

" ... the spirit of community is alive and kicking in Port Isaac ..."



The Port Isaac, Port Gaverne & Trelights Newsletter October 2019 No: 410 60p

OCTOBER

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

Trio Directory - p14

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

To advertise in Trio telephone 01208 880905

Published by Sam & Dee Littlechild Tel: 01208 880905 email: triopi@mac.com

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PORT ISAAC SHANTY FESTIVAL





The first Port Isaac Shanty Festival - what can we write that hasn't been said already ... so here are some of the photos, courtesy Pete Tomlinson & Katie Childs ... and the bonus - we raised £9163 for the Port Isaac Village Hall extension ...





A fabulous carnival day was had by all on Saturday August 31st. We want to thank everybody from the bottom of our hearts for the effort and enthusiasm that was put into making and organising all of the floats - everybody looked fantastic and the procession was bigger and better than ever. We know how busy August is for everybody in Port Isaac so we were so happy to see everyone getting so involved and really love seeing everybody enjoying an end of summer celebration!

We need to thank all the lovely people who came up on the day to help with the stalls and to help with marshalling on the road. We couldn't do it without all of you. Special thanks goes to Yvonne and Ann who stayed on the raffle table for hours and helped raise lots of money, to Andy Penny and Nick who ran the bbq all day for us, Joyce for running the craft table and Abi and Katie for glittering and face painting and generally making everybody look fantastic!

There was a new trophy this year in memory of the wonderful Jill Aldridge. She was such a great supporter of the carnival and we so missed seeing her smiling face and hearing that cheeky laugh this year. It was important to Tom and John that the category for the trophy was for Best Children's Comedy as Jill's sense of humour and her love for anything to do with young people were in equal measures.

The **JILL ALDRIDGE Memorial Trophy** went to Port Isaac Playgroup (Cowboys & Indians) *The rest of the winners were:*

SECRET'S Artistic Float - SR Hewett and Sons (Queen)

Best Trade /Business - Old School Hotel (Drum and Sea Bass!!)

Best Vintage Vehicle - Reeve's Ice cream

Best Comic Entry - Nightmare Before Christmas

WENDY SMITH Best Children's Cup - Jurassic Park

NICK BUNT Adult Comedy Cup - Old Gulls Rock (Gulls)

Best Walking Single - Edward Tyler (Star Wars)

Best Walking Group - Old Gulls Rock (Gulls)

Fairy Queen Group - Brea

Carnival Queen Group - Camelford

Best Royalty Float - Brea

PEGGY RICHARDS Best in Carnival - Jurassic Park

A big thank you to Jo Taylor, Tim and Sarah for being our judges and for taking on the difficult task of picking the winners.

A grand total of £2300 was made on the day which is absolutely amazing and will go towards next year's carnival which will be on Saturday September 5th 2020.



CARNIVAL FAMILY HALLOWEEN PARTY

Friday Nov 1st 2020! 6pm onwards.

We have entertainment from Jesterz Discos, a licensed bar, cocktails, chilli nachos and hot dogs, popcorn and sweet treats! Prizes for the best adult and best children's fancy dress! £2 entry

Come to the PICC this October

PORT ISAAC COMMUNITY CINEMA

Starring Steve Coogan and
John C Reilly as the inimitable movie
icons, Stan & Ollie is the heart-warming
story of what would become the pair's
triumphant farewell tour

7pm



Monday
October 14th



(cert PG)





Saturday October 19_{th} 3.30pm

Aladdin is the exciting tale of the charming street rat Aladdin, the courageous and selfdetermined Princess Jasmine and the Genie who may be the key to their future.

Find us on Twitter @PortIsaacCinema and like our Facebook page: Port Isaac Community Cinema to get up-to-date information about our films. If you have any ideas of films you would like to see or would like to help out at PICC, please let us know.

Tickets are£5 for adults and £3 for children
You don't need to book in advance, just arrive in time for the
3.30pm/7pm start

The bar will be open for evening films and there will be ice cream and popcorn available at all performances



Children of Men envisages a world one generation from now that has fallen into anarchy on the heels of an infertility defect in the population. The world's youngest citizen has just died at 18, and humankind is facing the likelihood of its own extinction. Set against a backdrop of London torn apart by violence and warring nationalistic sects, Children of Men follows disillusioned bureaucrat Theo as he becomes an unlikely champion of Earth's survival. When the planet's last remaining hope is threatened, this reluctant activist is forced to face his own demons and protect her from certain peril.





