


# trio



**we're a little parish on the North  
Cornwall coast ...  
but we couldn't have a bigger heart ...  
the biggest thank you to our  
volunteer heroes who are doing  
so much for everyone**



# KEEPING PORT ISAAC FED

## Our amazing Co-op thank you x



Our volunteer army - p3

Move it or Lose it with Julia - p4

Scott Mann's message to visitors  
and second homeowners to stay  
at home - p5

Village Hall - p5

Trio update - p5

Church news - p6

Shanty Festival update - p7

Soda Bread recipe - p7

Gull notes - p7

Websites of the Month -  
keeping in touch - p8

Endellion update - p9

The Trio crossword - p10

RNLI update - p11

Easter colouring - p12

Cooking with Mrs Lanyon &  
her husband - p13

Fusche Kosov - p14

Parish Council - p15

Scott Mann - p15

Trio Directory - p16-23

Between them, the Co-op and our amazing volunteers are making sure everyone is looked after. Co-op Manager Darren paid a tribute to the volunteers, "Thank you so much for all you are doing to help the vulnerable in the community, you are all amazing."

The Co-op is still short of a few things but fresh food, fruit and veg are available. The Co-op are taking telephone orders (01208 880365) from those who are unable to go out, that can be collected by a volunteer (see opposite page and call someone to help you) - **NOTE THE CO-OP CANNOT TAKE PAYMENT OVER THE PHONE AND IT WOULD BE BEST IF YOU COULD PAY BY CASH.** However, if you are shopping for yourself instore chip and pin payments would be best.

**PLEASE NOTE THE NEW STORE OPENING TIMES - 7am-8pm**

**And finally, ask yourself every time you buy, do I really need this?  
There will be enough food for everyone and  
there is no need to panic buy.**

**Nicki B and John Collins are now closed but tell Trio:**

"We will be doing flash sales. We are going to get fish straight off the boats (no markets now) and sell the scampi and chips etc from the freezer .... and deliver it to your door.

It's going to pop up on social media ... so keep your eyes peeled and pass the info on to anyone who is stuck indoors and who doesn't do social media.

Front cover photo taken by  
Sally Stratton

Back cover photo taken by  
Jenny Balfour-Paul

**IF YOU HAVE ANY PHOTOS  
FOR TRIO PLEASE SEND TO  
[triopi@mac.com](mailto:triopi@mac.com)**

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the same views as those expressed by  
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Trevathan Farm Shop are planning to stay  
open as long as they can



They have daily deliveries of Chough bread as  
well as home-produced meat, dairy and  
groceries. They are also happy to deliver if you  
are vulnerable. Call 01208 880164.  
Opening hours are Monday-Saturday 9am-3pm

West Country Fruit sales who deliver regularly to the foodie  
businesses in the village are offering a home delivery services of  
bulk buy groceries and also fruit and veg boxes.

You need to get together with a few friends to make up a £50  
minimum order or £100 order that won't incur delivery costs.  
You place your order over the phone, pay by card and delivery  
is the next day.

If they still have it in stock they have things that are quite hard to  
get hold of such as yeast and bread flour. Take a look

**[www.apassionforfood.co.uk](http://www.apassionforfood.co.uk)**

# 2If you are self isolating

(or know somebody who might need assistance)

## THESE VOLUNTEERS CAN HELP YOU!

Please don't hesitate to call one of the numbers below if you need **anything at all**. One of these volunteers will be able to help you with whatever you need and this stretches all round the Parish. Somebody will be able to:

**PICK UP SHOPPING \* PICK UP MEDICATION \* WALK YOUR DOG  
TAKE YOUR POST TO THE POSTBOX  
JUST BE ON THE END OF THE PHONE FOR A CHAT**

**Kathryn McDonnell - 07984 787 508** (New Rd)

**Yvonne Taylor - 01208 880705**  
(New Rd/Trewetha Lane)

**Jo Hawkins and Mike - 01208 880706** (New Rd)

**Charlotte Collings - 07779 158 697** (Silvershell)

**Sharon Battersby - 01208 881323** (Silvershell)

**Penny Smith - 07813 826 217 / 01208 881070**  
(Silvershell)

**Marc & Beth Kendall - 01208 880740** (Silvershell)

**Tamsyn & Jake Pattenden - 01208 880066**  
(Silvershell)

**Anna Thomas - 07969 955 370** (Hartland Rd)

**Nicola Bradbury - 07779 720 989** (Lundy Rd)

**Cheryl Skinner - 07854 585 683** (Lundy Rd)

**Laura Sloan - 07983 666 717** (Mayfield)

**Faye Archell - 07919 551 328** (Mayfield)

**Becky Stafford - 01208 881196 /**  
**07966 231 382** (Mayfield)

**Marie Jordan - 07896 581 761** (Mayfield)

**Alison Penny - 01208 880985** (Mayfield)

**Carol Hambly - 07972 813 859**

**Lucy Kehoe - 07581 157 894** (Hillson)

**John O'Connor - 07811 206 100** (Hillson)

**Rachel Grills - 07506 285 501** (Hillson)

**Ellen Lanyon - 07813 563 056** (Hillson)

**Aimee Hallam - 07592 379 020** (Hillson)

**Mary Hopkins - 01208 880088** (Tintagel Terrace)

**Jill McDonnell - 01208 880031 / 07816 495 398**  
(Trewetha Lane)

**Ben Andrews - 07852 737 967** (bottom of village)

**Caeron Bishop - 07581 507 426** (Middle Street)

**Bonnie & Ric Baguley - 07966 144 232**  
(Old School)

**Sara Brown - 07967547081** (Fore St)

**Vicki Aylesbury - 07985 025 140** (Fore St)

**Louise Houston - 07969 804 810** (Fore St)

**Kerensa Ball - 07764 405 303**  
(Canadian Terrace)

**Cath & Gavin Tyler - 07939 119 673** (Rose Hill)

**Megan Rees - 07891 660 554 / 01208 880908**  
(Peace & Harmony Terrace)

### TRELIGHTS/ST ENDELLION

**Louise Hartley - 07766 002 211**

**Julia Dingle - 01208 880718**

**Emily Thomas - 07383 339 166**

**Julie Monk - 01208 880236**

**Juliet Eaves - 07794 615 743**

**Bridget Prusik - 01208 881223 / 07834 359 902**

**Linzi Dawe - 01208 881212 / 07811 093 390**

### PORT GAVERNE

**Matt & Faye Main - 07989 416 088 / 01208 881044**

### PENDOGGETT

**Sophie Hayes - 01208 881278 / 07931 199 753**

**Willow Innes - 07767 403 029**

### TREWETHA

**Wendy Sainsbury - 07986 530 602**

**Alan Sainsbury - 07970 574 983**



**EVERYONE REALLY WANTS TO HELP YOU AND  
NOTHING IS TOO MUCH TROUBLE**



# "Move It or Lose It" at Home with Julia

During these challenging times of self isolation we need to make sure we include activities into our daily life which make us feel better in mind and body. Exercise will boost your immune system and your mood and help to avoid weight gain. You will feel more able to do everyday activities and it will reduce the risk of future health conditions

If you're at home all day it is so easy to lose any sense of routine so put an exercise slot into your day to give it structure. There are some excellent *You Tube* and online sessions for all levels and ages, from chair fitness, fitness for children (check out Joe Wicks every day at 9am) and higher intensity workouts to take part in.

