

A photograph of a forest path. The path is a narrow, light-colored dirt trail that curves from the bottom left towards the center of the image. To the right of the path, there is a dense field of tall, thin-stemmed plants with clusters of small, vibrant purple and pink flowers. The background is filled with the trunks and branches of trees, some with green leaves, suggesting a lush forest environment. The lighting is bright, indicating daytime.

trio

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Thank you to Jill Gadman for her front cover photo and to Caroline Cleave for her back cover colour me in fisherman

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Nicki B and John Collins

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Trevathan Farm Shop is open Monday - Saturday, 9am-4pm, Sunday 10am-3pm
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Farmer Mark outside Trevathan from Anna, Will & Ethan

TRIO COPY DATE FOR JULY June 23rd



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 Tracy Smith - 07977 011 028

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

Scarecrows

They are all around the village; now you can see a selection of them here in *Trio*. Organised by the Carnival Committee to brighten up everyone's day on their daily walks, the winning scarecrows will be announced next month.



Jo & Yvonne make sure no-one misses out on the VE celebrations

Jo & Yvonne made up personalised afternoon tea boxes and with the help of Nicki delivered them to all those who weren't allowed out. They were very much appreciated by everyone.

Shirley Gladwin from Trelights told *Trio*, "What a surprise I had on VE Day. A knock at the door and there was Nicki B with a box with my name on and inside an afternoon tea. She then went next door to my neighbour Gwen and she was just as surprised. We would both like to say the biggest of thank you's to Jo and Yvonne, who we don't know, but who we will personally thank when we are allowed out again. It made my day. And thank you to Nicki B for coming up to Trelights to deliver."

Across the road Judith was equally thrilled. "Such a treat and lovely surprise to receive a kind and thoughtful gift of food today, VE Day from Jo and Yvonne. I understand everyone who lives on their own, received one. Please could you thank them through *Trio*. There were sausage rolls, little sandwiches, scones, cream and jam and an iced cup cake (iced in red white and blue) with a pretty napkin. It was all put together with such care and attention to detail. Beautifully presented and totally unexpected. I thoroughly enjoyed it all."

We, Sam & Dee, loved our afternoon tea - thank you Jo & Yvonne. It was drizzling a bit when we sat outside in the garden to enjoy our tea so we sat under a brolly - a proper English picnic!

THANK YOU



PORT ISAAC RNLI CALLED TO SERVICE ON DAY RESTRICTIONS ON EXERCISE ARE LIFTED

At 16:22 on Wednesday 13th May Port Isaac RNLI were tasked to reports of two men in a small inflatable boat who appeared to be having difficulty in returning to shore. This came on the day that government restrictions on exercise, due to Covid 19 had been relaxed to include being able to drive to a destination for exercise and to resume water based activities.

A member of the public spotted the duo in the 2.8 metre Avon RIB off the coast of Port Gaverne and became increasingly concerned for their safety. One eyewitness stated that she was worried about them going out in such a small boat but it was after about half an hour that she became more worried. She said "it looked as though they were trying to get back into shore but couldn't. The sea was terrible." A 999 call was made to the coastguard and the RNLI lifeboat D-843 *Pride of Port Isaac* (Goeth Porthusek) was launched.

Three volunteer crew responded in a choppy 2 metre swell and a NNE wind of 15mph. The boat was on scene within minutes where thankfully the two men had managed to recover their boat. Matthew Main, Volunteer Helm for Port Isaac RNLI Lifeboat, said: "Unfortunately the men were completely unprepared for their trip. They were not wearing life jackets or clothing appropriate to the conditions. They had no basic safety equipment and the engine was brand new so they had no experience of using it before. There were also signs clearly displayed stating the beach was still closed to boats launching. They realised straight away that they had made a mistake in going out and were polite, apologetic and embarrassed. We gave them some safety advice and they returned home. The men were from Cornwall but not the local area and had travelled to the area by car."

The shout came just two days after the RNLI issued a statement urging members of the public to take extra care following changes to Government guidance. The guidance

stated: "Although our volunteer lifeboat crews are fully operational, should they be needed, it is important that anyone visiting the coast understands the risk and takes the necessary steps to keep themselves safe. This will also help to reduce the demands placed on our lifeboat crews and other emergency services including HM Coastguard. In this way we can all work together to succeed in ensuring the coast is a safe place to visit.

We would urge anyone planning a visit to the coast to follow RNLI safety advice:

- * Take care near cliffs - know your route and your limitations
- * Have a plan - check the weather forecast and tide times
- * If you fall into the water unexpectedly, FLOAT TO LIVE. Fight your instinct to thrash around, lean back, extend your arms and legs, and Float
- * If boating, ensure your equipment is functioning and maintained
- * In any coastal emergency dial 999 or 112 and ask for the Coastguard."



Harold, Archie, Laura & Tom went for two!

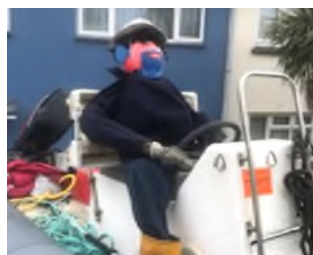
Boris the gymnast from Zienna, Yve & Carl



by Miriam, Connor & Edith



The Port Gaverne Cleaves scarecrow



Blueb'ear'd by Andy, Tom, Jenny & Alison



Pam & Chris' scarecrow



Liz & Jer's Chinacrow



Doris by Karen & Liamh

LARKS CANCELLED

With many big events cancelled already this year due to the ongoing Coronavirus pandemic, the fundraising committee at Port Isaac RNLI have reluctantly decided to cancel the biggest day of their year, Lifeboat Larks.

The event which was to take place on August 2nd and which draws large crowds each year, raises much needed funds to help the charity continue to save lives at sea. Speaking of the cancellation, Megan Rees, Port Isaac RNLI Chairperson said: 'It is with enormous regret that we have decided to cancel this year's Lifeboat Larks. We know our committee and crew look forward to the event every year and it is always fantastic to meet up with family, friends and supporters. However, the uncertainty as to how long the pandemic will continue means despite it being a difficult decision to cancel, we know it is the right thing to do to safeguard everyone involved.'

During the Coronavirus pandemic, Port Isaac RNLI remain on call 24/7 and volunteers are ready to rescue anyone in danger at sea. However, the pandemic also means that the charity cannot fund raise as normal and essential funds are falling. During this time, the RNLI would be grateful to those who can, to fund raise from home or donate to help save lives at sea. The RNLI's annual Mayday Appeal is now live. To find out more or to make a donation, visit [rnli.org/Mayday](https://www.rnli.org/Mayday)



We want to capture life in lockdown 2020 for the Port Isaac archives

your hopes, your fears, acts of kindness, the good things, the bad things ...

email your contributions to info@portisaacheritage.co.uk

or put through the door of Secrets or the Pottery



The building on the extension has started and we have everything crossed that by the time we can open up again it will be about finished.

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



The Hall's VE Day flag

www.portisaacvillagehall.co.uk

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

Stay safe everybody.

After Every Storm there is Calm

After every storm there is calm.

We will once again embrace a cherished loved one and in that moment silently confirm to never forget the pain of what's gone.

