

trio



MARCH

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Cover Photo: Jenny Balfour-Paul - thank you


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PORT ISAAC'S
COMMUNITY
springtime **LUNCH**

Thursday March 21st
Port Isaac Village Hall

Lunch served at 12.30pm
doors open from 12noon
BOOKING ESSENTIAL
(numbers limited)
Reservations: 01208 880905/880862
or dee54@mac.com **£8**

MENU Beef Stew, **ALL HOMEMADE**
Farmhouse Chicken & Vegetable Casserole
or Winter Vegetable Casserole
with mash and seasonal vegetables
Homemade Bread & Butter Pudding or Trifle
Tea or coffee

CLASSIFIEDS


WANTED
Parking space or garage
(long-term rent or buy)
in central Port Isaac

Please contact Greg on
07768 453584 or at
knotts@btinternet.com

Reward of £25
to the finder of a LUMIX Panasonic
compact camera and case lost in
the Port Isaac area
has sentimental images
in the camera

Tel 07542 188564

For Sale



Pretty cast iron fireplace

38" x 36" (as shown)
Also, similar horseshoe shape
cast iron fireplace
OFFERS **01208 880416**

Local Guide Books & Maps available at Secrets,
Port Isaac

Gull stuff ...

Just a reminder to those of you who live near to Cheltenham or Tetbury. We are coming your way at the end of the month.

On Sunday March 24th we are doing a solo concert at the Chapel Arts Centre in Cheltenham. It starts at 3pm if you fancy coming along.

The night before, Saturday March 23rd, we are joining the Magnificent AK47s at the Tetbury Goods Shed! It starts at 7.30pm and tickets are available from the venue website.

And don't forget that before that, on Saturday March 2nd, we are welcoming our friends, The Voice of the People Choir, to join us in Port Isaac Village Hall for a joint concert. They are a 40+ mixed choir from Somerset led by Yvette Staelens. It will be a friendly evening of laughter, fun and music kicking off at 7.30pm. Tickets will be £5 on the door and of course the bar will be open and we hope to raise lots of money for the Chris Treglown Foundation Fund.

If you would like us to sing at your event just ask one of us or email us at gullspi@icloud.com



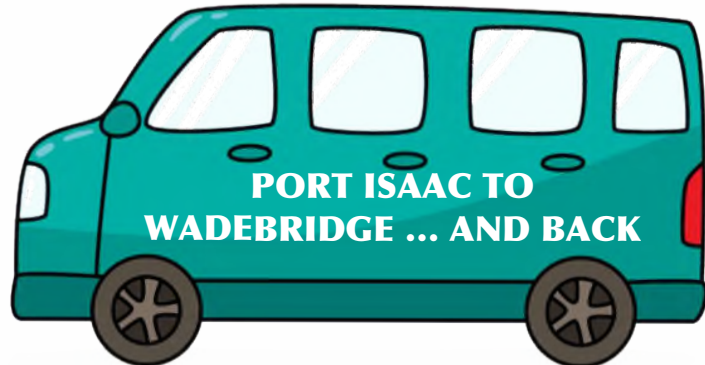
ST BREWARD SILVER BAND

RETURN TO PORT ISAAC

Summer Thursday nights have not been the same since the traditional visits from the St Breward Silver Band stopped. So it's great news that they are returning to Port Isaac and to perform their concerts on The Platt in August - all **Thursdays** - starting **8th, 15th, 22nd and 29th**, all starting at 7.30pm.

The Doc Martin Fund is to fund a new Community Service to make your life in Port Isaac that little bit better ...

The Port Isaac Community Taxi Service



But a volunteer is needed to administer the service ...

This door-to-door taxi service will operate every Monday morning and is open to everyone at a cost of £5 per person.

How it will work:

- The Community Taxi will collect you from your home at 10am and drive you to Wadebridge.
- You will then have until 12noon to do all you have to do in Wadebridge before returning to a designated pick-up-point.
- The Community Taxi will then deliver you, and your shopping, back to your front door.

The volunteer running the service will need to take registrations on to the scheme. He or she will then need to take weekly bookings, on a first-come, first-served basis as the taxi can only take up to eight people and then pass bookings to the taxi company.

If you are interested in taking on this little community volunteer job contact Cheryl on 01208 880802.

Port Isaac Illuminations are holding a
GRAND AUCTION @ THE SLIPWAY
on **SUNDAY JUNE 23rd at 3pm**

Our professional auctioneer and his willing helpers will be extracting money from your wallets and purses for all kinds of wonderful items ... and all for Port Isaac's Christmas Lights display.