Here is a workout you can do in your home either sitting in your chair or standing. Put on your favourite music in the background to get you going! You will need a couple of tins (beans) from your food cupboard. **REMEMBER** listen to your body at all times. Off we go!

## Warm up

*Posture check - stand tall, tummy muscles pulled in, shoulders gently pulled back and feet apart*

- roll your shoulders 16 times and shrug your shoulders 16 times
- take a big deep breath in and do some big arm circles, breathing in on the way up and breathing out as the arms come down 8 times
- Swing your arms to the right and left (keep smiling and enjoy) 16 times
- March on the spot and bring in some arm movements as you pick up your feet 32 times
- Alternating heel digs , bending both arms as you tap the heel down
- To challenge your brain, try tapping your right toes and left heels at the same time for 16 counts and switch sides (How did you find that?)
- Knee lifts, bringing in an opposite elbow to the raised knee for your co ordination 16 times
- Swing both arms up and down in front of the body and add in some heel raises as you lift (great for your balance) 16 times
- Tap one foot to the side and centre and repeat on the left. Add a funky arm roll/ clap 16 times
- Side bends - stretch your arm down the side of the body keeping a distance between your shoulder and ear 8 times on each side
- Swimming - perform 16 breast strokes, 16 front crawls and 16 back stroke actions

Now you're a little more mobilised try these 5 exercises and after you've done them all repeat again - 2 or 3 times if you can. As you get fitter you can do more repetitions.

1. Lateral lifts - with your tin of beans in each hand, raise the cans up and out to the side of the body up to shoulder height and lower 8-16 times
2. Sit to Stand - from a seated position stand up and sit down as confidently as you can in a minute. Feet apart, knees forward, tummy muscles pulled in and chest lifted.
3. Wall Press up - stand about a metre away from the wall, feet apart and hands a little wider than shoulder width apart. Push the upper body towards the wall and press away. Keep your heels down and tummy muscles pulled in. Perform 8-16 times  
If you are able you can perform press ups on the floor with knees on/off the floor
4. Side Leg Lifts - place your hand on a chair/wall and lift the opposite leg out to the side. Hold for 3 seconds and return. Keep the body upright and the supporting leg slightly bent. 8-16 times each leg
5. Basic Lift ups for your core muscles - lie on your back with knees bent and feet apart. Tilt your pelvic area. Head rests in right hand and left hand on thigh. Breathe out, pull in tummy muscles, lift your shoulders off the floor and slide your fingertips along your thigh to your knee. Keep a long neck and distance between your chin and chest. Ease down breathing in and perform 8 times and then change arms .

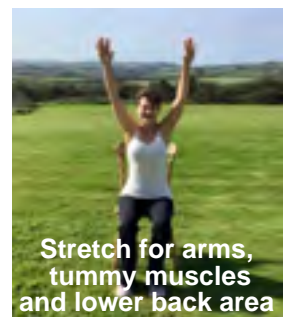
**TIP** - any discomfort in the back, place a folded towel under the top of your bottom. A cushion under your head can help to.

A seated alternative - sit tall, tilt your pelvic area, breathe out as you pull in your tummy muscles towards your spine. Hold for up to 6 counts if you can, relax and breathe normally

Don't forget to add some stretching to finish your workout. This will keep you flexible! See the photos for a few basic stretches you can do. And to ensure you finish alert and focused perform some shoulder circles and marching on the spot. How about my "wonderful reach" where you lengthen through your arms and body up and out as if you are having a big yawn?

Remember to **LISTEN TO YOUR BODY** at all times only doing as much as you are able, adapting the exercise to suit you. For more exercises and home workouts you can follow please contact me, Julia Treglown on 07815 987 172 or email [juliatreglown@hotmail.com](mailto:juliatreglown@hotmail.com)

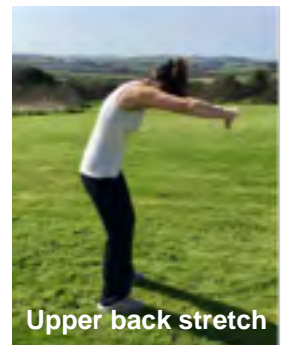
I am delighted to share advice through these unsettling times and maybe arrange ways to help you. More ideas to follow in the next *Trio*. Don't feel alone - I'm here to support you.



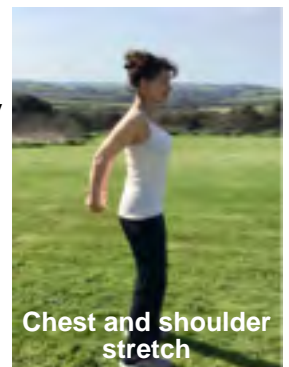
Stretch for arms, tummy muscles and lower back area



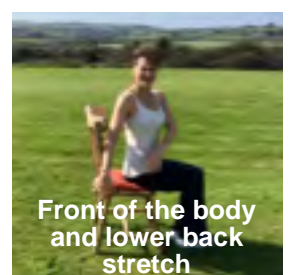
Hamstring stretch for back of the leg



Upper back stretch



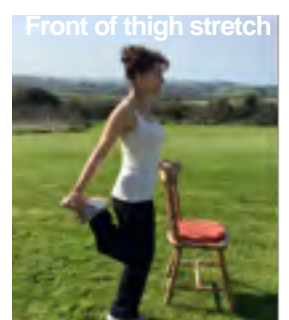
Chest and shoulder stretch



Front of the body and lower back stretch



Trunk and chest stretch



Front of thigh stretch

# Scott Mann's message to visitors - now is the time to stay at home

On Sunday March 22nd 2020 Scott Mann posted on his website, "I have held many conversations with the Tourism Minister, local government officials and stakeholders in the constituency. We hoped that government guidance on non-essential travel would be adhered to, but it is obvious many people are visiting Cornwall despite this advice.

As a result of the seriousness and the escalation of the pandemic, I am speaking directly to all non-local people who may be considering visiting during this unprecedented crisis.

Please stay away, and do not travel to Cornwall. Now is the time to stay home and save lives. By travelling to Cornwall, you risk spreading the virus or contracting it yourself. You can help us by staying away.

We need to support all our residents, but particularly the vulnerable in our rural area. Local clinicians and NHS staff are working hard to support residents, therefore, it is also important that I ask you to stay away to support Cornwall's National Health Service.

If you are considering travelling, please change your plans. If you are already here and can return home safely, I would urge you to do as soon as possible.

Our pubs, restaurants and tourist attractions are closed, and Cornwall is working hard to meet our capacity for food and health for our permanent residents. We look forward to welcoming you back after the present crisis has been dealt with."



"Mr Frodo ... in the end, it's only a passing thing, this shadow. Even darkness must pass. A new day will come. And when the sun shines it will shine out the clearer." Samwise Gamgee in *The Hobbit*  
JRR Tolkien



The Hall is now closed and all regular and planned meetings and events are now cancelled. We will re-open when it is safe to do so.