Our children will laugh and play together once more, blissfully oblivious to the chapter that went before.

We will talk in past tense and thoughtfully ponder as we walk coastal paths and on beaches wander.

We'll breathe in and take the time to carefully muse the choices we've made and the lifestyles we choose.

May we live each of our days without contrition and guilt and instead embellish and augment the life we've rebuilt.

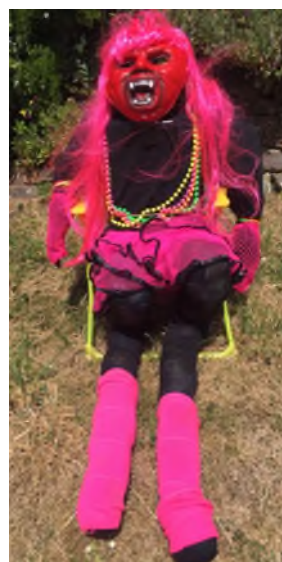
Life has no meaning without loved ones and kin and it really is true that happiness lies within.

by Louise Hartley



Superman by Edward (10)

Dominic's (8) scarecrow



"All dressed up and no festival to go to"

Lily-Rose (8) & Daisy-Rae (4)

Mr Lanyon's Words of Wisdom

I've learnt that saying "Oh, this old thing" isn't an appropriate way to introduce an elderly relative!

Jill Gadman's lockdown walks



I thought it would be nice to share some of the beautiful scenery I have enjoyed during my lockdown walks around Port Isaac. My favourite is to go down past the deserted Platt and up over Lobber (spending a few minutes on Frank's seat on the way). Then I either take the path or climb down to the wall and follow it round to Pinehaven. The gorse has been a vibrant yellow, and the lilac squill, pink thrift and lilies are now really pretty. The new bumpy track up the valley leads to a right turn over the stream where the primroses are prolific and the track up to Roscarrock Farm is surrounded by bluebells, wild garlic and pink campion and the views back to the sea are amazing. I go right through the fields but didn't quite make it to Port Quin. Other times I turn left along the valley and climb up to the field with the lookout post and return down the little path behind Khandallah or go through the gate and along the track to Homer Park and return via Church Hill.



Sometimes I go round the beautiful coast path and down to Port Gaverne (the valerian is particularly lovely at the moment), and walk out to Castle Rock on the headland, then follow the trail up past the Headlands Hotel, then down by The Gaverne. Other times I enjoy a mile or so along the coastal path with fabulous views back over Port Isaac. The valley walk is spectacular – carpeted with bluebells, wild garlic and campion (and fallen trees!), or you can turn right up through the bluebell woods and fields to the pretty little lake/pond below Kenny Richards place, then up to the main road and back through Trewetha.



Sometimes I do the Port Isaac Valley walk past Cleavey's lake and The Old Mill then down over the stream with a steep climb to Trewetha and other times I go over the style and take the path through the fields and down into Port Gaverne. I ventured further along the valley once, through the orchards, woods and fields to Tresunger Farm, but got lost on the way back and had to re-trace my steps to get back over the stream!



It's wonderful to enjoy the peace and tranquility these strange times have brought us. Sometimes I don't see a soul and other times I 'bump' into friends or make new acquaintances for a distance chat and my day seems happier. My heart bursts with the beauty of the nature that surrounds me. I feel so lucky to live in our lovely village with an amazing community that has pulled together and volunteered to help in these frightening times. Thank-you everyone.

Jill



Scott Mann writes ...



The last few weeks have been very hard on everyone and I would like to thank everybody who has followed the lockdown rules. It is due to local people supporting the NHS by staying at home that we have had such success in containing coronavirus and flattening the curve, which in turn has allowed the government to move to a new stage of our response. We have been able to put forward concrete plans for moving the country forward and the 'Coronavirus Alert System', will allow us to tailor our response to the circumstances as changes emerge.

Although I am a member of the governing party my first duty is always to the people of North Cornwall. Our constituency has been concerned about visitors from up country, and while we look forward to the time when we can invite guests back, now is not the time. It is for this reason that I have been consistent in supporting North Cornwall and our public health as a priority throughout. Firstly, by writing directly to potential visitors asking them not to visit Cornwall, and then last month, publishing an open letter to the PM asking him to ensure that our circumstances were considered when lockdown restrictions were eased.

I also used my first appearance in the 'virtual parliament' this week to robustly question the Leader of the House. I believe we need to revisit our distancing measures in order to ascertain how far people should be able to travel to take exercise and enjoy open public spaces. It is my position that we should have a debate on this issue to ensure we get some clarity for constituencies such as North Cornwall which can expect a surge in visitors as restrictions are eased.

Last week I was also pleased to welcome the Self-employment Income Support Scheme, as it is something I have been lobbying the Chancellor very hard for. Delivering on this critical support will help many North Cornwall constituents until this crisis passes. I believe this new government package, along with other measures, including the extension of the furlough scheme, will ensure that we are in a position to restart our local economy when the time is right. Details of this scheme are on my website www.scottmann.org.uk under the 'COVID-19' section and it is open to applications now.

My team and I have been working very hard from home over the last few weeks supporting constituents, and many of you have sent kind words to them and me personally. This has been very good for moral and on behalf of everyone in my office I would like to say thank you in return for the support. It is very touching to see how the constituency has come together and there have been some incredible stories of kindness throughout. North Cornwall is a fantastic and special place to live and when this crisis passes, we will be stronger for it. As always if I can be of assistance please email me via scott@scottman.org.uk or call on 01208 74337.



Someone's had One too many at Harvey & Sarah's!



Miss Scaree-Lee Nice is visiting Sam & Dee (no relation!)



**WATCH THIS SPACE!
DATES FOR THE
PORT ISAAC SHANTY
FESTIVAL 2021
TO BE ANNOUNCED SOON ...**



Rowan & Lyra's Oogie Boogie scarecrow



"Freedom"
The Appleby clan's scarecrow

Gull notes!

No change here then ... but in case you have forgotten what we look like, Emily has depicted us in lego!