It will be a fun-filled event with loads and loads of laughter and some truly fantastic bargains to be grabbed.

a GREAT BIG Thank You! Port Isaac Village Hall



Things are happening! The stage ceiling has been renewed, the chair store is finished apart from painting, new cupboards have been made, years worth of rubbish has been got rid of, the kitchen and ladies loos have been painted, work has started on the drains - THANK YOU TO OUR HEROES NIGEL ANDREWS, LEWIS BISHOP, TOM BROWN, JEREMY BROWN, ALAN DAVIES, ANDY HALLAM, ANDY O'BRIEN, JOHN SPROULL & MARTIN THOMAS for your hard work. And of course the Village Hall Committee who have gone above and beyond the call of duty.

A big thank you to Sharon Battersby who is helping us with grants.

Thank you to the Doc Martin Fund for a donation of £7500.

Thank you to village newcomer, Bertie Herrtage, who is helping us with a Crowdfunding project.

The back-breaking and difficult drainage work continues but once that is all completed things should begin to move a bit faster. If you can spare any time to help you would be welcomed with open arms! Give Liz Brown a call on 01208 880739. You'll get fed well!

A huge thank you

to the following businesses who have donated materials to the Hall:

**B&Q, St Austell
Bodmin Flooring
Jewsons Plumbase
Travis Perkins**

plus **the Port Isaac Co-op** who are helping us feed the workers

YOU CAN STILL SUPPORT PORT ISAAC VILLAGE HALL WHEN SHOPPING IN THE CO-OP ...

The next round of Co-op fundraising has already begun and once again Stay & Play and the Village Hall have been chosen as recipients.

However, you do need to reselect your chosen charity on your Co-op card so that 1% of your spend will go to your choice (as well as 5% for you). You can do this online or talk to Craig instore and he will be able to help you.

THE BOOKSHELF

And a final "don't forget" - the used book shelf in the Co-op supports the Hall and the Playgroup. If you have any books to donate just take them up to the Co-op and put them on the book shelves - they are near the cash point.

Together we can make great things happen

other ways you can help

SPONSOR A CHAIR

We nearly have enough money for 100 chairs so as soon as the chair store is painted we will be ordering our first batch.

MAKE A DONATION

You can make an online donation

HSBC Bank Sort code: 40-45-10
Account No: 71020447 Ref: Donation

or give a cheque to any committee member or send to

The Treasurer, Port Isaac Village Hall, c/o 3 Trewetha Lane, Port Isaac, Cornwall PL29 3RN
or drop into Secrets, Port Isaac

THIS REALLY WORKS ... THE PAPER TRIO IS PRINTED ON RAISES FUNDS FOR THE HALL ... GIVE IT A GO ...

Raise **FREE** funds for us every time you shop online!

www.giveasyoulive.com/join/port-isaac-village-hall

Simply visit the above link and raise FREE funds for us every time you shop online via Give as you Live!

Raise FREE funds through Give as you Live at over 4,000 top online stores

Shop at 4,000+ stores

Port Isaac Village Hall

WE'VE GOT SOME EXCITING NEWS TO SHARE!

This summer, we are launching Port Isaac's very first online crowdfunding campaign in aid of our Village Hall. This is a focal part of our community here and we are working hard to make it the best hall possible for everyone who uses it and preserve it for future generations to come.



IT NEEDS OUR HELP!

If you're a Port Isaac resident, a second home owner or a happy visitor, we'd like to invite you all to join us



PORT ISAAC IS AN INCREDIBLY SPECIAL PLACE AND WE'D LIKE TO CELEBRATE THAT

How can you help? If you'd like to donate and support us there are details on the opposite page

or Stay tuned for June - we'll be launching our online crowdfunding campaign and offering a range of rewards - watch this space

Please email us at
triopi@mac.com
to register your interest
(you'll get the first peak at our
rewards and crowdfunding video)



We can't wait to show you
what's in store!
Thank you



We've promised to move mountains this year and our biggest fundraiser will take place over the weekend of **September 6th-8th**

THE PORT ISAAC SHANTY FESTIVAL

An amazing weekend of shanty singing is planned throughout the village at various venues opening with a Gala Shanty Night on the opening night with our very own Fishermen's Friends - tickets to be released soon.

WATCH THIS SPACE

Lent

Easter this year is very late, falling on 21st April. In consequence the month of March falls almost entirely within Lent beginning with Ash Wednesday on March 6th. The term Lent is a secular one, meaning Spring, and so we can look forward to natural renewal and growth occurring at this time.



