

trio



This Issue

Our volunteer army - p3
Jigsaw Exchange - p3
Plants for free - p3
Free IT support - p3
Lobster lunch for the surgery staff - 4
Village Hall stuff - p4
Trio update - p4
Soda Bread coincidence - p4
VE Day Stay at Home Party - p5
National Trust activities - p5
Online and on TV - p5
Easter windows - p6
Shanty Festival postponed - p7
Scott Mann - p7
Welcome to Danny - p7
Gull notes - p7
"Five a Day" with Julia - p8
Sad farewells - p9
Church news - p9
Fishy Fun - p10
NHS scrubs - p11
RNLI - p11
Garden tales - p11
St Endellion Summer Festival - p12
Websites of the Month - p12
Rowan & Lyra "at home" - p12
Port Gaverne walk - p13
(Sky) Larking about - p14
Local Wildlife - 15
Toad - a poem by Emily - p15
Home Schooling - a poem by Cherry - p16
Parish Council - p16
Shellfish with Kim and her husband - p17
Word Puzzle - p18
The Stick Insects of Port Isaac - p19
Trio Directory - p20-27

Front and back cover photos courtesy of Matt Main

IF YOU HAVE ANY PHOTOS FOR TRIO PLEASE SEND TO triopi@mac.com

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
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

The publisher does not necessarily hold the same views as those expressed by contributors and reserves the right to refuse or alter material supplied.

KEEPING PORT ISAAC FED

Our amazing Co-op thank you x

The Co-op is still short of a few things but fresh food, fruit and veg are available.

CONTACT & COLLECT SERVICE - SUNDAY, MONDAY, WEDNESDAY & FRIDAY

Email - shop.6664@coop.co.uk or phone - 01208 880365 - your order through (including a telephone number in your email) including when you want to collect and your order will be made up and be brought out to your car. Alternatively a volunteer (see opposite page) can collect it for 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.

STORE OPENING TIMES - 7am-8pm

Nicki B and John Collins

Delivering fresh fish and pasties to your doorstep. Please call 01208 880498 and leave your name and number and we will get back to you with availability

FISH - Call to see what fish is available as its market dependent

FROZEN PASTIES - Box of 12 pasties (£2.20 each) for the price of 10, gluten free also available

FROZEN SAUSAGE ROLLS - Box of 12 sausage rolls (£1 each) for the price of 10



We are delivering to your doorstep fresh, prepared Crab and Lobster on Wednesdays and Saturdays in Port Isaac and from Boscastle to Wadebridge and anywhere in between.

Call 01208 880449 to place your order - leave a message if no-one is there and we will call you back



Trevathan Farm Shop is open Monday - Saturday, 9am-3pm

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.

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 PLUS COMPOST!

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

The Local Heroes who will ...

**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**

STAY & PLAY

We hope everyone had a lovely Easter and we can't wait until this is all over and we can see everyone again. We have lots of exciting trips and treats in mind for the children when we can all be together again.



If you are passing some time doing jigsaws, Clare Jon has organised a jigsaw exchange. Thanks to the Co-op for making some space for it. Jigsaws will be near to the used book shelves and you just bring along a jigsaw you have completed and swap it for another one.

If you've been getting your garden into shape during the lockdown, Clare Jon also tells *Trio* that she has some chilli pepper plants, about 20cm, and a few spare onion sets to give away. Text or call her on 07968 964 850.

And talking gardening, if you are in need of some compost, West Country Fruit Sales (see page 2) are delivering it to your door.



supporting cornish communities
Free IT Telephone Support Service

CRCC (Cornwall Rural Community Charity) are offering free telephone support to help you use your laptop, tablet or smartphone and access online services whilst you are self-isolating at home. For example they can help show you how to:

- use the basic controls of your device
- stay safe online
- surf the web for information and to keep informed
- keep in touch with friends and family using email, messaging services or video
- shop online
- manage your money online
- stay mentally and physically active using digital resources

From Monday to Friday 10:00 to 12:00 and 13:00 to 16:00, and until further notice, we will be available to answer calls and help with IT related questions, problems or issues as best we can. The numbers to call are

01872 243557 or 01872 243534

Fresh Lobster salad for the surgery staff



Tom & Laura of Just Shellfish delivered a lobster salad lunch to all the NHS staff at Port Isaac Surgery and the Wadbridge practice as a small token of appreciation for all the work they do, not just in these difficult times but all the year round. Their sentiments mirror what we are all feeling - we are eternally grateful to you all.



If you are thinking of planning ahead for next year and want to book the Hall have a look at the diary on our website for details of availability

www.portisaacvillagehall.co.uk

By the time you read this, building may have restarted on the extension so hopefully by the time life gets back to normal the work might all be completed - fingers crossed.

If you have any questions or enquiries about the Hall please contact Dee on 01208 880905 or email portisaacvillagehall@gmail.com

Stay safe everybody.

Talk about a coincidence

Just one day before lockdown my Mother, Joan, came to stay with me. This year she will be 93 and had lived in the same house in North London since 1949, and we hadn't lived together since I was 18 years old. So lots of time to catch up on memories, and of course how things have changed over the years. The big plus is being able to enjoy FaceTime on my Ipad and although in lockdown my two sisters are in touch on a daily basis and Mum is able to see them, as well as grandchildren and great grandchildren, even those in Colorado USA.



Cheryl's loaf

As usual, food is a regular topic of conversation and one of the daily staples is of course bread and I was reminiscing to Mum about the bread she used to make without yeast and would just 'knock up' for lunch without too much effort. Mum had difficulty remembering the recipe so we put that idea on hold and I popped to the Co-op and bought a loaf and the *Trio ...* and there, would you believe it, on page 7 was the very recipe for Irish Soda Bread that Mum used to make!

When mum made the bread when I was young we would have it with syrup and, coming from a family of four siblings, there was a limit to how much you were allowed and I can remember thinking, "When I grow up I'm going to eat as much bread and syrup as I want". Now it's not worrying about sharing, it's calories!

Thank you Trio, what a coincidence. *Cheryl Webster*

Trio ...

I don't think I was very clear last month. Although *Trio* will still be for sale in the Co-op we can, if you cannot get out or would prefer it, email your copy to you, free of charge for the duration of the lockdown. This is for subscribers as well and we will extend your subscription until normal life resumes. You will be able to read *Trio* 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 putting EMAIL TRIO in the subject. Sorry for any confusion.

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

National Trust activities during lockdown

If you're lucky enough to have a garden here's a few ideas that anyone any age can do, and a few that can be done without having to set a foot outside your door but from a window instead:

- * Make a daisy chain 🌻
- * Start a band with nature; whistle like a bird, whistle with a blade of grass, use twigs as drumsticks, stones like tambourines
- * Gaze at the bugs and beasties, the butterflies and birds; what can you see amongst the flowers and grass, what do you think they are up to?
- * Camp out in the garden but make sure you have lots of layers, it's still chilly at night ... brrr
- * Check out the nightlife; can you see any bats flying about? can you hear the tweet twoo of an owl? can you hear the snuffles of a hedgehog, or a badger, or a fox?
- * Gaze up at the night sky, you don't need a telescope to see some of the craters on the moon, but a pair of binoculars will help you see more
- * Snap it 📸 share your photos with *Trio* of what you see and do in your garden or from your window.

For more ideas check out www.nationaltrust.org/lists/50-things-activities-to-do-in-your-back-garden

Sarah Stevens, NT Ranger

ONLINE AND ON TV - things to do whilst you Stay at Home

BBC Bitesize - online lessons for all ages
Websites for kids (and adults!)

wild-days.org

bbc.co.uk/teach/supermovers

pobble365.com

natgeokids.com/uk

tate.org.uk/kids

cosmickids.com

A whole day of TV

9am - PE with Joe Wicks (You Tube)

10am - Maths with Carol Vorderman (themathsfactor.com)

11am - English with David Walliams (worldofdavidwalliams.com/elevenses)

12noon - Lunch - cooking with Jamie Oliver (jamieoliver.com/features/category/get-kids-cooking)

1pm - Music with Mylene Klass (You Tube)

1.30pm - Dance with Darcey Bussell (diversedancemix.com)

3pm - History with Dan Snow (You Tube)

VE Day 75th Anniversary Celebrations

STAY AT HOME STREET PARTY!

