sparrow Cottage Pie or V V Captain Pugwash Cheesy Leek Pie £8 4 5
PUDDING: Mermaid Triple or
A AB Davy Jones' Blackberry & Apple Crumble
plus a cup of tea or coffee to round it off
V and the Village Hall bar will be open



September has been a busy month for fundraising and 2018 has been a busy month for babies at Port Isaac RNLI!

Along with the yearly events our amazing committee put on, we welcomed James and Belinda to the station on September 19th. They are visiting all 238 lifeboat stations in a Porsche 911 in 911 hours helping to raise awareness and an amazing £23,800. Recently retired, they live near Tower Bridge in London where they have had a boat on the river for years. Their love and respect for the



RNLI has driven them to purchase a 911 in RNLI orange and get it branded up to the max to raise vital funds. We wish them every success and fair winds for their onward journey.

Also 2018 has seen the crew doing their bit to ensure we have the replacements for when our old bones give up. The six newbies are ...



Ben & Ellen Spicer: Ailla Louise Spicer

Andy Hallam & Aimee Eaves: Billie Alexandra Hallam

Tom Brown & Laura Sloan: Harold Alexander Brown

Damien & Amy Bolton: Bow Ailani Bolton and May Indie Bolton

> Marc & Beth Kendall: Amelia Rose Kendall

On a training note, the crew have been putting in the hours seeing James Uglow raise up from shore crew to enter a deputy launching authority training programme and "our" Andy Hallam being enrolled onto the helm development programme ... many more to follow but great work gents!

PORT ISAAC RNLI YOUTH TRAINING CLUB ... WHO'S IN?

It has been spoken about for many years and I would now like to spread the word and gauge who would be interested in joining a Port Isaac RNLI based youth type club. My suggestion is that it would happen once a month to begin with and would be offered for all ages from 5-16. There is a lot of planning that would need to go into setting this up but I'm willing to do it if there is the interest there from enough people. With this in mind, if you or you know of someone who'd like to be a part of something like this, please contact me on damobolton@hotmail.com





Continuing the long established tradition of Port Isaac RNLI Christmas cards created by well known local artists, first introduced by Frank McNichol over 14 years ago, local artist Caroline Roberts has created this year's card. Her evocative and atmospheric festive harbour scene, glimpsed through a life saving is dedicated to Port Isaac RNLI. This high quality, single fold card contains the message "Wishing you a very Merry Christmas and a Happy New

Year" and a profile of the artist including details of our sponsor, Sharp's Brewery and lifeboat operations on the back cover. Available in packs of five for £5 from Port Isaac Pottery or contact by email reb37@btinternet.com

Caroline has also created a notelet card with a jaunty historic Lifeboat image. It is blank inside for you to write your own message and is also priced at £5 pack of five cards.







Well, it seems we are now award winning Gulls ... we won the Comedy Trophy in the Carnival! We had a great time and huge thanks to Martyn "there's a guy lives in Port Isaac swears he's Elvis" Dingle for being our Elvis and to Mark Dawe and Paul Cotton for trusting us with their tractor and trailer.

We then had a great night singing in the Golden Lion as part of the SS Milly commemoration. We managed to squeeze into a corner next to an enormous black dog who took up nearly as much room as we did but he, and everyone else, seemed to like us.

And if you liked us, or if you haven't heard us and want to, why not come to the Village Hall on Saturday October 27th for our BIG Children in Need fundraising night. Ross Collins is our compere for the night and we have guests, The Hummingbirds from Yorkshire, joining us plus Paul Johnson and Johnny Mac and the Little Chicks. Tickets are just £6 each and you can get them from *Secrets* or reserve on 01208 880862.

We are then singing in a British Legion Concert at the Betjeman Centre in Wadebridge on Friday November 9th and it looks like being a very special night.

And then its all systems go as we start practicing our Christmas repertoire ... more news on where we will be singing next month.



here come the birds ... from Yorkshire ... THE HUMMINGBIRDS T Compere: Ross Collins

PLUS SPECIAL GUESTS: Paul Johnson & Johnny Mc The Little Chicks

hildren

Need

Saturday October 27th

PORT ISAAC VILLAGE HALL

Doors open 7pm for 7.30pm

Tickets: £6 each from Secrets, Port Isaac Tel: 01208 880862

Treights Methodist Church

The Chapel members wish to say a very big thank you to Peter and Pam Hall for the use of their lovely garden as a venue for the Garden Party on August 7th.

The event was opened by the new Methodist Minister, Rev Alistair Sharp, who mentioned how important these occasions are for the community.