This year's Poppy Appeal is soon to begin. I would so appreciate any help anyone can give to the Appeal either collecting in the Co-op or House-to-House collections.

Last year the British Legion helped over 92,113 families in so many ways. Let's all pull together to help even more in need.

Our Remembrance Service will be held on Sunday November 10th.

Annie Price 01208 880660



The lifeboat was again called to service at 14:08 on 17th September to reports of a cliff faller at Pine Awn. The boat launched with full crew as well as deputy Launching Authorty and paramedic, Richard Hambly. The air ambulance were already on scene and Port Isaac Lifeboat crew along with Polzeath and Boscastle Coastgurd offered support with the casualty who had sustained significant injuries to his head, leg and ankle. With the casualty stabilised it was deemed necessary to winch him from the rocks rather than try to move him back up the cliff. Rescue 924 was mobilised and the man was winched into the coastguard helicopter and after a quick touch down to pick up the casualty's wife he was transferred to hospital. We wish the casualty a rapid and full recovery.

Many thanks to all who responded in these two multi agency events.

Photos: Polzeath Coastguard



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



Fish PI(E) Competition & Community Lunch

Saturday 12th October Port Isaac Village Hall

FISH PI(E) is planned to celebrate the rich heritage of fishing in our village and the onset of autumn and the harvest. In days gone by there were always great harvest celebrations in Port Isaac so we are recreating a sense of this with this event. Everyone loves eating together so to combine fish and community with our Harvest Lunch and a competition with a fish theme seemed perfect. There wasn't a Fish PI(E) competition anywhere else in the world so we claimed it for Port Isaac!!! We are thrilled that Nathan (Outlaw), with his passion for fish, is so supportive and takes the judging very seriously along with new judge for 2019, local chef Karen Smith.

We hope you can come and support this wonderful event again in its third year.

There are three categories:

Fish Pie (hot)

A recipe of your choice but must have a mash potato (any type) topping and fish base, dish size optional.

Fish Quiche

For those who are good with pastry. A Quiche can be made and entered hot or cold but must contain fish of some sort.

Fish Coke

A sweet cake of your choice in the shape of, or decorated with, a fish design - this can be any size.

Fish Plate

A paper plate decorated using any material with a fish theme

Please label your entry with name, address, entry category and contact telephone number

Anyone can take part ...

Deliver your entry to Port Isaac Village Hall between 10.30am and 11.30am on the day For judging. The winners and prizes will be announced during the Community Harvest Lunch.

COMMUNITY LUNCH

MAIN COURSE: Catch of the Day Fish Pie, Jack Sparrow Cottage Pie or

Captain Pugwash Cheesy Leek Pie

12.30pm onwards

PUDDING: Mermaid Trifle or Davy Jones' Fruit Crumble

£8 per person

plus a cup of tea or coffee to round it off



On 15th September, Polly ran the Richmond Half Marathon -13.1 miles through Kew Gardens and along the banks of the River Thames - raising money for Cornwall Hospice Care following the care given to her beloved Grandpa, Ted. She finished in 1hr 54mins and raised a whopping £1,443.71 along the way (£110.00 a mile!) with donations still coming in via her Just Giving page. You can find it here if you'd like to make a donation:

www.justgiving.com/ polly-crossman

We have also just presented the Hospice with a cheque for £3278.20 following Ted's collection and wanted to take this opportunity to say a huge thank you to all of our friends for their generosity and support.



ALDI KIT 4 SCHOOLS

If anyone has any Aldi Kit 4 Schools vouchers please drop up to Port Isaac School or pass on to Kathryn McDonnell or Samantha Collins!

Holy Habits, 'Eating Together'

Breakfast on the beach, picnics, feasts, lunches and suppers and all ways of eating together has been the subject of our discipleship in the North Cornwall Cluster of Churches throughout September and October. The tradition of eating together is a sign of God's Kingdom which goes back into Judeo-Christian history. Jesus lived this tradition sharing food as a sign of the inclusivity of God's Kingdom and refusing to discriminate against the marginalised. He ate with people from different cultural and social backgrounds bringing unity, healing and peace. Through food and friendship, Jesus shared the love of God for others genuinely and personally.

