

trio





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WHAT'S ON - BACK COVER



Christmas Lights



The Port Isaac Illuminations Team did an amazing job of lighting up our village this year with lights all the way up New Road, a Christmas "Eco" tree that managed to stay upright throughout the festive season and a real Christmas tree, kindly donated by Trevathan Farm, in its rightful place at St Peter's Church. Projectors were dotted around giving movement to St Peter's Church, the Village Hall, the Platt and the Golden Lion.

Starting it all was our candlelit parade which introduced our 'Port Isaac Star' which led our children, accompanied by a Cornish Piper and Drums, through an avenue of twinkly lights down to the Platt where mince pies, mulled wine and a very festive atmosphere awaited the throng of people.

This year's switch-on was led by pantomime stars Captain Hook (Cherry) and Peter Pan (Dan).

The atmosphere on the parade was brilliant as so many people came out to support and applaud. Thanks to Caroline Cleave, whose relentless energy and positivity spurs us all on to make sure that our parade keeps going every year. Also thank you to everyone who "plugged in" this year:

Phil at the Slipway	Dee & Sam at Secrets
Port Isaac RNLI	Helen & Duguld Sproull
Port Isaac Fishermen Ltd	Sharon at Jack & Lewis
Beth & Mark at the Lion	Linda & Mike at Buy the Book
Jacqui Toft	Jill & John at the Peapod
Jon at the Boathouse Stores	Karen & Neil (Merry Christmas sign)

And finally a huge personal thank you from me to the crew that put up the lights, namely:

Keith & Keiran	Tom P	Dave M	Andy P
Alan	Tom B	Dave G	Barbs
Dave	John S	Karen	Cheryl
Damien	John Mc	Andy H	Dee

See you all in 11 months time when it all starts again.

from the Chief Battery Changer, Chris Lanyon

I would like to say a huge thank you to Chris Lanyon and his team for putting up all the really stunning Christmas lights and decorations around Port Isaac this year. The village looked so welcoming and seasonal. Well done to you all. I know we all appreciated all your hard work.

Annie Price

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

NEW YEAR'S EVE FIREWORKS

We hope everyone enjoyed the New Year's Eve fireworks. A big thank you to the following businesses for contributing to the cost of the display:

Port Isaac Pottery The Slipway The Golden Lion
Jill McDonald/The Peapod The Mote

Huge thanks also to the following for their donations:

Mr & Mrs Stephenson	John & Sue Sinnott
Yvonne & Jo Taylor	Mike & Sylvia Daly
John Brown	Liz Rowe
Jean & Saul Sufi	Marion & Nigel Andrews

It wouldn't be possible to put on the display without everyone giving so generously. Thanks again and Happy New Year to all.

Rick, Bonnie, Jake & the team at the Old School Hotel

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

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SANTA'S GROTTO

We were very lucky that Santa was able to spare the time to visit Port Isaac Village Hall's Grotto just before Christmas. The transformation of the Hall was magical ... taking away everyone's breath as they came in from the rain and wind. And the children all had a lovely time, singing and dancing and talking to Santa.

Santa and Mrs Claus and their elves all enjoyed the day a lot, so much so that they have put a date in Santa's Visit Diary for this year (Saturday December 14th).

The traditional Port Isaac Carol Night was also held in the Grotto on the night after Santa's visit. The hall was packed and a lovely time was had by all.

So ... we have decided that this year we are going to keep the Grotto up for longer with lots of Christmas events taking place, giving everyone the chance to share in the Christmas magic. We are calling it our Christmas Festival. Plans are well in hand so watch this space.



Gull stuff ...

Well, we're going on a little tour! So if you are reading this in Cheltenham or Tetbury why not come along and see us!! We will be in need of a familiar face or two!

On Sunday March 24th we are doing a solo concert at the Chapel Arts Centre in Cheltenham. We have been invited by the Chairman of the Cheltenham Music Festival Society after he heard us singing on the Platt last summer. It starts at 3pm if you fancy coming along.

So we thought, as we were going to be in the area why not contact our friends, The Magnificent AK47s who keep asking us to sing with them on their home turf ... the result is that we are joining them at the Tetbury Goods Shed on Saturday March 23rd, starting at 7.30pm. If you don't know them they are "the singing blokes from Ashton Keynes ... serious singing combined with profound insights into modern male angst ... Georgian inspired harmonies and serious silliness". It should be a night to remember.

But before that we are welcoming our friends, The Voice of the People Choir, to join us in Port Isaac Village Hall for a joint concert on Saturday March 2nd. They are a 40+ mixed choir from Somerset led by Yvette Staelens. It will be a friendly evening of laughter, fun and music kicking off at 7.30pm. Tickets will be £5 on the door and of course the bar will be open and we hope to raise lots of money for the Chris Treglown Foundation Fund.

If you would like us to sing at your event just ask one of us or email us at gullspi@icloud.com

LET US ENTERTAIN YOU

THE VOICE OF THE PEOPLE CHOIR

40+ MIXED CHOIR FROM SOMERSET LED BY YVETTE STAELENS

AND port isaac's Gulls

SATURDAY MARCH 2nd

Port Isaac Village Hall

7.30pm DOORS OPEN 7pm

Tickets: £5 on the door

BAR OPEN

RAISING FUNDS FOR THE CHRIS TREGLOWN FOUNDATION FUND

PARKING ON THE BEACH

As in previous years a limited number of permits are available to park on the beach (not The Platt) at a fee of £180. The permit lasts from February 1st to January 31st following.

Those who park on the beach without permits and get tickets which they ignore should be warned that the parking company are passing details to a debt collection company who will take offenders to court to enforce payment although this may take some considerable time. In other words, if you don't hear anything straight away, it does not mean that you have got away with it!

The Harbour Commission



Port Isaac Village Hall



What a response we have had to our SOS for help in the December Trio. A huge you to everyone who has offered their support. We are overwhelmed by two very generous donation that have really got things moving. The Fishermen's Friends have donated £5000 and Keith Schilling & Amanda Waygood have given us £2000 - a great big thank you to you all.

Our first two DIY SOS weekends take place on January 26th & 27th and February 2nd & 3rd. Look out for the photos of work completed in the March Trio.

If you have any building, plumbing, electrical, painting, maintenance skills or feel able to do some labouring come along - there will be something for you to do.

We'll look after you really well so don't worry that you might go hungry.

Ways you can help

SPONSOR A CHAIR

We desperately need new chairs - you might want to sponsor a chair for £48. When we have ten sponsors we will buy ten chairs until we have replaced all 120 hall chairs.

