



trio

**PORT ISAAC  
VILLAGE HALL  
IS CROWDFUNDING  
PLEASE SUPPORT US!**

**VISIT**

**[WWW.CROWDFUNDER.CO.UK/PORT-ISAAC-HALL](http://WWW.CROWDFUNDER.CO.UK/PORT-ISAAC-HALL)**

# June

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Cover Photo: Jenny Balfour-Paul -  
thank you

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hold the same views as those  
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alter material supplied.



SEPTEMBER 6th-8th

There are still  
some places for  
Shanty Singers on  
Saturday  
September 7th.

INTERESTED?

Email Liz for more info at  
portisaacvillagehall@gmail.com

JUNE  
13

## Talk and Trip



Talk

LAMORNA ARTISTS

Olive Maggs  
7pm Village Hall Bar  
Open - free event

With the focus on the history and heritage of Cornwall another wonderful  
talk on the **Artists of Lamorna** will be led by Art Historian Olive Maggs.  
Even if you are not an art lover everyone is welcome to these talks which are  
in depth, well-researched, informative, insightful and fun.  
Followed up with equally good discussions in the pub afterwards

TRIP TO TRELISSICK GARDENS  
9th JULY

Visit the gallery, paint, draw, photograph or just relax in this beautiful Cornish garden

A popular trip please book early

Caroline Cleave 07966 501156



# PORT ISAAC SHANTY FESTIVAL

GALA OPENING NIGHT WITH

## THE FISHERMAN'S FRIENDS

PORT ISAAC VILLAGE HALL

FRIDAY SEPTEMBER 6th 7.30pm

TICKETS £25 each

email: portisaacvillagehall@gmail.com

SATURDAY SEPTEMBER 7th

## LIVE SHANTY PERFORMANCES AROUND THE VILLAGE

ENDING AT THE VILLAGE HALL FOR LOTS OF SINGING, FOOD & BAR

SUNDAY SEPTEMBER 8th

## MARE'S TAILS OPEN MIC

RAISING FUNDS FOR PORT ISAAC VILLAGE HALL

more info: www.portisaacvillagehall.com

### SEPTEMBER 6th-8th 2019



**STOP PRESS!!**

TICKETS FOR THE FISHERMAN'S FRIENDS IN PORT ISAAC VILLAGE HALL ON FRIDAY SEPTEMBER 6th ARE NEARLY SOLD OUT GET YOURS NOW

## SHANTY MUGS AND TEA TOWELS NOW AVAILABLE



white, dishwasher proof, bone china mug with black Port Isaac Shanty Festival design by Caroline Cleave £10 each (+£4 p&p)

Black & white Port Isaac Shanty Festival tea towel, design by Caroline Cleave £7 each (+£1.50 p&p)

AVAILABLE FROM VARIOUS SHOPS IN PORT ISAAC or email: portisaacvillagehall@gmail.com

*all profits to the Port Isaac Village Hall Extension project*



## Our Crowdfunding Campaign has begun

For many years one of the main problems with our Village Hall was access, which was by a set of steps. There was not enough room to build an access ramp and so instead, we installed a stair lift! However, this didn't completely solve the problem. Now everyone can easily get into the Hall but once inside there are yet more steps to access the rest of the facilities. After consulting with the community we decided to make some much needed improvements to the Hall including building a side extension to house multi-access toilets with baby changing facilities at floor level and an extended and refitted kitchen.

We have been working really hard to get funding in place from every channel and grant available to us. We are well on the way to being there!

To help us we are running a Crowdfunding Campaign with the hope of uniting our lovely community and those who love Port Isaac behind the common cause of creating a better Hall that can service the community now and for future generations to come!

## PLEASE SUPPORT US

Our site runs for the month of June only - have a look and see what we have on offer and the ways you can support us ... visit

[WWW.CROWDFUNDER.CO.UK/PORT-ISAAC-HALL](http://WWW.CROWDFUNDER.CO.UK/PORT-ISAAC-HALL)



## HAUL FOR OUR HALL

**RAISE FUNDS FOR  
PORT ISAAC VILLAGE  
HALL WHEN SHOPPING  
IN THE CO-OP ...**

Become a member today  
for £1 and earn



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



**THE CO-OP  
BOOKSHELF**

Don't forget the used bookshelf 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. We have just emptied our box and collected £72.22 so this really works. Thank you Co-op



[www.giveasyoulive.com/join/port-isaac-village-hall](http://www.giveasyoulive.com/join/port-isaac-village-hall)

Raise FREE funds for us every time you shop online

Shop at over 4,200+ stores

next amazon | Expedia M&S GROUPON | Etsy ASOS

*'tis a coming ...*  
**The Grand  
Auction**

Well folks, it's time again for Port Isaac's Grand Auction. Hosted by Port Isaac Illuminations, with guest auctioneer Ross Collins (he's one of our own) it's raising funds to help light up our village at Christmas.