Friday May 8th 2020

Commemorate the end of WWII by celebrating at home

DECORATE YOUR HOUSE IN RED, WHITE AND BLUE - GET THE CHILDREN TO DECORATE PAPER PLATES FOR YOUR WINDOWS

ENJOY A PICNIC IN YOUR FRONT GARDEN - JOIN YOUR FAMILY ON FACE TIME, SHOUT TO YOUR NEIGHBOURS OVER THE FENCE OR ACROSS THE ROAD

SING SOME OF THE OLD WAR SONGS AT 9PM JOIN THE WHOLE COUNTRY AND DAME VERA LYNN SINGING WE'LL MEET AGAIN

SEND YOUR PHOTOS IN TO TRIO



Find out what life in Port Isaac was like during WWII - go to

www.portisaacheritage.co.uk

and look at the 1940s and World War II Exhibitions

use our local history portal as part of your homeschooling

It might have been a stay at home Easter but there were lots of Easter windows and displays to make it very special



Lily-Rose (8) & Daisy-Rae (3)



Dexter (5)



Billie (23months) with a little help from Mummy & Daddy



Phoebe & Dylan



Emily (9), Natalie (7) & Lizzy (4)



Annie & Barney



Edith (5)



Caiya (10)



Charley (8) & Mia (4)



Amber (3) & Nell (1)



Eva (9), William (8), Dylan (4)



Archie (8) & Harold (1)



Tyler (7) & Sonny (3)



thank you to the Carnival Committee for making this happen



Rowan (6) & Lyra(4)



Josh (13, Max (12), Jack (10), Leo (8) & Jessica



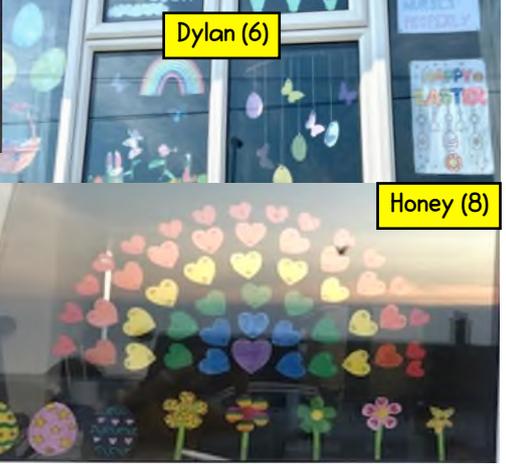
Jago (8) & Freddie (4)



Poppy (10) & Eva (6)



Dylan (6)



Honey (8)

Scott Mann writes ...



I would like to start my column by thanking the Editor of the *Trio* for continuing to put out the newsletter under these difficult circumstances, as many of my Port Isaac constituents who are at home or self-isolating will find great comfort in receiving their local news.

I know that things are very hard and I have spoken to many people and businesses in Port Isaac over the phone and by email. When the crisis ends, I believe that we will bounce back, and our local economy will open again. In the meantime, my staff and I are working hard to support constituents and if there is anything I can do to assist you, please get in touch via the contact details below. A comprehensive section on my website (www.scottmann.org.uk) under 'COVID-19' will also take you to the latest updates on a range of support.

I was very pleased that the NHS has launched a mental health hotline as part of a package of measures to support its staff – as we are doing everything we can to support our incredible NHS workers as they care for people through this global health emergency. The best thing the public can do is to stay at home to protect the NHS and save lives. NHS staff will be able to call or text a free number staffed by thousands of specially trained volunteers, to receive support and advice for the pressures they face every day during the global health emergency. Anyone who requires further help will be signposted to other services ranging from practical and financial assistance through to specialist bereavement and psychological support.

The NHS has also partnered with Headspace, UnMind and Big Health to offer a suite of apps for no charge to assist staff with their mental health. It is our priority to support NHS staff, and on Monday we delivered over 20 million items of PPE to the NHS.

The NHS is rightly doing everything it can for its staff, but the best thing that the public can do if they want to do their bit for nurses, doctors and other NHS staff is to stay at home, protect the NHS and save lives.

I look forward to updating you all next month, and if there is anything my team or I can do to help you do not hesitate to email via scott@scottmann.org.uk or call on 01208 74337.

**Jamie, Cherry, Emily, Natalie & Lizzy
thank everyone for their support and kind words
since baby Danny's arrival on April 19th.
We can't wait for everyone to meet him
when this is all over.**



THE PORT ISAAC SHANTY FESTIVAL

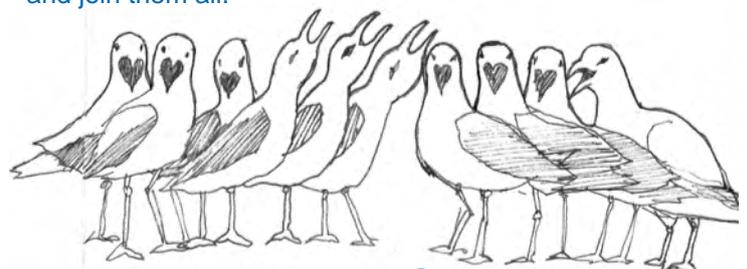
**We've been hoping for a miracle; but finally we have realised that there isn't going to be one and we have made the decision to cancel the
2020 Port Isaac Shanty Festival.**

We are working on dates for 2021 (we have to work round the tides) and will publish as soon as we can. We are certainly in need of something to look forward to and the Port Isaac Shanty Festival 2021 will be a festival to remember!

Liz, Dee & Cheryl

Gull notes!

Still singing round the house, in the shower, in the garden and lone voices after the clapping on Thursday nights - but not lone voices in Trelights; Shirley is really lucky and is singing along with Steve Hewett who is "wired for sound" so the whole of Trelights can join in. Wish we could go up and join them all.



Stay Safe Everyone

"Five a Day" with Julia

You might be thinking I'm referring to the recommended consumption of fruit and veg we should be eating a day but no, this is a simple set of five exercises you can fit into your daily routine - let's go!

During these times of keeping safe and staying at home it is important for our physical and mental health to be doing some exercise. For many a daily walk is excellent, some of us have found online fitness sessions which suit our individual needs which is great and of course chores around the house and garden burn calories and make us feel we've achieved something positive. Add these exercises and you will add to your fitness and they will make you feel good.

Try each exercise for 1 minue and then perform the whole set again up to 3-5 times. Remember listen to your body. Have some water ready and some favourite music in the background to get you pumped!

You can perform these in a chair and standing up so ANYONE can have a go. If you are super fit then add intensity into some of the movements with an added jump to your squats or a bounce with your knee lifts .

**Keep safe
and well
everyone**

**Remember
Move it or
Lose It!**

WARM UP

March on the spot swinging your arms side to side, up and down and in any fun way you feel. Roll the shoulders forwards and back and shrug the shoulders up and down to ease any stiffness or tension. Circle your arms up and down and soften your legs as you do so.



1. SQUATS

With/without a chair

Feet apart, knees facing forward, chest lifted. Sit to stand movement. Keep going down and up at a good comfortable speed for you. Push your bottom back towards your heels .

If you're seated - extend one leg up, straighten and hold for 8 seconds.



4. CALF RAISERS



2. UPPER BODY

Hold some tin cans if you wish.

Start with cans by your thighs. Lift both arms out to the side, hold and bring the cans to the chest. Tuck the elbows in and stretch the arms up above the head. Lower, bend and straighten the arms back down to the start.



5. TORSO TWIST & PUNCHES

← Great for balance.

Feet apart, knees slightly bent and tummy muscles pulled in. Come up on your toes, hold for a few seconds and then lower your heels. As you come up push the palms of your hands forwards and away from you with energy and then slide your elbows back to create a nice rhythm .



3. KNEE LIFTS

Feet apart and good posture.

Raise each knee up and down as high as you comfortably can and as you do so bring your arms down and to the outer side of the leg to work the core muscles.

← Let go of any pent up feelings!

Arms up at chest height. Turn the torso to one side with control, come back to the centre and add four strong punches (right, left, right, left). Repeat on the other side. To make it more intense add in a leg movement at the same time as your punches - a leg curl behind or a dramatic leg kick.

COOL DOWN

This helps to prevent any muscle soreness or stiffness so have a look at some of the stretches I showed you in last months *Trio*.

I hope you will give this a go. There are many more combinations of exercises which can be done to add variety. If you would like more "Five a Day" programmes please contact **Julia on 07815987172 / juliatreglown@hotmail.com**

The Late Cyril Spry of Port Isaac

On Saturday 7th March 2020 we laid our beloved father to rest.

The family would like to say many heartfelt thanks to the Pall Bearers, Dennis Knight who gave a very fitting Eulogy, Elizabeth Wild, the Rector, Brays

Funeral Directors, and everyone who attended the funeral. All of which made it a day the family will remember always. Thanks also for the contributions made to the Parkinsons Charity this was very much appreciated.



Susan, Michael and extended family



Joey Thomas



Joey Thomas passed away peacefully on April 22nd, in the house he was born in, with his family by his side, aged 79.

Lil, Sharon, Richard, Martin and their families would like to say thank you for the kind words, cards and flowers that have been sent following Joey's passing.

A full obituary will be in next months *Trio*.



Harry Dorsett

Harry passed away in hospital in London on April 25th. He had suffered ill health for some time and had not made his regular visits to Port Isaac for a while.

The church buildings are closed but the church is more active than ever!

We have established resources online for all those who would like spiritual support and guidance. Our facebook group is a space where people who are unable to get to church can chat together, share updates and ask for prayer. Our website has downloadable resources for people to use to pray from home. And every Sunday we hold a worship service over YouTube.

Find more details and upcoming services at:

www.northcornwallclusterofchurches.org.uk

And join our facebook group at:

www.facebook.com/groups/northcornwallcluster

If you need help setting up a facebook account, get in touch with Rev'd Rose.

We are offering pastoral support and prayer by telephone, and we may be able to help in practical ways as well.

Contact Rev'd Elizabeth if you want to know more.

Please be assured of our prayers for our whole community and especially those who are most vulnerable.