So far we have enough money for nearly 50 chairs so as soon as the internal work on the chair store is finished we will be ordering our first batch.

MAKE A DONATION

You can make an online donation

HSBC Bank Sort code:
40-45-10

Account No: 71020447

Ref: Donation

or give a cheque to any
committee member or send to

The Treasurer,
Port Isaac Village Hall,
c/o 3 Trewetha Lane, Port Isaac,
Cornwall PL29 3RN
or drop into Secrets, Port Isaac

A huge thank you

to the following businesses who have donated materials to the Hall:

Bodmin Flooring Jewsons Plumbase Travis Perkins



**THIS REALLY
WORKS ... THE
PAPER TRIO IS
PRINTED ON RAISES
FUNDS FOR
THE HALL ...
GIVE IT A GO ...**



Raise **FREE** funds for us
every time you shop online!

www.giveasyoulive.com/join/port-isaac-village-hall

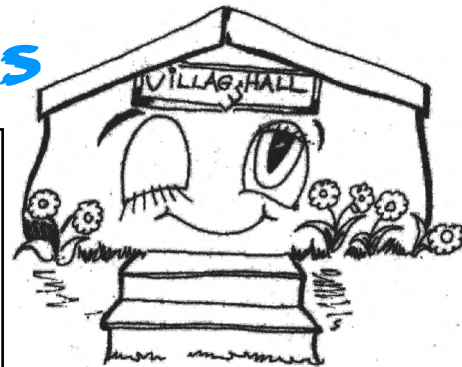
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every time you shop online via Give as you Live!

Raise FREE funds through Give as you Live at over 4,000 top online stores

Shop at 4,000+ stores



Port Isaac Village Hall News



YOU CAN STILL SUPPORT PORT ISAAC VILLAGE HALL WHEN SHOPPING IN THE CO-OP ...

The next round of Co-op fundraising has already begun and once again Stay & Play and the Village Hall have been chosen as recipients.

Become a member today
for £1 and earn



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



**However, you
do need to
reselect your
chosen
charity on
your Co-op
card so that
1% of your
spend will
go to your
choice (as
well as 5%
for you).**

You can do this online or talk to
Craig instore and he will be
able to help you.

THE BOOKSHELF

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.

**Together we can make
great things happen**

PORT ISAAC VILLAGE HALL HIRE

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

Your Hall for YOU to Use



We've promised to move mountains this year and our biggest fundraiser will take place over the weekend of September 6th-8th

THE PORT ISAAC SHANTY FESTIVAL

An amazing weekend of shanty singing is planned throughout the village at various venues opening with a Gala Shanty Night on the opening night with our very own Fishermen's Friends - tickets to be released soon.

WATCH THIS SPACE

COMMUNITY LUNCHES 2019

The 2018 lunches proved to be very popular so the Magnificent Seven (and friends) have got themselves organised and planned the dates for this year.

Spring Community Lunch - Thursday March 21st

Summer Community Lunch - Thursday June 27th

Autumn Community Lunch - Saturday October 12th
after the Fish PI competition

Christmas Community Lunch - Monday December 16th
in the Grotto

Art Talks & Trips 2019

Having had two successful 'Talk & Trip' events at the end of last year, an equally exciting programme of events has been put together for 2019. We are incredibly fortunate to have the wonderful Art Historian, Olive Maggs, whose engaging, insightful and amusing delivery has continued to draw people who are interested in art and its history to the group. This is a free event, which is open to everyone and is simply an enjoyable and informative evening followed up by a trip which is related to the talk.

THE NEWLYN SCHOOL OF ARTISTS

Friday March 22nd in Port Isaac Village Hall at 7pm

Olive will be talking about the late 19th century community of artists who lived amongst the fishing families whose lives they portrayed with such sympathy and incredible skill. Olive will consider what drew the artists to Newlyn, including the beautiful scenery, quality of light, simplicity of life and drama of the sea.

Saturday March 30th - 11am-2pm at Tate St Ives

Our 'Talk & Trips' group is now linked to the Tate 'Look Group' programme which offers small groups support and free entry to their exhibitions. There will be a talk on the Anna Boghigulan exhibition which opens in February. The session will be led by Tate St Ives' Curators, giving everyone a chance to discuss responses to the exhibition and there will also be a chance to meet other groups. We will do a car share with those are interested in the event.

Tuesday April 16th - TRIP to Newlyn Penlee House & Museum, meet 10am at the Co-op

This will include the famous Newlyn School of painters plus a recent exhibition on 'Artists by themselves'. Plus time for lunch and a browse in Penzance.

Thursday June 13th in Port Isaac Village Hall at 7pm - 20th Century Cornish Landscape Artists

led by Olive Maggs, full details nearer the time

Tuesday July 9th - TRIP to Trelissick Gardens, Truro

This will be an opportunity to visit the Gallery plus exhibition space and gardens. Also an opportunity for individuals to sketch, paint or take photographs. Plus enjoy lunch in the courtyard restaurant and visit the shop.

Please contact Caroline Cleave on 07966 501156 to book your place on this trip as numbers are limited - and for information on any of the other talks or trips.



Scott Mann's update from Parliament

It's good to be back in Westminster this week after celebrating Christmas and New Year at home in North Cornwall. There are a number of different issues arising here but I'm happy to see that North Cornwall is progressing nicely in the early days of 2019 and is set to do so for the rest of the year. I will be making sure that North Cornwall's voices are heard here in Westminster and that any issues that arise are swiftly dealt with.

I was disappointed to see that opening of the new Sowenna Mental Health Unit in Bodmin has been delayed. This new unit was set to open this year and will be crucial in supporting children and adolescents with mental illnesses; the delay means that we will not have access to this facility until next year. Supporting the mental health of children and adolescents is incredibly important not only here in North Cornwall but throughout the UK. I am a strong supporter in bringing the necessary facilities to North Cornwall and although these delays may mean that we are unable to have access to these top facilities – I hope the time will be used to make the unit even better for its eventual users.

I was very pleased to see that the £30m holiday resort plans for Waterside Cornwall, formerly known as Lakeview Country Club, have recently been approved and that now plans are at work to develop this site. The site has been granted full planning permission that will include 118 Eco Lodges, a new 25 meter swimming pool and several leisure facilities. This newly developed resort will help to bring more tourists to North Cornwall seeing an extra income for the local area all year round raising the area's profile. The plans also feature several eco-friendly developments and buildings that mean not only will the buildings blend seamlessly into the environment but also they will not harm the local ecological features of the area.