Fine weather added to the enjoyment of the many people who gathered around the stalls, played the games or sat and chatted over cream teas made with delicious home baked scones.

A new kitchen door on the Chapel premises has to be specially made so the proceeds of the Garden Party will go a great way towards the cost.

Many thanks to all our loyal supporters and helpers who welcomed and chatted to the visitors who were given a good taste of Cornwall. A special mention of thanks to Ross, our "structural engineer", without whose help we could not have managed.

A lovely day was had by all. Thank you.

The War Memorial ... it's been moved ... and it's looking good

At 6-30am on Saturday September 15th, Stonemason Paul Drew and his crew, started the difficult task of moving the Port Isaac War Memorial to its new site. By 9am the task was safely completed causing little disruption to early morning traffic.

Slabs have to be laid and the cross cleaned but by the time you read this these jobs may have already been completed. The plaque containing the names of the Fallen of the two World Wars will also be restored. Please let me know any ideas of how the area can be made more attractive.



After the Remembrance Service on November 11th, all the wreaths will be brought up from St Peter's Church and laid around the Memorial at 3pm Pat Pearson, Chapel Warden

The National Health Service is 70 years old this year ...

I was born as the NHS was being debated and about to come into being and worked in it for 37 years. Whilst it is far from perfect for many reasons, we should not forget what was happening before it came about. My predecessor in general practice saw the changes first hand. He had three types of patients in the practice all treated in a different way! The private patients had priority both in time given to them and in appointments. Even their medication was given to them in brown paper bags, so nobody could see it! Then there were the panel patients- from back in the days of Lloyd George - certain companies' workers and families were able to access a doctor paid for by the employers. He was the Post Office doctor and saw many postmen bitten by dogs amongst all the other illnesses you would expect. Then there were those who could not pay, most family doctors like solicitors of old worked 'pro bono' offering free time to those less well off in their community (pre1934 they looked after those in the workhouse as well). 1948 changed all that-all were to be treated equally and free at the point of access- there were no new hospitals, no more doctors and nurses just a radical change of organisation. It came about after many years of discussion and we should thank Beveridge and the like for their passion for looking after the needs of all, not just a privileged few.

The NHS appeared at a time when Britain saw health care as crucial to one of the "five giants" that Beveridge declared should be slain during post-war reconstruction. (want, disease, squalor, ignorance, idleness) The cataclysm of war provided an opportunity that might not have been taken in quieter times. It was just one of five post war problems that the NHS addressed, 70 years on we could question as to how we are dealing with the other 4. They are not new problems. The bible has almost 3000 verses dealing with poverty and injustice and how they should be overcome, of God's heart for the poor and oppressed, about want and squalor, for healing. It is there in nearly every page. You can even buy a bible with them all highlighted in modern English (The Poverty and Justice Bible).

So, 70 years of the NHS, rejoice and celebrate, not perfect but way better than what was happening before. But it is only a start, Beveridge had ideas on the other 4 giants as well. God and the bible have a few ideas too!

David Elliott



Church Diary Dates

Sunday October 7th

9.30am: Morning Worship, St Peter's Church, Port Isaac 11am: Book Festival Service, St Endellion Church

Sunday October 14th

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

Sunday October 21st

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

6pm: Taize Service, St Endellion Church

Sunday October 28th 9.30am: Holy Communion, St Peter's Church, Port Isaac 11am: Harvest Sung Eucharist, St Endellion Church

Meditation on Migration

a reflective service featuring the poems of migrant school children- introduced by poet Kate Clancy- with music, songs, readings, prayers and silence

11am Sunday 7th October St Endellion Church

Saturday 3rd November 10am - 3pm 'More Things in Heaven and Earth'

A day on Shakespeare led by Paul Fiddes on the spirituality of Hamlet, A Winter's Tale and The Merchant of Venice. Cost £10. Book with Judith 880181. The day will end with a liturgy in

St Minver Church based of The Merchant of Venice.

Remembering a Loved One

a reflective service of readings, prayers and hymns followed by tea

4pm Sunday 4th November St Endellion Church

THE NORTH CORNWALL BOOK FESTIVAL 4-7 October

A wonderful weekend of talks, readings and workshops from some of the country's leading writers including Anne Enright, Joanna Trollope, Patrick Gale and Nina Stibbe, preceded by two days of events for young readers. Café, bar, bookshop, exhibitions and concerts. Tickets from £6. Book online at www.ncornbookfest.org or phone 07787 944935

EVENING EVENTS:

Thursday 4 October - 7.30pm

Uprooted - Liberated Words

Liberated Words screen a series of short poetry films from their Home from Home project exploring the effects of war in the Middle East, the refugee crisis, and interpretations of home, interspersed with poetry readings. £6

Friday 5 October - 7.30pm

Kit & McConnel

An evening of unbridled cabaret from ferociously witty Kit Hesketh-Harvey (formerly of Kit & the Widow) and pianistic sparring partner James McConnel. No foible of modern life will go unmocked. Contains adult material. £12

Saturday 6 October - 7.30pm India Electric Co

Sometimes folk, sometimes not. The band uses traditional instruments in contemporary styles to explore diverse themes from Eastern Europe, Irish traditions and urban alienation. The wowed audiences at Glastonbury - now its our turn. £10.