In Church terms Lent is a period of preparation lasting forty days, recalling the time spent by Jesus in the desert as he prepared himself psychologically and spiritually for his mission on earth.

We traditionally associate Lent with giving things up, fasting or at least reducing our intake of food and drink. And this is not a bad way to prepare for the feasting we associate with the celebration of Easter. But we would do better, and probably have greater chance of success, if we regard Lent as a period of growth and renewal, in which we deliberately choose to develop our spiritual sensibilities.

We can follow a course of study by attending a Lent group, or reading a recommended Lent book. But equally beneficial can be a more regular reading of the Bible and more careful attention to our dealings with our friends and neighbours. The latter may be especially relevant this year as the possible significance of March 29 creates political tensions. Whatever we choose to do to signal Lent it is perhaps more important that we choose to do something, anything, to emphasise its special nature than what we choose to do.

*Andrew Lewis
Prebendary of Marnays*

Lent Course: Reflecting on paintings by Mantegna

An exhibition of Mantegna's work has recently been shown in the National Gallery and will be the subject of a Lent course being held in the Stone Barn at St Endellion. It starts on Wednesday March 20th and then continue on Thursday evenings between 7pm and 8.30pm up to April 11th.



Alpha for Lent Course

A five-week course, at various venues starting at 7pm, will be held on Mondays March 4th, 11th, 18th & 25th and April 1st.

For more info call Geraldine Ashton on 07957 609085.

ST PETER'S CHURCH

St Peter's, our simple seaside church, is open to everyone, every day until about 4pm. We have a service every Sunday morning at 9.30am to which you will be warmly welcomed. You will also find our Church is a lovely quiet place to just sit and reflect and be peaceful.

The Church is also home to PISCES (Port Isaac Shared Community Exhibition Space)

Port Isaac Who's Who in the North Cornwall Cluster of Churches

Priest in Charge: Rev'd Dr Elizabeth Wild - 07758 407661

Clergy: Rev'd Canon Judith Pollinger 01208 880181 &
Rev'd Andrew Lewis 01840 211161

St Peter's Chapel warden: Pat Pearson - 01208 880969

Administrator - Baptisms, Weddings, Funerals: Elizabeth Williams - 01208 886778

Administrator - General Enquiries & Communications: Gavin Tyler -
gavin@northcornwallclusterofchurches.org.uk

Church Diary Dates

Sunday March 3rd

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

Ash Wednesday March 6th

7pm: Sung Eucharist with Ashing,
St Endellion Church

Sunday March 10th

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

Sunday March 17th

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

Sunday March 24th

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

Mothering Sunday March 31st

9.30am: Holy Communion,
St Peter's Church, Port Isaac

Taizé Service at St Endellion Church

6pm on March 17th a peaceful end to the day with Taize chants, readings, prayers and silence by candlelight

PARISH RETREAT

This year's Parish Retreat will be held at Treworra Barton, Davidstow from Tuesday April 30th - Thursday May 2nd. The theme will be "Christian Living and Dying". You can stay for one or both nights or just go for a day or a morning or an afternoon. Full details from Judith Pollinger on 01208 880181.

The Ideas Project Charity: Fire Engine to Kosovo

It's now early May when a fire appliance will be going Kosovo and we can fill it with all your generous donations of blankets etc.

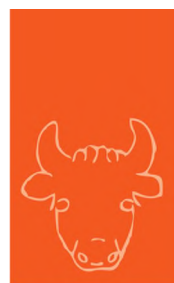
We are happy to take any more of the following, either new or in good condition please:

Babies' knitwear and blankets, Children's shoes, Children's winter coats, School bags

Please drop any donations to us at Port Isaac Pottery or ring 01208 880625 to

FISHERMAN'S FRIENDS
 the movie
 comes out at a cinema near
 you on Friday March 15th
 The Regal Cinema will be
 showing 3 and 4
 performances a day for
 the first week - book
 your seats now
FISHERMAN'S FRIENDS

Events at St Endellion February 2019



Saturday 23 March 7.30pm

Endelienta Baroque – The Genius of Handel

Period instrument ensemble Endelienta Baroque are delighted to be returning to the place of their foundation. This talented group of young professionals will present a programme that explores and revels in the remarkable variety of George Frideric Handel's chamber music.