In the meantime, we have cancelled our AGM for the foreseeable future (we have obtained permission from the Charity Commission to do so) and the existing committee will remain in office for another year. We will be holding our monthly meetings by email.

The building of the extension has started but obviously may have to stop in these unprecedented times.

If you have any questions or enquiries about the Hall please contact Dee Littlechild on 01208 880905 or email [portisaacvillagehall@gmail.com](mailto:portisaacvillagehall@gmail.com)

Stay safe everybody.

## What a village ...

Ages before Matt Hancock put out his call to arms our very own army of volunteers were knocking on doors, making calls, delivering leaflets telling everyone how they were going to help us; they were already shopping, collecting prescriptions, walking dogs, phoning for a chat. But why are we surprised, this is Port Isaac ...

## Going forward ... the plan is to continue producing *Trio*.

From next month, the May issue, we can email your copy to you, free of charge. You can then read it on your computer, laptop, ipad etc but it won't print well. If you want to take advantage of this service please email [triopi@mac.com](mailto:triopi@mac.com) putting EMAIL TRIO in the subject. There will be no charge. If you are a subscriber we will extend your subscription by however many months this goes on for.

Clearly with no events taking place in the village we are going to be short on copy so we need your help. Please send us your short stories, your poems, your photos, your recipes, your tips, details of the things you are doing to keep sane in these unprecedented times - in fact anything you think readers will enjoy and take their minds off the real world for a bit.

The same for you children. Tell us how you like home schooling, write us a story or a poem, draw us a picture, tell us what you see on your daily walks.

Email to [triopi@mac.com](mailto:triopi@mac.com)



# Easter is coming ...

Forget snowdrops – for me, the first sign of spring has always been the first glimpse of blossom on the plum tree in my parents' garden. It starts with a coy blush before rippling out into clouds of flamboyant pink blossom, garishly declaring that Spring has Sprung. It took its sweet time this year though, perhaps intimidated by the random spurts of hail and persistent deluge. This winter has felt hard: miserable and damp and now, for many of us, marked by the dogged tread of Coronavirus.

Easter celebrations will be unexpectedly quiet this year. Family reunions and get togethers are harder. It seems strange to be celebrating a season which is all about new life in a time when our country is reeling from sickness. But Easter, like spring, is not just about new life. It is also about the struggle which precedes it. Every plant begins its life in dark, damp soil. The blaze of autumn gives way to the thin tremor of winter; petals fall, leaves shiver off branches, and down in the cold, damp earth, seeds lie dormant. Similarly, at Easter, we remember Jesus' darkest moments: betrayed by his friends, abandoned by his followers, tortured and killed by his enemies. He too lay underground.

But that is not the end of the story. Darkness gives way to dawn. Winter gives way to spring. And seeds – small, helpless, buried seeds – break through the earth to burst into radiant new life.

This season has seen unexpected struggles. But know that darkness never has the last word. Jesus died so that he could turn death inside out, tear open the walls of the grave and let the blazing sunlight in. When Jesus rose from the dead, he made a way for all of us to follow. He has promised us not just life, but life in abundance: rich, joyful, irrepressible life. Life that bursts out into blossom, undefeated by winter. You may be feeling, like that plum tree, battered and beaten by unexpected storms. But take heart: Easter is coming.

*Rev Rose Jones*

## Online and telephone help

In the light of the Coronavirus, St Peter's and its sister churches are establishing resources online to help those who are self-isolating or unable to get to church but who would like spiritual support and guidance.

We have started a facebook group for the North Cornwall Cluster (which includes St Peter's). This is a space where people who are unable to get to church can chat to each other, share updates and ask for prayer. I will be sharing videos, prayers and other resources to help people worship from home, and we hope to either livestream services or link people to other churches livestreaming services.

The address is: <https://www.facebook.com/groups/northcornwallcluster> . You need an online facebook account to join, but they are free and simple to set up. I am very happy to assist anyone who would like help doing this (by phone if necessary!).

In addition, if people are concerned by Coronavirus and would like to talk or pray, I am very happy to do so. My phone number is 01208 592353 and my email address is [revrosejones@gmail.com](mailto:revrosejones@gmail.com) . Please be assured of my prayers for our whole community and especially those who are most vulnerable.

*Rev Rose Jones*



## Continuing to serve in uncertain times

Coronavirus has already had a huge impact and we cannot know exactly what will happen in the months to come. Nevertheless, in our church communities we continue to serve as best we can, whilst taking care of our precious volunteers and the general public.

Now that public worship has been suspended and our church buildings closed, we are seeking to offer support by telephone and via the internet. We also have hard copies of spiritual resources which may be helpful, and which we can deliver – just ask! In addition we may be able to put you in touch with local organisations that are offering practical help at the moment. Please contact Revd Elizabeth (07758 407661 – [elizabeth-wild@live.co.uk](mailto:elizabeth-wild@live.co.uk)) if you want to know more..

*“Brother, sister let me serve you, let me be as Christ to you; pray that I may have the grace to let you be my servant, too.”*

*Richard Gillard (1977)*

This hymn reminds us that it is a privilege to serve – and it is also an honour to be served – as if by Christ. s from the love of Christ. Amen!

*With my prayers, Revd Elizabeth*

## Thought for Today: Love and Hope

These are strange times. Our children are no longer at school; our older family members and those with medical conditions are asked to stay at home; all of us are doing what we can to stay safe and protect the most vulnerable members of our society. In some ways, we are more separated than we have ever been. Yet in others, we are more connected than we have ever been. As people who share this beautiful part of the world, bursting into life as Spring erupts all around us, we share a common humanity with others all over the world, and closer to home.

We have a choice to make at this time. Do we fall into fear and pessimism, act selfishly and point fingers at everyone else? Or do we choose to be hopeful and loving, doing what we can for the good of all and taking responsibility for our own lives? For those of us who are Christians, we have guide who has shown us what to do in a crisis: someone who showed himself to be loving and forgiving, even when he faced death; someone who gives us hope because he has conquered death. Our faith rests on the life and death and resurrection of this someone, Jesus Christ, who is present with us now at this time of great need. It is Jesus who shows us the way to love by turning away from selfishness and reaching out to those in greatest need with the hope of new life. Whatever we believe, if we choose to follow this way of love, then we will be people of hope, who can bring light and life to all around us in these challenging times.

*With my prayers, Revd Elizabeth Wild, North Cornwall Cluster of Churches*

So, you know how we all tear recipes we like the look of out of magazines and then put in a box or folder to make one day? Well, having some time on my hands I sorted through my folder, some recipes so old they had yellowed with age! Most got thrown away, never tried and never will be now. But this one caught my eye and seemed pretty relevant in these difficult times we are going through. I haven't tried it yet because Nicki B has been bringing us bread but I am going to. It does look good!

# IRISH SODA BREAD

Apparently this is warming, fluffy and delicious and no Ulster fry was ever complete without a wedge ... you can eat it for breakfast, lunch, dinner - and pretty much every time in between ...

Serves 8-10	300ml buttermilk (or to make your own use 285ml of milk and add 1tbsp lemon juice and whisk thoroughly
450g self-raising flour	
2tsp bicarbonate of soda	

Preheat oven to 240°C/Gas 8. Lightly grease a baking tray.