Further information and tickets from www.northcornbookfest.org or 07787 944935

Coming in November

Friday 2 November - 7.30pm Baka Beyond -25th Anniversary Tour

The Afro-Celtic dance band celebrate 25 years of groundbreaking music. The band uses the rhythms of the Baka people of the Cameroon rain forest to fuse their Celtic and African roots. A highly infectious and joyous celebration. £12. Standing event

Saturday 16 November - 7.30pm Dale Storr

- New Orleans Jazz piano

Book tickets online at www.endelienta.org.uk; by e mail tickets@endelienta.org.uk; by phone 07787 944935; or from the Wadebridge Bookshop. Accompanied under 16s free to most events - please check the website

Royal British Legion Poppy Appeal 2018

This year the Royal British Legion will be marking 100 years since the end of the First World War - 100 years of bravery and friendship.

Service of Remembrance St Peter's Church, Port Isaac

10.30am on Sunday November 11th Service to be conducted by The Bishop of St Germans and Rev'd Dr Elizabeth Wild The wreaths will be laid in the afternoon at the new War Memorial site









Port CO Isaac CO is hosting a



please come along and support this charity that helps so many women and their families

Donations of cakes, or items for the raffle, would be appreciated

Back to Singing for the Port Isaac Chorale

The Chorale were very fortunate to have two really enjoyable events at which they were asked to sing as their first engagements after the summer break.

On Thursday, 6th September we were honoured to sing at the service held outside the Golden Lion commemorating the 100th anniversary of the loss of the SS Milly. What a moving experience that was - a true community event.

On Saturday, 15th September we sang at St James Church, St Kew at the wedding of Gareth Owen and Laura Pollard. The Chorale always enjoy singing at weddings, and on this occasion we sang two of our favourite pieces, You Raise Me Up and New Day - a song made famous by the Kings Singers and which is particularly apt for a wedding.

Looking forward, we have started rehearsing for our concerts to celebrate the 100th anniversary of the end of World War 1. Four years ago, we presented similar concerts to mark the start of the war and these were incredibly popular. The concerts include a host of songs popular at the time and audience participation is essential!

The concerts will be held at 7.30pm on the 6th November in Port Isaac Village Hall; 9th November in Wadebridge Masonic Hall and 11th November in Delabole Methodist Chapel so please write it on your calendar to make sure you don't miss this opportunity.



Planning Applications

Members considered these planning applications and made the following responses to Cornwall Council:

- 1. PA18/07453, 1 Silvershell View, Port Isaac garden room extension. Members supported this application but requested a condition for the use of non-reflective glass.
- 2. PA18/07522, Kestrel Cottage, Homer Park, Port Isaac – erection of a single storey extension, formation of a roof terrace area and alterations to fenestration. Members supported this application.
- 3. PA18/07072, 20 and 22 Church Hill, Port Isaac Listed Building Consent for alterations and repair works to Grade II listed dwellings and flat, including extension of existing loft accommodation, and provision of a new dormer. Members approved the plans.

Planning Applications Approved by CC – information only

- i. <u>PA18/04064, St Endellion Parish Hall</u> extension of existing parish community hall.
- ii. <u>PA18/05857, Treswarrow Cottage, Trelights</u> demolition of existing dwelling and erection of replacement dwelling, together with the retention of land forming additional residential curtilage.

Planning Appeals

- 1. <u>PA17/08672, Land NW of Trecreege, Trelights</u>: outline planning permission with all matters reserved for construction of an agricultural dwelling for occupation by a farm worker. Members sent a letter of support to the Planning Inspector dealing with the appeal.
- 2. <u>PA17/05288, Land S of Homer Park, Port Isaac</u> proposed live / work unit. An appeal has been made i.r.o. CC's refusal of this application. County Cllr. Mould indicated she was in support of this application as were PC Members. Members sent a letter of support to the Planning Inspector dealing with the appeal.