As a cluster of churches we have been following Jesus' example. We have had such great fun! Who doesn't like eating and drinking? We have met together in small groups, shared breakfast at the Good Morning Community Café at St Kew Academy and lunch at the Souper Lunch in St Kew Highway Community Centre. When we engage in eating together with others, we show them love and generosity and concern for their wellbeing, both hosts and guests have been greatly blessed.

Harvest Festival time is an especially good time as we remember, give thanks and share all we have, alongside praying for equality, fairness and justice in the distribution of food and for the farmers, fisher people and all who grow and manufacture our food. Perhaps during this harvest season of plenty we might extend that blessing of inclusivity that Jesus showed us? Inviting those we do not know so well to eat with us? Building community and deepening relationships with each other. In that spirit, I would like to extend a very warm welcome to you to join us at any of the events and services we have on offer within the cluster. It will be great to meet you and share food and fellowship with you.

Every Blessing, Rev'd Geraldine

Sunday 13th October Book Festival Service

on the theme of love in St Endellion Church at 11am, arranged and led by Prebendary Professor Paul Fiddes and Prebendary Judith Pollinger.

Reflective Day

The poet Gerard Manley Hopkins is .the subject for a reflective day being led by Prebendary Professor Fiddes in St Endellion Church on Saturday 2nd November. The day, which will begin with coffee at 10am in the new Hall and end at 3pm, will explore the presence and hiddeness of God in Hopkins' poetry. Cost £10. Please bring a picnic. Booking and further details from Judith Pollinger 880181 or judithpollinger 262@gmail.com

Remembering a Loved One

The annual service 'Remembering a Loved One' will be held in St Endellion Church at 4pm on Sunday 3rd November when dear ones may be recalled with the lighting of candles and reading aloud of names, followed by tea. Everyone is most welcome.

October Services

Sunday September 6th

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

Sunday September 13th

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

Sunday September 20th

9.30am: Morning Worship St Peter's Church, Port Isaac

Sunday September 27th 9.30am: Holy Communion St Peter's Church, Port Isaac 11am: Sung Eucharist, St Endellion Church

Hello from the new curate!

Let me begin with a confession: before February this year, I'd never watched a Doc Martin episode. So when I heard the good news that I'd be joining St Peter's and the North Cornwall Cluster of Churches as a new curate, I decided I'd better rectify that situation. I tuned in with intrigue to an old repeat episode – intrigue which swiftly turned to horror as I watched a new curate called Rosie join the village, get accidently high at her first wedding, knock herself out on the church step and (briefly) die.

Hello. My name is Rose and I'm your new curate. I'm hoping not to get stoned or die at any of your major life events.

Port Isaac is a new part of Cornwall for me. I grew up further west in Redruth, coming to Port Isaac only for folk gigs in what's now the Chapel Café. When I turned eighteen I moved up to London to study contemporary music, and stayed for a few years working as a musician and running social media for small record labels. I loved it, but after a few years I got longing for coast and carn again.

Although I'm curate for the whole Cluster of churches, I'm at St Peter's almost every Sunday, and I'll be spending much of my time in Port Isaac. I'm particularly fond of live music and good ale, so you might spot me at events which feature one of the two (the dog collar's a bit of a clue). And of course, you're always welcome to St Peter's church, either on a Sunday for our 9.30 service, or during the week for a quiet place to reflect or pray, and to see the excellent PISCES exhibitions. I'm always up for a pint and a chat, so if you'd like one, drop me a line (revrosejones@gmail.com).

It's great to be here and have the opportunity to get to know this beautiful village and its vibrant community. I'm looking forward to meeting more of you over the next weeks and months; if you see me around, do come and introduce yourself.

St Endellion October events

Friday 4 October, 7.30pm at St John's Church, Delabole BAGAS DEGOL

& ANNA MARIA MURPHY - THE WINDING WORLD

A love story based on the true tale of a baby found in the snow in a Cornish cove, set in a community with all its secrets, oddities and humanity, interweaving original songs, stories and soundtrack. £10. Delabole residents (PL33 postcode) £5. Not suitable for under 11s.