This mega event is being held on  
**SUNDAY JUNE 23<sup>rd</sup>**  
at The Slipway, 3pm start

This is the place to get a bargain. Anything from a family sea safari to fresh lobsters, Cornish food hampers, signed Doc Martin scripts & memorabilia, fish & chip suppers and lots, lots more ...

**A FUN FILLED PORT ISAAC  
EVENT FOR ALL THE FAMILY**

Catalogues with info on all the auction lots will be available from the Chapel Cafe, Secrets, Nicky B's, The Slipway, The Lion, The Co-op & Brays

**DON'T MISS OUT ON  
A GREAT AFTERNOON**

PORT ISAAC ILLUMINATIONS GRAND AUCTION

# Summer Community Lunch

THURSDAY JUNE 20<sup>th</sup>  
PORT ISAAC VILLAGE HALL

Doors open at 12noon

LUNCH SERVED AT 12.30pm

Choice of main courses and puddings

it would be really helpful if you would let us  
know if you will be coming

## CAMERA ... LIGHTS ... ACTION ...

At the time of going to press, the filming dates are:

June 17th - Port Gaverne and The Old School Hotel

June 18th & 19th - Golden Lion

If you have any questions contact Ellie Parsons on 07769 344 924,  
email: [elleparsons@gmail.com](mailto:elleparsons@gmail.com)



Garden/Allotment  
to rent

Situated in the valley  
just off Church Hill

Contact Julian Brown  
07836 283163



heave away,  
haul away

A TRIBUTE TO  
THE  
FISHERMAN'S  
FRIENDS



OPEN DAILY IN  
ST PETER'S CHURCH

[www.portisaacheritage.co.uk](http://www.portisaacheritage.co.uk)

*25 years ago*

May 19, 1994

A former Port Isaac man has been given an international honour for his work in disposing of radioactive waste and dismantling unused radioactive facilities by nuclear bosses. He is Mr Derek Pooley, 56, who was born at Port Isaac where he went to the Primary School before attending Camelford Grammar School.

A twinning link between Launceston and the Brittany town of Plestin-Les-Greves is celebrating its tenth birthday with a sparkling line-up of events. A large party from Launceston's French counterpart will arrive to stay with local families tomorrow (Friday).

All the old Port Isaac people will know all about Derek Pooley who was one of the stars of Port Isaac and Camelford schools. His father was Dick Pooley, another well known Port Isaac character, who worked for Prout's Garage for very many years.



Apologies for the lack of news over the last few months – we are back!  
 The first half of the summer term seems to have flashed by even more quickly than normal.

We started our term with the introduction of DDMIX. This is a dance based fitness programme created by Darcey Bussell and run in school by Morwenna Gee. Each class has a 45 minute session each week and they are full-on workouts which the children and the staff really enjoy completing together.

The Nursery have been busy enjoying their early summer activities by making water slides with their building blocks and planting carrots, beetroot, courgettes and tomatoes: they can't wait to dig them up and taste them. They have also made a bug hotel and have already found worms, woodlice and slugs. They are reading about Superworm who is super-long and super-strong!

Class 1 have been busy with the story of Jack and the Beanstalk. They started by making a huge story board as you can see on the photograph. After we have learned stories the children innovate their own keeping the plot the same but changing the characters and their actions. The stories included: Bubbles and the Giant Underwater Volcano, The Mouse and The Flower, Jack and the Enormous Football and the Shark and The Shipwreck.

In their science work Class one have been looking at how things grow and change. They are growing their own beans and measuring them to record their progress. They have also acquired some tadpoles and caterpillars. They are now at the chrysalis stage with the children checking them for progress daily.

Class 2 have also been innovating stories; in their case it has been The Princess and The Pea which they first turned into a play script. They then wrote their own plays and performed them in assembly with children taking on the various acting parts. They were very well written and the acting was superb. They are now working on persuasive writing and are in the middle of writing about zoos. They have had some interesting

discussions on the pros and cons of zoos which has resulted in some thought provoking writing.

As I write this, Class 2 are completing the last of their six Rugby session with Sam from Penzance Pirates. All of the children are also enjoying a series of Fencing lessons. This is with an epee rather than wood and nails!