Highway Matters

- 1. <u>Main Car Park Sign</u> at Members request Highways advised this will be relocated (past the new entrance to the industrial estate but prior to the car park entrance) as a priority.
- 2. <u>Width Restriction Sign, St Endellion</u> Highways had installed the signage requested by Members.
- 3. <u>Junction with B3314</u> SLOW markings will be added at the turnoff to Port Isaac in a bid to reduce the speed of traffic as it approaches the junction.
- 4. <u>Road Closure</u> B3314 Between Plain Street and St Endellion Road, St Endellion, 4th to 5th October 2018 (08:00 to 15:30).

Meeting Dates

Meetings are normally held on the second and fourth Monday of each month, commencing at 7pm in Port Isaac School. Members of the public are welcome to attend. Please check our website for more details.

> Gillian Thompson, Parish Clerk / RFO email: stendellionpc@gmail.com website: www.stendellionpc.com

Port Isaac Stay & Play

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

If you want to know more contact either Lucy on 07784 657921 or Cherry on 07900 527610

What we are up to this term October 2nd - Messy Play October 9th - Open Day with Cornish Tea 7 Cake decorating October 16th - Fish Biscuit Making for FISH PICED October 23rd - Half Term Disco October 30th - Halloween Pary November 6th - Bonfire Night activities November 13th - Cornish Pasty making November 20th - Music Session November 27th - Lantern Parade preparation Port Isaac Stay & Play 0 Half Term Disco 23 October 2018 10am - 12pm £2 per child additional Games siblings £1 Older school age siblings

Snacks/Drinks Welcome too!



Port Isaac Village Hall 9th October 2018 10am - 12pm

OPEN SESSION FOR MUMS AND CHILDREN TO POP IN AND MEET US. ENJOY A CORNISH TEA, KIDS CAKE DECORATING, PLAY & CHAT



Port Isaac Stay & Play Halloween Party

FANCY DRESS, APPLE BOBBING, DANCING, GAMES, SNACKS & MUCH MORE FUN....

> PORT ISAAC VILLAGE HALL TUESDAY 30 OCTOBER 10AM - 12PM £2 PER CHILD

"We've had this heating system for close to two years now, and it's been a revelation, the way it's transformed this house, it's amazing"

> JENNY WAKELIN, SENNEN, CORNWALL

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Websites of the month

Every few years I come back to the topic of footpaths. It is four years since I covered footpaths in this column last so I thought would have another look. As I said then, this is a good time of year for getting out the walking boots, never mind the weather; the countryside is looking lovely, with the autumn colours beginning to show. The network of footpaths we have in Cornwall have some really wonderful sights and while the coastal paths are well known and well trodden, the inland walks also have some real delights.

The place I would start is with Cornwall Council's interactive website https:// tinyrul.com/footpaths-Cornwall. This site gives you some background to how the Council categorises public rights of way - footpaths, bridleways, byways and restricted byways - nice old names. They are three bands; gold immediate action; Silver - medium term action; Bronze - long term action. This can give you an idea of how well the Council will be maintaining the right of way, but it doesn't mean the footpath is in poor condition if it is Bronze rated as others may undertake its upkeep. On the same site there is a link to the list of parishes (in fact shown as just numbers) and corresponding public rights of way (also shown as numbers). Finding out what number corresponded to St Endellion was complicated involving an online chat to Deborah at the Council and emails to the highways agency. Eventually I found out that St Endellion is parish number 537. Each numbered right of way can be clicked and it takes you to the interactive map, where it shows the footpath. You can then print it out and have your walk ready. This is a really great resource and does a lot of different things, so worth getting to know it.

If you want to have ordnance survey (OS) maps, then go to this site <u>https://</u> <u>footpathmaps.com</u>. Here you can put in your postcode and get a map with the footpaths on it. The only drawback is that OS only allow them a certain amount of data, so if you do use the site, get in first thing in the morning or you will get a lot of 'sorry' symbols. It has a useful 'how to' guide to download to help you navigate.

There are lots of apps that I have mentioned in the past – Viewranger www.viewranger.com/en-gb being the one I found most helpful but it is a bit pricy as you have to pay for each map you download. I would also have a look at lwalkcornwall as well. This also has an app that you can download from the app store or google play. If you print out the walk from the website (and you can for free) you will be asked to make a donation towards the running of the service. If you download a walk on the app it will also cost you something. Once you have bought them, you keep them indefinitely and they are updated from time to time with new information, but these are not very expensive.

The final one I suggest is <u>www.southwestcoastpath.org.uk</u>, which, as the name suggests, covers the southwest coastal path. It is packed with photographs and useful guidance, and again, you can print out your walk with instructions.