10-13 October NORTH CORNWALL BOOK FESTIVAL

Talks, interviews, readings, performances and workshops with a host of writers including Michael Morpurgo, David Nicholls, John Boyne and Tessa Hadley. In between events, you can enjoy exhibitions,



Endelienta

café, bar, bookshop and street music. More information and tickets from www.ncornbookfest.org

Friday 11 October, 7.30pm GABRIELLE DUCOMBLE

Belgian jazz singer Gabrielle and her 3-piece band give us Parisian jazz and tango arrangements, presenting a fresh, contemporary take on iconic songs by the likes of Piaf, Piazzolla, Legrand and Brel, as well as performing her own accomplished compositions. £10.

Saturday 12 October, 7.30pm THE BLACKHEART ORCHESTRA

The sonic landscapes of award-winning British songwriters, composers and multi-instrumentalists Chrissy Mostyn and Rick Pilkington defy classification and sound as though far more than two musicians are at work. A gig like nothing you've ever experienced. £10

Wadebridge Festival of Music and Speech

Wadebridge Festival of Music and Speech will take place from March 2nd-7th 2020.

The syllabus for this very popular annual event is now available from the Wadebridge Library, Gary Dutton Butchers in Molesworth Street and the Town Hall.

The adjudicators will be Bryan Husband FISM, GRSM, AWCMD, who will be making a welcome return to the Festival while for Janine Diamond MA, BA (Hons), FHEA, it will be her first time at the Wadebridge Festival and Music and Speech.

As always, the Festival will be an opportunity for both children and adults to enter a wide range of classes so make sure you take a look and see what's there for you. Make 2020 the year you take the plunge and enter one or several of the classes - there are over 140 from which to choose. Participants and their families consistently feedback about the friendliness of this Festival. The closing date for entries is Monday, January 13th 2020. Contact: Philip Blake 01208 813583 email: phil.blake54@gmail.com



Julia Treglown would like to say a huge thank you to all those who supported the *Beyond the Sea* concert on the Platt in August. It was a lovely evening of singing from some hugely talented young performers and the donations raised will help to support the Chris Treglown Foundation Fund .

WANTED: BABY CLOTHES for KOSOVO

Do you have any good quality second hand baby clothes (especially babygrows) that you would like to donate to TIP (The Ideas Partnership), which is the charity supported by many in Port Isaac for the poorest children in Kosovo.

For those who don't know about the Port Isaac – Kosovo link, Elizabeth Gowing and Robert Wilton have their home in Port Isaac but live and work at present in Albania and Kosovo. Whilst out there they saw how deprived some of the families were, especially the women and children and they sought to make a change. Their charity has attracted royal visitors and support, namely from Prince Charles and Camilla. Port Isaac has been very generous over the years in supporting this charity.

With your generous support we are hoping to send out a consignment of baby blankets and baby clothes this winter. Please drop any donations in to Port Isaac Pottery or give us a ring and we will come and collect: 01208 880703/625.

Thank you!





Planning Applications

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

- PA19/04977, Cloud Nine, Trelights proposed extension to provide additional bedroom with en-suite on first floor and storeroom on ground floor. New plans had been submitted. There were further-objections from the ANOB. Members maintained their objection in line with the AONB comment.
- PA19/06637, 1 Castle Rock, Port Isaac garden room extension to front and bedroom extension to side. Cllr. Williams read an objection from a neighbour but added she did not believe there were grounds for objection. Members made no comment.
- PA19/07104, Stargazy Inn, 1 The Terrace, Port Isaac proposed works to the Stargazy Inn site along with new extensions and first floor terraced area with variation of condition 2 of PA18/01173. Members objected on the grounds of lack of a parking assessment.
- 4. PA19/02261/PREAPP, Stargazy Inn, Bay Hotel, 1 The Terrace, Port Isaac pre-application advice for the construction of a single storey accommodation block extension to the rear of the Stargazy Inn. Members objected on the grounds there is insufficient capacity to park up to 8 additional vehicles on the site and, again, Members request a parking assessment; there will be an increase in traffic in a residential area and the design does not sit comfortably within the context of neighbouring properties.
- PA19/07288, The Beach House, Port Gaverne Hill, Port Isaac Listed Building Consent to Raise the rear lean-to roof to bear off a pre-existing wallplate, change of rear lean-to internal layout and change of colour to plinth, fascia and guttering. Members supported this application.
- PA19/07482, 5 Tintagel Terrace, Port Isaac construction of a new roof structure with flat roof dormer to the rear with associated terrace and two pitched dormers to the front elevation. Cllr. Williams left the meeting whilst this was discussed. Members supported this application.
- PA19/07120, Land NE of Port Gaverne Hotel Certificate of Lawfulness for existing use for boat storage and fishing related items. Members do not comment on this type of application.