Stay Safe Everyone

TIME FLIES WHEN YOU'RE HAVING FUN

inspired by Jackie Lindsay

30 days has September, April, June and November,

All the rest have 31,

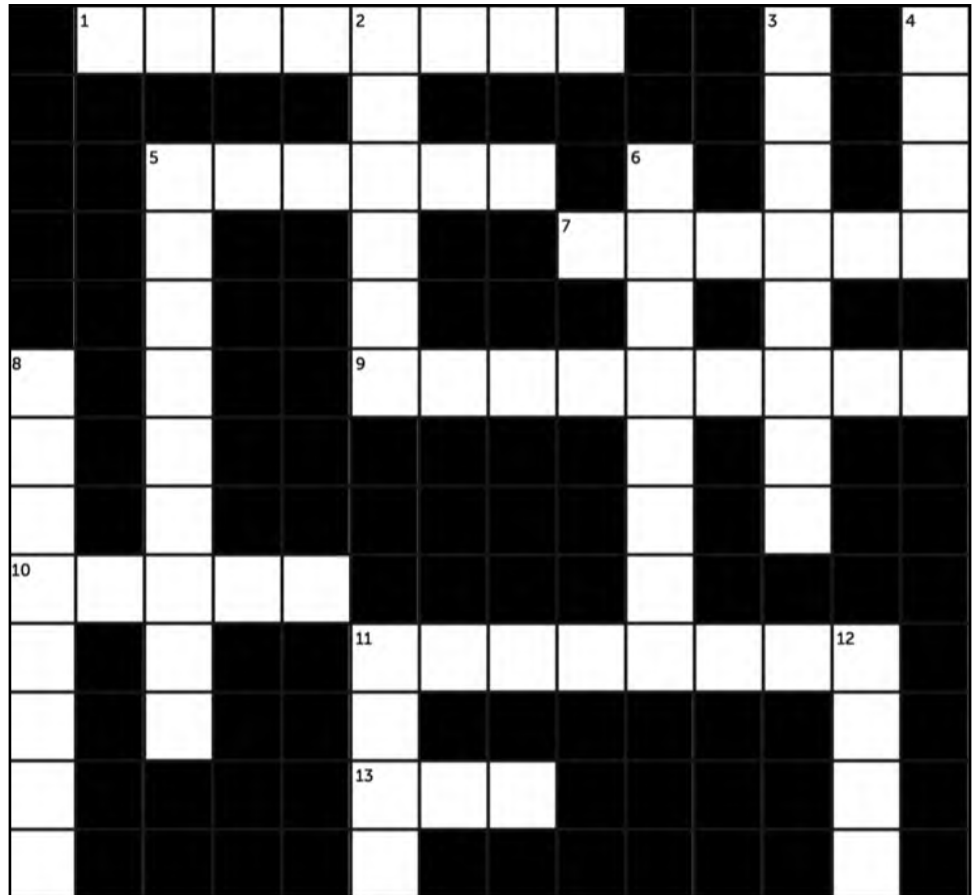
Except February which has 28 days clear, and 29 in each leap year



Unscramble these days

asrtyuda
oyanmd
seatudy
esayddwne
rdyfai
nysdua
ahrdsuy

Time for a Crossword!



Which are the strongest days of the week?

Name four days of the week that begin with the letter T?

answers on page 26



"See ya later"
Billie, Andy & Amy's
scarecrow waves
goodebye as you
leave the village

CLUES

Across:

- 1 The month when Santa comes to visit (8)
- 5 The day after Thursday (6)
- 7 There are twelve of these in a year (6)
- 9 The day before today (9)
- 10 The part of the day when you go to bed (5)
- 11 The day after today (8)
- 13 The fifth month (3)

Down:

- 2 Twelve o'clock in the middle of the day (6)
- 3 When you celebrate the day you were born (8)
- 4 Seven of these make a week (4)
- 5 There are two weeks in this (9)
- 6 The month when Bonfire Night happens (8)
- 8 Twelve o'clock at night (8)
- 11 What a clock tells you (4)
- 12 Seven days make a ? (4)



The Kendall family

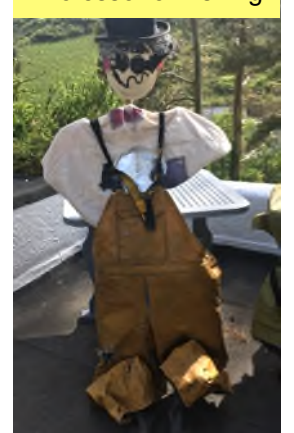


The Hartley family introduce you to Tracey from Trelights



Captain One Leg from Tyler (7), Sonny (3) and Mummy & Daddy

Reece & Taylor's Nutty Professor off fishing



Chris' Lockdown Christmas Craft Project

Mr Lanyon has a project!

If you have any wire coathangers and any acrylic paint you can donate please give Chris a call on 01208 880924 and he will collect from outside your door



Golden Circle

Owing to the lockdown restrictions imposed on everyone due to the Corona Virus and the very small membership, the Golden Circle will not restart after the summer.

It is with great regret that, as from now, I have decided to resign and I do hope that someone else, in the future, will take on the Golden Circle, perhaps creating a new format, when safe to do so.

Thank you for your support over the past 18 years.

Annie Philp



Edna's Brain Teasers

1. A period of time approximating to a single rotation of the earth about its axis is allotted to each and all members of the genus canis.
2. Two ornithurae located amongst uncultivated vegetation is considered to have a lower valuation than one grasped within the muti-fingered appendage at the end of the forearm.
3. A rapid separation of distance occurs between a person of unwise outlook and his medium of exchange.
4. The period comprising one twentyfourth of the earth's rotation immediately preceding the first appearance of the solar celestial body above the apparent junction of earth and sky has the lowest level of illumination.
5. Always refrain from carrying out a visual dental examination of a donated equine animal.

answers on page 17

Bailey in Lockdown



We are all used to seeing Mary and Bailey on their walks round the village, stopping to have a chat and a pat. But some days, Bailey takes his exercise indoors!



Pearl practising her knots with Ava



Alice's scarecrow



Pearl's Nora the Nurse

A wartime poem

Ross Collins sent this poem to *Trio*. He says that, "With the VE celebrations in May and whilst we are isolating and in lockdown, Mum & Dad (Barry & Anne Collins) would like to share this poem with readers.

"It was found in my Nan's (Joyce Collins, nee Honey) belongings when she died some years ago. It was typed on notepaper with a Naval stamp and they believe it was sent to her by my Grandfather, John Charles "Jack" Collins whilst he was away at war with the Royal Navy during WWII.

"It was amongst hundreds of letters that he sent to her whilst away during the six years of the war. They were found in a saved suitcase, opened, read and then kept neatly together in their original envelopes. It certainly puts into perspective what they went through back then, and what it might have been like to be away for so long not knowing when, or if, they would return home."

Ambition

There's a little cove in Cornwall,
And it hasn't got a name;
It isn't sought by tourists,
And it makes no kind of claim
to anything but Cornish sky
and Cornish sands and sea;
But, oh, that little nameless cove
is Paradise to me.

There's a little house in Cornwall,
And it isn't very grand;
The only carriage drive it has,
Is Cornish rock and sand.
But, peace dwells in that Cornish house,
And though I have to roam,
My mind and heart are always there,
Within my Cornish home.

There's someone waits in Cornwall;
She is waiting by the sea;
And when its waves roar angrily,
I know she prays for me,
And when my work is ended,
I shall seek that Cornish cove,
And in that little Cornish house,
Dwell with the maid I love.

George Honey (1886–1916) gets his marked final resting place

It is more than a century after his death in France during WWI but, thanks to the wonders of DNA testing, Port Isaac lad George Honey was finally laid to rest in his own marked grave at Fromelles (Pheasant Wood) Military Cemetery in Northern France.

George Honey was born in Port Isaac in 1886 to William John and Thursa Honey, who had seven boys and two girls. In late 1912, George married Ann Brown Bradshaw and shortly before Christmas that year they emigrated to Fremantle in Western Australia on the SS Gothic. They may well have been following the advice of Ann's brother, Richard Mitchell Bradshaw, who had emigrated to Fremantle from Port Isaac the previous year with brother John and his family. George and Ann settled in Beechboro, West Guildford (now Bassendean), Perth with John and the family. With the coming of the First World War, on 12th July 1915 George joined the Australian Imperial Force, where he was placed in D Company, 32nd Battalion. The company sailed on the Troopship SS Geelong in December 1915 arriving in Egypt to become part of 5th Division. After six months training they embarked for France, arriving at Marseilles on 23rd June 1916 and were quickly moved up to the western front.