Probably before the web was born, or at least when it was in its infancy and not much use to find footpaths, footpath booklets were the thing to have and their charm remains. We are very lucky to still be able to buy one written by the late Robin Penna, who lived in Port Isaac. His book, "15 Walks in the Parish of St Endellion North Cornwall" has hand drawn maps and guided walks with Robin's commentary. Some are quite short and some quite long, but all enjoyable. These walks use mainly the inland footpaths and it is these we need to keep using as they easily get overgrown and get lost. You can get copies from the *Secrets* Gallery in Port Isaac <u>www.secretsportisaac.com</u>





New Term

All our children in school have settled in to their new classes very quickly.

We have welcomed several new nursery children as well.

Scootability

Everyone enjoyed an afternoon with a scooter specialist in school.

The children learned about safety on the roads and in a skate park.

They also learned some tricks and moves to try out on their own scooters.

Bikelights

Class 2 will again this year have the opportunity to work with Reg Payne on the design for our Bikelight Bike.

Mr. Collinson will be riding it through Wadebridge as part of the procession on Saturday 13th October.

Hallowe'en Disco

The ever popular Disco will take place on Thursday 18th October, just before half term. The children are looking forward to some spooky fun and dancing.

For news about Rock, Polzeath, St Minver, Trebetherick & Wadebridge follow this link ... www.stminverlink.org

THE FINER DETAILS



An exhibition of new work by painter Caroline Cleave, silversmith and ceramist Rachael Osborne and ceramicist Rebecca Harvey



EXHIBITION 19TH OCTOBER TO 16TH NOVEMBER

Full details available on our website



The Parade, Polzeath PL27 6SR

WWW.WHITEWATERGALLERY.CO.UK

to truly enjoy, stop worrying about the fat ... start loving it ...

because the truth is that with pork belly, it's all about the fat. The delicious fat, when slowly rendered, melts lovingly into the surrounding flesh, providing the lucky eater with a sumptuous, silky texture. Then, or course, there's the skin, which crisps up like a dream if handled properly – just don't be too alarmed if you're faced with the odd hair or nipple.

Pork belly with apple purée and sprouting broccoli

PORK BELLY

1.5kg pork belly, skin and bones left on

50g of sea salt 3 medium onions, peeled and

roughy diced 2 carrots, peeled and roughly

diced

4 celery sticks, washed and roughly diced 1 fennel bulb, roughly sliced 2 bulbs of garlic, peeled and roughly crushed

5 sprigs of fresh thyme

10 white peppercorns

2 bay leaves

2 star anise

chicken stock, to cover

APPLE PURÉE

6 Bramley apples, large 70g of butter, diced 2 tbsp of light brown sugar salt 50ml of water

PURPLE SPROUTING BROCCOLI

700g of purple sprouting broccoli salt 25g of butter

SAUCE

3 shallots, peeled, root removed and thinly sliced 250g of button mushrooms, washed and thinly sliced 1 tbsp of tomato paste 3/4 bottle of red wine, medium 25g of flour 25g of butter, softened vegetable oil Rub the sea salt into the pork belly and leave overnight in the fridge, or for 12 hours. In the morning rub off the salt and rinse of any excess under cold running water.

Place the pork belly in a deep roasting tray, arranging all the vegetables, herbs and spices around it. Cover with chicken stock and braise in the oven at 140°C/gas mark 1 for 3 $\frac{1}{2}$ hours. The belly is done when you can pierce the flesh easily.

Remove from the oven and allow to cool for 30 minutes in the stock. Line a tray with greaseproof paper and carefully transfer the pork belly onto a tray, skin-side down. Remove all of the rib bones and white cartilage. Place a sheet of greaseproof on top of the pork belly, lay a flat tray on top and weigh down with 4-5kg weight to press the belly in the fridge overnight.

Pass the remaining stock through a fine sieve and reduce by half, be careful if you used powder stock, as it will become quite salty. Store in a container until needed.

The following morning cut the pressed pork into 6 equal squares, enough for each person and place back in the fridge until required.

For the apple purée, peel and core the apples and place into a high-sided tray. Add butter, sugar, a sprinkle of salt and 50ml of water. Place into an oven at 180°C/gas mark 4. Cook until the apples have a mushy texture, approximately 25-35 minutes. Carefully pour into a jug blender and blitz until smooth. Adjust the seasoning by adding more salt and sugar as desired, pass through a fine sieve and store in the fridge until needed

To prepare the broccoli, remove the outer leaves, leaving the florets attached to the stalk. Remove 1cm from the bottom part of the stalk - the woody part of the vegetable. Blanch in heavily salted boiling water for 2 minutes. Check they are done by using the tip of the knife to pierce the stems: it should go in with a little resistance. Refresh in ice water, drain and leave in the fridge until required.