The children are also participating in a range of afterschool clubs including: lego, mindfulness, kick boxing, sports games, sailing and walking. Jan runs our walking club and took us orienteering at Davidstow last week. There were a few missed flags to start with but map reading skills soon improved and it turned into quite a race! We were slightly late back; partly because we were enjoying a hot chocolate drink and also because we were watching a pair of Red Kites flying above us.

We are about to start the half term holiday which will be lovely for us and I am sure very busy for Port Isaac. The last half term of the year is everybody's favourite and I am sure we will have plenty to share with you in the next Trio.

*Sarah Duffy*





**THEY DID IT!**

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 volunteer fundraising committee were then pleased to announce an extension of the Port Isaac RNLI Lifeboat Appeal to cover funding for the new Lifeboat's equipment, operational costs and premises when due to enter service in September this year.

The extension to this appeal has been led by Port Isaac's Virgin Money London Marathon Team. The team is made up of past and present volunteer crew members and partners - former crew member Greg Hingley, helm Ian Johnson, wife of helm Clair Johnson, wife of LA and former committee member Carol Hambly and Launching Authority (LA) Richard Hambly. They have spent many months training hard and carrying out various fund raising events to meet their £8,800 target. Events included a Race Night held at Port Isaac Village Hall which raised £1307 as well as a sweepstake to guess the combined marathon running time of the Port Isaac RNLI team, and at the time of writing they have exceeded their target and have nearly reached £10,000.

“a fantastic event to be involved in and the support both in London and from Cornwall really helped in getting us all to the finishing line!!”  
Richard Hambly

The team completed the marathon with a combined time of 31 hours 31 minutes and 21 seconds and have so far raised an amazing £9,459.64. Those wishing to make a donation can still do so via [justgiving.com](https://www.justgiving.com/fundraising/port-isaac-marathan-runners) <https://www.justgiving.com/fundraising/port-isaac-marathan-runners>



Port Isaac Lifeboat Station  
**ANNUAL LIFEBOAT SERVICE**



**Sunday June 9<sup>th</sup>**  
12.30pm on Port Isaac Platt  
followed by Cream Tea &  
Refreshments in the Boathouse



Jack Peck, Mabel McCormick, Barbara Hawkins & Cheryl Webster loading GENEVIEVE the fire engine

**FIRE ENGINE TO KOSOVO**

We despatched about 70 bags of knitting, blankets, shoes etc 3 weeks ago and (I think) it's all arrived at it's destination.

So a HUGE thank you to everyone who donated and knitted. I'm sure Elizabeth will send some pics of the pieces being handed out in due course.

Please continue to knit and donate, everything eventually finds its way to the right place!

# St Endellion Summer events



Endelienta

Wednesday 12 June 7.30pm

## Jim Carey & the Saboteurs RIOTS & LOBSTERS

An exhilarating evening of songs written by Nick Darke & Jim Carey, originally performed by Kneehigh, here reimagined and arranged in a fresh new context by the original composer, Jim. £10

Friday 21 June 7.30pm

## Bristol University Madrigal Ensemble

The highly popular Ensemble returns to St Endellion as part of their annual tour to Cornwall with a delightful mixed programme of madrigals and part songs. Entry by donation. £5

Book tickets online at [www.endelienta.org.uk](http://www.endelienta.org.uk) ; by email [tickets@endelienta.org.uk](mailto:tickets@endelienta.org.uk) ; by phone 07787 944935; accompanied under 16s free to most concerts – please check the website.



NORTH CORNWALL BOOK FESTIVAL 2019  
October 10-13

## PORT ISAAC CHORALE SUMMER CONCERT

It was good to have Janet Townsend back to take charge after her trip to Australia. We are now rehearsing new music and suitable items for our Summer Concert. This concert will take place in St Peter's Church on Sunday 30th June at 4pm.

At a recent concert in Camelford we were fortunate to have two superb local soloists and it has been decided to include young musicians in this concert giving them a platform to perform before an audience.

There will be no cost to attend the concert, but a retiring collection will be taken in aid of the Air Ambulance. There will be a raffle and suitable summer refreshments.