Finally, I am also very sad to announce that local

councillor, member of my team and above all my friend, Val Bugden-Cawsey, has sadly passed away from cancer. Her strength during the battle with malignant melanoma was inspirational, and during that time she continued to support and give back to our community with her 'Val walks tall' campaign. Her campaign has managed to raise thousands to help fund support research for Advanced Malignant Melanoma for Plymouth Hospital Charity. You can continue to donate to this fund through her Just Giving page at: www.justgiving.com/fundraising/val-walks-tall.

Val will be sorely missed by all of us, and I would like to offer my condolences to her husband Terry and the family.

www.scottmann.org.uk

We seem to have fared well in the recent gales and storms but we are still asking for your help whilst you are out and about.

If you notice the Leats at Port Isaac and Port Gaverne are blocked in any way please let one of the flood wardens know. You can call: Gavin Tyler - 01208 880497, Andy Penny - 07532 478451, David Raynor



- 01208 880211, Mike Coles -
01208 880224, Dee Littlechild
- 01208 880905 or Cheryl
Webster - 01208 880802

Events at St Endellion February 2019



Friday 8 February 7.30pm

Mike Marshall and Caterina Lichtenberg – Mandolin

"The best mandolinists on the planet", she from the classical world, he from folk, fuse both traditions as they take you on a journey through the history of the mandolin from 16th century Europe to the new world of the Americas. A spellbinding performance from two world class artists. £15 (nave), £10 (aisle).

Saturday 2 March 7.30pm

Helen Porter – Constant as the World

Haunting songs and compelling piano-playing from jazz singer Helen Porter presents in a performance of her own songs and piano solos, interspersed with timeless classics by the greats. If you have not heard her before, you are in for a real treat. £10

Book all tickets online at www.endelienta.org.uk ;
by email tickets@endelienta.org.uk ; by phone 07787 944935;
or from the Wadebridge Bookshop.

Accompanied under 16s free to most events, please check the website.



**Friday 1 February to
Sunday 31 March**

Exhibition: 'Four'

The exhibition's title implies a sense of structure and completion, and also reflects the different format of our third open exhibition: all selected pieces will be in A4 format and will be displayed on stands in the church in specially created books.

Entry free.

Endelienta



THANK YOU

I would to thank so many friends for all the flowers, cards and good wishes following my fall on Christmas Day (if I hadn't been sober maybe I would not have redesigned my hip!). I am now home and with marvellous support from so many in Port Isaac. I am recovering day by day but it's frustrating and I can't have Winnie here. She is very happy with Sandie and Bob which is very comforting to know. I hope 2019 is a great year for you all.

Annie Price

Anniversary Year Ends with Success for Port Isaac Chorale



The St Austell Music Festival proved to be a great way for Port Isaac Chorale to close their 25th Anniversary year.

The Chorale won their class for a large mixed choir with their performance of an unaccompanied Newfoundland Folk Song, *She's Like The Swallow* followed by *Sing A Song of Sixpence* in the style of Handel, with the piano accompaniment by Jo Norton. In her feedback, the adjudicator, Lesley Shrigley Jones, claimed that 'Handel would have approved'.

The Chorale were then delighted and surprised to be awarded the Festival Cup for the highest points awarded to any choir in the festival. The adjudicator commented on the obvious camaraderie in the choir and also singled out the tenors and basses for special praise. In summing up, she said 'Thank you for bringing such a high standard of music to the festival.'

The Chorale's Musical Director, Janet Townsend MBE, who started the group 25 years ago, was previously the Musical director of the Port Isaac Singers, who won the Festival Cup back in 1987 so she was delighted to be able to repeat this success 31 years later!

For information about Port Isaac Chorale contact Morwenna Vernon on 01208 880714 or email morwennavernon@gmail.com

A new year has begun

So, 2019 has begun. Everyone is forging ahead into this new year which has opened before us. Well, not everyone.

Last year, some of us will have experienced the onset of chronic illness, a life-changing injury, the loss of a loved one, the loss of a business, or some other trauma. Suffering knocks the stuffing out of us: how *can* we forge ahead? We feel lonely: can others *really* understand how we feel deep down inside? *Who* understands what we are going through?

There is someone who does. That someone is God. God the Son, Jesus, who suffered on the cross, and God the Father, who suffered the loss of His Son, for our sake. If no-one else understands, God does.

So there is hope. Breakthrough hope. Yes, we *can* forge ahead knowing Someone understands us deep down. We can *choose* to put our hand in His. We no longer need to face the rest of this year alone.

God make your 2019 a year of breakthroughs.

The Reverend Corinne Tournay



Church Diary Dates

Sunday February 3rd

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

Sunday February 10th

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

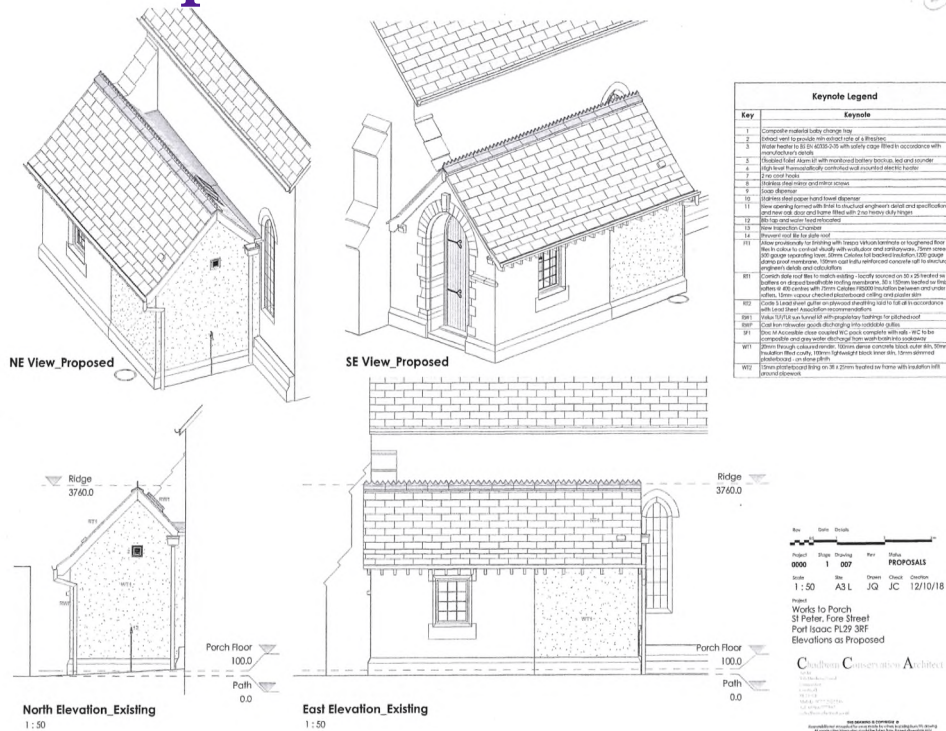
Sunday February 17th

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

Sunday February 24th

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

Proposed toilet in St Peter's



Plans for a toilet at St Peter's Church are to be submitted to Cornwall Council this month. The toilet will fit behind the porch and therefore will not be visible as you approach Church.