5th Division was the most inexperienced Australian division in France, but nonetheless was chosen for the very first attack of the AIF in the Battle of Fromelles, alongside the British 61st Division. Apart from the inexperience of the troops, preparations for the attack were rushed, the strength of the German forces were seriously underestimated, and it was a daylight attack on a narrow front with defenders on higher ground. All the ingredients were there for a debacle. At 5.30pm on 19th July the attack began. The 32nd Battalion were on the extreme left and were cut to pieces by machine gun fire. Jimmy Downing, one of the few survivors, described the horrendous scene - *'the air was thick with bullets, swishing in a flat, criss-crossed lattice of death. Hundreds were mown down in the flicker of an eyelid, like great rows of teeth knocked from a comb. Men were cut in two by streams of bullets. It was all over in five minutes'*. The casualties were appalling, with the British losing 1,547 men, but the 5th Division fared much worse, losing 5,513 men in the short engagement, to this day the greatest loss of Australian troops in 24 hours. 32nd Battalion lost 718 men, representing 90% of strength. George Honey was one of those men.

After the battle, 160 Australian and 239 British casualties, were recovered by the Germans together with all the identity tags, including those of George Honey. The Germans buried the men, but in the fog of war the exact site was lost. A retired Australian schoolteacher, Greek born Lambis Englezos, carried out detailed local research, which bore fruit in May 2008, when the remains of 250 soldiers were uncovered in mass graves at Pheasant Wood near Fromelles. With sophisticated forensic techniques, including DNA analysis with living relatives, 96 Australian bodies were identified. The first new Commonwealth War Graves Commission Cemetery for over 50 years was created to house the 250 casualties. Each one was placed in a separate grave, with the 96 having marked graves, and the inaugural reburial and ceremony took place on 30th January 2010. DNA analysis still continues, and as a casualty is confirmed, their headstone is replaced with a fully marked grave.

George Honey's younger brother was Gregory Honey, and he was the father of Joan Murray. Joan is George's niece, although he died well before she was born. Joan recalls Major David Wilson of the Unrecovered War Casualties Unit of the Australian Army visiting Port Isaac some years back in his quest for DNA to try and identify George. All these international efforts have meant that a total of 166 casualties of the Battle of Fromelles have now been identified.

On 6th May an email was received from Marg O'Leary, Vice-President of the Fromelles Association of Australia. She had seen the story of George Honey on our Port Isaac Heritage website and wished to advise us that last year the Fromelles Identification Board had used the DNA collected to add George Honey to the list of identified casualties. She included a copy of the latest Fromelles Association newsletter which gave details of the annual ceremony of remembrance at the cemetery in France on 19th July 2109 in which the graves of George Honey, and six more of his comrades, were dedicated, together with a report from Ann Watson of the ceremony, which will be available for all to read on the new Port Isaac Heritage website when it is launched.

In February 1916, George's brother-in-law, Richard Mitchell Bradshaw, joined the Australian Imperial Army. After a spell in Egypt and the UK, he served in France and was killed on 8th August 1918. He is also remembered on our memorial.

George's wife Ann was left to raise their son, James William Honey, who was born in 1915 so would only have been a few months old when his father left for the war. He enlisted in the Australian Army and survived World War 2, although he died at the early age of 36 in March 1951.

It is heart warming that so much international effort has taken place to ensure these brave men, including one of our Port Isaac boys, receive their fully marked final resting place.

Malcolm Lee
Port Isaac Heritage



As far as we know, no picture of George Honey exists here in the UK, but the Virtual War Memorial Australia website has this image of him



1291 PRIVATE
G. HONEY

32nd Bn. Australian
Infantry

19th July 1916 Age 30

“He Sleeps
Beside His Comrades”

More wildlife around Port Gaverne

All our seabirds are carrying on with their annual breeding season. The most obvious seabird we have around here is our familiar Herring Gull with its slate grey plumage, but amongst them you may see the much larger Great Black-backed Gull with its darker plumage on its back.



This is the world's largest gull and will often harass other birds to get them to drop any food they may be carrying. Another seabird on our ledges is the Fulmar, often squabbling with a neighbouring bird who moves too close. Although it looks like a gull, it is more closely related to the Albatross.



The fulmar is a most aerial bird using its outstretched wings to glide on the strong air currents along our cliffs with barely a flap. This is a good feature to identify them at a distance, as the similar looking herring gull invariably hold its wings in the classic M shape we all put in the sky on every seaside drawing we made at school, and it regularly has to give a flap to regain height. The fulmar holds its wings straight out like a glider. This bird is a relative newcomer to the UK seabird fauna when it arrived in the UK just before the war. The first Cornish report was from Trevone in 1944.

There are two species of Auks breeding on our cliffs - Guillemots and the Razorbills. They look like small penguins and unless you go out in a boat you are unlikely to have seen them. Most nest of the cliff faces which look out to sea, but we are lucky enough to have two breeding ledges which can be seen from the coast path a short distance north of Port Gaverne. The first ledge is about 250 metres from the road by Headlands Hotel and can be viewed from the start of the four rail fence at Grammer's Chair. About 2 metres in, look down and to the right to see a cave. Just above that is a guano

spattered ledge with about a dozen or so razorbills and guillemots on it, often with more on the water below.



The next ledge is at Welshman's Quarry, about 300 metres further on. At the end of the four rail fence, this part of our coast path goes very close to the edge with a 60 metre sheer drop, so take care and hold on to small children (and nervous grannies). After going over the slate stile you need to walk to the far side of the cove to see the colony, keeping to the path. About 20 metres before the path forks to go up to Bounds Cliff, is a small depression on the left. Stand behind that to get a good view of the colony on the left hand side of the cove, about 20 metres above the water.



Again, you are very close to the cliff edge, so at all times maintain a social distance from the edge and get nowhere near the mounds of pink thrift, which dangle over the cliff top and will collapse if stood on. The colony is about 150 birds strong, with more out of sight on the seaward face. Most are guillemots, standing shoulder to shoulder, with a few razorbills on the colony edge lower left. When seen close up they are easily told apart but, at a distance, guillemots have a brownish grey back whereas the razorbill is black.

Their eggs are laid straight on the rock ledge and are the most pointed egg of any bird. This is an advantage when laying on narrow ledges, since if it gets knocked as the bird leaves the ledge, it will rotate within its own circle, rather than rolling over the edge to be lost.

The eggs hatch out in early July and the chicks will jump off the ledges and into the water within a day. By the second week in July, the ledges will be completely empty.

There are some pretty plants coming into flower. Perhaps the most beautiful of our wild roses is the Burnet Rose, a short plant with single flowers and a light fragrance. A fine burnet rose is by the slate stile as you go to Welshman's Quarry.



continued overleaf ...

Scrubs for the NHS

Another ten sets of scrubs and bags were made in May. Four sets went to Bodmin Hospital and the remaining six went to Treliske - delivered by Tamsyn Pattenden who works in A&E.