Planning Applications Approved by Cornwall Council

- PA18/04084, Land S of Harbour Heights, Rose Hill, Port Isaac residential development for the construction of three dwellings (including affordable housing.
- PA19/05118, Summer Salt, 42 Church Hill, Port Isaac proposed additional bedroom and bathroom within existing roof space to include extension to existing dormer on west elevation and installation of conservation roof light within east elevation.

Road/Footpath Closures

 Between Trewetha Lane and Pendoggett Road, Port Isaac – 28th-30th October 2019 (07:30 to 18:00). The Clerk had asked Highways to reconsider the order to close the road. Members felt the use of traffic lights was essential.

Grants – Members have made grants of £250 to each of the following organisations:

- The Sowenna Appeal.
- 2. Cornwall Hospice.
- 3. Cruse Bereavement in Cornwall.

Miscellaneous Items

- War Memorial Members have arranged for our contractor, A1 Tree and Grounds, to cut back the trees behind the memorial on Trewetha Lane.
- Car Park Members' were in favour of changing the car
 parking machines to enable credit cards to be used. We will
 also look into the possibility of installing CCTV at The Main car
 park and to help protect the play equipment from vandalism.

 Monitoring Officer / Clerk of Works – a meeting of the Working Party is to be held on 23rd September 2019, to consider the tasks for this post.

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.coml

Scott Mann's update from Parliament

When the British people voted in the 2016 referendum, they were asked a simple choice. To remain a member of the EU or leave the EU. The British people by wide majority decided to leave and the government promised to implement their decision.

More than three years have passed, and we are still a member of the EU despite my best efforts to act upon the referendum instruction. Our Prime Minister Boris Johnson also made a commitment to the British people, to leave by October 31st this year under any circumstances. The Prime Minister has my full and unwavering support, he believes in this country and has made it his priority to ensure North Cornwall's vote to leave is respected.

Boris Johnson has already delivered on his campaign promise to me to ensure a fairer funding formula for North Cornwall's school children. I believe he can also deliver on healthcare, infrastructure and post-Brexit funding.

While I have the great honour to be the Member of Parliament for North Cornwall, I am also a voter who went to the polling station along with millions of people to take part in the biggest democratic exercise in British history. I voted to leave the EU in a free and fair referendum and as MP I have consistently carried out North Cornwall's instruction to leave the EU and vote against any further extensions or measures to delay Brexit.

There are people, both inside and outside of Parliament, who do not believe that we should leave the EU. They have never accepted the result of the 2016 referendum and have even said that people in North Cornwall who voted to leave did not understand what we were voting for.

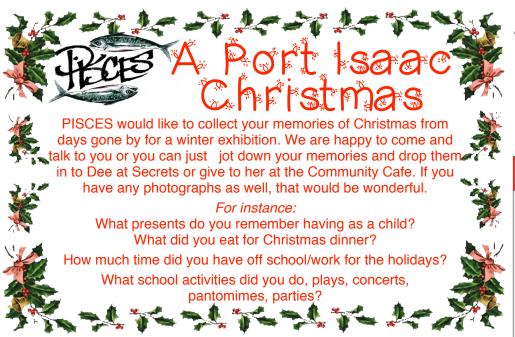
I strongly disagree and point to the thousands of emails, letters and conversations I have had with constituents over the last four years who knew exactly why they voted to leave and what they voted for. A small minority of people have also lobbied for a second Brexit referendum, with the option to remain in the EU. The majority of people who contact me simply want us to get on with the job of leaving and do not want to return to the issue.

In a democracy, we must respect and tolerate each other's opinions and views. I accept and understand that there are people in our constituency who voted to remain and feel that Brexit is the wrong course. Although I disagree with them, their views are just as valid as those of us who voted to leave.