Endelienta

Tickets £10 (accompanied under 16s free) from www.endelienta.org.uk ; by email

April 13th- 21st 2019
 46th St Endellion
 Easter Music
 Festival
ENDELLION *festivals*




This year's Easter Festival will start on April 13th with a Come and Sing the Duruflé Requiem. Over the next nine days we shall again be able to enjoy the rich mix of choral and orchestral and chamber music that characterises these wonderful festivals.

Particular features will be the world première of Oliver Tarney's St Mark Passion on Good Friday and inspiring renditions of Mozart's C Minor Mass and Shostakovich's 9th Symphony under the batons of David Watkin and Adam Hickox.

For further details see www.endellionfestivals.org.uk

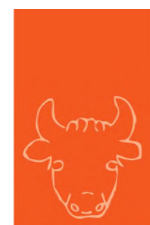
Book tickets from Hall for Cornwall www.hallforcornwall.co.uk

up until Sunday 31 March

Exhibition: 'Four'

The exhibition's title implies a sense of structure and completion, and also reflects the different format of our third open exhibition: all selected pieces will be in A4 format and will be displayed on stands in the church in specially created books.

Entry free.



Endelienta

Groundhog day for the Chorale

This time last year we were frantically rehearsing for the Wadebridge Music Festival but unfortunately our class was scheduled for the day of the 'big snow' and was cancelled, much to our disappointment. Therefore, we are once again preparing for the Festival, in the hope that we may get to take to the stage this year!

As our musical director, Janet Townsend OBE, is the chairman of the festival, we always work very hard to ensure she will be happy with our performance.

As with most music festivals, we are singing two contrasting pieces, one of which is accompanied. This year we have decided to sing the two pieces we prepared for last year. *She's Like The Swallow*, which is a Newfoundland folk song and is unaccompanied and *Old Mother Hubbard* which is one of our very popular concert pieces which is sung in the style of Handel with a very impressive accompaniment played by our regular accompanist, Jo Norton.

Please feel free to come along and listen to the festival competitors on the evening of Thursday, 28th February at the Town Hall, Wadebridge, as there will be a full programme of choral classes which will be a very interesting evening of entertainment. Of course, if you want to come along and support the Chorale, we'd love to see you and we should be taking to the stage at about 7.30 on that evening.

Morwenna Vernon

The Newlyn School of Artists

art talk & trip

Friday March 22nd in Port Isaac Village Hall at 7pm

Olive will be talking about the late 19th century community of artists who lived amongst the fishing families whose lives they portrayed with such sympathy and incredible skill. Olive will consider what drew the artists to Newlyn, including the beautiful scenery, quality of light, simplicity of life and drama of the sea.

Saturday March 30th - 11am-2pm at Tate St Ives

Our 'Talk & Trips' group is now linked to the Tate 'Look Group' programme which offers small groups support and free entry to their exhibitions. There will be a talk on the Anna Boghigulan exhibition which opens in February. The session will be led by Tate St Ives' Curators, giving everyone a chance to discuss responses to the exhibition and there will also be a chance to meet other groups. We will do a car share with those are interested in the event.

TALKS & TRIPS COMING SOON ...

Tuesday April 16th - TRIP to Newlyn Penlee House & Museum

Thursday June 13th in Port Isaac Village Hall at 7pm - 20th Century Cornish Landscape Artists

Tuesday July 9th - TRIP to Trelissick Gardens, Truro

Please contact Caroline Cleave on 07966 501156 for bookings or further information.



We seem to have fared well over the winter but we are still asking for your help whilst you are out and about.

If you notice the Leats at Port Isaac and Port Gaverne are blocked in any way please let one of the flood wardens know.

You can call:

Gavin Tyler - 01208 880497,
Andy Penny - 07532 478451,
David Raynor - 01208 880211,
Mike Coles - 01208 880224,
Dee Littlechild - 01208 880905 or
Cheryl Webster - 01208 880802

Tourism award for the Doc Martin team

Doc Martin filming starts again in March with all the regular members of the cast coming back again. They all love Port Isaac as does Martin Clunes who says: "We love going to Cornwall to make Doc Martin, and we miss it when we are not there. The county is so beautiful, and the people have been so warm and welcoming to us. It is the best job in television."

Doc Martin has been filmed here since 2014 and there is no doubt about the popularity of the drama and the thousands of tourists it has brought to our village and to Cornwall. So much so that this boost to the main Cornish industry was recognised by Cornwall Tourism which presented a special award for outstanding contribution to tourism to the Doc Martin team at a recent ceremony held at Truro Cathedral

Executive producer Philippa Braithwaite says the Doc Martin team was delighted to receive such a prestigious award. "The people of Cornwall, and Port Isaac in particular, have always been so helpful to us when we are making Doc Martin. We are thrilled that we have been able to give something back, and to be recognised in this way is the icing on the cake."