Many thanks to sewists Sharon Roberts, Kerensa Ball and Lynne Watson (Wadebridge) and to everyone who donated to this very worthy cause.

Jill Mc

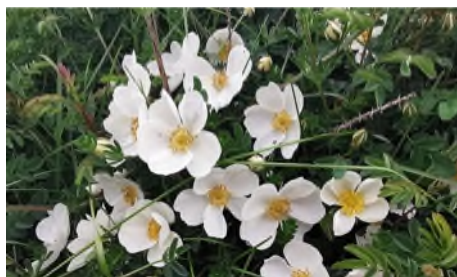
A heartfelt message from Mrs Lilian Briskham of Wadebridge:

"I would like to send a special thank you to all those very kind people who stopped to help my husband John, in his time of need, on the 31st January. We were just coming back from the doctors, travelling on the St Endellion Road (just past the church) when John said he had a bad pain in his chest. He managed to pull the car over and then slumped over the steering wheel. I got out to get help and a lady from Trelights stopped her car and 'phoned the emergency services. A number of other people stopped and one young man gave my husband CPR. The ambulance arrived, but unfortunately it was too late and John had died.

To all of you who stopped that day, I will always be grateful to you that you were there for us in our time of need. God bless you all."



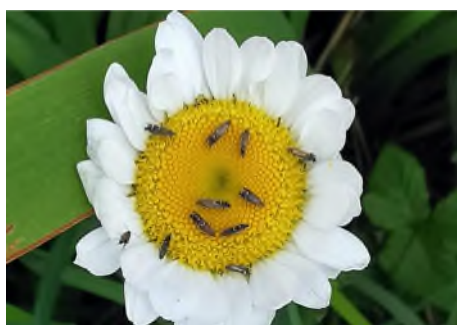
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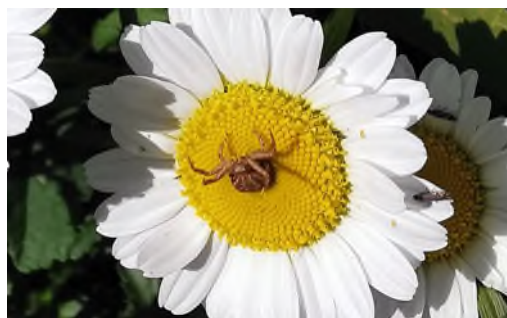
Ox-eye Daisies are in full bloom in June, the smaller relative of the Shasta Daisies we have in our garden.



In the picture you may notice what look like ants, but they are actually one of our tiniest moths, known as Cocksfoot moths, as their larvae feed on the seeds of Cocksfoot grass. They are only a few mm long and most would overlook them.



Visiting the following day, almost all the moths had gone, perhaps eaten by this Crab Spider lurking to catch the unwary.



Another tiny moth can often be seen in numbers inside buttercup flowers. This one has no common name and goes under the scientific name *Micropterix calthella*. This is a very ancient order of moth, as it still has biting mouthparts to feed on pollen grains, rather than the coiled tube (proboscis) of moths and butterflies so they can suck up nectar.



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

Malcolm Lee



With the beginning of Lockdown, the builders stopped working on the church. I was quite concerned as they had not finished tiling the roof, but luckily we have not had too much rain. After the government issued new guidelines, work was started again in May completing the tiling of the roof and treating the outside walls, some of which had become porous.

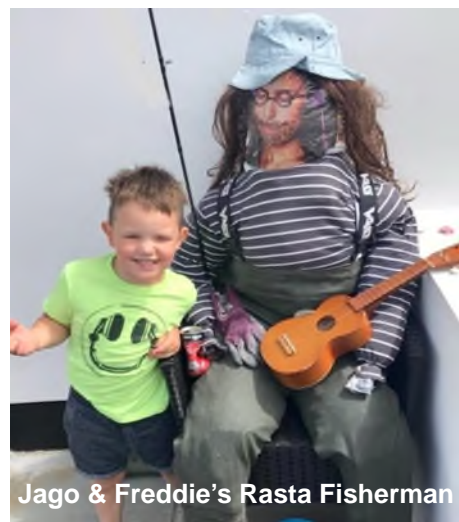
I visited church to check on progress, not climbing the scaffolding, but checking on the interior. The kitchen units have been delivered and most of the floorboards have been replaced. The toilet extension is built, and now needs fitting out. Then the inside will be decorated. The new heating system has been installed and sits behind wainscoting so no radiators are visible and the wall heaters have been replaced by spotlights. Sockets have been put into the flooring to enable maximum use of the area. Hopefully the church will be connected to mains water in June.

We all look forward to when the church can be open for services and visitors can once again see the Port Isaac Heritage displays depicting village life past and present.

The cost of the project will be more than was at first anticipated, due to the fact that the seaward side of the roof had to be retilled and the floor joists had to be replaced. While the floor boards were up, insulation was installed, so hopefully the building will be warmer.

We all look forward to when we can once again be able to use St Peter's Church to the benefit of the community.

Pat Pearson, Chapel Warden



Endelienta Online



Endelienta Make Club Online is our way of continuing to create, explore and play in this time when we are all needing to stay safe at home.

Our physical Make club met once a month for a couple of hours and until we can get back to that activity we are offering fortnightly shorter sessions held via Zoom, on Saturday mornings at 11am. Katy will introduce the topic/theme and lead some warm up exercises and then there is a longer activity that you can continue once the call has finished. We would love you to share your creations in our Private Facebook Group "Endelienta Make Club Online"

Our next block of four workshops are exploring your art materials you have at home. The first session will be a fun session where we see how many different marks we can make using our pens/pencils/chalk/paint - what ever you have to hand. The following three workshops will continue to develop marks and play with colour and shadows.

Dates:

13th June - **Escher inspired tessellations**

27th June, 9th July, 23rd July, 8th August - **Sketching; line, colour and shadow**

To take part please go to our Endelienta Facebook page and on the group tab find Endelienta Make Club Online. Request to join and once approved you can see details of the workshops and events. Once you have joined in we would love you to share your creations back into our group. Some of these will then be used to share what we are doing with our wider Endelienta audience.

If you are not on Facebook but want to join in then please drop Katy an email and she will share Zoom login and details for coming sessions.

katy@endelienta.org.uk



Ellen's scarecrow



Pauline & Colin's scarecrow

Websites of the month - plagues

While watching the excellent Horizon Special about COVID-19 <https://tinyurl.com/HorizonCovid19> I began to think about what the experience of people in Cornwall might have been in previous plagues. Not a very cheerful topic you might think, but in the same way as the Horizon programme was really informative, if a bit scary, there is some fascinating information online about it. The place I started with and end up with in the end as it is so full of interesting writing, is called "Cornish Studies Resources from Bernard Deacon" <https://tinyurl.com/Cornishstudies> Bernard Deacon was Senior Lecturer in Cornish Studies at the Institute of Cornish Studies (<https://humanities.exeter.ac.uk/history/research/centres/ics/>) before retirement - and he is author of a number of books, including one I highly recommend, on Cornish names, and the website shows you where you can get a copy. He says"

"My aim on this site is to provide a comprehensive first port of call for anyone seeking accurate and trustworthy information on Cornwall and its history." And the website is true to his word as it covers a treasure trove of topics, ranging from very academic ones (for example an article on the symbolic meaning - "iconized symbol of identity" - of the Cornish Language in the Journal of Historical Sociolinguistics which he summarises) to much more popular blogs (he has seven so far this month, and all very interesting).