For the sauce, heat some vegetable oil in a thick-bottomed pan over a high heat. Fry the shallots and mushrooms until golden. Be careful not to burn them or it will make your sauce bitter, Once golden, stir in tomato paste and after about 10 seconds add the wine and reduce until it just coats the bottom of the pan. Add the reserved pork cooking liquor and bring up to the boil. Meanwhile, mix the flour and butter together so it forms a paste. Once the pork sauce has come to the boil, gradually whisk in the flour and butter mix, pea-sized amounts each time. You might not need all of it, just enough to make the sauce thick enough to coat the back of a spoon. Pass through a fine sieve and set aside

Preheat the oven to 180°C/gas mark 4. Heat a thick-bottomed pan, without oil, and add the pork belly, skin-side down. Once the skin starts to colour, place the pan into a hot oven and leave for 15 minutes. Check to see if it's hot by using a temperature probe, it should read $65^{\circ}C$

Meanwhile, reheat the purée and sauce until hot. Prepare a pan of boiling water and melt the butter in a wide pan for the broccoli. Just before serving, drop the broccoli into the boiling water. Remove after 30 seconds and then toss in the melted butter and season with salt To serve, spoon the purée onto plates, followed by the broccoli and pork belly. Drizzle over the sauce and serve immediately

So now, with a heavy heart, I have to tell you that this part of my Cornish adventure has come to an end and for family reasons I will be moving back upcountry. However, I fully intend to return as soon as I can. But family is family and sometimes in life you have to do the right thing. In my time down here I have met so many amazing people, and have had the privilege to be welcomed into a fantastic community. Port Isaac I will miss you, one and all.

Goodbye my friends, until the next time. Mx Duw genes ow hothmans, bys an termyn a dheu. Mx

'ere we go again ... oh no we don't! oh yes we do! it's the PORT ISAAC PANTO it's PETER PAN Port Isaac Village Hall on

Friday December 28th - 7.30pm Saturday December 29th - 7.30pm Sunday December 30th - 4pm Wednesday January 2nd - 7.30pm

Ticket prices: Adults: £9 & £6 Concessions: £8 & £5 Children (under 16): £6 & £4 Family tickets (2 adults & 2 children): £25 & £18

TICKETS GO ON SALE ON OCTOBER 20th

available at Secrets, Port Isaac Telephone reservations: 01208 880862 email reservations: dee54@mac.com

CHILDREN'S PARTS in PETER PAN

There are parts in the pantomime this year for young children who wish to play mermaids/men. Come along to Port Isaac Village Hall on

Sunday November 4th at 4.30pm

We are also looking for some more older children to play the Lost Boys/Girls. Come along to Port Isaac Village Hall on

Sunday November 4th at 4pm

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

The National Trust regularly hold volunteer days and events in North Cornwall. Coming in October

Saturday 13 October **Scrub and Spuds** at Trevose Head 10am – 3pm Saturday 13 October **Sun and Stars** at

Carnewas (Bedruthan) 6.30pm til late

ationa

Monday 22 October **Geology Rocks!** Bossiney Cove. 10.30am – 12.30pm

Wednesday 24 October **Be a Half Term Ranger: Bird Box Building** at the Tubestation, Polzeath

For more info please phone 01208 863821 or email tom.sparkes@nationaltrust.org.uk



"everybody has a story to tell about their life"

Last chance to see the amazing Trevan exhibition · don't miss it!

From October 20th there will be an exhibition from our PISCES First World War archive

We would also like to take this opportunity to thank all those people who have supported the reprint of our Award winning cookery books (reprinted 3 times!!). Thank you to John Brays, Fresh from the Sea, Just Shellfish, May Contain Nuts/Port Isaac Walk & Talk, The Mote, Nathan Outlaw, The Old School Hotel, Port Isaac Pottery and Chapel Café, The Slipway and Trevathan Farm plus thank all the shops that sell our books for us.



Our books are priced at £10 each. Copies are available online from our website shop www.portisaacheritage.co.uk

Christmas sing song of the old Port Isaac carols on Sunday December 15th in the Village Hall at 5pm

PISCES aims to keep all the stories and memories of Port Isaac alive before the history is lost and gone forever

Our PISCES website is: www.portisaacheritage.co.uk

We are working hard to upgrade and improve our website. It is a valuable resource for anyone wanting to discover more about the history of Port Isaac. **Contact details: Dee 01208 880862 (or 880905)**

or Barbara 01208 880703 (or 880625)

The Port Isaac Poppy Trail

On November 11th 1918, the guns fell silent; the Great War, the First World War, the War to end all Wars, World War One was over ...