Pat Pearson

## SHALL WE SING? SHALL WE SING? SHALL WE SING?

### 2-day VOCAL WORKSHOP

with Gareth Stubberfield

St Minver Perceval Institute  
Thursday & Friday July 18th & 19th  
from 10am-4pm

*Singers of all abilities welcome!*

Price - £25 (to include lyrics & music)

For more information and to book a place please contact  
[singingworkshops@hotmail.com](mailto:singingworkshops@hotmail.com)  
or contact Julia Treglown on 07815 987172

**PORT ISAAC VILLAGE HALL  
WE ARE CROWDFUNDING  
PLEASE SUPPORT US!!**



**[WWW.CROWDFUNDER.CO.UK/PORT-ISAAC-HALL](http://WWW.CROWDFUNDER.CO.UK/PORT-ISAAC-HALL)**

## Planning Applications

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

1. PA19/00636/PREAPP, Homer Park Farmhouse, Port Isaac – pre-application advice for the development of 4 residential units. Members objected to the proposal as it falls outside of any area defined as a settlement in our emerging NDP. The proposal is not for Affordable Housing, as such it cannot be considered an exception site, but as building in the open countryside in an AONB.
2. PA19/01309, 7 Tintagel Terrace, Port Isaac – revised plans had been received but Members resolved to uphold their previous objection on the mass and scale.
3. PA19/01461, 5 Roscarrock Hill, Port Isaac – proposed partial demolition, extension, renovation. Members made no comment.
4. PA19/01742, Cairnsmore, Access to Port Gaverne – division of existing single residential dwelling into two dwellings. Members made no comment.
5. PA19/02198, Braeside, 8 Trewetha Lane, Port Isaac – excavation and construction of retaining wall to provide off street parking space. Members had no objection.
6. PA19/02444, 37 Fore Street, Port Isaac – divert existing foul drainage from Bathroom into new SVP and then to existing main drainage run. Members supported this application.
7. PA19/02561, Tolraggott Bungalow, Access to Tolraggott Farm, Trelights – proposed rear ground floor extension and replacement front porch. Members supported this application.

## Planning Applications Approved by CC – information only.

1. PA19/00644, Land NW of Trecreege, Trelights – application for approval of reserved matters for the construction of an agricultural dwelling for occupation by a farm worker (PA17/08672 outline permission approved on appeal)/

## Planning Applications Refused by CC – information only.

1. PA18/10519, 36 New Road, Port Isaac – demolition of existing bungalow and construction of new dwelling. Refusal was on the grounds of potential harm to the bats in the garage

## Other Planning Issues

1. Planning Partnership – Members have nominated Cllr. Williams as a candidate to join this group, which bring together representatives from parish and town councils and from the Planning Service including the portfolio holder, to discuss matters relating the delivery of an effective planning service in Cornwall.
2. Planning Appeal – PA18/05872, Land S of Havenpark, Trewetha Lane, Port Isaac. Outline planning application with all matters reserved for a single dwelling. Members maintain their objection and have submitted their views to the Planning Inspector.

## Road Safety Issues

Members held a site meeting a representative from Highways to discuss various Road Safety issues in the parish, with the following outcomes:

1. Parking Enforcement – Members have agreed to purchase additional

parking enforcement visits from Cornwall Council. They will be made in the evenings in a bid to improve the parking situation.

## 2. Road/Footpath Closures –

- Footpath 35, St Endellion, 25th March 2019 to 15th October 2019 (24 hours). Path closed due to dangerous boardwalk.
- Road from St Endellion Road to Trevathan Hill, St Endellion, 13th to 24th May 2019 (07.30 to 18.00 hours, weekdays only).

## Playing Field

Members have accepted a quotation from Mr Julian Harris for two benches at a cost of £800 to be placed in the new shelter in the Playing Field. It is hoped the cost will be recouped through a grant from the Doc Martin Fund.

## Miscellaneous Items

1. Water Station – Ms Tina Robinson, from 'Our Only World' advised they would like to provide a water station in Port Isaac. Members were very supportive of the idea and suggested the PC property on Little Hill, as an appropriate location.
2. Port Gaverne WCs – are now open under the management of the PC for the 2019 season. The National Trust have plans to development the site in the near future.
3. Police – Mr Andy Adams, Police Volunteer 61698 advised Bodmin Neighbourhood policing team are holding a Cyber Crime Awareness information session at the Betjeman Centre, Wadebridge, on the 12th June 2019. Timing to be advised.

## 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](mailto:stendellionpc@gmail.com)  
Website: [www.stendellionpc.com](http://www.stendellionpc.com)

# June thoughts ...

June, glorious June! The time beloved of poets and romantic authors, when the sun shines, trees and bushes sprout fresh green foliage, and Cornwall, dear Cornwall is smothered in wild flowers from green alexanders through the yellows everywhere to the rosy glow of campion and valerian. The skeletons of trees are being clothed with greenery of all shades.



God's Creation looks at its best, despite the frowns of weather forecasters and the rain-filled clouds rolling eastwards. We are lucky to be able to appreciate our countryside in the West Country.