Rev'd Elizabeth Wild – 07758 407661

elizabeth-wild@live.co.uk

Rev'd Rose Jones – 01208 592353

revrosejones@gmail.com

Revd Geraldine Ashton – 07957 609085

gezzalou@aol.com

Rev'd Geraldine's message

Of all the Holy Week stories that I have read this year, one has stayed with me. It is where Jesus puts a towel around his waist, kneels and washes his disciples' feet. I suppose to us it doesn't seem like a big deal, but it was a job saved for gentile slaves or women! It was considered a job for the lowest of the low. No-one would choose to do it anyway, since all the waste, filth and excrement filled the streets and at festival times like Passover, there was every chance that you would stand in something!

This is what Jesus bent down to clean from his friends and they were affronted! How could he do such a thing as a Rabbi? I love that Jesus challenged the culture of the day and here we see him showing service to others, it is beautiful picture of selfless love and humility and showing that life is of little use if not used to serve others.

The fullest measure of God's love is shown in Jesus Christ who serves us to the point of giving his life for each of us on the cross, for stooping down and helping each one of us to come out of our darkness, pain and brokenness, washing us clean from sin and bringing us to healing, wholeness, reconciliation & restoration with God and with each other.

Perhaps the coronavirus pandemic we have been experiencing has called us afresh to take seriously those things that are important and to lay down the less important things that have occupied so much of our time. Many have been taking seriously selfless love and service to one another.

In the past weeks I have seen many beautiful acts of service, care for family, friends and communities. I have seen neighbourly kindness, the service of shops delivering papers, food and medicines. Phone calls and social media have been used for good and to keep people connected. Volunteer groups have been delivering hot meals, doing shopping, dog walking and befriending and drawing communities afresh into fellowship with each other.

I believe the result will be stronger communities, deeper friendships and a resurgence of care and compassion for others and I am thankful to God for that.

When we serve others, we show something of God's love that exists within us and remember that however much we love and serve others, God loves and serves each one of us more. So, let us ask God for the grace to live in order to serve, so that we can reach out to those in need and be concerned about what good we do for others and follow Christ's example. Amen.

*Reverend Geraldine Ashton
North Cornwall Cluster of Churches*

Julian Meetings

Virtual Julian meetings take place on Thursday evenings at 7pm. A candle is lit and two bible passages read out with 15 minutes silence between, ending with Compline or prayers before going outside to applaud the front line workers. Anyone is welcome to join in. The readings are put on the pew sheet and the North Cornwall Cluster Facebook page each week.

Rev Judith Pollinger

Christian Aid Week, May10th-16th

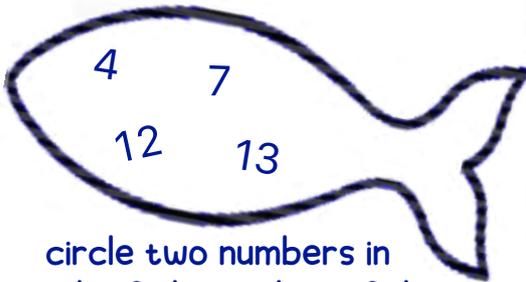
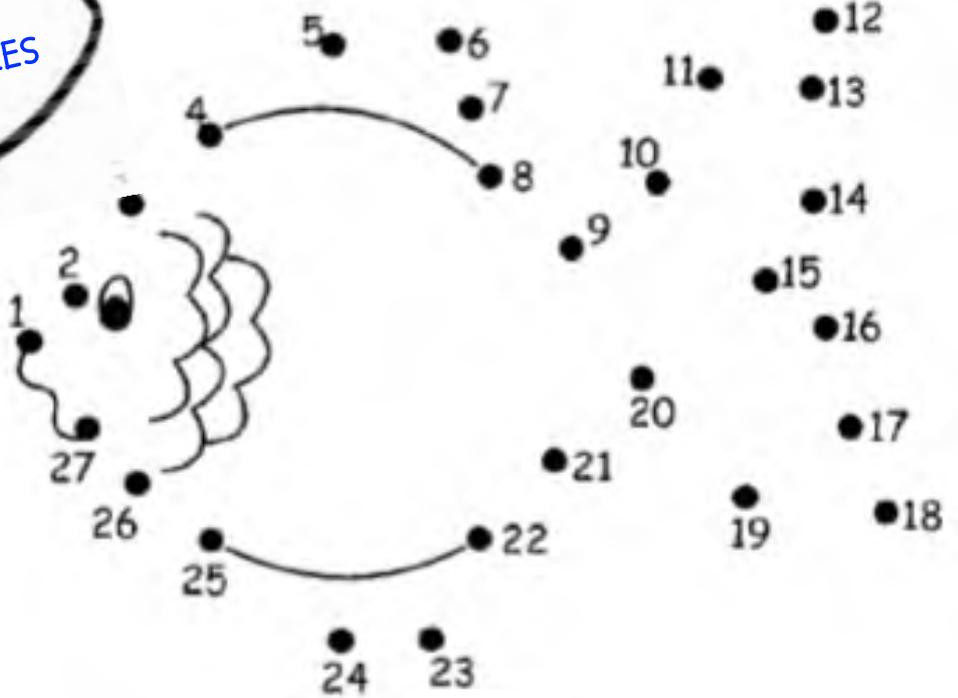
www.christianaid.org.uk/appeals/key-appeals/christian-aid-week
for all the different ways you can make a donation.

Cheques cannot be accepted this year but you can telephone 020 7523 2269 to donate by phone or by BACS.

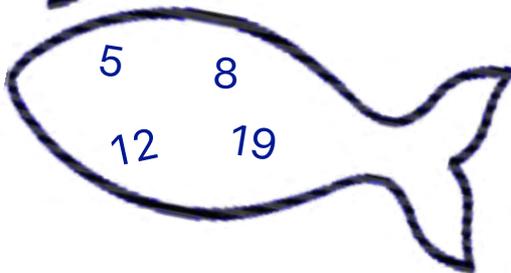
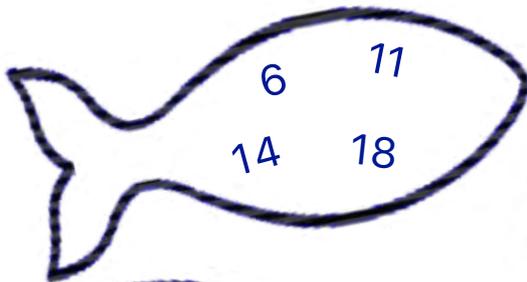
Whichever way you choose to make a donation, please could you add the reference number OR245348. This is the Cluster reference number so all our donations will be linked.

Fishy Fun

Join the dots from 1 to 28 to see what this is ...



circle two numbers in each of these three fish that add up to 20



WORDSEARCH - how many of these words can you find?

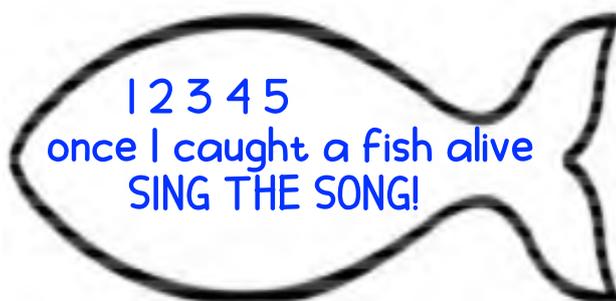
Q	J	N	D	K	F	E	D	F	F	T	L	T	S	M
A	F	Q	R	O	O	S	Z	Z	J	U	Y	G	K	B
V	D	A	U	D	H	L	O	B	S	T	E	R	A	E
Q	H	A	S	W	W	E	Q	P	L	W	I	R	T	L
S	W	D	B	I	H	A	P	J	T	H	C	A	E	B
H	P	I	L	C	H	A	R	D	S	B	H	U	R	V
E	N	D	W	H	N	J	L	J	U	S	N	I	I	J
S	L	E	S	S	U	M	E	E	S	W	O	Q	B	P
T	B	E	Y	I	K	X	M	A	C	K	E	R	E	L
G	A	A	F	Y	A	E	B	R	U	O	B	R	A	H
D	H	K	R	J	O	H	N	D	O	R	Y	K	G	C
Y	G	V	K	C	V	T	R	S	A	N	D	U	O	M
X	A	V	H	K	X	T	I	J	O	C	E	A	N	H
H	K	B	Q	Y	G	V	K	D	R	H	P	X	T	Y
D	O	L	P	H	I	N	S	T	E	H	C	O	D	N

BASS
BAY
BEACH
COD
CRAB
DOLPHIN
HARBOUR
JOHN DORY
LOBSTER
MACKEREL
MUSSELS
OCEAN
PILCHARD
SAND
SEA
SHARK
SKATE
TIDE
WHALE

FISHY RIDDLES

ANSWERS ON PAGE 19

- Why are fish so clever?
- Why is it easy to weight a fish?
- What is a pirate's favourite fish?
- Which fish is the most valuable?
- Where does a fish get its food?
- What is dry on the outside, filled with water and blows up buildings?



Scrubs for the NHS

About three weeks ago, I was lying in bed in the early hours, unable to sleep. Flicking through my phone I noticed an article about people all over the country making scrubs for doctors and nurses in hospitals. I thought it sounded like a good idea so when I found the Cornwall Scrubs group, I thought perhaps this was a way to help our NHS staff. I am sure there are a lot of ladies in Port Isaac and Trelights that wish I'd taken a sleeping pill that night!!!