- Sift flour and bicarb into a bowl.
- Add buttermilk and mix, trying to get rid of any lumps whilst not overworking the mixture as this will stop the bread from rising properly.
- Once it all comes together in a dough, stick your hands into the bowl and turn it out onto a floured surface.
- Roll the dough over a couple of times and then shape it into a round and gently flatten until its about 5cm thick.
- Transfer to the baking tray and, using a serrated knife, mark a large cross on the top to divide the loaf into four quarters. The cut should for about half cm deep.
- Bake in the hot oven for 10 minutes and then lower the temperature to 190°C/Gas 5 and bake for a further 20 minutes or until a skewer stuck into the centre comes out clean. If it comes out sticky give the bread another 5 minutes or until the skewer comes out clean.
- Allow to cool on a wire rack and then slice and serve with butter, cheese, jam or whatever takes your fancy.

WHY NOT SEND TRIO A PHOTO OF YOUR LOAF AND YOUR COMMENTS ...

WHY NOT SEND TRIO YOUR RECIPES TO HELP US IN THE COMING MONTHS



**THE PORT ISAAC  
SHANTY FESTIVAL 2020**

**September 11<sup>th</sup>-13<sup>th</sup>**

At the moment we do not know if the Shanty Festival will go ahead or not. We will hopefully be able to make a decision and issue a statement in June ... watch this space and fingers crossed

## Gull notes!

Obviously our two big Spring events had to be cancelled - our concert with the Hummingbirds from Yorkshire in the Village Hall and our concert with the Magnificent AKs in St Endellion Church. Dates will be rescheduled as soon as we can.

So our last public performance was the Golden Lion on St Piran's Day and leading *Trelawny* at 9pm when the whole of Cornwall united in song. It's quite fitting that such a special and local performance was our last sing together.

We are keeping in touch with each other via the phone, whats app and Zoom. Whilst we can all see and hear each other on Zoom and have a chat (which is mostly what our Wednesday night rehearsals are about, along with cake!), singing together is proving more tricky. Any tips anyone knows of an easy way we can sing together online we'd love to know. In the meantime we are all practising our parts at home so that when we can all go out again we will wow you!

Our resident fitness instructor, Julia, is trying to keep us active and has devised a routine for us to one of the new songs we are learning - *Hey Big Spender*. You'll hear the song next time we sing in public but it's doubtful you'll be seeing the moves!!!

Stay safe everyone, stay positive, take lots of care ... and sing very loudly in the shower, it will make you feel better!

[gullspi@icloud.com](mailto:gullspi@icloud.com)





# Websites of the month - keeping in touch

It is extraordinary how things have changed since the last issue of *Trio* and I hope everyone is keeping as safe as they can. It has been heartening to see how much people are supporting each other and our communities are gathering contact lists so that support is available when needed (*Ed: see page 3*); and while thinking about what to write about this month in the midst of all this I came across a website that specialises in good news <https://tinyurl.com/Positive-news>. The particular article that caught my interest is entitled 10 ways to help others during the coronavirus outbreak and has some good suggestions including one nice one from Cornwall ... it says:

*"Meg Travis, who runs One Field Farm in Cornwall, was among those offering surplus seeds to anybody who wants to try growing their own this week amid the coronavirus outbreak.*

*"Hard to know what the next few months will hold." she noted in an Instagram post*

There is also a nice film about her small farm in Cornwall here <https://www.onefieldfarm.co.uk> and I am sure there are other similar schemes across Cornwall.

Another example of a nice gesture is from Audible who are offering free subscriptions of audio books for children. I am a big fan of audio books and think this is well worth taking up <https://stories.audible.com/start-listen> - they say on their website:

*"For as long as schools are closed, we're open. Starting today, kids everywhere can instantly stream an incredible collection of stories, including titles across six different languages, that will help them continue dreaming, learning, and just being kids. All stories are free to stream on your desktop, laptop, phone or tablet. Explore the collection, select a title and start listening."*

My theme though for this column is ways of keeping in touch online, and over the past couple of weeks many people are turning to new ways as they are trying to keep safe and to help others keep safe.

There are various ways you can do video-conferencing and all depend on having either a broadband (wifi) connection or good 4g cell. All these systems also allow voice calls, sending pictures and files and some do a lot more. A good source for the various alternatives can be found here <https://tinyurl.com/Video-conf-systems> and the ones I have used a lot are Facetime, Skype, Messenger, WhatsApp and Zoom. (*Ed: Gulls are using Zoom to have our weekly Wednesday "rehearsals" - more chat as we can't get the singing to sync but its keeping us together*)

Facetime comes with Mac and iPhone/iPad and works very well. You can have group calls and there are also some special effects, like having a Memoji - <https://support.apple.com/en-gb/HT204380>

Skype does more than Facetime – for example, if you want to share your screen or chat with the people you are linking up with (that is write messages to them) that's all possible and this page <https://www.skype.com/en/features/> gives details of the various things it does.

Messenger (<https://www.wikihow.com/Use-Facebook-Messenger>) comes as a partner system with Facebook and does voice and video calling, and filesharing and it is easy to link up with your Facebook posts.

WhatsApp (<https://www.whatsapp.com>) is really designed for smartphones, but you can get it on laptops and tablets as well now. It does the same as Messenger but is fully encrypted and also is good for groups.

The final one is Zoom, and this has become very popular recently as it is very good for teaching and similar work. One very nice thing it does is allow breakout groups. It is free, with one limitation, you can talk for 40 minutes and then have to have a break. But that can be for a couple of minutes and then you can start again – details on how to use it at <https://tinyurl.com/zoom-KIT>

And when you aren't Zooming or WhatsApping, you could do worse than look at the sea at Port Isaac through the local webcam <https://www.johnbray.co.uk/webcams/webcam-port-isaac.html>

Tony Wainwright



The UK's first chocolate Easter Egg was produced in 1873 by Fry's of Bristol.

Today, Easter eggs make up 10% of the UK's chocolate spending for the whole year!

And you probably already know that the world's most popular egg shaped chocolate is a Cadbury's Creme Egg and the Cadbury factory in Birmingham produces 1.5million of these every day!







## EVENTS AT ST ENDELLION

Like everyone else the Endelienta and St Endellion Easter Festival teams have been obliged to cancel or suspend activities for the next few weeks, possibly longer. The Easter Festival will not happen. Endelienta had a mouth-watering Summer Season of concerts and other events lined up and we are crossing fingers that it won't be too long before we, and all the other amazing individuals and organisations who programme or take part in entertainment for North Cornwall, will be able to swing back into action. Our aim is to bring high quality performance and hands-on activities to local people, and to provide a platform for creative people in many artforms to ply their trade. Professional artists, actors, musicians and other performers, like people in many other walks of life, will find the next period very challenging, with many losing all of their work for the foreseeable future.