The entrance will be through the porch. This will mean that water can be piped directly into Church making it easier to provide drinks and water the plants and flower displays.

The cost of this development will come from the money obtained by the sale of the Church Rooms.

WAR MEMORIAL

It came to light at the dedication of the War Memorial that there were names missing on the plaque from both World Wars. It is intended that the names are to be verified and a plaque put on to the memorial recording their sacrifice. A service of dedication will be held when this is completed.

Pat Pearson
Chapel Warden

Taizé Service at St Endellion Church

6pm on February 17th
a peaceful end to the day with Taizé chants, readings, prayers and silence by candlelight

The Ideas Project Charity: Fire Engine to Kosovo

In March there's a chance that there will be a fire appliance going Kosovo and we can fill it with all your generous donations of blankets etc.

We are happy to take any more of the following, either new or in good condition please:

Babies' knitwear and blankets
Children's shoes
Children's winter coats
School bags

Please drop any donations to us at
Port Isaac Pottery or ring 01208 880625 to arrange for collection

CREW NEWS

We have had a quiet start to the year in regard to services. However, the boat has put to sea every weekend and a few evenings to keep the crew on their toes. During the coming month you will see the boat training in the bay with rescue helicopter 924 which will involve underway crew transfers and simulated casualty recoveries.

On behalf of the crew I would like to express our gratitude and congratulations to the awesome committee who have managed to achieve, with your continued and generous support, the task of raising £52,000 needed to fund our new boat, D-843. Not only have they smashed the target they have done it with 10 months to spare. Their continued efforts for the rest of the year will see the funds being directed specifically for the running and training costs associated with our station and boat. Thank you for helping to provide us with the latest kit ensuring we are as safe as possible when saving lives at sea.

*Damien Bolton
Senior Helm*

AGM

The fundraising committee at Port Isaac RNLI would like to invite you to our forthcoming AGM to be held at Port Isaac Village Hall on Thursday April 4th at 7pm. As well as the proceedings for our AGM we will give an update on the new lifeboat appeal fundraiser and provide food and refreshments courtesy of the committee.

We then look forward to a fascinating talk from our guest speaker Martin Brockman. Martin is a BT engineer and also the Volunteer Lifeboat Visits Officer at Penlee. Martin comes from Mousehole and is the son of the late Nigel Brockman, Assistant Mechanic of the Solomon Browne and brother of retired Coxswain Neil Brockman. Martin's aim is to educate schools, youth and community groups by giving heritage and educational talks preserving the history of the station and the RNLI. Martin is also an RNLI Youth and Heritage education volunteer and he manages the Penlee Lifeboat website.

Message from Bob Bulgin ...

Following over 20 years as Volunteer Lifeboat Press Officer to Port Isaac RNLI it is time for me to pass on the baton to my able deputy Faye Archell. Faye has been working closely with me over the past four years where she has created and headed up the station's social media and other computer linked services. Faye's involvement with the RNLI goes back ten years and has been associated with the sea throughout her life. Since she was a child she has been very closely involved with the charity British Divers Marine Life Rescue and was made a trustee in 2007. Faye is a lecturer in animal science and marine conservation. It is indeed great to have a professional on our Committee with the ability of supporting the operations of our lifeboat service in Port Isaac.

Note from Faye: I just want to pass on my thanks and gratitude to Bob for being such a wonderful mentor and friend. All of us on the committee and crew want to say a huge Thank You for everything that Bob has done during his time as Press Officer and we're so happy that he remains our Chairman.

PORT ISAAC LIFEBOAT APPEAL

 **2019
VIRGIN
LONDON
MARATHON**



RACE NIGHT

SATURDAY FEBRUARY 23RD

PORT ISAAC VILLAGE HALL DOORS OPEN 7PM
FIRST RACE 7.45PM

**OUR RUNNING TEAM CONSISTS OF
CREW, EX CREW & LIFEBOAT WIVES
AIMING TO RAISE £10,000
TOWARDS THE LIFEBOAT APPEAL
AND ITS RUNNING COSTS**

**TO DONATE, PLEASE SEARCH US ON
JUSTGIVING.COM**

In November 2017 Port Isaac RNLI were invited to set up an appeal fund with a target of £52,000 in order to cover the cost of replacing their existing D class lifeboat nearing the end of her operational life. Ahead of schedule and in little over a year that amount was successfully raised. The fundraising committee are pleased to announce an extension of the Appeal to cover funding for the new Lifeboat's equipment, operational costs and premises.

The extension to this appeal is being kick-started by Port Isaac's very own official Virgin Money London 2019 London Marathon Team. The team is made up of past and present volunteer crew members and partners Greg Hingley, Ian & Clair Johnson and Richard & Carol Hambly. The team have been in training for some weeks now and so far generous donations to the total of £3,167 have been recorded.

Further fund raising events will be staged and the first to take place will be a Race Night at Port Isaac Village Hall on Saturday February 23rd starting at 7.30 pm.



Faye and son Dylan

DATES FOR YOUR DIARY

**Lifeboat
Summer
Service on the
Platt
Sunday
June 9th**

**Lifeboat Larks
on the Platt
Sunday
August 18th**

ROAD CLOSURE

Western Power Distribution are proposing to close Fore Street/Back Hill for some essential works between March 11th-25th.

The works will be staggered with traffic control in various locations to ease traffic flow.

The Village Hall has been booked for February 7th from 9am until 12noon to allow for residents and business to come and discuss the works with Carl Langton and the Kier Contracts Manager.

You can also go to www.Roadworks.org and find out about proposed roadworks in your area.

Port Isaac Stay & Play

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

Activities coming up:

January 29th

Music Shakers and Music

February 5th

Chinese Year of the Pig

February 12th – Valentine's Cards

February 19th – Mask Making

February 26th – Cake Decorating

March 5th – Hand Painting

March 12th

Stained Glass Windows

March 19th

Dinosaur Plate making

March 26th

Mother's Day Cards

April 2nd – OUTING

April 9th

Easter Cards & Bonnets

April 16th – OUTING

April 23rd – Pebble painting

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

New Year, New You! MOVE IT OR LOSE IT!

with
Julia Treglown



It can sometimes seem difficult to kick start your New Year exercise regime! For many we have wine and dined and partied only to sing 'Auld Lang Syne' and then make the resolution to start a new exercise programme tomorrow. Great! Make the decision. The perfect solution to feeling fitter, healthier, leaner and more positive in mood is to get active.