Yet the year's zenith races towards us, seemingly ever faster as the years go by. Birthdays – yes another – race remorselessly towards us. With Easter still in our minds the fête and flower festival season is upon us already. It is easy, in our haste to keep abreast of the cataract of events, to lose sight of our individuality, our uniqueness. God knows each one of us in detail. As it says in the Committal of the Celtic funeral rite "Go forth to God, who flings the stars into the universe and yet knows when the smallest sparrow falls to earth".

Our taste in music, general in some respects, is unique to each one of us, and is very much who we are. Some cannot bear one form of music, and yet are devoted to another. For example a solo cellist may produce sounds that would alarm a passing vet, one generation may regard that of later generations as a deafening cacophony, and yet music has the power to enliven with its vivacity, emotion and rhythm. Worship without music is usually immeasurably the poorer. Music is such a vital part of our lives that it is impossible to imagine life without it. On November 22nd, we remember St. Cecilia, patroness of musicians, and the joy they have brought over the centuries. Yes, music is very much a part of God's Creation, and it reminds us of our unique relationship with our Creator.

At the end of the month on June 26th, we remember St Peter and St Paul, the leaders of the Christian faith after Jesus' Ascension. On the previous day there will be an Ordination service at Truro, at which our dear friend Geraldine Ashton will be made a deacon. It will be the culmination of a long process of study, selection and training. A long path indeed: please remember her and the other ordinands in your prayers.

*Peter J Coster*

## REFLECTIVE DAY

Showing music as an aid to reflection, contemplation and prayer in the morning and a more interactive session in the afternoon.

Cost £10.

Bookings and further details on [www.endelienta.org.uk](http://www.endelienta.org.uk) or from

Canon Judith Pollinger  
[judithpollinger262@gmail.com](mailto:judithpollinger262@gmail.com)  
or 01208 880181.

**Opening into Silence**  
A day using poetry and music as an aid to reflection  
Led by Victoria Field and Eduard Heyning

Endelienta  
REFLECTIVE DAYS  
at  
St Endellion

**Saturday 22 June, 10am-3pm**  
**ST. ENDELLION CHURCH**

Cost £10. Bring a picnic lunch.  
Please book via [www.endelienta.org.uk](http://www.endelienta.org.uk)  
phone box office on 07787 944935  
or contact Judith Pollinger by phone or email:  
tel: 01208 880181 email: [judithpollinger262@gmail.com](mailto:judithpollinger262@gmail.com)

## TED CHILDS

Dear Friends

Very sadly our adored Dad, Ted, died peacefully on Wednesday 22nd May 2019 at Mount Edgcumbe Hospice.

His funeral will take place at St Endellion Church on Wednesday 12th June at 2pm with a private, family cremation the following day.

We would love you to join us at the Church to celebrate and give thanks for his long and happy life.

No flowers please, but donations if desired, to Mount Edgcumbe Hospice in appreciation of the care given to both Ted and his beloved, late wife Elisabeth.

On behalf of us all,



Katie, Emma, Oliver and Alice

## Taizé Service at St Endellion Church

6pm on June 16th  
a peaceful end to the day with  
Taize chants, readings, prayers  
and silence by candlelight

## Church Diary Dates

### Sunday June 2nd

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

### Sunday June 9th

9.30am: Holy Communion,  
St Peter's Church, Port Isaac  
11am: Sung Eucharist, St Endellion Church  
12.30pm: RNLI Service on the Platt, Port Isaac

### Sunday June 16th

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

### Sunday June 23rd

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

### Sunday June 30th

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



# Port Isaac Rowing Club at the World Pilot Gig Championships

The early May Bank Holiday saw Port Isaac Rowing Club on the Scillies for the 2019 World Pilot Gig Championships. The men came 4th in Group I and the ladies Roscarrock Crew ended 5th in Group ladies J. The Ladies Supervets came 23rd and the Men's Supervets 28th in their respective races. Being such a small club that the same people rowed in four races over the three days.

The Club also entered Corsair with two experienced club rowers who took a composite crew, including novices from other clubs, for their first championship experience. Corsair collected the wooden spoon after four races and the novice rowers thanked Port Isaac for giving them the opportunity to experience racing on the Isles of Scilly,

*New Club member, Kerensa Ball, was the official photographer*

Club members pictured below in their lifejackets which have just undergone their annual overhaul and inspection and sporting their new jackets courtesy of sponsors *Sharp's Brewery*.



# Chef Lanyon gets messy!!

Well apparently the "Hot Spanish Plume" is meant to be coming our way and giving Cornwall a fantastically hot summer! So on this understanding, this month is "Salad Month" and we are making ...