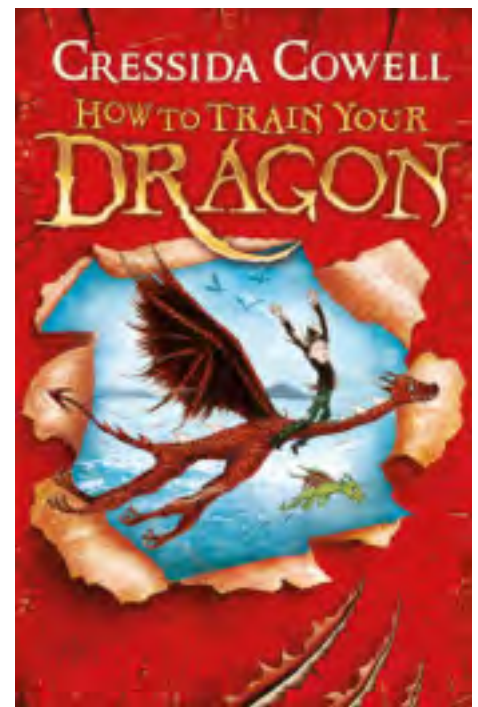
Endelienta is especially proud of its record in giving performance opportunities to young people preparing for or just starting out in a professional career, be it in music theatre, in a professional orchestra, or in singing. For them too this will be a hard time.

We are very fortunate that the clergy and PCC of the church allow us to use St Endellion Church as our main venue. It has gained a national reputation as a place where people love to perform because of its spiritual atmosphere and acoustics second to none. To this we have now added a beautifully refurbished hall which,

when fully equipped, will make a brilliant venue for family performances, dance and drama workshops, exhibitions and lots more besides.

Performances apart, Endelienta has a rolling hands-on programme led by our Take Part co-ordinator, Katy Luxton. This strand of work takes place at St Endellion and in a range of community locations including schools, centres for older people and so on. The monthly family Make Club is led by Katy with guest artists, including locals Ness Lannen, Caroline Cleave and Paul Jackson. Music and Memories, a project for people living with dementia and their carers, culminated last summer in an exhibition of textile pieces at the Betjeman Centre and Wadebridge Library. Looking ahead, Music and Place, a composition and performance project in schools, will see children working with musicians to write and perform songs around the theme of Place. We have just received a grant from the Newby Trust to begin this first year's work.

While things are quiet we continue to work on the future programme at St Endellion including the 8th North Cornwall Book Festival (1-4 October), for which Patrick Gale is preparing a wonderful line-up of well-known and lesser known authors, every single one of whom will be worth coming to listen to. They include leading Irish novelist John Banville, writer and television presenter George Alagiah, gardening writer Anna Pavord, local new author Lamorna Ash, former Children's Laureate Cressida Cowell, Cornwall's own Philip Marsden, novelist and critic Sarah Dunant, and many many more. We



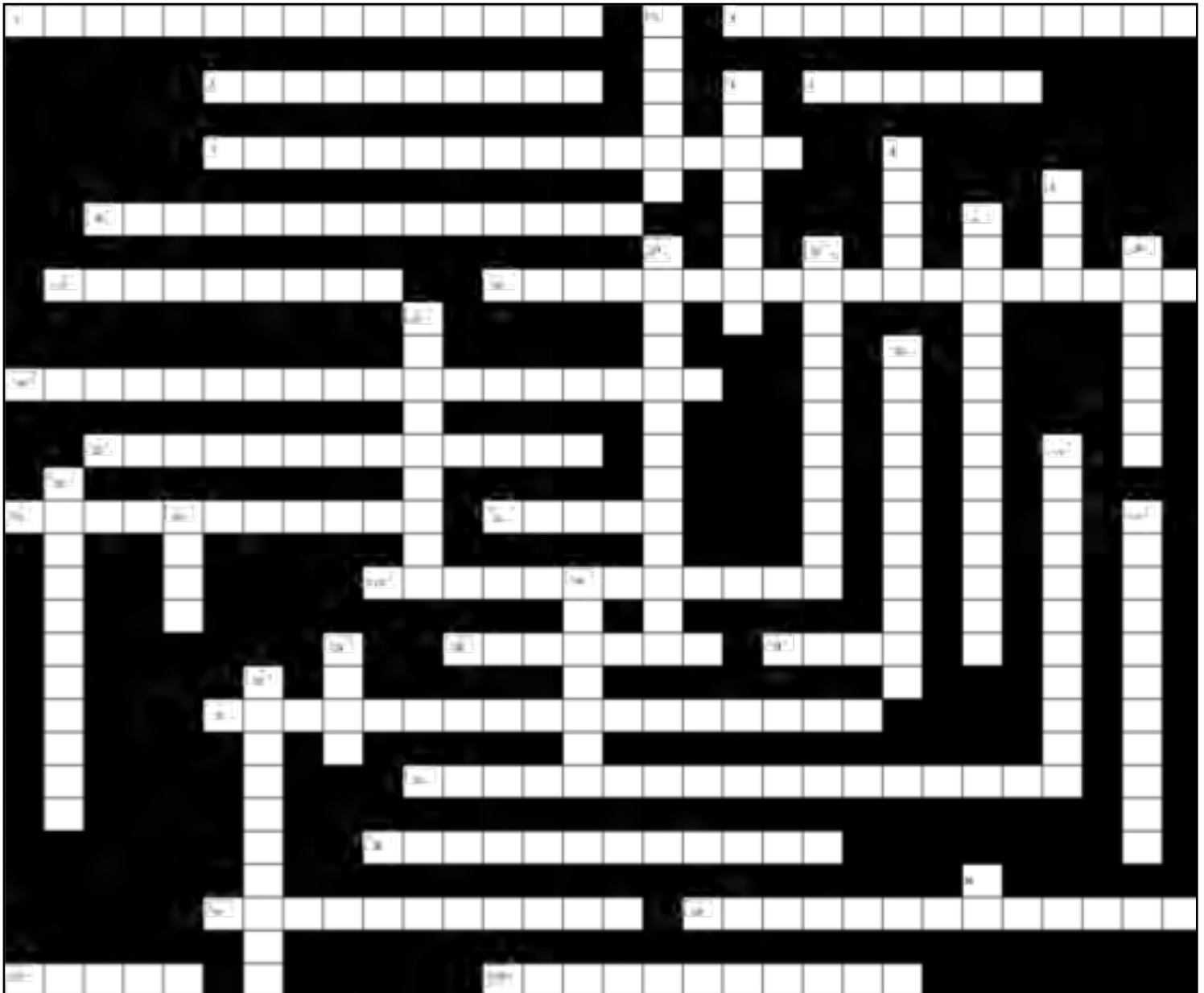
hope that the concerts too will hit the spot, with wild 6-piece North London Klezmer band Don Kipper, followed the next night by stunning Jazz singer Barb Jungr. Tickets go on sale on 1 July at [www.ncornbookfest.org](http://www.ncornbookfest.org).

The cultural landscape of North Cornwall has grown a lot in the last few years. As well as there being loads of arts and music activity in Port Isaac, and at St Endellion, we now have PICC, the Port Isaac Community Cinema, streaming at Wadebridge cinema, IntoBodmin's cultural programme at the Old Library and at St Petroc's, and the new cinema in Bodmin. The great thing about this is that these events / organisations are not in competition. Contrary to what some people may think, having more happening generates more interest and bigger audiences, not smaller ones. We are proud to be part of this buzzing scene. In more normal times, there truly is something for everyone in North Cornwall.