He starts out his blog from 15th March entitled 'The Black Death in Cornwall' by saying somewhat ironically perhaps:

"In these uncertain times we need a topic that can take our minds off our current problems. It's always a good idea to put things in perspective by considering those who are in a more unfortunate position than we are. That was exactly the position for people in Cornwall 671 years ago to the day." He describes what happened after a ship brought the disease to Cornwall in 1348 and the sorts of 'treatments' that people tried - scourging for example when you whip yourself on the back. Despite its awful impact, the historical record shows the economy bounced back quite quickly and that wages rose and tin production recovered and for those that survived the 1300 and 1400's 'was a time of opportunity as Cornwall's economy diversified and grew faster than elsewhere' echoing perhaps what people are saying about what the changes that COVID-19 might bring of a positive nature.

His blog for May 20th is on more recent events of a similar nature in the County - between 1500 and 1600 there were outbreaks of disease and he explains what we know in fascinating detail.

Our current situation, where thankfully we are coming out of lockdown and can get out more, and people are getting back to work, is echoed in some of his stories, and how recovery happened back in the day - a resilient County as well.

On a lighter note his entry for April 30th is all about the history of the Padstow May Day and the Obby Oss traditions - which couldn't be held this year, but as he notes can be enjoyed with all the old film footage - he has lots of links to this e.g. this Pathe News from 1932 <https://tinyurl.com/obbyoss1932>

If you are looking for somewhere to learn about the history of Cornwall, its politics, its names and language, I don't think you could go far wrong than this website.

Tony Wainwright



Joey

Joey's death, although not unexpected hit the old Port boys hard.

The rest of the village were much affected too as shown by the huge numbers of people who lined the streets to watch him make his last journey down to The Platt where he had spent so much of his life. Bryan and I were pleased to have been asked to carry our old friend to his final resting place.

Joey, my brother, Jimmy, and I were all born in Port Isaac and grew up together. When we were no older than nine or ten, we regularly went out with his grandfather (also known as Frankie Joey) in the Hope hauling pots. Often we had to be up at four or five in the morning when we went up to Penvose and Gran used to cook us bacon before going to sea. Before the days of Health and Safety, at a very young age we roamed far and wide – “keeping” punts in the harbour while the bigger boats were at sea, learning to scull, birds egging (everybody had an egg collection in those days and could recognise the different eggs), gulls egging to eat, “wrecking”, climbing down Cartway or Crowser or Varley Sands spending a long time trying to lasso one of Jack Short's pots, playing chasers, weasel or Tin Can Tommy (all games now forgotten), sixpenny rides on the Mill horses with Dennis, moling in Long Pool, trying to gaff crabs to eat out of the holes that we knew in Giant Rock behind the breakwaters, mooring tin boats made out of oil cans in Plaice Pool overnight (they usually sank). We all had bikes and I remember one day we got lost in the Allen Valley and passed the time away by trying to dig up a cats eye in the middle of the road (not an easy task).

According to my diary of 1952 (when I was 8), getting lost in the Allen Valley was on Sunday 2nd March. I think Joey must have been given his bike for that Christmas because my entry for 1st January 1952 says “In the morning we taught Joey to ride his bike. In the afternoon we went to Pendoggett”.

Joey was a frequent visitor to The Rock where my father was then the only Port Isaac doctor. Joey always remembered coming to wake us up early one morning to go out in the Hope and going in the wrong bedroom and giving my father the fright of his life. Another time my mother asked Joey what was his favourite subject at school. His answer “silent reading” “why is that Joey?”, “us don't do much reading, we'm mostly just laffing and talking”.

In school one day, Joey was obviously not concentrating and was gazing out of the window. He was asked what he was thinking about. He said “I was just wondering if the tide was going in or going out”.

As we got older we spent most of the time out in boats, either our boat, the original Razorbill, which was built by Harry Hills in his workshop at the bottom of Roscarrock Hill or Joey's boat, The Francis. We both had the first Seagull Outboard engines in the village.

When the family moved to Plymouth, Joey used to come home in the summer and at weekends and with Bryan and sometimes me in The Swan, The Ours or the Razorbill we used to shoot long lines out on the Brisling Stone. Happy days as Joey would have said.

Life was not easy for Joey when he first came home from Plymouth to live and started fishing full time. As the boys went fishing too, Joey spent many happy weeks with me in my sailing boat going to the Channel Islands, France, Ireland, Scotland and Wales. We sailed from Tresco to Baltimore in Southern Ireland with Bramble. We were flying a Cornish flag and Molly Hook, an old Port Isaac girl, (who grew up with us) was rather surprised to see us having seen the flag. Later on



that trip we were storm bound on Bear Island in Bantry Bay but Joey was happy because there was a very friendly Irish landlord in the pub who had a bull in the back garden. Another time we arrived late at Rathlin Island off the north east coast of Ireland. We knew there was a pub there so we tied up quickly and walked up to the pub hoping that we would make last orders. Joey asked the landlord when they closed. He said “not until October” and so we were alright for the night. One other episode which Joey always remembered was when he and I were chased by a group of nuns in Brittany because we had strayed into their garden looking for a bar, as you do!

Another time we went through the Caledonian Canal and Joey was never allowed to forget that when he was in charge of the stern rope while we were being lowered down a lock, he took a round turn and the boat started hanging in the air until someone appeared with a sharp knife and was able to set us free.

The photos show Bramble, Dennis, Cogs and me at the Newlyn Fish Festival which was the last time that Joey came on the boat with me. We lost Joey and Cogs in the afternoon having searched everywhere for them around the festival. We eventually discovered that they had both been in a pub on the quay all afternoon, although neither of them were meant to have been drinking at that time.

There are so many happy memories and I hope that we can share more of them when this lockdown is over and the family are going to arrange a memorial party to celebrate Joey's life. In the meantime, as Joey would say, it's “Amen to the Goose”.

Dugald



Joey Thomas

1940-2020

MY JOEY, DAD, FATHER & GRUMPS



Francis Couch Thomas, better known as Joey, was born 6th June 1940. He was born at his parent's address, Penvose on New Road in Port Isaac, and he died there too.

The four terraced houses next to him were built by his Granfer Thomas (Francis Couch Thomas - the same names as Dad) and his two brothers and his sister.

As a boy Dad was very popular - his home, Penvose, was always full of boys. It was always open house. Dad played football and most summers he spent his time swimming off the breakwater, sculling boats or going out with his friends. There was a boxing club in the village and Dad was very good - the boys were often paired off against their friends.

He had a wonderful collection of bird's eggs, even though he was always warned about the dangers of the cliffs. His dad inspected the eggs one day and found a gull's egg amongst them. Dad admitted he had been on the cliffs and his Dad jumped on the whole collection! He didn't go near the cliffs again after that!

Dad was lucky and kept his childhood friends right through the whole of his life. They had plenty of fun and laughter and I'm sure many tales will still be told.