Here in Port Isaac we will remember those who were born in our cottages, who went to our school, who walked out streets, who worked and played in our harbour, who lived their lives here ... we will commemorate this now distant generation ...

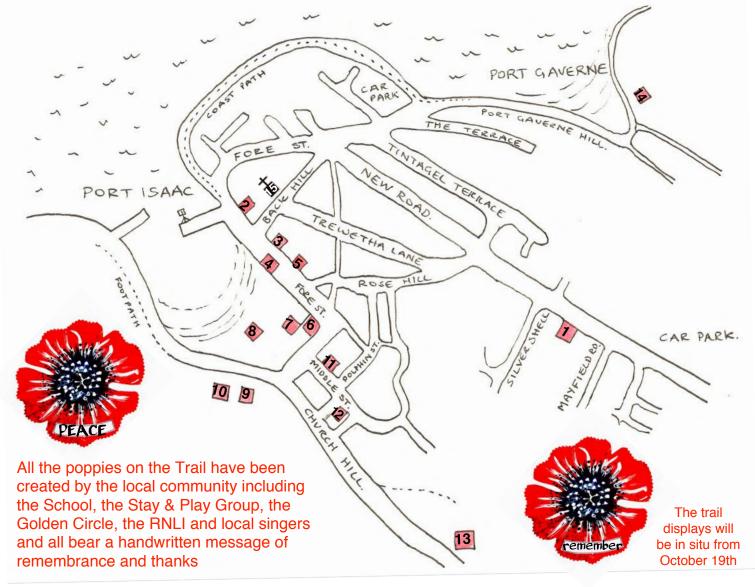
The PISCES Poppy Trail will take you back in time to places where you can step back in time and remember ...

This is the PISCES Poppy Trail around Port Isaac, marking various landmarks that have a special reference to WWI and ending at St Peter's Church where the PISCES World War One Exhibition will be on display

AT EACH MARKED POINT WILL BE WRITTEN DETAILS OF ITS WWI SIGNIFICANCE

- 1. The War Memorial
- 2. The Fish & Chip Shop
- 3. Secrets
- 4. Boathouse Stores
- 5. May Contain Nuts
- 6. Port Isaac Trading
- 7. The Gun outside the Golden Lion
- 8. The beach

- 9. The bottom of Roscarrock Hill
- 10 The old Chapel on Roscarrock Hill
- 11. Kiln
- 12. The old Butcher's Shop
- 13. The Telegraph Pole on Church Hill
- 14. Port Gaverne beach
- 15. St Peter's Church



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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

St Peter's Church - Marion Larkin - 01208 880492

Harbour Master - Byron Buse -01208 880321

RNLI Operations Manager -Chris Bolton - 01208 880256

RNLI Chairman - Bob Bulgin -01208 880765

Electricity - 0800 365900

Water helpline - 0800 1691144

Parish Council: stendellionpc@gmail.com

Cornwall Council - 0300 1234 100

Bowithick Tip - 01840 770778

Vet - Nutes - 01208 813258

Village Hall - 01208 880905/880985

Port Isaac School - 01208 880494

Remember to say you saw it in TRIO



The Trio Print Service

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

We can print in full colour up to A3, single or double sided, on paper or card up to 180gsm. The machine can tri or bi-fold leaflets or staple booklets. As well as leaflets and brochures we can print flyers, posters, menus etc. We also offer a design service or can prepare your design ready for printing.

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





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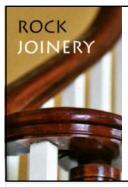


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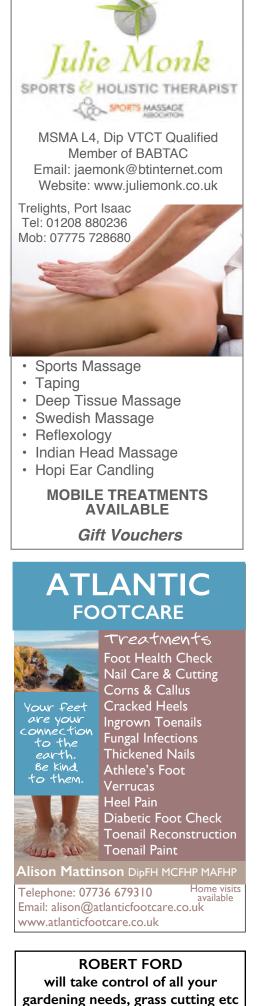
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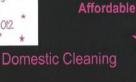
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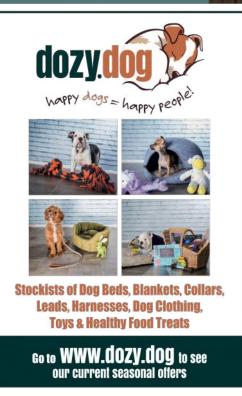
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Wednesday October 3rd