Start easy: There is no need to go at 100 miles an hour as the chances are you will fall out of love with exercise quickly. Take it at a gentle pace to begin so you enjoy it and it will prevent any injury. Some of us haven't exercised for a while or may be trying a new type of exercise so let your body get to grips with the new challenges. Focus on having realistic expectations. There will be times when you haven't managed to fit in your exercise session but you haven't failed ... you're allowed to have days off and you're back on the next day. That's how a sustainable regime works.

Make a plan: If you have decided to join a gym decide what you want to achieve and ask the trainers to create a plan for you to follow and work on progressively.

Group exercise works for many people as there are such a variety of classes available now ranging from spinning to Dancefitness. A good instructor will adapt exercises to suit all levels but it is always advisable to check with the instructor to find out if the class is suitable for your level and needs. Group fitness is motivating, a great way to exercise to music and meet other people. During the many years I have been teaching I have seen people nervously turn up for the first class, worried about having two left feet and no confidence, only to see them, months down the line, feeling stronger, aerobically fitter and more positive. Taking that first step can be hard so bring a willing friend along. They might get hooked too!

Set small goals: for example, say to yourself I will be able to walk / run a mile in so many minutes before the end of the month. I want to learn those aerobic dance steps to Tina Turner's *Proud Mary* with better co-ordination, confidence and energy. Stick to one goal at a time but always have several more to aim for. They can be specific such as "I want my legs/ arms to be stronger and more toned". A challenge will help you to improve on how many squats or press ups you can do in a minute and you can improve on this as time goes on. Whatever age or ability you are at, there are always exercises and goals to aim for and a fitness instructor will assist you with these.

Choices: The gym and group exercise are options but you might consider joining a walking group, joining a team or a local club in an activity that you enjoy or enjoyed in the past. You will make new friends along the way who will help you in achieving your goal. If you are tired when you get back from work and can't motivate yourself to head off to your exercise session set yourself up with some inexpensive equipment at home. There are many excellent fitness DVDs and exercise apps to follow these days. A personal trainer might seem a costly thought but investing in a few sessions to give advice, exercise ideas and motivation might be a worthwhile idea.

In the dark and cold of winter it can be hard to pry yourself from the comfort of your sofa but exercise benefits so much more than just your physical health. This time of the year can be hard for people with mental health problems and exercise is one proven treatment for it. You will feel better about yourself and proud of achieving something. Before long I'm sure you will catch the exercise bug and what was once a chore will be something you look forward to!

I hope I've given you some food for thought here. If you want some advice or information on how to start a fitness regime which is suitable for you personally or details about my group exercise classes please contact me. Julia Treglown (fully qualified fitness professional) - 07815987172 / juliatreglown@hotmail.com

David Raynor, Parish Council Chairman reports:

ROAD CLOSURE

Western Power are looking to close Fore Street for two weeks from March 11th-25th to remove low clearance overhead lines and to install a new service as per a customer request. They are keen to discuss the effects to residents in Fore Street and the effects on businesses in the lower part of the village. To this end they are sending out a letter inviting those concerned to the Village Hall Thursday February 9th between 9am and 12noon to explain what work they have to do, and how they hope to limit as much as possible any disruption. The man to contact is Carl Langton on 01208 892275

ROAD CLOSURE

Following my previous efforts regarding the proposed footpath to Trewetha, Councillor Coles and myself spoke to Oliver Jones from Cornwall Council Highways who agreed we could utilise the verge from the Car Park up to the sharp bend where the verge becomes too narrow.

Following my conversation with the Cleave family, the land owners, they have informed me that they will not allow the Parish Council to make a pathway on any part of their land. Their decision makes it impossible us to proceed making a footpath as proposed, contrary to my understanding of the situation prior to this Council supporting their application to build the Garage in an area of outstanding beauty.

I believe that due to the number of visitors now staying and "glamping" etc in Trewetha, all of whom visit Port Isaac, a path to the village is vital if we are to avoid the possibility of a serious accident during the summer holidays.

TOILETS AT GAVERNE

The National Trust representative has told me that they are not going forward with their plans to make a kiosk in the Cellar at Port Gaverne, and asked if we would be prepared to rent the toilets as we did last year, and may be for a longer period.

BUS SHELTER

I have heard from our solicitor Chris Key dealing with the lease for the Bus Shelter. He has now received the amended lease as discussed and will forward it to our clerk.

CHRISTMAS LIGHTS

Finally I would like to thank Chris Lanyon and his team for putting up the best show of Christmas Lights in the village that I have seen.

St Endellion Parish Council are looking for a company to clean three (possibly four) blocks of public toilets situated in Port Isaac

Cleaning is required daily throughout the year (excluding Christmas Day) and twice daily during the high summer season.

The Company would be required to clean all surfaces, WCs, Wallgate units, etc. and would be responsible for disposal of all litter and debris within the curtilage of the building. They would also be required to supply all cleaning materials, consumables including the soap for Wallgate units, etc., together with reporting any concerns relating to health and safety and be responsible for legionella testing.

The company would be required to have a minimum Public Liability Insurance cover.

Interested parties should contact the Clerk: Mrs Gillian Thompson
12 Bonython Drive, Grampound,
TR2 4RL
Email: stendellionpc@gmail.com