Three weeks later and I've just despatched 14 sets of scrubs and 14 scrub hats. I haven't done any sewing myself, but with the help of Sharon Roberts, Nicola Williams, Kerensa Ball, Linda Collings, Gill Goodright (Trelights) and Lynne Watson (Wadebridge) we've sent 14 sets of scrubs and 14 scrub hats off to the Scrubs Hub in Mabe.

A big thank you to all the sewists (a new word as I thought sewers could have another connotation). Also a big thank you to Di Salisbury who, without asking, raised £170 within two hours of me telling her about the project. Thank you to everyone who has made a donation.

After the dining table being used for material cutting over the past couple of weeks, it will be great to eat our dinner there tonight. Thanks again to everybody involved.

Jill McDonnell xx



Stay safe everyone, #BeWaterAware and please avoid water-based activities for the time being to help protect our frontline emergency workers

Each week the RNLI on Facebook are hosting a live online class called #WaterSafetyWednesdays - it's full of lots of great info and activities for everyone to get involved in.

Whilst you're on Facebook check out our crews amazing attempt at #passthepager We were nominated by Falmouth RNLI to meet the challenge and we definitely did! Well done to all of the crew. You can find it on Facebook @portisaacrnl

For any of you missing being able to pop down to the station to see the lifeboat have a look here discover some cool lifeboat videos, visit the RNLI YouTube channel: <https://www.youtube.com/rnli>

HOW MANY DANGERS CAN YOU SPOT ON THIS BEACH?



Tales from our garden

Well, we've had our patio furniture in the back garden for about four years now and with the weather and work commitments have never really used it ... till now. The "virus" made us move it round to the front garden in the hope of seeing the neighbours and maybe the odd stray walker as they trudge round our beautiful village on their daily fitness regime.

Sitting out in the garden, with the spring sun on your face and the waft of wild garlic tickling your nose as the light sea breeze gently moves the foliage, has swiftly become one of my favourite things to do. It is even more enhanced by the bleating of Barry & Ann's lambs in the fields and the birds as they dart across the beautiful clear sky like tracer fire and the buzz of bees flying from one flower to the next.

The speed of life seems to have slowed so much that nature's sounds seem to be amplified. The dawn chorus is wonderful to wake up to and the constant tweeting through the day is so relaxing. Even the call of the seagull fits into life's tapestry (never thought I'd say that!).

But the best sound is the sound of silence ... no traffic! The constant hum of engines pounding our roads is, for the time being, gone and even when you do hear an engine it brings out the animal in you! The meerkat effect takes hold as heads shoot up looking and listening from where the intrusion has come from. Once we've seen that it's either Paul the Postie, Simon or one of the supermarket drivers we can relax again.

Stay safe and well

Chris (Lanyon)

St Endellion Summer Festival

I am very sad to announce that the 2020 St Endellion Summer Festival will not take place. In the context of the uncertainty around the Corvid-19 virus, the organising committee felt that it would be inappropriate to continue planning the festival. While we all hope that the situation will be much improved by late July, given the uncertainties that we are all facing, it was clear that we could not continue.

We had a wonderful programme all lined up for you - and are very disappointed not to be able to bring it to fruition. It will be our intention to bring it to you in 2021. The whole of the St Endellion Summer Festival community is extremely sad that the festival has had to be cancelled - for the first time since its inception in 1958 - and we all look forward to being able to return to the place we hold so dear, to make magical music together, with the audience who gives us so much.

Mark Padmore, Artistic Director



We have got to stay inside
We have got to go out for a walk
I like being inside with Zombie
We have been baking cookies

Rowan, age 6



We are stuck inside
We help Mama do her jobs
Rowan made us a curry, it was yummy
I've been playing with Zombie & Rambo
I like playing with Rowan in our garden
I am not allowed to touch anyone

Lyra, age 5

Websites of the month - birds

listen to Tony's recording of the dawn chorus
<https://tinyurl.com/Dawn-chorus-this-morning>

Another month has gone by and the news hasn't been exactly wonderful. People have been experiencing very hard times but let's hope some of the research on vaccines and new treatments comes through quickly, as well as proper protective equipment for the people who are working at the front line.

As I write this it is Earth Day - www.earthday.org - held each year as a call to action about climate and the environmental crisis that we are living through. The Pandemic is one aspect of all of this so exploring some of this can help put it into context. A very interesting place to get information about this is based at the University of Cambridge and has the unpromising title of the Centre for the Study of Existential Risk www.cser.ac.uk and has as its strapline "We are dedicated to the study and mitigation of risks that could lead to human extinction or civilisational collapse". As you can imagine, pandemics were on their radar so all we are experiencing was not unexpected and there is a lot to read there about how we can respond best to these problems.

As I was pondering all this, I got to thinking about how quiet it has become on the streets and footpaths with so many of us staying home and noticed how much the wildlife seems to be appreciating it. This is not a new thing - for example after the Chernobyl meltdown the wildlife thrived - and for a rather uplifting account of all this go to <https://tinyurl.com/Chernobyl>

Maybe unconnected but seems louder than usual so perhaps fewer cars and people about is part of the story - the dawn chorus is in full swing. You need to get up early of course to hear it, but it is well worth it. Although it is a bit of a while ago, this YouTube clip has the dawn chorus in Cornwall with pictures of some of the birds - the songs and the birds don't match as they say in the caption, but the recording is lovely www.youtube.com/watch?v=I3V102e5pA

The fields around us are full of bird song, especially as I say, first thing in the morning and I did a recording very early this morning and I have posted it on dropbox where you can download it and listen <https://tinyurl.com/Dawn-chorus-this-morning>

Identifying the birds is the next step and good place to start is the Cornwall Bird Watching & Preservation Society that has a very good website www.cbwps.org.uk/cbwpsword/about/ with lots of information, distribution and images. However, if you want to go from birdsong or the dawn chorus you can get apps!

I have tried various birdsong identification apps over the years and the one I have come across recently is pretty good. It is called ChirpOMatic www.chirpomatic.com It costs £3.99 for the Apple version and works pretty well. I tried it out today to check and there was a Blackbird singing on top of a telegraph poll very loudly. I pointed my phone at it, and it recorded about 30 seconds of song. It uses some form of machine intelligence to identify the bird and it correctly identified the Blackbird. For the dawn chorus it is of course a bit more complicated as I can't see all the birds, just hear them, but it identified birds that I know are around - Song thrush, Blackbird, Garden Warbler, Wren and Blackcap.

There are also lots of pheasants around at the moment, we have a pair that comes to visit us, and the picture is of the hen. They lay their eggs (usually about 12) any time between now and June - on the ground - and so you might find them nesting in your garden. You can see where they breed in Cornwall here <https://www.cbwps.org.uk/atlas/breeding/PH.shtml>

Finally, last month I included webcams and thought this one of barnowls would be nice - unfortunately couldn't find one in Cornwall, but this one <https://www.dorsetwildlifetrust.org.uk/wildlifewebcam> worked well and is something to look at while in lockdown!

Take care and keep safe.

Tony Wainwright



Malcolm Lee takes us on his daily walk around Port Gaverne

In these locked down times, the ability to get out for a walk comes as a relief. I am lucky enough to be able to walk along the splendid cliffs north of Port Gaverne. These are virtually devoid of human life, but the flowers and wildlife are beginning their year blissfully unaware of Covid-19. These are some of the things you may see.

One of the most noticeable taller species alongside the paths are the yellowy green flowered plants known as Alexanders. This is not a native, but a Mediterranean plant brought here by the Romans two millennia ago.



Their flowerheads form feeding stations for insects, and at this time of year it has a multitude of large shiny black flies with long dangling legs bobbing about over it. These are St Mark's Flies, so named as they are reputed to appear on St Mark's Day, 25th April. Our ones don't seem to have a calendar, as they were on the wing two weeks earlier.



The next few weeks will see our native bluebells put on their stunning annual display with carpets of blue, together with the occasional white flower and even a few pink ones.



This hybridises with the larger non-native Spanish Bluebell which we grow in our gardens. I have seen many hybrid examples here. There is a fear that in the years to come such hybridisation may mean our native bluebell is lost.

In Cornwall, Cowslips are not at all common as they need an alkaline soil, whereas our soils are usually acidic. The fringes of the north coast can have the right soil, and there is a good display north of Port Gaverne by Welshman's Quarry.



Primroses are, of course, abundant at this time of year. The common name comes from the Latin Prima Rosa, or first rose.

Where Cowslips and Primroses are found together, they can hybridise to form the False Oxlip. This is intermediate in colour and size between the two, and the giveaway is that the False Oxlip has many flowers on each stem.



In Cornwall, the False Oxlip is not particularly common, mainly as the Cowslip itself is scarce. The true Oxlip is a rare plant found almost exclusively in East Anglia, and many claimed sightings outside of this area may well be this hybrid.

If you are out early in the morning, Common Lizards are still warming up, like this one on a leaf with its body flattened to expose more to the warming rays.