The Wednesday Morning Pop-up Cafe in the Village Hall - 10am-12noon

October 4th-7th THE NORTH CORNWALL BOOK FESTIVAL

Thursday October 4th Uprooted - Liberated words at St Endellion Church - 7.30pm

Friday October 5th Kit & McConnel - cabaret in St Endellion Church - 7.30pm

Saturday October 6th The India Electric Co - folk rock in St Endellion Church - 7.30pm

Tuesday October 9th Roadside household recycling collection bags out by 7am

Port Isaac Stay & Play Open Morning in Port Isaac Village Hall 10am-12noon

Wednesday October 10th The Wednesday Morning Pop-up Cafe in the Village Hall - 10am-12noon

Friday October 12th Port Isaac RNLI Harvest Festival & Auction in the Old School Hotel - 7pm

Saturday October 13th Port Isaac Co-op Cake Sale for Breast Cancer Care - 9am onwards

Wednesday October 17th The Wednesday Morning Pop-up Cafe in the Village Hall - 10am-12noon

Friday October 19th The Port Isaac Poppy Trail and the PISCES WWI Exhibition now open

Saturday October 20th Fish PI(E) Competition in Port Isaac Village Hall followed by

Community Lunch - 12noon-2pm

Tuesday October 23rd Roadside household recycling collection bags out by 7am

Port Isaac Stay & Play Half Term Disco in Port Isaac Village Hall - 10am-12noon

Wednesday October 24th The Wednesday Morning Pop-up Cafe in the Village Hall - 10am-12noon

WHAT'S ON

Saturday October 27th Supper & Song - a CHILDREN IN NEED Fundraiser with Gulls and Yorkshire guests, The Hummingbirds, in Port Isaac Village Hall - 7.30pm

Tuesday October 30th Port Isaac Stay & Play Halloween Party in Port Isaac Village Hall - 10am-12noon

Wednesday October 31st Halloween Disco for kids in Port Isaac Village Hall - 4.30pm-6.30pm

Friday November 2nd Hyde & Seek - a ghost story - a home grown Cornish production - in Port Isaac Village Hall - 7.30pm

Baka Beyond - Afro Celtic band - in St Endellion Church - 7.30pm

Saturday November 3rd 💒 🧊 🥻 Port Isaac annual firework display - 7.15pm

Sunday November 4th Children's parts in the Panto - Port Isaac Village Hall Older Children - 4pm

Younger Children - 4.30pm Sunday November 11th Remembrance Service in St Peter's Church - 10.30am

REGULAR EVENTS

Port Isaac Stay & Playgroup - every Tuesday from 10am to 12noon in the VIIIage Hall. Contact Lucy on 07784 657921 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

Mobile Post Office - every Wednesday 12.30pm-1.30pm in the Main Car Park

Saturday November 16th

Dale Storr - New Orleans piano - in St Endellion Church - 7.30pm

Saturday December 1st Port Isaac Christmas Lights Candlelit Parade and BIG Switch-on of the Lights

Thursday December 6th Christmas Community Lunch in Port Isaac Village Hall - 12noon-2pm everybody welcome

Sunday December 9th Second Strategy Str

Saturday December 15th

Santa's Grotto in Port Isaac Village Hall -Santa is taking time out from his busy run-up to Christmas to come to our Village Hall

Sunday December 16th

Village Carol sing-along in Santa's Grotto with Christmas tea and mulled wine -Port Isaac Village Hall - 5pm -A PROPER PORT ISAAC EVENT

December 28th, 29th & 30th and January 2nd THE PORT ISAAC PANTO

Church Services

St Peter's Church, Port Isaac First & Third Sundays in the month -Morning Worship at 9.30am and Second, Fourth & Fifth Sundays in the month - Holy Communion at 9.30am Every Monday at 9am - Morning Prayer

St Endellion Church Every Sunday at 11am - Sung Eucharist Every Tuesday at 8am - Holy Communiion Every Wednesday, Thursday & Friday at 9am - Morning Prayer

Every Friday at 5.30pm - Evening Prayer

Trelights Methodist Church Sunday Service at 6pm

TRIO COPY DATES November - October 24th (published November 1st)

December - November 28th (published December 5th)