## ASPARAGUS MESS



Chef Lanyon  
@ The Chapel  
Cafe,  
Port Isaac

### This quick and easy dish consists of:

Four sheets of dried lasagne  
A good handful of Cornish Asparagus  
2 tbsp creme fraiche  
Zest and juice of a lemon  
Parmesan shavings, olive oil and salt & pepper



### All you need to do is:

Cook the lasagne sheets and asparagus in a pan of boiling, salted water until the lasagne sheets are floppy and the asparagus is tender. The asparagus will cook first so remove the spears when tender and fry in a little olive oil over a medium heat.

After a minute season the asparagus and then add the creme fraiche, a squeeze of lemon juice and a sprinkling of parmesan shavings. After one minute remove from the heat and mix thoroughly.

Roughly arrange two of the asparagus sheets on a plate so they crumpled and uneven. Spoon on half the asparagus mixture and then cover with the remainder of the asparagus mix. Finish with the lemon zest, olive oil and parmesan shavings.

**This dish is light and delicious but even better topped with a lightly poached egg. Ansum!**

## Kim's take on Port Isaac Crab Linguine



200g White Crab Meat	1 chilli deseeded
400g Brown Crab Meat	Salt and pepper
80-100g dry Linguine per person	2 Lemons
2tbsp low fat Crème Fraiche	1 bulb Fennel optional

**Obviously purchase your fresh crab meat from one of our fabulous local crab shops!**

**This recipe uses twice as much brown meat as white - the brown meat is essentially the sauce and where all the flavour is.**

**This is supposed to serve 4 but of course our crab is so good you may want more for four people or just make this amount for 2 or 3 people,**

Put your linguine on to boil as per instructions on the packet. Meanwhile, in another large pan very gently warm the finely sliced fennel, with the finely chopped chilli. Of course if you like it hotter you can add more chilli.

Add the grated rind of one lemon and lemon juice and warm gently until wilted and warmed through. Then add the brown crab meat and the crème fraiche. Just warm through - do not boil or keep cooking as it will overcook.

Once pasta is cooked drain and return to the hot pan. Add a couple of tablespoons of the pasta water to the brown crab meat mixture and half the white crab meat, stir and then add this sauce to the pasta.

Stir through and serve into bowls then sprinkle the other half the white meat over each serving - it will warm through from the hot pasta and hopefully not overcook. Be gentle with your crab. It is fresh it only needs warming. Serve with lemon quarters and chunks of fresh bread.

**This is delicious and should be quicker than most fast food**

# Port Isaac Stay & Play

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

## WHAT WE ARE UP TO:

June 4th - Making Sunglasses

June 11th -

Making Father's Day Cards

June 18th - Pebble Painting

June 25th -

Butterfly Hand prints

July 2nd - Outing to Old Macdonalds Farm

July 9th - Music Day

July 16th - Cork Pirate Ships

July 23rd - Sport's Day

July 30th - Outing to the beach to sail our Pirate Ships

August - Carnival preparations

If you want to know more contact either

Lucy on 07784 657921 or  
Cherry on 07900 527610

## PORT ISAAC SCHOOL NURSERY STAY & PLAY

Port Isaac School Nursery invites all children and their parents/carers to a monthly stay and play session from 10am-11.30am on the first Friday of every month.

This is an opportunity for children to join in with fun activities and to explore the Nursery.

It is also an opportunity for parents to find out more about the Nursery and to chat to staff and ask any questions they may have.

Everybody Welcome!

For news about Rock, Polzeath, St Minver, Trebetherick & Wadebridge follow this link

# THE DAWELAND TRACTOR RUN

April 28th 2019

The annual Daweland Tractor Run has raised £800 for the Sowenna Appeal. This charity is fundraising to develop world-class facilities for young people in Cornwall, and they aim to make it the best adolescent mental health unit in the country.

The Tractor Run is always a popular event and over 30 tractors turned up on a wet, cold and dull Sunday morning. Restharrow Veg supplied pasties and cakes at the halfway break and Trevathan Farm provided lunch.



Photos: Phil Pitson

# Scott Mann's update from Parliament

A big part of my work as MP is to ensure that the economic future of North Cornwall is secured. Building connectivity with the rest of the country via new transport infrastructure, better broadband and mobile provision and working hard to secure investment and opportunity are ways to achieve this. There are times though when we need immediate solutions to local problems, when the unexpected happens and we need to act fast to support North Cornwall.

When one of the largest employers in the constituency, Kensey Foods, announced it was closing production in Launceston I looked into what help I could offer as Member of Parliament, and with the support of my team and many local businesses we decided to arrange a jobs fair for Kensey workers and anybody else seeking work in the area. The local Job Centre Plus team also supported this event and I would like to thank Launceston Town Council for their generosity in hosting us. It was a very successful day which was well attended, and many people made connections and networked with over thirty businesses and organisations.