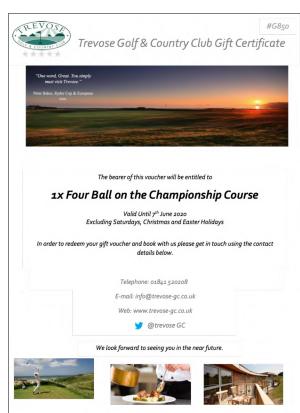
As we move forward and out of the EU, I would like to see our communities coming back together and working for the benefit of everybody who lives and works in North Cornwall. To do this we must respect the 2016 referendum result and implement its instruction.

I will continue to vote in favour of measures which are designed to take us out of the EU on October 31st.

www.scottmann.org.uk email: scott@scottman.org.uk tel: 01208 74337



One for the Golfers ...



Port Isaac Village Hall has been donated an exceptional Gift Voucher for Trevose Golf Club. To raise funds for our extension we are Silent Auctioning it through *Trio*.

We are looking for bids over £300 ... is the golfer in your life worth this special gift?

Send your bids in the post, to Golf Bid, c/o Trio, Calenia, 3 Trewetha Lane, Port Isaac, Cornwall PL29 3RN or email your bid, heading Golf Bid, to triopi@mac.com

We will be accepting bids up until the end of November so you if you are successful you will receive the voucher well in time for a lovely, special Christmas present ... supporting Port Isaac Village Hall at the same time.

Holiday Home Contents for Sale/ Offers

individually or as a whole available November
Items for Sale include;
Beds, Bedding, Wardrobes,
Drawers, Leather Sofas,
Dining Table, Electrical
Goods, Sideboard,
Wooden Rocking Chair and
Kitchen Items.

Please contact

Helen Fitch tel: 07854 598171

email:

helenfitchthomson
@ hotmail.co.uk

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

Art Talks & Trips

Saturday October 5th Visit to Tate St Ives

Look Group and tour of exhibition contact Caroline for a lift share

ART TALK & TRIP

Silver filigree and traditional arts in Kosovo

A talk by

Elizabeth Gowing



OCTOBER 10TH Village Hall

Port Isaac Bar Open 7.00pm

Everyone welcome

The talk is accompanied by some beautiful images the photographs have been exhibited in the National Gallery of Kosovo and in London and published by the National Geographic.

Modernism in St Ives

a talk by Olive Maggs



THURSDAY OCTOBER 17th Port Isaac Village Hall Bar

7pm

everyone welcome

Art Historian Olive Maggs tells the remarkable story of St Ives' contribution to British art and how it became the hub of an international art movement

THE CO-OP BOOKSHELF

Don't forget the used bookshelf in the Co-op supports the Hall and the Play-group. 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.

Chef Lanyon gets scary

Every parent's nightmare is fast approaching ... HALLOWEEN! The kids are hyper on coloured sugar, over excitement and any other thing that can be blamed for raucous behaviour. This recipe is for mums and dads to have with a nice cup of cocoa (or something stronger) after the zombies. monsters and the odd pirate or super hero have wilted and gone to bed.



HALLOWEEN TRUFFLES

Ingredients: 250g good quality dark chocolate (70% solids)

125ml double cream

50g cocoa powder 25q butter a pinch of chilli powder

a pinch of sea salt

Method: Break the chocolate into small bits and place in a bowl

In a saucepan bring the cream to the boil and then add the butter and take off the heat

Pour this mixture over the chocolate and leave to stand until the chocolate has melted

Stir the mixture making sure its mixed thoroughly, cover and refrigerate for at least two hours until set

a large handful of hazlenuts bashed up

Toast the bashed hazlenuts and then lightly blitz in a food processor and pour into a shallow bowl

Put the cocoa powder in another shallow bowl

With a teaspon scoop out little balls of the set mixture, rolling them in your hand and then into either the hazlenut mixture or the cocoa powder

When you have used up nearly all the set mixture, stir the dried chilli into the remainder and repeat the dipping procedure - making a few "surprise" truffles

Put all the truffles into the fridge to firm up for about an hour before serving them

And how about a warming drink before venturing out in the the cold Halloween night - try some Gunpowder Punch

Ingredients: 21/2 pnts of Ginger Ale or Ginger Beer

11/4 pints of Orange Juice 1 large lemon, juice and zest 2 oranges, juice and zest

1/4 tsp grated nutmeg 4 cinnamon sticks 12 cloves

5 Star Anise Method: EASY!

In a large pan heat the ginger ale/beer and orange juice. Add all the other interesting the standard the boil.