He attended Port Isaac Primary School and then, when he was 12, he moved to Plymouth with his Mum and Dad, brother Keith and sister Barbara. Another brother, David, was born in Plymouth. There he attended

Penlee Secondary School where he was good at sport and swam for the school. Dad then began an apprenticeship at Devonport dockyard as a shipwright.

Dad grew up here in the village with Mum, Lillian, who was evacuated to Port Isaac in the war and was born in Chicago House. When they married they moved to Plymouth for a few years and would often come in from work and take us on picnics on the moors. There Dad tried teaching Mum to drive, but after nearly running us three children over he gave up. He would take us all over to Cawsands for a swim in the sea and fish and chips on the way home. He was always a good Dad, a good listener and our best friend, as well as always up for a laugh. All three of us feel so so lucky to have had him as our Dad.

When we moved back to Port Isaac, Penvose, now Dad's own family home, once again became an open house. Mum and Dad loved to have a house full of all the family. Mum cooked Sunday roasts for everyone and they always had drinks sessions back at our house after the pub on Sunday afternoons. Lots of fun has been had in that kitchen! Us three kids would always have lots of friends over to stay and Mum and Dad always made everyone feel welcome. Dad would love it, even joining in sometimes and often having to climb over bodies to find his teeth on a Sunday morning as he got ready for a Sunday session with the boys!

Dad's great love was always the sea. Following in Granfer's footsteps, as a boy he went out fishing in the hope to haul withy pots. He would bring us down from Plymouth every weekend to go fishing in 'The Swan', shooting a long line at Trebarwith, sometimes earning more at the weekend fishing than in the dockyard. When we moved home to Port Isaac, Dad started full time fishing. First 'The 3 Wishes', then working with Dudley Taylor in 'The Princess', then the 'I'm Trying' and finally 'Sharicmar', which he had built in Padstow in 1988 and worked with Richard.

Dad's other great love was Plymouth Argyle. Martin remembers, as a boy, Tuesday nights were always a treat, as Joey would take him and Rich up to Home Park. On one occasion Plymouth were playing Shrewsbury Town and lost 2-1. As the final whistle blew Dad grabbed the boys and they walked back to the car, heads down with Dad very unhappy. Suddenly, in his anger and disappointment, Dad threw his hat all the way down the road. Richard and Martin found this very amusing and still talk about it to this day! In the last few years Dad has still loved going up to watch Argyle on a Saturday afternoon with Martin and the grandchildren. The kids loved hearing him shout "GREEN ARMY!" He once took the grandchildren on the bus on his own, which they all loved (not sure if they won though!).

The kindness and generosity to the grandchildren will never be forgotten. Nothing was ever too much trouble and they always had fun with him - he was hilarious company. The last words he uttered to Lewis and Jack cannot be repeated but he managed to make the boys laugh even though he was so poorly.

Dad was always an animal lover. Many will remember Dad over the last few years walking down to the village or "down Town Platt" as he would say, with his beloved Toby to meet Rich off the boat. So many people have told us that they loved seeing Dad on those walks - he always had time for a yarn with everyone and a cheeky glint in his eye.

Dad leaves his wife Lil, his children Sharon, Richard and Martin, his grandchildren Emily, Lewis, Daisy, Jack, Jago and Freddie and his great grandchildren Eva, William, Dylan and little Sia (whom he was lucky to be able to meet).

Planning Applications

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

1. PA20/01628, White House Cottage, 3A Roscarrock Hill, Port Isaac – construction of retaining structure due to cliff collapse and set of steps to reach the rear garden. Members objected in line with the Heritage Team's comment. Spray concrete will not conserve or enhance the Listed Building or the CA. We recommend the applicant considers using local stone facing/granite topping as in the steps from Roscarrock to the property, and powder coating the handrail in black.
2. PA20/01629, White House Cottage, 3A Roscarrock Hill, Port Isaac – Listed Building Consent for construction of retaining structure due to cliff collapse and set of steps to reach the rear garden. Members objected as above.
3. PA20/02303, The Lodge, Trelights – Listed Building Consent for external painting of fascia boards, bargeboards, windows, french doors, front and back porches including doors. Replacement of plastic rainwater goods. Replacement of cracked granite gate post. Members supported this application.
4. PA20/03005, Land Adj to the Old Vicarage, Trewetha Lane, Port Isaac – proposed construction of a dwelling. Members objected to the application and drew attention to the comment from the AONB officer, which deals with the detail of the setting in much more sensitive detail than the HE comments. The proposed dwelling will be seen for all the most 'money shot' sensitive viewpoint in the CA, and is highly visible from Lobber from both the beach and Little Hill, where it would be seen rising from and breaking the skyline from within the Conservation Area. As the principle of development is accepted by all parties, Members do likewise, but point out the proposal is at odds with the surrounding buildings despite the use of local stone and slate. The AONB officer states the building runs counter to the slope in marked contrast to rest of the buildings on the rising ground from the harbour and is uncharacteristic within its setting.
5. PA20/03092, Sea Glass Port Gaverne - roof extension over existing garage to first and second floor to include rear flat roof dormer and three traditional pitched dormers to front. New access steps to rear terrace. Members made no comment.

Planning Applications Approved by Cornwall Council –

- i. PA20/00629, Glendale, Trewetha – proposed demolition of existing dwelling and construction of replacement dwelling. Members were in favour of the new building, but not the car port.
- ii. 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 had objected.
- iii. 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. Members had objected.

Planning Applications Approved by Cornwall Council – please note the following applications have been approved by Cornwall Council and not "refused" as previously reported in the TRIO. My apologies for the error.

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

End of Year Accounts 2019/20 –

- a. Annual Governance Statement 2019/20 – Members considered and approved the statement.

- b. Accounting Statement for 2019/20 – Members received and accepted the 2019/20 accounts.

Members considered the impact of the coronavirus pandemic and recognised that the 2019/20 accounts are not affected, however, the impact on the 2020/21 accounts will be significant and this is recognised in the revised budget.

Meeting Dates

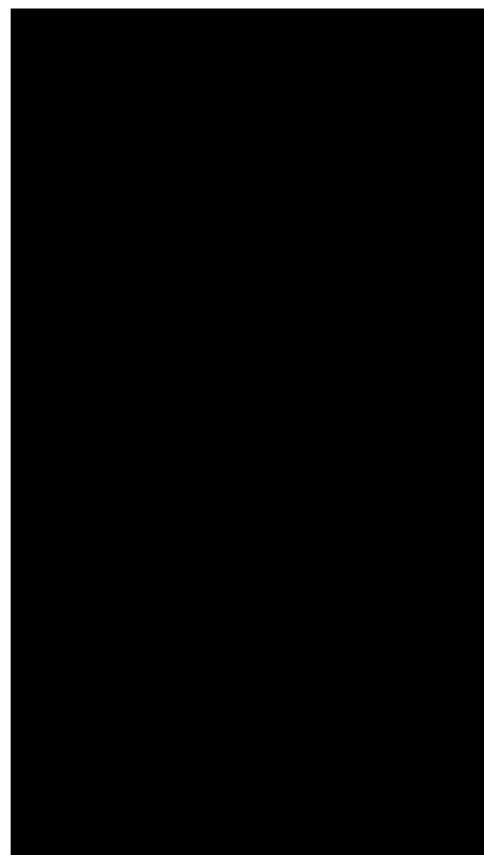
At the time of writing Meetings of the Parish Council have been cancelled indefinitely during the current Coronavirus pandemic. Members will be conducting the usual business of the Parish Council via email. Members of the public may still comment on any item listed on the "virtual" agenda which will 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

ANSWERS TO MAY WORD PUZZLE



It's BBQ time!