Regular readers may be aware that concerns have been raised with me from staff concerning The South West Ambulance Trust. Following on from the meeting in Westminster held by Geoffrey Cox MP, an urgent meeting was requested with myself by Ken Wenman. With the meeting happening recently I wanted to give constituents an update. We have discussed issues raised by both former and current employees of the South West Ambulance Service Foundation Trust and what action is being taken to tackle the issues that were presented.

Any current employee who have complaints about the Trust, is urged to come forward, so it can be fully investigated. They can do this by contacting the Freedom to Speak Up Guardian who is the most senior link in the Trust and has links to the Care Quality Commission. I was also informed in this meeting that SWASFT have recently secured new investment which is going to be utilised for staff wellbeing and support. I have agreed to meet again with the Trust in the coming months for a further review of what action is being taken to address the allegations. If any individual has further complaints or evidence that they would like to submit to my office, then they are more than welcome to do so where they will be dealt with confidentially.

Finally, to update you on the environmental legislation I'm working on. I've had productive discussions with DEFRA officials regarding my Bathing Waters Bill, which aims to radically reduce sewage pollution in our marine environment. Our tourism offer is already strong in North Cornwall and I know how much constituents care about keeping our favourite swimming spots clean. We'll keep pushing hard on this one.

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Dear Trio



Two years ago we started noticing a greater variety of birds visiting our garden in Port Isaac - no more just the screaming gulls. Blackbirds started appearing, then Sparrows and this year, to our delight, we have flocks of chattering Goldfinches singing in our Judas tree.

And now we know who to thank - Liam Benz! He told us he has obtained a grant from the Doc Martin Fund and has put up niger feeders to feed the Goldfinches and seed feeder for other birds.

THANK YOU LIAM. You have given us much joy.

Helen & Robert Goodsell

## THE DOCTOR WILL SEE YOU NOW ... News from Port Isaac Surgery - Meet Our Social Prescriber:

I'm Emma Wherry, I am the new Social Prescriber for the Port Isaac Surgery.

What does that mean? Social Prescribing is a non-medical advice programme for anyone concerned about anything from lifestyle, mental health, wellbeing, loneliness and anxiety to getting back into employment. I will try and help you by linking you with support groups or activities in your local area which can benefit you and your family. These tools will give you the confidence and help to make positive changes in your day-to-day life.



About me: Many of you might recognise my name from the years I spent as the Wadebridge area reporter for the Cornish Guardian. It was a wonderful job and has given me insight to a lot of things and helped me to meet many lovely people who shared their stories and experiences with me.

For the last 18 months I have been working for *Concern Wadebridge*, an independent charity that helps people in the local area and has a community centre at Southern Way called the Betjeman Centre that is open to everyone.

We provide a huge array of services from support groups (including Dementia, Parkinson's, Stroke, Cornwall Hospice Care, Breastfeeding and COPD), lots of activities from chair based exercise to Zumba, Pilates, table tennis, indoor boules to singing and dancing. The centre is a lovely warm and inviting place for people to use for activities or to meet friends, old and new, for a cuppa. We also have a community café which serves everything from homemade cake to cooked lunches.

The charity also hires mobility scooters and wheelchairs to anyone in need whether you have short time illness like a broken your leg or have a long-term disability, we have three community minibuses and we also run a volunteer car service to help people get to medical appointments.

This job has helped me to work closely with the local community and learn a lot about the support and help available to people. It is very rewarding and now with the Social Prescribing sessions I hope to bring this knowledge to the surgery to help other people.



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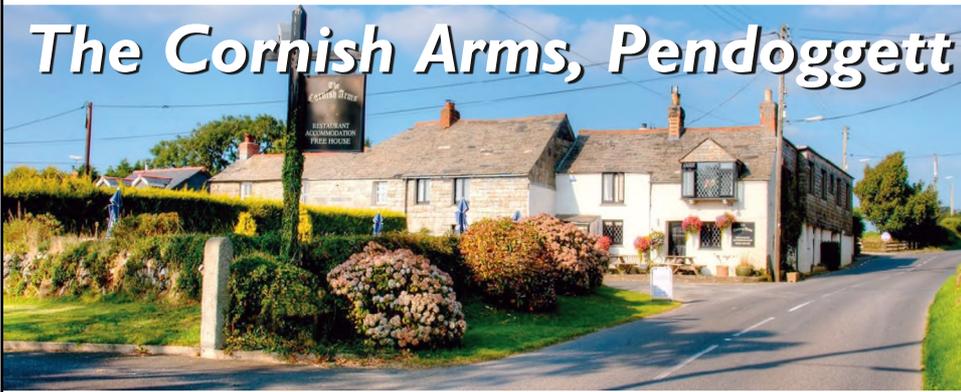