This one has lost the end of its tail. Lizards have a defence strategy that allows them to shed their tail if they are picked up by a hungry bird. They can then escape whilst the bird is distracted by the still wriggling tail.

I have come across quite a few yellow and black moth caterpillars struggling across our currently empty roads, which I always help onto some nearby vegetation.



Everyone knows moths are dull brown things that come out at night



(Sky) larking about

If you go walking in the countryside this time of year, you may not have seen them, but you will definitely have heard them. Skylark song is essential to the soundtrack of British farmland and countryside.

Skylarks nest in small hollows in the ground in long grass and cereal crops. They advertise their breeding territory by a vertical flight into the air, singing an endlessly varied song as they go. Birds have been recorded to fly as high as 300m, singing for up to an hour at a time. If I was flying that high, I definitely can't imagine having the energy to sing for an hour as well!

Why on earth do they build nests on the ground you may ask? Skylarks have evolved to breed in wide, open grasslands and saltmarsh, hidden from predators amongst the tall grass but with great visibility to watch out for any predators approaching. Over time, they have become used to their habitat changing as farming practices have also changed. Increased stocking densities mean grass is often shorter, not giving enough cover to nest. Autumn sown cereals are often too dense for them, meaning they nest in the tramlines left by tractors. This in

turn makes them vulnerable to opportunistic foxes and other predators.

We need to help ensure their homes are safe on the ground. If you're lucky enough to have grassland within walking distance of your home, please spare a thought for the skylarks rearing their young in grassland at this time of year. They don't take much to be disturbed so please help by keeping all feet and paws on the paths and out of the long grass.

*Thanks from
Sarah and Tom
National Trust Rangers,
Tintagel to Holywell*

continued from previous page

and munch our clothes as well, so why do I bother? This moth never got the memo, as it is one of our prettiest day flying moths called the Scarlet Tiger. We have a good colony of this scarce moth, which in the UK has a distinctly south western distribution. It flies from mid-June into early August. On summer afternoons and evenings their flashing red wings can be seen in numbers on the way down to Port Gaverne.



There are a few distinctive butterflies in our gardens in spring, the most recognisable is the Orange Tip. The name is a perfect description, although it is only the males which have the orange tip. Females are easily overlooked as just another white butterfly, but the underside has attractive green mottling on the hind wing. It has a single brood with butterflies on the wing from early April through into June.



One often seen sunning itself on paths is the Peacock butterfly. If disturbed, it invariably circles round to get back to that best warm spot.



This is often our earliest butterfly, occasionally being seen on a sunny day in February.

If you see a small blue butterfly dancing around your garden hedge in spring, it will be the Holly Blue. It has a blue upperside with a black fringe, and the underside is pale blue with minute black spots. Apart from the spring brood, there is a second flight in late summer.



If you have photographed something you cannot identify, send the image to me at gullrockportgaverne@btinternet.com and I will try to put a name to it.

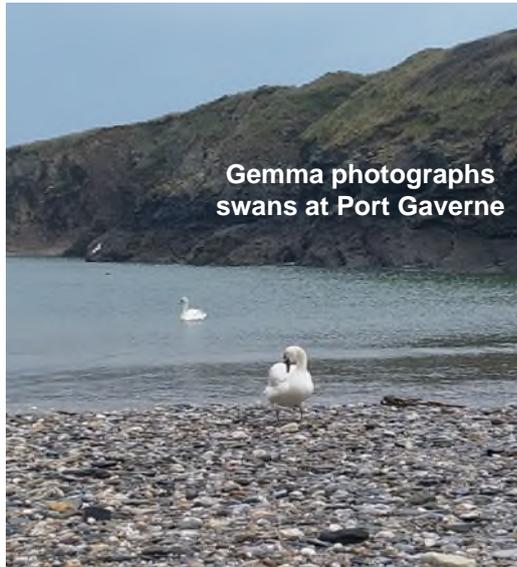
Next month I will cover the seabirds that are now starting their breeding season along our cliffs.

Malcolm Lee

Local wildlife - who's spotted what?



Katy & Simon spot dophins out in the bay



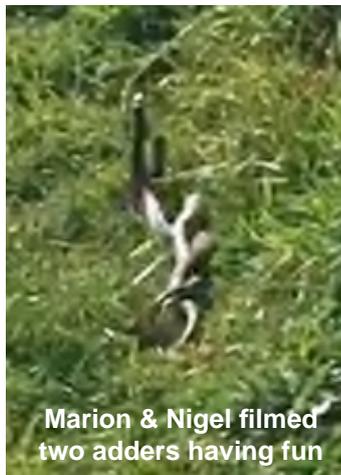
Gemma photographs swans at Port Gaverne



Liz B told us she had seen a turkey on Middle Street - it's not that we didn't believe her ... then CJ sent us a photo!...



Barbs has a robin come indoors for tea



Marion & Nigel filmed two adders having fun



As they got closer to the village, Katy & Simon spotted an adder

TOAD

by Emily Appleby Age 9

In a dark, dark house,
On a dark, dark road,
There lived a very slimy toad.

He lived in a pond,
Covered with reeds,
The pond, in a garden full of weeds.

One day toad came out,
Which made a child scream and shout,
"Mummy! Mummy! There's a toad!
Please throw it onto the road."

Poor old toad! Poor old toad!
Thrown out onto the dirty road!
Down the road toad hops,
Down the road until he stops.

Out from a house comes a lady
And she says her name is Sadie.
She picks up toad,
From the dirty road.

She puts him in her pond,
Covered with reeds,
The pond in a pretty garden,
Full of vegetable seed.

Toad is happy,
Toad is glad,
Toad will never again feel sad.

THE END!



Birds in Sally's garden



Clare has some late night hedgehog revellers pay a visit



Bathtime at Sam & Dee's

Home Schooling

We all love home-schooling,
we all think it's fun,
Especially on weekends
when we don't do none!
We all listen closely when
Mummy talks,
Then run off into the garden
and have sword fights with
forks.

The Maths is beyond me,
the English is hard,
All we wanna do is play in
the yard.
So blankets go out in the
garden for learning,
And we get the desired
fresh air we are yearning.

We listen to all the outdoor
sounds,
And watch all the ants
scurrying around.
With a picnic for lunch and a
sneaky treat,
But we're still missing our
friends who live down the
street.

But Mummy keeps plugging
on asking us questions,
Hoping that something will
create a suggestion.
Her hair is now grey from
the stress and the strain,
Her mind is all scrambled,
oh her poor little brain!

But we know that she is
doing her best for us all,
It's a difficult time and we all
need to stand tall.
Working together and
sharing the load,
We're all staying safe, trying
not to explode.

So we'll all carry on staying
indoors,
Doing our schooling and
learning new chores.
Waiting for the day that it's
safe to go out,
For hugs and for kisses for
those who've missed out.

As it's family and friends
that are top of our list,
The ones that are near but
so dearly missed.

Cherry



Planning Applications

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

1. PA19/09978, White House Cottage, 3A Roscarrock Hill, Port Isaac – glazed link between the existing summer room and dwelling. Single storey kitchen extension. First floor extension. Members objected to the proposal does neither because it introduces extensive glazing which if used in the evening to light an exterior glazed greenhouse with the intension of domestic usage will cause light pollution. The proposal which facilitates a change of use of the greenhouse to a domestic function (not mentioned in the application) will cause harm to the Listed Building of the White House, and how it is 'read' in the context of other harbour side buildings, particularly the Listed Fishing Cellars, when viewed from the Pentus Wall and other sensitive viewpoints around the Conservation Area.
2. PA19/10304, White House Cottage, 3A Roscarrock Hill, Port Isaac – Listed Building Consent for glazed link between the existing summer room and dwelling. Single storey kitchen extension. First floor extension. Members objected as above.
3. PA20/00713, The Moorings, Port Gaverne – conversion of roof space and creation of dormer windows to form additional accommodation. Members objected on the grounds the dormer windows are oversized and overbearing for the neighbours, despite obscure glazing. The (new and therefore dark) slate hanging would also by dint of its mass, have an overbearing effect for the neighbouring houses. *If the officer is minded to approve then Members request the removal of the slate hanging and retention of the current white render.*
4. PA20/02555, Wesley House, 18 Middle Street, Port Isaac – Listed Building Consent for restoration works to return the building back to its original breathable state. Members supported the application.

Planning Applications Refused by Cornwall Council

1. PA19/07596, 1 Brooklands View, Port Isaac – change of use from private parking and storage to public car parking. Members supported (with comments).
2. PA19/11215, Beulah, Trelights – conversion of garage to form a study bedroom and alteration to a window. Members supported.
3. PA20/00661, Porthcorn, 21 Silvershell Road, Port Isaac – two storey side extension and extension to existing balcony. Members made no comment.
4. PA19/10272, 90 Fore Street Port Isaac – first floor extension out over an existing ground floor extension.
5. PA20/00284, Yn-Dewetha, Port Gaverne – conversion of existing roof space to residential use. Install new windows and doors. Construct new porch. New cladding.
6. PA20/00909, Stanley House, 22 Fore Street, Port Isaac – change of use of dwelling-house to retail shop with associated storage and workshop space.