*Catherine Sandbrook  
Endelienta  
St Endellion Festivals*



# The TRIO "something to pass the time" Port Isaac Crossword



## Across

1. Get your MOT here (9,6)
3. Central thoroughfare (6, 6)
4. A blessed place for a fish finger sandwich (6,4)
6. Green vegetable for a gift? (6)
7. Calum's catch? (5,4,3,3)
10. Don't get confused, the staff are not bonkers here! (3,7,4)
15. 8 minutes up the hill? (9)
16. Old lifeboat home (3,8,6)
19. Go here for a cool treat (3,3,5,7)
20. Only crustaceans (4,9)
23. You might get snookered here (7,4)
25. Squeeze this as you go through (5)
27. This road is approx 587 metres long( 8,4)
30. Port Isaac church fisherman (2,5)
31. An oven of a shop (4)
33. Sleep here and you might learn something (3,3,6,5)
34. Our buoy band (10,7)
35. Go here for an irate pizza (5,7)
37. Where Nathan cooks (4,7)
38. The mammals on this street look

- like they are always smiling! (7,6)
- 39 & 36 down. Noisy pasty emporium (5,2)
40. The only community meeting place here 7,4)

## Down

2. A place to sit and look over the village (6)
5. The place for a chat (3,5)
8. These birds can sing! (5)
9. The best read in the Parish (4)
11. The doc's address (10,4)
12. The place to go on a Wednesday morning (9,4)
13. The old bank 7,4)

14. Let's keep this shop to ourselves! (7)
17. Only thin people will get through here! 6,3)
18. Three minutes and you'll be there (4,7)
21. Looking for a breaker (11)
22. Buy your fish here (4,7)
24. Always on call to save you (4)
26. Village fishmonger (4,7)
28. You don't need a bridge to eat here (3,4)
29. A super store (4)
32. A steep route to pray (6,4)
36. See 39 across







# UPDATE



## AGM

Unfortunately due to the Covid-19 pandemic we have decided to make the decision to cancel our forthcoming AGM scheduled for April 2nd. Megan Rees will continue as Chairman elect as Bob Bulgin will step back in April as agreed. A new AGM date will be set, perhaps after the Summer, and formal elections will take place then.

## THE LIFEBOAT WILL CONTINUE TO LAUNCH

RNLI head office has announced: "Given the current situation with COVID-19 we wanted to share an update. The welfare of our volunteers, supporters and staff, along with our ability to maintain our world-class lifesaving service, is our priority.

We have taken the decision to close all RNLI shops, museums and visitor centres with immediate effect. Our lifeboat stations remain operational but will not be open to visitors.

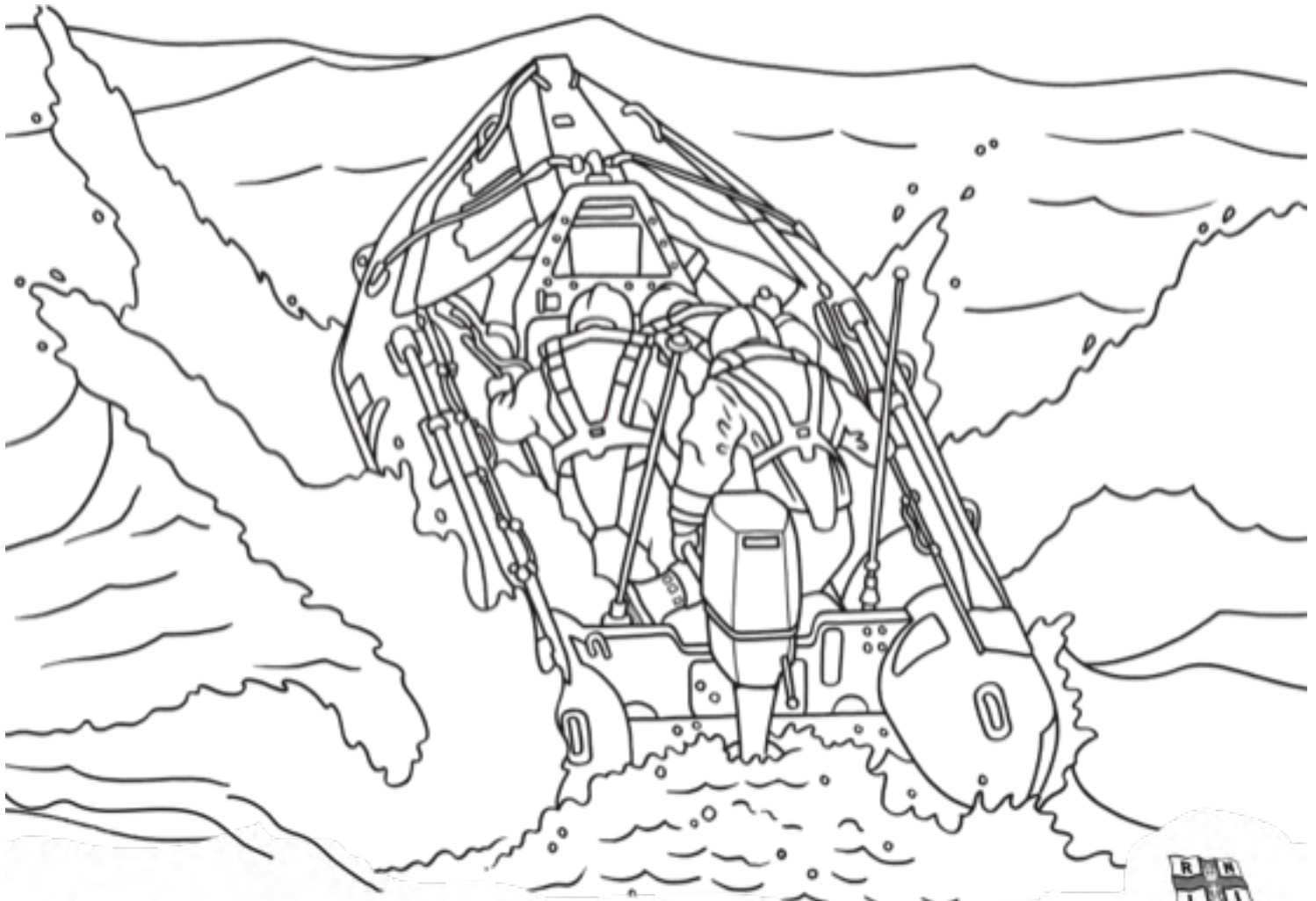
Our lifeboats will continue to launch to those in peril at sea – and they need your support more than ever."

## SOMETHING TO DO AT HOME

Now that schools are closed and many of us are either self isolating or social distancing, we thought it might be nice to include a couple of activities for the younger (or older!) generation whilst they're at home for the foreseeable. Here's a picture of a D-Class lifeboat just like ours to colour in plus a link to timeline of the history of the RNLI. You could choose an event that interests you and do some more research.