Remove from the heat and leave to stand for about ten minutes. Then strain and serve.

HAVE A HAP, HAP, HAPPY HALLOWEEN



Meanwhile, Mrs L enjoys a quiet night in with a bowl of soup ...

Quick Pea, Mint and Ham Soup

I was having a tin of soup for lunch at work the other day and all I could think was I can make better than this, and probably not take much longer!!

2 Stock cubes (veg or Chicken to your taste) I pack frozen peas (size depends on how many you are feeding) 2 pts water

Handful of fresh mint leaves packet of Chunky Ham (Co op and Tesco sometimes have packets of offcuts)

Boil the kettle and add 2 stock cubes or those fancy new jelly ones to 1 pint of water in a large saucepan. The other pint of water is saved for later. Bring to the boil and once boiling add the whole bag of peas, and salt and black pepper to taste. Once it comes to the boil let it boil for one minute. Add the mint leaves, Then blitz with a hand blender. If it too thick for you add a little of the water until you get the right consistency. Get out several big bowls and put some chunks of ham in the bottom pour the soup over. For a lovely fresh tasting warming soup, the leftovers of which can easily be taken to work for lunch the next day.

A dollop of crème fraiche (low fat or not) will add even more flavour. You can tell I'm not quite ready for winter yet!! But this will warm you up.

Nurture your body and mind this Autumn Port Isaac Village Hall Every Tuesday from 15 October 6.30-7.30pm £48 for 6 weeks or £10 drop-in 07896 272 473 info@yogawithcatherine.com www.yogawithcatherine.com

HATHA YOGA इठयोग

Wednesday Evenings 7 –8.30pm

Port Isaac Primary School

To ensure practice is safe and therapeutic group size is limited so spaces must be booked in advance.

£10 per weekly session. Half term block payment payable in advance. Those joining part way through a half term will only pay for the remaining sessions.

Contact Trish to reserve a space 07837 918566 ponderdonckyoung@gmail.com

Natural Touch Therapies

Holistic treatments to help balance &
harmonise mind, body & soul.

Ease your way into wholeness with
Reflexology
Massage
Reiki Healing
Thai Massage
Yoga Nidra & Yin Yoga Classes

natural touch the rapies. weekly.com

Treatment Room Delabole Mobile service available

Contact Mandy : 07930 277442 mandyasymons@gmail.com

Port Isaac Stay & Play

We meet every Tuesday morning in Port Isaac Village Hall from 10am-12noon. If you want to know more contact either Lucy on 07784 657921 or Cherry on 07900 527610



I had intended, when I thought about what to put in the column this month, to write about the many small islands that are dotted along our coast. I took a picture of two of them as you can see (taken from the cliffs above Tintagel), and I will come back to that at the end. In the meantime, walking the cliffs and seeing the wonderful autumn colours, put me in poetic mood. The golden and orange leaves are really beautiful as we leave summer behind and the wild harvest of blackberries and sloes have been fantastic this year. Incidentally it has also been a brilliant year for hazel nuts and apples.

This all reminded me of a favourite poem by John Keats that I recently had the pleasure of re-reading in a very nice collection in a proper book(!), with pictures, called 'Great Poems, compiled by Kate Miles. The poem is called 'To Autumn' and here are it's the opening lines that are so well-known and capture this time of year so well.

Season of mists and mellow fruitfulness, Close bosom-friend of the maturing sun; Conspiring with him how to load and bless With fruit the vines that round the thatch-eves run; To bend with apples the moss'd cottage-trees ...

So, I decided to explore the web to see what poetry I could find and in fact there is a lot of poetry online. A very comprehensive site belongs to the Poetry Society www.poetryfoundation.org/poets/john-keats which is based in the United States. The page I have linked here is to John Keats and describes his history and you can get all his poems. There is also a handy guide to each poem. For example, To Autumn has a whole page devoted to the poem, explain the context in which he wrote it (the English Countryside) and what he was up to at the time www.poetryfoundation.org/articles/69595/john-keats-to-autumn