Miscellaneous Items

1. Council Leadership - under Regulation 4 of the Local Authorities (Coronavirus) Regulations 2020 Cllr. Raynor and Cllr. Coles remain as Chair and Vice Chair for 2020/21.
2. Contract and Maintenance – Ms Clare Jon had been furloughed as it is not possible for her to carry out her role during lockdown.
3. Car Park Ticket Machine – the upgrade to the No.1 ticket machine had been delayed until after the pandemic lockdown.
4. Pump Shelter – work to restore the pump shelter is now completed.
5. Amenities –
 - a. WC Closure – following the lead of the National Trust and Cornwall Council the toilets have been closed until further notice.
 - b. CCTV – installation of CCTV of the New Road public WCs is deferred until after the pandemic lockdown.
 - c. Trewetha Playground – acting on government advice, the play equipment has been closed to users.

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 Website: www.stendellionpc.com

as lots of people struggle with food shortages, we are the lucky ones with doorstep deliveries of local fish ... here's some recipes for your fresh lobster and crab ...



Lobster Thermidor

INGREDIENTS

1 sm red onion, chopped
1 bunch spring onions
1oz butter
1oz plain flour
1/2 pint milk
1tsp English mustard
2 tsp Dijon mustard
1 splash brandy
6oz grated Cheddar
2 oz grated Parmesan
Fresh tarragon (optional)
salt & pepper
olive oil

METHOD

- Put oil into heavy based pan with onion and spring onion and fry over a low heat for about 5 minutes.
- Add butter and when melted add the flour to make a roux (about 3 minutes stirring constantly)
- Turn up the heat and add the brandy - **STAND BACK**
- Turn down the heat and add both mustards and tarragon and then add the milk, a ladle at a time, stirring constantly - use a whisk to beat out any lumps
- Bring to a simmer and then add the Cheddar and cook for about 6-8 minutes
- Hopefully your Lobsters have been already prepped for you so all you need to do is remove all the meat, including the tail meat and the claw meat, and then return it all to the empty Lobster shell
- Spoon over the Cheddar sauce, sprinkle with the Parmesan and put until a medium grill until golden - **ENJOY**



Lobster Auld Reekie

AULD REEKIE SAUCE

Chopped shallots
Spring onions
Whisky
Butter
Scallops or King Prawns chopped into chunky bits
Lemon Juice

Pan fry the shallots and the spring onions for about 4-5 minutes. Then up the heat and chuck in the scallops/prawns and then the whisky and lemon juice and flame finish (*Ed: set on fire?*) with butter and seasoning. Pour over your lobster and put in the oven for five minutes.



Kim's Crab Linguine

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

Obviously purchase your fresh crab meat from one of our fabulous local crab shops. This recipe uses twice the brown meat to white as it is essentially the sauce and where all the flavour is. This is supposed to serve 4 but of course our crab is so good you may want more for four people!

- Cook your Linguine as per the packet instructions
- In another large pan very gently warm the finely sliced fennel, with the finely chopped chilli - of course if you like it hotter you can add more chilli
- Add the grated rind of one lemon and lemon juice and warm gently until the fennel is wilted and warmed through
- Add the brown crab meat and the crème fraiche and warm through - do not boil or keep cooking, it will overcook
- Once pasta is cooked, drain and return to the hot pan
- Add a couple of tablespoons of the pasta water to the brown crab meat mixture and then add half the white crab meat and stir
- Add the sauce to the pasta and stir through
- Serve in bowls with the other half the white meat divided on top of each serving
- Be gentle with your crab - it is fresh it only needs warming
- Serve with lemon quarters and chunks of fresh bread

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

With lovely fresh lobster you don't need to mess around with it but you can enhance it by adding flavoured butters. Here are a few of my favourites:

Noilly Prat & Dill - if you can't get Noilly Prat then a dry vermouth will do - add to softened butter.

Lemongrass & Chilli - bruise the lemon grass and then chop. Dry roast some chilli flakes for a minute or so and then add everything to softened butter.

Mexican Slammer - Fresh lime, sea salt and Tequila added to softened butter.

Just wrap your fresh Lobster in foil and cover with the sliced flavoured butter. Seal the foil parcel and pop into the oven for 10-15 minutes. Ansom

THE ULTIMATE LOBSTER ROLL

Remove Lobster meat from shell. Grate a clove of garlic into some mayo and add a squeeze of lemon juice. Mix in the Lobster. Slice a hot dog roll (lengthways) and put in the oven for 5 minutes. Fill roll with Lobster mix and top with thin slices of red onion.

These recipes don't just go with Lobster, they also enhance a beautiful piece of fresh Cornish fish from Dennis Knights. At these strange and difficult times we need, more than ever, to support our local businesses. The businesses that are still going and doing a fantastic job supporting us, namely Just Shellfish, Dennis Knights, Nicky B's and Port Isaac's Co-op. Let us return the favour and support them.

EAT HEALTHY AND STAY WELL

The TRIO "something to pass the time" Word Puzzle

The Stick-insects of Port Isaac



For many years, residents and visitors in Port Isaac have been finding large stick-insects in their gardens. These are not escaped pets from a local child, as some may think, but have made their home here almost 12,000 miles from their native New Zealand. Our species is known as the Unarmed Stick-insect, with the scientific name *Acanthoxyla inermis*. The second part of its scientific name is Latin for unarmed, which is here used in the sense of defenceless to distinguish it from the closely related New Zealand species, the Prickly Stick-insect *Acanthoxyla geisovii*, which has a body covered in spines. The Unarmed Stick-insect first arrived in the UK sometime in the early part of the twentieth century on plants imported by the old Treseder's nursery in Truro. Many of the Australasian plants we now commonly grow in British gardens were first introduced to the UK by Treseder's, via their Australian sister nursery. They were the premier Cornish nursery and landscape gardeners until they closed in the 1980s. Cornish gardens up and down the county were landscaped by Treseder's, many of which subsequently found stick-insects living there, including the late Doctor Baird's garden in Port Gaverne. That was not the only arrival here, as there was a butterfly breeder in Penryn who reared hundreds of these New Zealand ones in 1983, and she gave many away to schools throughout the county. Port Isaac school received some of these and when they died the debris at the bottom of the cage was tipped out in a garden in the upper village. This debris would have contained many hundreds of eggs which hatched out the following year to start the Port Isaac colony.

They can be either brown or green, with green being the more common. All the ones you see are female, laying fertile eggs without the need for a male; a process known as parthenogenesis. They have an annual life cycle, hatching from the eggs in spring and grow quickly to become adult by summer. Adults have a body length of about 10 cm/4 inches (15 cm/6 inches when you add in the front and rear legs) and are the longest UK insect. Adults do not live very long, with few surviving much into winter. In their brief adult lives they can lay several hundred eggs, which just drop below the bush the insect was feeding on, to start the life cycle again the following spring. A few may overwinter in sheltered areas but this is not important for the survival of the species.

My interest in these fascinating insects began 30 years ago when I found a huge brown stick-insect in my Port Gaverne garden. I thought little of it at the time as my reference books said they were found in the west country. After showing a picture to the local National Trust warden in 1992, he put me in touch with the UK specialist on stick-insects and I was told they were quite rare. In July 1992 I put an article in Trio asking anyone who had seen them to let me know. This received 16 reports for that year, and a further 14 relating to earlier years, establishing they were widespread in upper Port Isaac, and in Port Gaverne. After putting articles in Cornish newspapers, this established there were many more sites in the county. About 10 years ago, the Phasmid Study Group created a website to allow anyone finding stick-insects in their garden to report what they had seen. All reports come to me, where a reply specific to their location is sent back. Several people in our parish have used this website, confirming they are now also present in Trewetha and Trelights. At the beginning of 1992, the total number of stick-insect records was less than 80, and it currently stands well in excess of 4,000 and is increasing by around 500 each year.

Formerly only found in Cornwall, the first Devon record was in 2000, Dorset in 2006, Hampshire in 2008, and Somerset in 2016. A few months back, Gloucestershire had its first record and earlier this month I received the first from Wales. For an insect that barely moves a few tens of yards in its lifetime, the national spread since 2000 has been surprising. Around that time several garden centres and nurseries found stick-insects in their grounds, and as their plants are taken back to customers' gardens, sometimes the stick-insects hitched a lift, as they did with their original introductions here. Undoubtedly, visitors returning from the west country with a plant souvenir from those nurseries has distributed the species out of its initial area. Whilst these insects breed parthenogenetically, with males unknown in their native lands, the world's first recorded male *Acanthoxyla* turned up in Penzance in 2016. It is most

likely a very rare genetic defect. A female has two X chromosomes, a male a single one. If an X chromosome were lost early in the egg development, all the multiplying cells would have just one X chromosome and the resultant insect would be a male.

At this time of the year, most stick-insects you may come across will be tiny juveniles which have just emerged from the eggs laid last year. They are about 1½ cms/½ inch long with a brown stripe along their back. When they emerge from the egg, their instinct is to wander about and climb the first thing they come to, which is likely to be the plant the parent fed on the previous year. Some of them may head off completely the wrong way and come across a house wall first. They still climb up, and if they find an open window, will just walk in, which is why a quarter of all sightings of these tiny ones are in bedrooms and bathrooms, with many more found on house walls, clothing, garden furniture or fence, on the ground or on cars. Only 1 in 6 are found on their foodplants.