PARISH COUNCIL REPORT

Planning Applications

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

1. PA18/09882, Maritime and Coastguard Agency, New Road, Port Isaac – proposed single dwelling to replace existing decommissioned Coastguard buildings. Members objected on the grounds of loss of light and amenity by the overlooking balcony to the neighbouring property, pending clarification as to whether the application had been withdrawn.
2. PA18/09256, White Cottage, Port Gaverne Hill, Port Isaac – Listed building consent for provision of air source heat pump system, together with the removal of the existing electric night storage heating, and the upgrade to a radiator wet system throughout the cottage. Members supported this application.
3. PA18/10360, 1 Cliffside Access to Cliffside, Port Isaac – alterations to window openings. Members objected on the grounds this is within the Conservation Area in a highly visible location with a high footfall the excess glazing does not comply with Policy 5e of the emerging St Endellion Neighbourhood Plan.
4. PA18/10519, 36 New Road, Port Isaac – demolition of existing bungalow and construction of new dwelling. Members felt they could not make a considered comment because the plans do not show levels nor where the windows face nor is the balcony shown on the floor plans, etc., however, even with the poor plans Members objected on the grounds of scale, mass, excessive glazing and loss of amenity and privacy.
5. PA18/10744, Lower Bodannon, B3267 Between Trewetha Lane / Pendaggett Road, Port Isaac – proposed 4no holiday/glamping pods with associated services including ablution block. Construction of bunds. Members supported this application.
6. PA18/10784, 76a Fore Street, Port Isaac – variation of Condition 1 of Planning Application No. PA12/00231 dated 5th April 2012 for Modification of condition 1 of planning permission no. E1/2009/00987 for Retention of Change of Use of Retail Shop (Class A1) to a Tearoom (Class A3); to read "The premises shall not be open, in use or operate before 8.30am or later than 9pm on any day between the Friday before Easter and the last day of October each year and not before 8.30am or later than 6pm between the 1st day of November and the Thursday before Easter each year" to allow the shop to open until 10pm. Furthermore to allow the shop to remain open on Friday and Saturday nights only from the end of October until the Thursday before Easter with no seats/tables outside. Members objected on the loss of residential amenity for the neighbours which is caused by an excessive intensification of the original usage permission.
7. PA18/10800, Sea Winds Road from Long Cross to The Barton, Treilights –

continued overleaf

And then there were four ...

Port Isaac harbour has been the adopted home of seven mallard ducks. Many of you will have seen them about as they have visited various hostelrys and happily bobbed about on the waves in all weathers.

Sadly, several months ago seven became six as one was killed by a vehicle on Fore Street. I questioned how fast someone would need to be driving for this to happen?

Happily one more duck then came to join the flock.

My happiness has now turned to disbelief and disgust as on my nightly dog walk on November 16th I sickly discovered that three of the ducks had been run over and left for dead on the beach near the Leat. Two friends kindly helped to remove the birds.

I can only assume that it was a visitor who did not know that the birds might be about in the dark. However, it is only local permit holders who park on the beach. I therefore hope that this just was a dreadful accident.

Please, please if you do park on the beach, day or night, check that your way is clear before driving off, for the duck's sake.

Lyndsey Bradbury



continued from previous page

variation of condition 2 in respect of decision no. PA17/05844. Members supported this application.

8. PA18/10842, Windrush, New Road, Port Isaac – proposed extension and modernisation of existing dwelling. Members objected on the grounds the balcony to the rear of the property is intrusive and would result in overlooking and loss of privacy to number 14 & 16 Tintagel Terrace.
9. PA18/03120/PREAPP, Land S of Gwelmor, Trelights – pre-application advice for construction of a dwelling. Members objected on the grounds the site is outside the old and proposed development boundary in the emerging NDP. The access and proposed dwelling would be in the open countryside. As such it is an exception site, yet this proposal does not constitute an affordable home, but development in the open countryside.
10. PA18/09791, Gwel Arvor, Tintagel Terrace, Port Isaac – reserved matters application (access, appearance, landscaping, layout and scale) following outline approval PA17/09691 for demolition of existing dwelling and replace with two dwellings. Members were in agreement with the opinion of the AONB officer, that the proposal would do harm to the character of the area. They agreed the proposal would have a significant impact on the neighbours, resulting in a loss of amenity and loss of light and were mindful that two parking spaces is inadequate for accommodation potentially sleeping 16 people in two properties.
11. PA18/09983, Meadow Stile, Trewetha Lane, Port Isaac – repair/replace 30-metre stone boundary wall on South East side of Meadow Stile Lane. Members supported this application.
12. PA18/11604, Flat 5, 19 The Terrace, Port Isaac – replacement side extension and internal alterations. Members supported this application.
13. PA18/11687, 1 Brooklands View, Port Isaac – erection of garage workshops including MoT testing station and erection of artisan workshops/stores (Use Classes B1/B2/B8), formation of access and installation of package sewage treatment plant with variation of condition 2 in respect of decision PA13/09246 dated 04.12.13 to amend approved plans. The applicant assured Members that the landscaping will be done but said there is little point in doing so before this work is undertaken. Members supported this application.
14. PA18/12030, The Beach House, Port Gaverne Hill, Port Isaac – Listed Building Consent for the re-slatting of the roof and slate-hung elevations, window repairs, demolition of two later extension areas and re-construction of the same, and re-construction of chimneys. Members supported this application.
15. PA18/12085, Sunnycroft, Trelights – ground and first floor extensions with demolition of the existing side extension and outbuilding. Members supported this application provided the roof is made of slate.
16. PA18/10842, Windrush, New Road, Port Isaac – proposed extension and modernisation of existing dwelling. Revised plans had been received and as the balcony was removed. Members then supported this application.

4 timber sash windows (2 ground floor, 2 first floor) to match existing, manufactured in hardwood and single glazed. Frames to be painted in same colour as existing.

- ii. PA18/08057, Annex to Kittiwake Cottage, 6 Fore Street, Port Isaac – change of use of annexe to residential dwelling.
- iii. PA18/08601, Stargazy Inn, 1 The Terrace, Port Isaac – installation of kitchen extract ventilation plant located South / East elevation.
- iv. PA18/08482, Land NE of 4 Furze Park, Trelights – construction of a new dormer style bungalow.
- v. PA18/09256, White Cottage, Port Gaverne Hill, Port Isaac – Listed building consent for provision of air source heat pump system, together with the removal of the existing electric night storage heating, and the upgrade to a radiator wet system throughout the cottage.

Planning Applications Withdrawn by the Applicant –

- i. PA18/09882, Maritime and Coastguard Agency, New Road, Port Isaac – proposed single dwelling to replace existing decommissioned Coastguard buildings.

Trewetha Toilets / Kiosk / Shelter

The electricity had been connected and once the posts are clad and the Building Certificate issued the building will be handed over to the Parish Council.

A cleaning contract to cover the public conveniences at Roscarrock, New Road and Trewetha Car Park will be advertised shortly in the *Cornish Guardian* and TRIO and on the Parish Council's Facebook page.

Members have also agreed to ask Miller Commercial to handle the leasing of the catering kiosk within the building.

2019/20 Budget

Members considered their budget for 2019/20 and we are pleased to advise that the precept (the PC's share of the council tax) will remain the same as for 2018/19.

Community Governance Reviews

The review, which will be conducted by CC, can look at a number of areas, including the name of the PC, the warding arrangements within the area, the number of members on the Parish Council as well as the external boundaries of your parish. Members were invited to comment and agreed that no change is needed.