North Cornwall has some authors and poets that are closely associated with this wonderful part of the world. For example, John Betjeman www.poetryarchive.org/poet/john-betjeman. I learned 'the Night Train' when I was at at school and can still recall it. There are

lots of great websites about him online and you can visit his place of rest at St Endodoc Church at Trebetherick https://en.wikipedia.org/wiki/St Enodoc%27s Church Trebetherick . Of course in Wadebridge there is the John Betjeman Centre and there is a nice history site about it atwww.concernwadebridge.org.uk/the-john-betjeman-centre

Another poet, born in Launceston, is Charles Causley and his poems drew inspiration from where he lived most of his life, North Cornwall www.poetryarchive.org/poet/charles-causley

A final one to mention is Thomas Hardy, who is celebrated with a wonderful picture on website called the Hardy Connection hosted by the National Trust www.nationaltrust.org.uk/boscastle/features/the-hardy-connection . He wrote some of his most memorable poems about his wife Emma, who he met at St Juliot. He spent quite a bit of time on the coast around Boscastle, Tintagel and Bude.

Which takes me back to my picture of the islands near Tintagel. Sadly I couldn't find much about these little islands. There is a good deal about, for example, The Scilly Isles, but the smaller ones, which will have many interesting features I'm sure, are not written about. There is a wiki that anyone can add to here https://en.wikipedia.org/wiki/List-of-Islands-of-Conrwall, so get writing!

The Islands off the Rumps and Pentire Point are called Newland and The Mouls and there is some information about the wildlife at www.wildlifeinsight.com/seawatching-in-cornwall/the-rumps-and-pentire-point-guide-to-watching-dolphins-seals-basking-sharks-and-seabirds

And while I didn't find much about the islands themselves, this link https://osmaps.ordancesurvey.co.uk/50.55762-4.92947.14 is a good place to start if you want to find the names of some of them, for example, Gulland Rock and Quies. Many don't seem to have names, at least not shown on the ordnance survey. I am sure local people will know their names better than the web ...which is a good thing!

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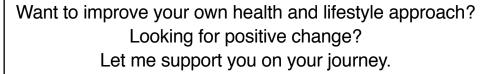
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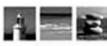
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Saturday October 5th

Art Trip to Tate St Ives to see Otobong Nkanga's exhibition

Tuesday October 8th

Roadside household recycling collection - bags out by 7am

Wednesday October 9th

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

Thursday October 10th

Art Talk- Silver Filigree and Traditional Arts in Kosovo with Elizabeth Gowing in Port Isaac Village Hall - 7pm

Thursday October 10th - Sunday October 13th

North Cornwall Book Festival

Friday October 11th

RNLI Harvest Festival in the Old School - 7.30pm

Gabrielle Ducomble in St Endellion Church - 7.30pm

Saturday October 12th

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

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The Blackheart Orchestra in St Endellion Church - 7.30pm

WHAT'S ON

Monday October 14th

PICC (Port Isaac Community Cinema) in the Village Hall - Stan & Ollie - 7pm

Wednesday October 16th

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

Thursday October 17th

Art Talk- Modernism in St Ives with Olive Maggs in Port Isaac Village Hall -

Saturday October 19th

PICC (Port Isaac Community Cinema) in the Village Hall - Aladdin - 3.30pm

Tuesday October 22nd

Roadside household recycling collection - bags out by 7am

Wednesday October 23rd

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

Saturday October 26th

Port Gaverne Fireworks

Monday October 28th

PICC (Port Isaac Community Cinema) in the Village Hall - Children of Men -7pm

Wednesday October 30th

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

Friday November 1st

Carnival Family Halloween Party - 6pm

MONTH **COPY DATE** November

TRIO COPY DATES 2019

October 25th December November 29th

Saturday November 9th

RNLI Handover of new Boat

Friday December 6th

BIG Switch-on of Port Isaac Christmas Lights

December 14th - December 30th

The Village Hall Christmas Festival

Saturday December 14th

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

Sunday December 15th

Christmas Community Lunch in Santa's Grotto in the Village Hall - 1pm

The Old Port Isaac Carols singalong in Santa's Grotto with Christmas tea and mulled wine - 5pm

Monday December 16th

Village Hall Christmas Cash Bingo in Santa's Grotto - eyes down 7.30pm

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Saturday September 5th PORT ISAAC CARNIVAL

September 11th-13th

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Port Isaac Chorale - Every Tuesday from 7.30pm-9.30pm in St Endellion 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

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