It would be interesting to see how our population has spread since my survey 28 years ago. How widespread are they in Trelights and Trewetha, and has it found its way down to the lower village? If anyone has seen a stick-insect in their garden or about our villages, please send details to gullrockportgaverne@btinternet.com or call 01208 880106.

Malcolm Lee



ANSWERS TO FISHY RIDDLES ON PAGE 10
 1. Because they live in schools
 2. Because they have their own scales
 3. A swordfish
 4. A goldfish
 5. At the fish market
 6. A fish tank

OUR SERVICES

- New builds
- A/V Installations
- Maintenance
- Repairs
- Re-wires
- Lighting design
- Consumer unit upgrades
- and much more...

FREE ESTIMATES

S R HEWETT
& **SDN**
electrical contractors

WHY CHOOSE US

- ✓ Affordable Pricing
- ✓ Excellent Customer Service
- ✓ Safe Work Practices
- ✓ Quality Workmanship



WWW.SRHEWETTANDSON.CO.UK | CALL : 07841521782 | EMAIL : INFO@SRHEWETTANDSON.CO.UK

CHRISTOPHER KEY SOLICITOR

Friendly office open
Monday-Friday
9.30am-12.30pm

Appointments out of office hours
by arrangement

Trebiffen, Boscastle PL35 0BN
Tel: 01840 250200
Fax: 01840 250900

HTC
est 1999

Tree & Hedge work

From Fruit Pruning
Hedges and Shrubs
Shaped and Topped
Qualified & Insured

Free Estimates
please phone Craig

01208 880390

PAUL HONEY

PAINTER & DECORATOR

INTERIOR & EXTERIOR MAINTENANCE,
WALL & FLOOR TILING, ARTEXING,
COVING & WALLPAPERING

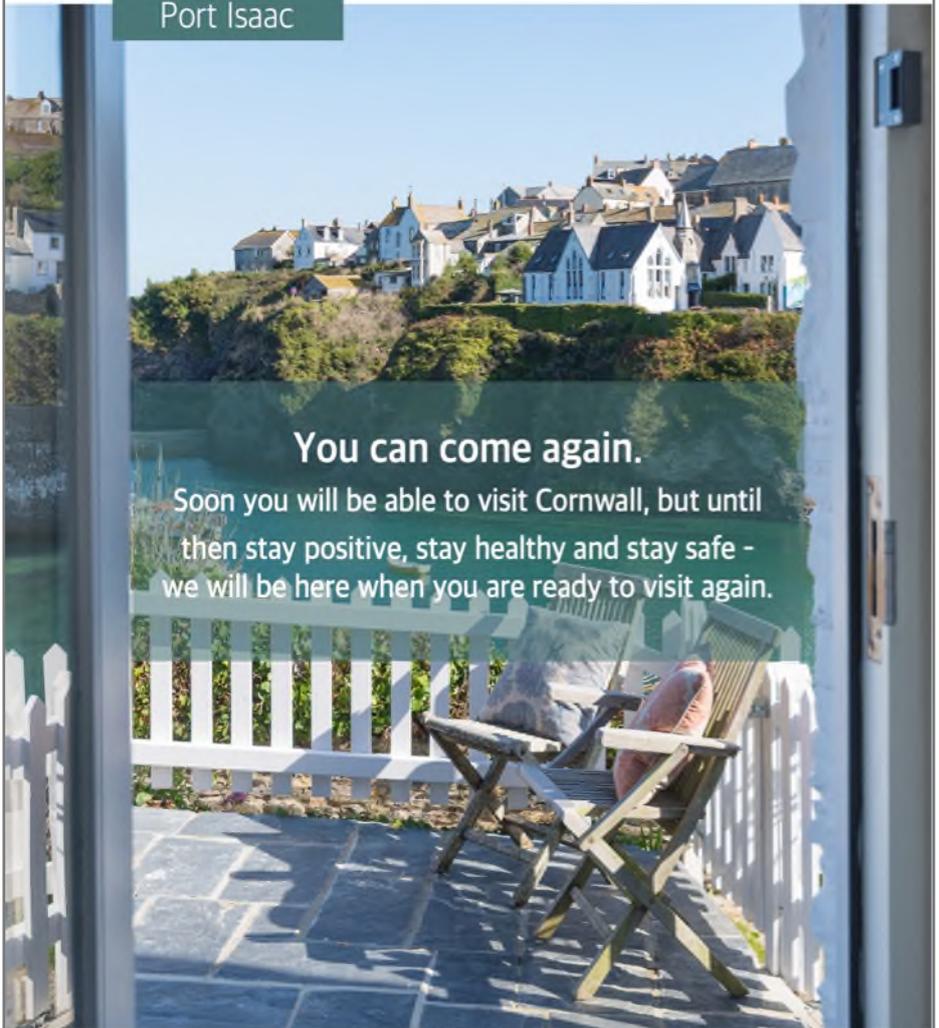
Tel: 01208 881122

Mob: 07773 305626

PHONEY247@BTINTERNET.COM

My little piece of Cornwall

Port Isaac



You can come again.

Soon you will be able to visit Cornwall, but until
then stay positive, stay healthy and stay safe -
we will be here when you are ready to visit again.

01208 863206
johnbraycornishholidays.co.uk
lettings@johnbray.co.uk

JohnBray
Cornish Holidays



S. Goodman

Plumbing & Heating



- All Aspects Of Plumbing
- Oil Heating
- Biomass Heating
- Wood Burning Stoves
- Geo-Thermal Heating
- Servicing
- Central Heating & Underfloor Heating
- Solar Heating
- Bathroom Installations & Tiling
- Water Harvesters
- Septic Tanks
- Drainage

Tel: **01840 213196** Mob: **07968 984305**
98 HIGH STREET, DELABOLE PL33 9AQ

K L Honey Ltd

Building & Renovation Contractors

Tel: **01208 880609** Mobile: **07971 479309**
Email: klhoney@btconnect.com

www.thisisnorthcornwall.co.uk

Juliette Bridge

Nutritional Therapist Dip CNM mANP



Want to improve your own health and lifestyle approach?

Looking for positive change?

Let me support you on your journey.

TELEPHONE/REMOTE CONSULTATIONS WELCOME

Email: juliette@thebodyworkshop.life
www.thebodyworkshop.life 07913 113 767

Western Supply



Timber · Building Materials · Roofing · Landscaping ·
Plumbing · Electrical · Paint & Decorating Products

Established
1965

Atlantic Road, Delabole, PL33 9DN

t: 01840 212580

Trade & Public
Welcome

www.westernsupply.co.uk

Andy Penny

Building Services

General Building
Property
Maintenance
Plastering &
renovations
Painting &
Decoration
Fibreglass Flat
Roofing
Patos' & Paving

andy@andy-penny.co.uk
07532 478 451
www.andy-penny.co.uk

Liam Benz

Plastering



All aspects of
plastering
Traditional &
Machine application



07813
533303



liambenz160@gmail.com

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



Got Waste? We'll collect it!

Our convenient service guarantees your arriving guests are not greeted with someone else's rubbish bags.

We clear the bins for your guests, on their week of arrival, so no one is left to put out other people's rubbish for collection. Not only do we offer holiday home waste collection, we collect all waste from weddings and private parties, whenever needed.



About recycling. RECYCLING FOR CORNWALL:

FREE clear recycling bags are given to encourage more people to recycle.

We recycle glass to produce NEW LIGHT BULBS

Our recycling services include a number of recycling options, from paper waste and cardboard to metals, plastics and glass; allowing you to choose your service that suits your business requirements.

****We can combine our General Waste & recycling collections all on the same day...

We are open 6 days a week

Collections start at 5am • Office opens 8am until 5pm
Trerice orchard • Burlawn • Wadebridge • Cornwall • PL27 7LE

T: 01208 815060 or M: 07814934978

info@holidayhomewastecollection.co.uk

hollie@holidayhomewastecollection.co.uk

www.holidayhomewastecollection.co.uk

holidayhomewastecollection

WE ARE ALWAYS READY FOR A COLLECTION
NO 12 MONTH CONTRACT REQUIRED
CONTACT US FOR A QUOTE

WE ALSO
COLLECT
BUSINESS
WASTE FROM
CAFES, PUBS,
SHOPS etc

THE PINK COTTAGE PORT GAVERNE

Holiday cottage next to beach.
Sleeps 8. Dogs welcome.
Garden, log fire, parking.

cilla.marnan@btinternet.com

www.pinkcottageorthcornwall.com



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
Dental Helpline - 0333 4050290

R.A. HANCOCK

ELECTRICAL CONTRACTOR

AGRICULTURAL & DOMESTIC WORK

SALES & SERVICE

SLIMLINE RADIATORS

DIMPLEX & CREDAs

COMPLETE SHOWER INSTALLATIONS

Hartland Road Port Isaac

Telephone: 01208 880328

HOLIDAY HOME

in Port Isaac

Spectacular views.

Sleeps up to six people.

Quiet gardens. Dogs welcome.

Parking for two cars.