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

Planning Applications Approved by CC – information only.

- i. PA18/08667, 5 Rose Hill, Port Isaac – Listed Building Consent to replace



apparently I've got to share the cookery page ...

As the season of over indulgence ends (thank God!), then the season of Slimming World and Weight Watchers ads bombard us and our minds turn to slightly healthier choices.

A New Year means a new start, so get on your hands and knees and get to the backs of the kitchen cupboards! After you've got rid of that tin of artichokes you bought in 1998, you might be ready for Chicken Curry. Katsu Curry seems to be the "in thing" so here's my recipe.



Chris's Katsu Curry

to feed four
2 tbsp plain flour plus 3 tsp
2 beaten eggs
2 handfuls of breadcrumbs (stale blitzed bread)
4 chicken thighs (skinned and deboned)
2 mugs Basmati rice
2 mugs water
4 tsp mild curry powder
300ml water
4 squirts honey
3 tbsp soy sauce
4 spring onions
olive oil
salt & pepper

METHOD

Three bowls; one with seasoned flour, one with beaten eggs and one with the breadcrumbs. Dip chicken in the flour, then the egg and then finally the breadcrumbs.

Gently pan fry the chicken in a splash of olive oil over a low heat. Turn over once when the underside is golden brown and cook the other side. Ensure the meat is cooked through.

Meanwhile put rice and mugs of water in a pan and bring to the boil with the lid on for seven minutes. When the water is absorbed the rice is ready.

While the chicken and the rice are cooking, make the sauce by mixing the curry powder, 2 tsp flour and a splash of olive oil in a pan over a medium heat. Keep stirring and gradually add the water. As the sauce comes together add the honey and soy sauce. The sauce should be like a thick gravy.

Serve by slicing the chicken on the rice. Scatter with the sliced spring onions and drizzle the sauce over the top.

HAPPY NEW YEAR.

Chef Lanyon
@ The Chapel
Cafe,
Port Isaac



Mrs L's Cheese & Tato Pie with Corned Beef Hash

So now I've got the post Christmas cold/chest infection that everyone I've met is suffering from. Plus it is this time of year that I want to serve something filling, tasty and simple. This recipe comes mostly from my Mum but I may well have adapted and altered it over the years. You can use up the old, tired odds and sods from your fridge and store cupboard and the fact we call it Corned Beef hash has no bearing on the American version which is all fried.

One small cauliflower
500g carrots
750g potatoes
200g cheese (any but extra mature cheddar works best and don't worry if it's the end and a bit dry, or some old parmesan grated into cheddar works)
Big splash milk/cream
Butter
Salt and pepper

and/or

340g tin Corned Beef to make hash

Add the peeled and chopped cauliflower, carrots and potatoes to a large pan and add boiling water from kettle and boil the lot for 20 minutes. **The quantities on this recipe are only a guide. Put in what will fit in your biggest saucepan without overflowing.** Carrots and cauli should be cut into big chunks and potatoes into smaller then they will all cook at same rate. Meanwhile grate your cheese and open the tin and chop up your Corned Beef if you are making hash.

Once all the veg have cooked, drain off the water and put back in the pan. Add the cheese, milk, butter, salt and pepper and chopped up tin of Corned Beef and mash. You can mash as much as you like - don't use a blending stick as it goes very gloopy. I like the carrots to still be a little lumpy. The cauliflower will disappear and fussy kids will never know it's in there.

You can just dish up and eat at this stage but I put it in a large casserole dish and sprinkle a little extra cheese on the top and put in the oven for half an hour. You will get a lovely crispy cheesy crust on top.

My family love this with baked beans and it can be just eaten with a fork - tasty and filling comfort food for cold winter nights. Plus, It is great heated up for lunch the next day.

If you are on Slimming World you can use fat free yoghurt in the mash and restrict the cheese and it is still pretty low fat. Serve with broccoli and peas.



THE BEST ONE EVER, OH YES IT WAS!

Peter Pan was originally written as a play, not your typical slapstick pantomime with all the usual suspects. But in true Drekky fashion, we can reduce even the most serious material to a chaotic farce. Which I believe we did in great panto style, albeit taking our own unique route through the ups and downs of the Darling family Christmas holiday.

Andy set the stage with his wonderful portrayal of Nana, the nursemaid, normally played by a dog. We can't afford to waste talent and so Andy donned the wig and invited the audience to join us as we all flew into the 'Never Never' world of Peter Pan. As usual the audience were word perfect, always just a few steps ahead of us as the laughs came thick and fast. Not necessarily in the order we had planned!

Peter Pan and Tinkerbell (Dan and Cheryl) made a perfect team. Tinks had no lines and relied on her natural comedic talents to portray all the emotions of a Fairy. Peter Pan, one of our 'trained' actors, was totally convincing as the boy who never grew up. What a star in green tights, Doc Martin watch out!

This village is blessed with great talent and it's always exciting to discover new ones in the form of juvenile protégées, Richard and Martyn. As two little posh boys, they were impeccable; spluttery teeth, night shirts, teddies and all. However, Kat brought great acting credibility to the Darling family and she was apparently in our first run of Peter Pan, which I think was 15 years ago. She hardly looks a day older!

The Lost Boys - Millie, Poppy and Emily - put us to shame by coming to their first rehearsal with 'the grown ups' word perfect after we had been rehearsing for two months and barely knew our way around the storyline. It's always a pleasure to see the young ones being part of the pantomime every year.

Cherry, as Captain Hook is another class act who could easily hold her own one-man (or woman) show as she can sing, dance and act. The rest of us aspiring actors will have to keep our day jobs just in case!

Another proper actor making his presence known was the storyteller. Hands up if you spotted Ian McNiece adding a professional gloss to proceedings? Many thanks to Ian, recording his part in Los Angeles for us.

The pirates (Alison, Dee, Ellen and me) had a lot of fun with the script from the 'missing teeth' to the hilarious lines, or was it the other way around! It took us nearly four months to finally crack our opening introductory lines "Who is Smee?" just in time for the opening night.

Another unlikely (and very sparkly) duo were Dave (the mermaid) and Zienna (Tiger Lily) who graced the stage with a song and dance. Dave is almost a full-time thespian these days, appearing in Poldark and Doc Martin and many a murder mystery. He would give Ross Poldark a run for his money in that sequinned frock! Zienna is another 'one to watch' for our future productions.

And last but not least (except in stature) were the mermaids and sharks. As usual, they stole the show with their beautiful singing and dancing. It's hard to be 'cute' at our age but these children do it effortlessly. The loudest applause for them at the end said it all. We're very proud of you all.