[https://rnli.org/-/media/rnli/youth education resources/activity sheets and posters/posters/history of the rnli poster.pdf?fd=true](https://rnli.org/-/media/rnli/youth%20education%20resources/activity%20sheets%20and%20posters/posters/history%20of%20the%20rnli%20poster.pdf?fd=true)

Rest assured we'll be back fundraising as soon as we possibly can and our lifeboat remains ready to respond. Stay safe everyone.



RNLI crews are on call 24 hours a day, 7 days a week

Find out more at [rnli.org.uk/shorething](https://rnli.org.uk/shorething)



**Lifeboats**

# Easter Word Search

Keeping little fingers busy ...  
happy colouring





# Chris takes a visit to days gone by

In these trying times when we've too much time to think of negative stuff and bad news maybe a visit to days gone by isn't such a bad idea. Days when grandparents and parents spent time utilising stuff. Get to it before those sell by dates and make something different. Preserve stuff, pickle bits, make cakes ... anything to keep your mind and hands busy. Experiment with what you have in your cupboards, mix and match - literally there are no boundaries. Drag everything out of those cupboards and see what you've got and I'll bet you there are at least a weeks worth of puddings hidden away in the far reaches of that dark space. I had a quick look in ours and found two Fray Bentos pies! Weird eh, weren't sure they were still in business!!!!



With the internet you can access everything so you don't need me to throw flavour combinations your way. Just pull out that cupboard and go with it. It might not taste exactly how you thought but maybe, just maybe you'll invent something that your kids will say "hey mum (or dad) I really like that, how'd you make it?"

Please stay safe, be good and kind to each other and let me know what weird and wonderful concoctions you've come up with. We could print some of them in *Trio*. So, here's my recipe:



Put all of these ingredients in a saucepan on a low heat and bring to boil and simmer for 3 minutes.

Cool this mixture.

## BOILED FRUIT CAKE

1lb dried mixed fruit  
4oz butter  
6oz caster sugar  
2 tsp mixed spice  
1tsp bicarbonate of soda/or baking powder  
Either a bottle of beer(your choice) or 330ml of orange juice

4oz plain flour  
4oz self raising flour  
2 eggs

Beat the eggs and flour into the cooled fruit mixture.  
Put the mixture into two lined 2lb loaf tins and bake in the oven at 190°C for approx 45 mins.  
Take it out the oven when cooked and start salivating as you wait for it to cool enough so you can eat it!!!! Bleddy ANSOM.



Well I think a bit of self isolation might be called for so be safe and look after one another and we'll all see each other on the other side of this.

## Kim's Chicken Curry

This recipe is a variation on my Hide the Veg Curry that was published a year ago in the April 2019 *Trio*. How different things are this year. As with all my recipes you can add extras and make it your own. I made it the other day with some chicken from my freezer and added a tin of chick peas and some odds and ends to make a big pot that we could share with my mum and dad and a friend.

<b>Main sauce:</b>	1 tbsp veg oil	1 tin light Coconut milk
	6 largish carrots	1 Jar Pataks Tikka Masala Paste (I know its cheating but Pataks is consistent and doesn't rely on you having cupboards full of stale old spices). There are 587 calories in the whole jar but this recipe will do so many portions it's not so bad
	4 big onions	
	Vegetable stock	

### Method

Roughly chop the carrots and onions and any other veg you want to use into big chunks and using a tablespoon of veg oil caramelise them in your big saucepan (heat over high heat until they actually brown).

Then add the jar of paste, stir well and heat, then add vegetable stock. This depends on how big your pan is and how many you are feeding but enough to cover the veg is good. Adding this to the pan will deglaze all the "burnt" bits into your sauce and add to the flavour - use a wooden spoon rub the bits off the bottom.

Add the coconut milk, stir and leave to simmer for 20 minutes. Then use your stick blender to blend all the contents of the pan to a thick sauce, This is the basis of the curry and already tastes great ... if you add a bit more stock can also be a lovely vegetarian soup.

### Adding the chicken

Cut the chicken into bite sized pieces and add to the sauce. As they are raw you need to make sure you cook at a simmer for at least another half hour (it can carry on cooking for an hour if you want to). Then add your chick peas cook about 15 minutes and then add any extra veg you fancy before cooking for another 15 minutes before you serve so that the vegetables still have some life in them and are not cooked to mush.

# Port Isaac and Fusche Kosov and an awful lot of knitting!

Eight years ago Bill, Cheryl, Liz, Lisa, John and I visited the new school which Port Isaac residents Elizabeth Gowing & Rob had started for the poor uneducated children in an isolated area of Pristina. Not only were the children illiterate but their parents as well. Most of the families existed on the meagre returns of picking through the rubbish. The level of poverty we saw was heartbreaking but this was balanced by the sheer exuberance of the children who were all desperate to go to school and to learn.

Since then Port Isaac has supported TIP (the Ideas Partnership) started by Robert and Elizabeth with massive donations of clothing, knitting and cash. Three years ago Prince Charles and Camilla made a special visit to the school in Kosovo and then a visit to all the helpers in Port Isaac.



Scroll forward to five weeks ago and Cheryl, John and I were fortunate enough to be able to pay a return visit to Kosovo to see for ourselves just how the school has changed. We arrived laden with 70 kilos of hand knitting, baby clothes and blankets and snow on the ground in Pristina on the 6 am flight from Luton airport.



*Arriving at Pristina airport*

In the next 3 days we packed in visits to the school, to the new nursery, the women's groups, the helpers, the young adults, the volunteers and home visits to distribute some of the knitting. .

We visited families living in desperate conditions all squashed into one room to keep warm with no running water. We saw

tiny new born babies all tightly swaddled in (Port Isaac) blankets with families of 7 living in one room.



*A group of young people who are part of a robotic club run by TIP with their prizes from their winning competition entries.*

The most heart-breaking visit was to one family with a disabled boy living with his mother, a six year old sister and a 3 year old brother. They lived in a derelict railway building with no water. The father of the household was in prison and the oldest child, a boy of 11 years old, had been trying to support the family by rubbish picking. Tragically the young boy had been attacked and murdered a few months earlier leaving the mother struggling to cope. The community were helping out as much as they could but they had very little to give themselves anyway. It certainly puts your own life and troubles into perspective.



*A family of 7 squatted in this abandoned house, all living in one room*



In every home we visited we were welcomed with open friendly arms. It was a very humbling experience, especially how grateful everyone was for the little we were able to do.



*Children being taught by Xenetta, a TIP sponsored volunteer, training to teach*

The best news is that TIP has secured funding to build a brand new purpose built centre later this year for the community.

Before we left we were invited to a presentation by the young adults summing up their commitment and joy for their community. They have all been helped and supported over the years by Elizabeth's charity and in return they volunteer their time to go back and teach the other children and be a role model. They were truly inspirational.

The money that is raised in Port Isaac goes directly effect to impact these young lives and other families in need. I know that all the lovingly made knitted baby clothes and blankets we took with us will be gratefully received. I'm only sorry we couldn't take more photos to show you all.

If ever anyone deserves a medal it is Elizabeth Gowing for being the person who didn't walk on the other side when a little girl asked for help! What she has achieved is amazing and inspirational and we feel very proud to be a part of their story.