Well, June 1st is officially summer time so you are now allowed to dust off the BBQ tools and fill the air with the smells of smoked applewood and hickory (Ed: It's just BBQ smell round our house?).

This month I am giving you a choice of my favourite burgers.

MLT (veggie!!)

For two burgers:

4 Portabello mushrooms, stalks trimmed
2 tsp truffle oil
1 shallot
4tbsp mayonnaise
2 handfuls rocket
25g grated Parmesan
2 small Ciabatta loaves, halved

Heat the griddle/bbq. Brush the mushrooms with half the truffle oil, season with salt and pepper and griddle for 5-6 minutes on either side, until charred and tender.

Brush the Ciabatta with the remaining truffle oil and griddle to lightly toast.

Mix chopped shallots into the mayo and spread over the base of the Ciabatta. Top with the mushrooms, followed by the Parmesan and rocket. Cover with the top half of the bread.

Simple and easy ... and delicious.

BACON & BLUE CHEESE STUFFED BURGER

For four burgers:

500g lean minced beef
100g lean streaky bacon, chopped finely
75g Stilton or Cornish Blue, crumbled
half red onion, grated
Worcester sauce
½ tsp celery salt
Pinch Chilli flakes
4 Brioche buns, split and toasted
Mayo
Curly lettuce, sliced tomatoes, sliced gherkins, sliced red onions, American mustard - whatever you fancy really!

Mix together the mince, bacon and cheese. Add onion, a splash of Worcester sauce, celery salt and chilli flakes. Mix well together with your hands and divide into four equal portions.

Flatten each portion into a thinnish burger making a slight dip in the middle (this will stop them doming when they cook).

Heat a non-stick pan on a high heat and fry the burgers for 3-4 minutes on each side until cooked through.

Spread mayo on the base of each toasted bun and cover with lettuce and tomatoes. Add the burger then the gherkins, red onion and mustard and the top of the bun.

OMG!! Anson!!

SPICY FISH BURGERS

For two burgers:

Half cucumber cut into ribbons	2 fat pieces of cod, bun size
1tsp white wine vinegar	2tbsp oil
¼ tsp golden caster sugar	2 Ciabatta buns, split and toasted
1tbsp plain flour	Mayo & Chilli sauce
¼ tsp smoked paprika	Small handful rocket

Toss cucumber ribbons with vinegar, sugar and some salt.

Mix flour with paprika and season well. The dust the fish all over.

Heat oil in pan and cook cod for 2-3 minutes each side until golden and cooked through.

Spread the toasted buns with the mayo & chilli sauce, then cover with rocket. Sit the fish on top and then cover with the pickled cucumber and the top of the bun.

I'm salivating already!!

ANSWERS to Edna's Brain Teasers
on page 9

1. Every dog has his day
2. A bird in the bush is worth two in the hand
3. A fool and his money are soon parted
4. The darkest hour is just before the dawn
5. Never look a gift horse in the mouth

Mr Lanyon's Words of Wisdom

When you're too tired to do all the things on your "to do" list, try a "to don't list" - simply write all the things you're not going to do and then ... don't do them. Huge sense of achievement with minimal effort.

Planning meals in advance? Now that's some food forethought!

Local bird life



Carolyn Lewis saw a goose on the beach



Harvey & Sarah have a pheasant regularly visit their garden



Poppy & Eva celebrating VE Day

KIM'S FEEL BETTER STIR FRY

Well, it's now day 65 of being locked up in a room, as instructed by Boris in a letter from the NHS. I do go down to my front garden where some of you may see me as you walk past, but I sit back by the house so that you can't get anywhere near me! I have been very surprised that during this lock-up I have had a few wobbles as we are now politely calling mental episodes. When Dee reminded me to write recipes I had to put in old repeats as cooking has not been on my mind much as I am the only one in my household who is still working full time (albeit from the bedroom). Chris has been doing the cooking and many of you may remember early on I was excitedly putting pictures of his lovely meals on facebook. I am now on a very strict diet to counteract that initial abandon, as I have absolutely nowhere to put any extra pounds. Today I am feeling good and in a much better place so I am going to share with you my recipe for picking me up when I have a down day - whenever I say I want to do it for dinner the kids want it too so it must be good. It isn't even that naughty if you are on a

INGREDIENTS:

1 chicken breast per person
Stir fry oil (sesame oil)
Half a cucumber
2 carrots
Any vegetables that you like don't have too many or it won't cook
Tin of Pineapple in its own juice (keep the juice for the sauce)
Dark soy sauce
Cornflour
2 x tbs Tomato Ketchup
2 x tbs Mirin (a Chinese vinegar Rice vinegar will do)
2tsp sugar
Rice or noodles to go with it

THIS IS WHAT YOU DO:

Firstly chop every thing up into similar sized pieces - I have a grater which I can scrape down a carrot and it come out in noodle like ribbons, which suits this dish very well. I cut the cucumber in half and then scrape out the seeds with a teaspoon and then cut into half moons which are about a pound coin thickness. I cut the chicken into bigish bite size pieces.

Pour some soy sauce into a bowl or dish and coat the chicken in it while your stir fry oil is heating up in your Wok (or frying pan).

Once the wok is hot, place a tablespoon of cornflour on another plate and then roll the soy sauced chicken in the cornflour and then drop into the oil, Let it cook at a high heat until brown, stirring regularly,

Whilst it is cooking get another clean plate and put some kitchen paper on it and prepare the next handful of chicken in the same way. Cook the chicken in batches to make sure it all gets cooked through, Once your chicken is golden scoop out of pan with a slotted spoon and place on the kitchen paper plate and then repeat until all the chicken is cooked.

Next, add the vegetables and pineapple to the hot wok and stir well.

In another bowl mix the ketchup, Mirin, sugar and all the juice from the tinned pineapple and stir well. Than add a teaspoon of cornflour (if you like a lot of sauce you may need to add some water to this depending how many you are cooking for). Once the vegetables have begun to soften a bit add the cooked chicken and give it all a very good stir. Then add the sauce mixture and make sure it heats right through.

It is now ready to serve on your rice or noodles which should be prepared as the packet says. Enjoy.

PS: Yes, this dish does use a lot of plates and bowls but if you don't want to do all the faffing about with the chicken and cornflour you don't have to, but it does give it a slightly crispy coating which, when I suggested to Daniel I wasn't going to bother doing, he told me I had to as that's the bit that makes it taste so good. It really doesn't takes ages to make - after the initial chopping it all comes together pretty quickly.

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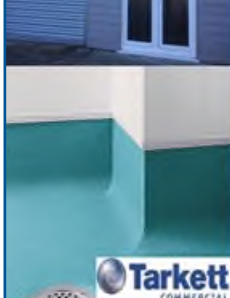
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2. Tuesday, Thursday, Today and Tomorrow!

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