We're also very proud of the crocodile. ie Michelle and Carol. Both of whom would

never have guessed for one minute back in September that they would have spent most of Christmas in a sleeping bag! (Thank you to Caroline for the design consultancy and Michelle for design development). Small beginnings for them but now they're under contract to Drekky, with no get-out clause, we shall hopefully see them again in our next productions.

We could never have managed without Janet (the wench ... Dee's words!) on the piano. The notes tinkled and twinkled and gave depth to the story.

And on light and sound were Taran and Scottie who gave a true professional gloss to proceedings. We were very impressed with how well they made us appear!

Behind the scenes we have to thank Alan and Edna for their amazing props, all the scenery painting team, Jackie (prompter) and Dave (stage manager). Kim and Roy for kept order on the door and the bar. Thank you to Dee who sells the tickets and to Cheryl, the best raffle ticket seller in the business. We are delighted to be able to donate £500 to Great Ormond Street children's hospital as a result of your generosity.

It's been a lot of laughs as always and some tears (mostly mine!) Thank you to all the families who loaned us their loved ones for the many, many hours of rehearsals, especially over Christmas. And a special thank you from me to each and every one of the Drekklies, who give of their own time to be part of the madness.

So that's it for another two years. Sadly, we have packed away the wigs and face paint until the next time when we break the seal on the panto cupboard and see what the Drekky Theatre company can do with Aladdin. You've been warned!

Madame D (aka Barbara)



PORT ISAAC'S PETER PAN

The Drekky Theatre's rendition of Peter Pan has been herlated as a "triumph" by everybody who saw it, and I have to say, I totally agree.

Rehearsals (yes, apparently they did rehearse!) started in September. The opening night, surely the most stressful time in an theatre company's thoughts went off without a hitch as an enthusiastic (some members slightly over enthusiastic) audience joined the "actors" on a journey to 'never, ever, forever, whatever land' with Peter, the Darling children and Nana in their quest to get rid of Captain Hook.

"Second star to the right and straight on 'til morning"

As the lights dimmed and a lone spotlight highlighted Peter and the children flying (yes, they even had a Special Effects Department), the stage transformed from the children's bedroom to a pirate ship in the blink of an eye.

Peter is joined by Tinks, the gum chewing fairy with attitude as the storyline twists and turns around issues like bullying in the workplace, animal abuse, abandoned children, transgender issues and a very dodgy man with some quite cheesy pirates. And all this supported by the dulcit tones of Bert Large's voice!

A fantastic night's entertainment. Months in the making and over far too quickly.

But as usual, no matter what actors and backroom boys and girls do, they can't steal the limelight from the children of Port Isaac who delivered star performances across the board. You are all the future of the Drekky Theatre Company.

And final mention must to to ... tick, tock, tick, tock ... oops, time to fly ... Second star to the right ... you know the rest.

See you in 2020.

The Trio Theatre Critic





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St Peter's Church - Marion Larkin - 01208 880492

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RNLI Operations Manager - Chris Bolton - 01208 880256

RNLI Chairman - Bob Bulgin - 01208 880765

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Wednesday January 23rd

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

**Saturday & Sunday January 26th
& 27th**

Village Hall DIY weekend -
everyone welcome to lend a hand

Tuesday January 29th

Roadside household recycling
collection - bags out by 7am

Wednesday January 30

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

**Saturday & Sunday February 2nd
& 3rd**

Village Hall DIY weekend -
everyone welcome to lend a hand

Wednesday February 6th

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

Friday February 8th

Mike Marshall and Caterina
Lichtenberg - Mandolin at St
Endellion Church - 7.30pm

Tuesday February 12th

Roadside household recycling
collection - bags out by 7am

Wednesday February 13th

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

Wednesday February 20th

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

Tuesday February 26th

Roadside household recycling
collection - bags out by 7am

Wednesday February 27th

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

Saturday March 2nd

Gulls/VOTP concert in Port Isaac
Village Hall - 7.30pm

Helen Porter (jazz singer) at St
Endellion Church - 7.30pm

WHAT'S ON

Thursday March 21st

Spring Community Lunch in the Village
Hall - 12.30pm

Friday March 22nd

The Newlyn School of Artists - talk in Port
Isaac Village Hall - 7pm

Saturday March 23rd

Endelienta Baroque at St Endellion
Church - 7.30pm

Saturday March 30th

Art Trip to Tate St Ives

Thursday April 4th

Port Isaac RNLI AGM in the Village
Hall-7pm

Tuesday April 16th

Art Trip to Newlyn Penlee House & Museum

April 13th-21st

St Endellion Easter Festival

Tuesday April 23rd - Easter Tuesday

Port Isaac Village Hall Easter Bingo - eyes
down 7.30pm

Sunday June 9th

Port Isaac RNLI Lifeboat Summer Service
on the Platt

Thursday June 13th

20th Century Cornish Landscape Artists -
talk in Port Isaac Village Hall - 7pm

Thursday June 27th

Summer Community Lunch in the Village
Hall - 12.30pm

Tuesday July 9th

Art Trip to Trelissick Gardens

July 30th-August 9th

St Endellion Summer Festival

Sunday August 18th

Port Isaac RNLI Lifeboat Larks

Saturday August 31st 2019
PORT ISAAC CARNIVAL

September 6th-8th

PORT ISAAC SHANTY FESTIVAL

Saturday October 12th

Fish PI(E) Competition followed by
the Autumn Community Lunch in the
Village Hall - 12.30pm

December 14th - December 30th

The Village Hall Christmas Festival in
Santa's Grotto

Saturday December 14th

Santa's visit to the Grotto in Port
Isaac Village Hall

Monday December 16th

Christmas Community Lunch in
Santa's Grotto in the Village Hall

REGULAR EVENTS

Port Isaac Stay & Playgroup - every
Tuesday from 10am to 12noon in the
Village 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 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 - in the Main Car
Park - every Wednesday 12.30pm-1.30pm

TRIO COPY DATES 2019

MONTH	COPY DATE
March	February 22nd
April	March 25th
May	April 24th
June	May 25th
July	June 24th
August	July 25th
September	August 24th
October	September 24th
November	October 25th
December	November 29th

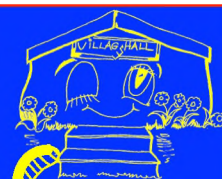
Church Services

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

Trelights Methodist Church
Sunday Service at 6pm



Port Isaac Village Hall



Community Cafe

every Wednesday 10am-12noon



everybody welcome