Contact:

r.meere@btinternet.com



LARGE HOLIDAY HOME in PORT ISAAC

sleeps 10, log fire, gardens,
garage parking in village

07967 089766

davebrown1999@hotmail.com

T.F. GRILLS and Sons

Building and Carpentry
Painting and Decorating

Free Estimates

Telephone: 01208 880094

07875 221222

email:

markcgrills@googlemail.com



THOMAS HAWKEN SERVICES

grass cutting, strimming & trimming, painting inside & out

stone hedging, all small jobs around the home

THE TRIGG, FORE ST, PORT ISAAC
01208 880183 /
07812 032333



Ivan Jones Electrical Services Ltd



Your Local Electrician.

Domestic - Commercial - Industrial - Agricultural

Celebrating 20 Years of Customer Satisfaction

1995



2015

"A BIG Thank you to ALL our Clients"

Competitive & non-biased prices on:
 LED Lighting - Electric Radiators - Garden Lighting & much more.
 Offering a range of manufacturers to BEST suit your property & budget

- Testing & Inspecting (EICR)
- Landlord Certificates (EICR)
- Portable Appliance Testing
- Fault Finding
- Additional Points & Repair
- FREE Quotations
- Rewires
- New Builds
- Fire Alarm Installation & Testing
- Emergency Lighting & Testing
- CCTV Design & Installation
- Planned Maintenance

Office: 01840 213 683 - Mobile: 07738 824 181
 Info@IJESLtd.com - www.IJESLtd.com



Your first step in property preservation and maintenance



- Carpentry
- Property Care
- Kitchens
- Bathrooms
- Vinyl Flooring
- Fire Door Maintenance

T: 01208 841 528
M: 07816 899 649
E: jandbathome@aol.com



R Mears & Sons

Chimney Sweeps & Stove Installation

Established over 30 years

Vac Brush. Full CCTV investigations.

Pots, Cowlings & Bird Protection fitted. Chimneys Lined.

Solid Fuel Appliances, Rayburns, Woodburners,

Stoves, etc serviced. Fully Insured.

Tel: 01840 261221 Tavistock: 01822 664554

Mob: 07737 533392

www.sweepdevon.com



Kernow Cleaners

Spring Cleaning
 Holiday Change over
 Commercial &
 Domestic Cleaning

For details or a no obligation
 Quote please ring Rakhia on

0754 014 7734

rakhiamumtaz@live.co.uk

References Available

DBS Checked



TW- LPM

Landscaping- Patios, Groundwork's, Stone Walling, Artificial Grass,
 Turfing & Garden Design

Fencing- All aspects of Garden, Domestic and Security Fencing.

Property Maintenance- Jet Washing, Repointing, Painting & Decorating,

Roofing Projects, General Building and Refurbishments

07960652496
 01840312003

Insured Professional Qualified

www.twlpm.com

May Contain Nuts

DELICIOUS, FRESH & LOCAL



Luxury Welcome Hampers

spoil your guests with a delicious Cornish welcome pack ... call us for more details

Award-winning 'Chough Bakery' Pasties

take home 12 pasties for the price of 10
pre-order recommended

Fresh Bread & Cakes delivered daily

Freshly ground, locally roasted coffee

Smoothies & Shakes

OFFICIAL STOCKISTS OF
DOC MARTIN MERCHANDISE

OPEN DAILY FROM 9.30am
(10am Sundays & Bank Holidays)

44a FORE STREET, PORT ISAAC
01208 881277

The Peapod

FOLLOW THE
PEAPOD ON
FACEBOOK

WE ARE CLOSED AT THE MOMENT
BUT HOPE THAT EVERYONE STAYS
SAFE IN THESE WORRYING TIMES

26 New Road, Port Isaac, PL29 3SB Tel: 01208 881197

NICOLA O'MARA interior design



www.nicolaomara.com

ROCK JOINERY.co.uk

01208 862 145

Richard 07721721464
Martyn 07773303265
info@rockjoinery.co.uk

Est. 1989



St Teath Taxi
07866 815 384
 8 Seater Mini Bus



**THE
 ICE CREAM
 PARLOUR**

Like everyone
 I am closed at
 the moment.
 I wish everybody
 well and look
 forward to
 everything
 getting back to
 normal soon.
 Please keep well.

Paula



Whether you're after a dog-friendly break, romantic hideaway, beachside cottage or luxury family home - we're sure we have the ideal escape for you. Choose from hundreds of stunning coastal, waterside and rural cottages and holiday properties throughout Cornwall.

If you are considering letting your holiday home, we offer free, honest, expert advice on how to get the most out of your holiday property and the potential income you could generate through marketing.

For special offers and a free copy of our brochure call us on: 01208 607700 or check out our website www.toadhallcottages.co.uk

www.thisisnorthcornwall.co.uk www.thisisnorthcornwall.co.uk www.thisisnorthcornwall.co.uk www.thisisnorthcornwall.co.uk



- Microsoft certified & Apple authorised computer & network technician.
- Windows PC & Mac, Android & iOS. Sales & service - home or business.
- Hardware repair, software troubleshooting.
- Anti-virus/system maintenance.
- WiFi/network consultancy & installation.
- Website design & construction.
- On-site repairs from £40.
- Chromebooks from £199, Windows PCs from £299, iMacs from £499, Macbooks from £599

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



01840 552 012

"So lovely to come home to a sparkling clean house! The ladies did a great job. Highly recommend The Cleaning Fairy" - R.A Camelford



Professional, Reliable, Affordable Cleaning Service

- Holiday Home Cleaning & Management
- Domestic Cleaning
- End of Tenancy Cleaning
- 'One off' & 'Spring Cleaning'
- Office, Shop, Pub & Restaurant Cleaning
- Laundry & Ironing Service
- Garden Maintenance
- Professional Window Cleaning



The Cleaning Fairy
www.thecleaningfairycornwall.co.uk
bvethecleaningfairy@hotmail.com **01840 552 012**



For everything life throws at you



Disputes | Family
Property | Wills

01208 72328
www.sproulllp.co.uk
Offices at Bodmin, Camelford and Wadebridge

Philip Sleep Flooring

Professional & Reliable with over 20 years experience

01840 552 147

Huge selection of quality carpet, vinyl, LVT,
wood & safety flooring at affordable prices

Free consultation, planning & estimates
Insurance work undertaken

Shop now open at:

Unit 4 Pentire Workshops, Delabole, PL33 9BA
(Behind Atlantic Signs, keep right)



Opening Times
Mon-Fri 9.00-2:30
Sat 9.00-5:00



**Class 4 & 7 MOT Test Centre,
Motor Vehicle Servicing & repairs,
Diagnostic Checks,
Automatic Transmission Flushing,
Vehicle Recovery & Transportation,
Computerised 4 Wheel Alignment,
Air Conditioning servicing, testing & repair.**

**Propane & Butane Gas,
Seasoned Logs,
Firelighters,
Smokeless & Household Coal,
Deliveries available.**

Call: 01208 880536

Thank you!

Roy Speakman

**A.B.I.C.C.
BUILDING CONTRACTOR**
Specialist Carpenter, Period
Reconstruction, Kitchen/bathroom
installations, all roof work undertaken

**Tel: 07790 602404
rwsbuild@live.co.uk**

BRIGHT SOLUTIONS

**Tony Bright
Painter & Decorator
CITY & GUILDS QUALIFIED**
External & Internal
Friendly Professional Service
References supplied on request
**01840 213694 / 07765 632164
TONY.BRIGHT@HOTMAIL.CO.UK**



If you are taking your daily exercise and notice the Leats at Port Isaac or Gaverne are blocked please call Gavin Tyler on 01208 880497 or 07939 119 673



ANDREW HALLAM CARPENTRY

PORT ISAAC
0752 8369236

Carpentry
Renovation
Restoration
Decoration

andrewhallamcarpentry@gmail.com



01208 880449

justshellfishportisaac@outlook.com

Port Isaac crab and lobster
freshly caught in our family-run
boat "Maverick" and
cooked daily in our shop

- * Dressed crab and lobster (ready to eat)
- * Crab sandwiches
- * Shellfish taster pots
- * Lunch specials

Brooks & Jeal

Chartered Accountants

Business Start up
Property Letting Advice
General Business Advice
Accountancy
Personal & Business Tax Advice
Bookkeeping, VAT & Payroll
Business Forecasts & Plans
Company Formation
Company Secretarial Services



Eddystone Road
Wadebridge
Cornwall PL27 7AL
www.brooksandjeal.co.uk
T: (01208) 812129
F: (01208) 816798



the oldest gallery in the village

Secrets

Port Isaac

STAY SAFE EVERYONE ...
WE WILL GET
THROUGH THIS

01208 880862/880905 www.secretsportisaac.com

GARDEN OF EDEN



LANDSCAPING & BUILDING SERVICES

Stonework • Patios • Drives • Ponds

Hard & Soft Landscaping

Garden & Property Maintenance

General Building • Bespoke Garden Rooms

01208 851916 or 07970 919389 (mobile)

email: jimdyer70@gmail.com



a couple of dates ...

Tuesday May 5th
Kerbside Recycling Collection - bags out by 7am

Tuesday May 19th
Kerbside Recycling Collection - bags out by 7am



A HUGE

THANK YOU
TO EVERYBODY
WHO IS DOING
SO MUCH TO
HELP
EVERYONE



TRIO COPY DATES

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

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