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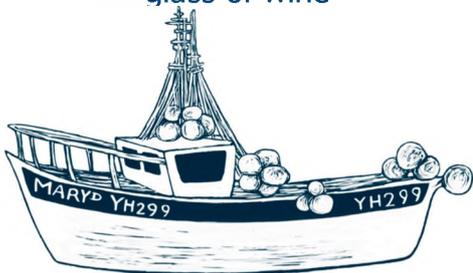
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Contact Tim Ferrett at : boscastleit@gmail.com  
TEL : 01840 250 106 MOB : 07976 046 810  
www.boscastleit.co.uk



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### The Cleaning Fairy

www.thecleaningfairycornwall.co.uk  
bevthecleaningfairy@hotmail.com

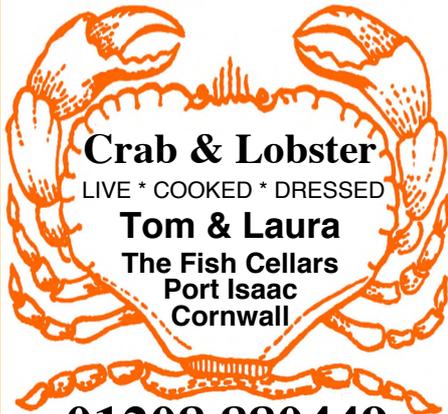
01840 552 012

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Two sittings - 6pm & 7.30pm

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YOU TO ALL OUR LOCAL SUPPORTERS

# WHAT'S ON

## Friday May 31st

Fisherman's Friends on the Platt - 7.30pmish

## Tuesday June 4th

Roadside household recycling collection - bags out by 7am

## Wednesday June 5th

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

## Sunday June 9th

Port Isaac RNLI Lifeboat Summer Service

## Wednesday June 12th

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

Jim Carey - Riots & Lobsters, created for Kneehigh at St Endellion Church

## Thursday June 13th

The Lamorna Artists - art talk in Port Isaac Village Hall - 7pm

## Friday June 14th

Fisherman's Friends on the Platt - 7.30pmish

## Tuesday June 18th

Roadside household recycling collection - bags out by 7am

## Wednesday June 19th

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

## Thursday June 20th

Summer Community Lunch in the Village Hall - 12.30pm

## Friday June 21st

Bristol Madrigals at St Endellion Church

## Sunday June 23rd

Christmas Lights Grand Auction at The Slipway - 3pm

## Wednesday June 26th

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

## Tuesday July 9th

Art Trip to Trelissick Gardens

## Wednesday July 10th

Dante Quartet at St Endellion Church

Port Isaac Choral and

concert. 4-0pm in St Peter's.

Fisherman's Friends on the Platt - 7.30pmish

## Friday July 26th

Fisherman's Friends on the Platt - 7.30pmish

## July 30th-August 9th

St Endellion Summer Festival

## Thursday August 8th

St Breward Silver Band on the Platt - 7.30pm

## Friday August 9th

Fisherman's Friends on the Platt - 7.30pmish

## Tuesday August 13th

St Endellion & St Peter's Port Isaac Garden Fete at St Endellion Rectory - 2pm

## Thursday August 15th

St Breward Silver Band on the Platt - 7.30pm

## Sunday August 18th

Port Isaac RNLI Lifeboat Larks

## Thursday August 22nd

Women Artists working in Cornwall during the 20th century - art talk in Port Isaac Village Hall - 7pm

St Breward Silver Band on the Platt - 7.30pm

## Thursday August 29th

St Breward Silver Band on the Platt - 7.30pm

## Saturday August 31st 2019

PORT ISAAC CARNIVAL

## September 6th-8th

PORT ISAAC SHANTY FESTIVAL

## Friday September 13th

The Endelienta Ensemble at St Endellion Church

## Saturday October 12th

Fish PI(E) Competition followed by the Autumn Community Lunch in the Hall

## December 14th - December 30th

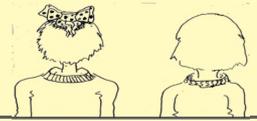
The Village Hall Christmas Festival

## 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 12.30pm



## 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

## 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

## TRIO COPY DATES 2019

MONTH	COPY DATE
July	June 24th
August	July 25th
September	August 24th
October	September 24th
November	October 25th
December	November 29th

Port Isaac Village Hall  
**Community Cafe**  
 every Wednesday 10am-12noon  everybody welcome 