If anyone reads this and would like to help do please check out The Ideas Partnership website.

As I write, we are all under the invisible and frightening threat of the Coronavirus. Robert and Elizabeth are back in Port Isaac and unable to fly back to their Kosovan home. If the virus hits the community there, the consequences will be devastating. There is very little medical help available to them and it's hard to see how they will cope as entire families live so closely together under one roof. Let's hope that they stay safe.

*Barbara Hawkins*

*Three month old baby girl tucked up keeping warm in a Port Isaac blanket!*





## Planning Applications

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

1. PA20/00661, Porthcorn, 21 Silvershell Road, Port Isaac – two storey side extension and extension to existing balcony. A “No comment” response was submitted.
2. PA20/00947, The Chalet, Rear of 31 Fore Street, Port Isaac – demolition of existing buildings and construction of a replacement dwelling. Members objected to this application.
3. PA19/10272, 90 Fore Street Port Isaac – first floor extension out over an existing ground floor extension. Cllr. Williams said the new design incorporated a hip roof. Members supported the application.
4. PA20/00909, Stanley House, 22 Fore Street, Port Isaac – change of use of dwelling-house to retail shop with associated storage and workshop space. Members unanimously supported the application.

## Planning Applications Refused by Cornwall Council

1. PA19/07055, Pennti Ros, Lower Trefreock, Port Isaac – Cornwall Council’s Planning Committee had refused the application.

## Highway Matters

1. Pedestrian Crossing – the site meeting with Mr Oliver Jones, Highways set up to consider some means of crossing the road safely, e.g. pedestrian crossing, pedestrian refuge or central island has had to be cancelled due to the current pandemic.
2. Trewetha Speed Limit – as above Members were unable to meet with Mr Oliver Jones, Highways to consider a request to reduce the speed limit through Trewetha.

Both of the above items will now be dealt with via email / telephone.

## Miscellaneous Items

1. Civil Enforcement Officer (CEO) – Members had previously agreed to fund a CEO who would cover Port Isaac, Polzeath and Rock. It was envisaged the costs would be shared equally with St Minver Highlands and St Minver Lowlands Parish Councils. At the March meeting Members voted to increase the CEO budget from £4,000 to £5,000. The CEO is able to issue penalty tickets to illegally parked cars and to those inconsiderate individuals who don’t pick up after their dog. St Minver Lowlands has voted to join the scheme and we now await the decision of St Minver Highlands.
2. Pump Shelter – work to restore the shelter has recently been completed and Members have accepted a proposal to:
  - Painting the shelter, re-varnishing the seats and cutting the undergrowth hard back,
  - Rehang the dog bin onto the pole and the salt bin moved alongside it.
  - Build a “notice board” of plywood and cork to be placed inside the shelter.
3. Cemetery Bench – Clare Jon, the Council’s Contract and Maintenance Supervisor is seeking a replacement as the bench around the tree is in a poor state of repair.
4. CCTV – Members have accepted a quotation for CCTV coverage of the New Road public WCs.

## Meeting Dates

Meetings of the Parish Council have been cancelled indefinitely during the current Coronavirus pandemic. Members will be conducting the usual business of the Parish Council via email. Members of the public may still comment on any item listed on the “virtual” agenda which will be issued a week prior to the second Monday of each month.

Gillian Thompson  
Parish Clerk / RFO  
Email: [stendellionpc@gmail.com](mailto:stendellionpc@gmail.com)  
Website: [www.stendellionpc.com](http://www.stendellionpc.com)

# Scott Mann’s update on other things ...



There were some big wins for North Cornwall in the budget as I welcomed the Chancellor’s announcement of £500k in seed funding for the Camelford bypass. The funding commitment represents the first stage of the Government’s financial commitment to the project.

The seed funding is a clear statement of intent by the Chancellor to upgrade and revolutionise North Cornwall’s road infrastructure. A new road bypassing the town of Camelford has been talked about for almost a century, but this Government will deliver. Since my election in 2015, a Camelford bypass has been a key priority for me and I have taken the case from my initial petition to the highest levels of Westminster.

The local council and the head of transport, Nigel Blackler, have been instrumental in supporting the bypass project and I would like to thank them. However, it is the people of Camelford and the surrounding area and their vocal support for this scheme which has made the real difference. Their backing has given me real strength when taking the case for this new road to the highest levels of government.

It is important to me that my constituents receive up-to-date information concerning the Coronavirus outbreak, and I will be posting updates from the Government and NHS on my website and on my Facebook page.

[www.scottman.org.uk](http://www.scottman.org.uk)

[www.facebook.com/  
TheRightMannForNorthCornwall](https://www.facebook.com/TheRightMannForNorthCornwall)

Information for the public on the outbreak of coronavirus, including the current situation in the UK, and information about the virus and its symptoms is available on the Government’s website. These pages will be continually updated.

[www.gov.uk](http://www.gov.uk)

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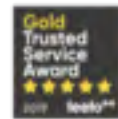




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*Paula*



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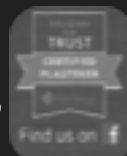
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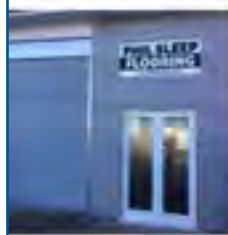
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References Available DBS Checked

**Doctor's Surgery - 01208 880222**  
**Prescriptions - 01208 880242**  
**NHS 24-hour Helpline - 111**  
**Royal Cornwall Hospital (Truro) - 01872 250000**  
**East Cornwall Hospital (Bodmin) - 01208 251555**  
**Derriford Hospital (Plymouth) - 08451 558155**  
**Local Dental Helpline - 0333 4050290**  
**Police (non-emergency) - 101**  
**PC Amy Honeywill, Neighbourhood Beat Manager - 07889 704150 (only when on duty), email: amy.honeywill@devonandcornwall.pnn.police.co.uk**  
**Civil Enforcement Parking Team - 0300 1234222**

## LOCAL INFO

**Rev Judith Pollinger - 01208 880181**  
**St Peter's Church - Pat Pearson - 01208 880969**  
**Harbour Master - Tom Brown - 07837 514246**  
**RNLI Operations Manager - Chris Bolton - 01208 880256**  
**Electricity - 0800 365900**  
**Water helpline - 0800 1691144**  
**Parish Council: stendellionpc@gmail.com**  
**Cornwall Council - 0300 1234 100**  
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# WHAT'S ON ... not a lot, but just in case ...

**Tuesday April 7th**

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out by 7am

**Tuesday April 21st**

Kerbside Recycling Collection - bags  
out by 7am

**Sunday August 2nd**

Lifeboat Larks

**Saturday September 5th**

PORT ISAAC CARNIVAL

**September 11th-13th**

PORT ISAAC SHANTY FESTIVAL

**Saturday December 12th**

Santa Visit to the Port Isaac Village Hall  
Grotto



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staff**

## MOBILE POST OFFICE

at the time of writing  
it is still coming to the  
hardstanding at the  
Playing Field every  
Wednesday  
12:00 – 13:00

## TRIO COPY DATES

MONTH	COPY DATE
May	April 23rd
June	May 24th
July	June 23rd
August	July 24th