"Uniquely within the television industry, we also contribute to a fund for the village and have raised £134,000 so far. The people of Port Isaac decide how the funds should be used."

Funding has included support the Port Isaac Village School and it's nursery, helping with transport for swimming and after school clubs, it has supported the Village Hall providing disabled access, it has supported the Golden Circle by providing transport for outings, speakers and meals for the over 60s and has helped light up the village at Christmas.

Presenting the award, Head of Visit Cornwall, Malcolm Bell, said "Cornwall has a great profile that matches and often exceeds competitors such as Wales, Scotland and Yorkshire. Those regions receive public funding support for destination marketing – in Scotland it is around £5 per head of population, in Wales it is around £3.50 per head of population and in Yorkshire it is £2 per head. In Cornwall it is zero.

"However Cornwall has won the battle of the destinations, without the big bucks. That is why this year's award for outstanding contribution to tourism goes to Doc Martin, a team that have supported the promotion of Cornwall for over 14 years. They have projected the beauty and unique quality of Cornwall in the UK and around the world. At trade events in the overseas markets they are frequently mentioned, and resulted in generating interest in and considerable visits to Cornwall."



Doc Martin Fund thanks

Christmas Lights

A huge "thank you" to the Doc Martin Fund trustees who granted our Port Isaac Illuminations request for £2000 enabling us to take advantage of pre-season sales and bargains. Yes, we will be buying more lights and, believe it or not, in about nine months time we will be showing them off (OMG).

Port Isaac Village Hall

A great big thank you to the Doc Martin Fund for the donation of £7500 towards the Village Hall side extension. Onwards and upwards ...



Mick and Karen Griffiths are supporters of the RNLI and are trying to visit as many stations as possible as they travel around the UK in their motorhome.

On Monday February 18th they visited Port Isaac as the 61st station so far on the 'mission'. They were met by lifeboat operations manager Chris Bolton where he showed them the station and they bought some merchandise.

Since then they have been to Rock, Padstow, Newquay, St Agnes, Sennen Cove, Penlee, The Lizard, Falmouth, Looe and Fowey before heading home to Whitstable.



The Lifeboat Marathon Team would like to thank everyone who supported their recent Race Night in Port Isaac Village Hall. The total raised towards the Lifeboat appeal was £1307.



Photo: Adrian Jasper

ST MABYN YOUNG FARMERS SUPPORT LIFEBOAT APPEAL

The St Mabyn Young Farmers Club (YFC) has been busy fundraising to support the Port Isaac RNLI new lifeboat appeal. £1500 has been successfully raised through a range of fundraising efforts by the club.

Port Isaac RNLI recently announced an extension to their lifeboat appeal to cover funding for the new Lifeboat's equipment, operational costs and premises when due to enter service in September this year.

Volunteer crew and committee gathered at the lifeboat station to present St Mabyn YFC with a framed and inscribed photograph of the current D Class lifeboat in action. Senior Helm Damien Bolton gave them a tour of the station and a talk on the history of the station and the lifeboat. Sincere thanks were conveyed by all for supporting the continued appeal.

AGM

The fundraising committee at Port Isaac RNLI would like to invite you to our forthcoming AGM to be held at Port Isaac Village Hall on Thursday April 4th at 7.30pm. As well as the AGM proceedings we will give an update on the new lifeboat appeal fundraiser and provide food and refreshments courtesy of the committee.

We then look forward to a fascinating talk from our guest speaker Martin Brockman. Martin is a BT engineer and also the Volunteer Lifeboat Visits Officer at Penlee. Martin comes from Mousehole and is the Son of the late Nigel Brockman, Assistant Mechanic of the Solomon Browne and Brother of retired Coxswain Neil Brockman. Martin's aim is to educate schools, youth and community groups by giving heritage and educational talks preserving the history of the station and the RNLI. Martin is also an RNLI Youth and Heritage education volunteer and he manages the Penlee Lifeboat website.



DATES FOR YOUR DIARY

Lifeboat Summer Service on the Platt
Sunday June 9th

Lifeboat Larks on the Platt
Sunday August 18th



Planning Applications

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

1. PA18/11975, 56 New Road, Port Isaac – proposed extension. Members supported the application but requested a condition for non-reflective glass.
2. PA19/00224, Pentreath, Trelights – removal of single storey existing entrance porch and erection of new single storey porch and shower room. Members supported the application.
3. PA19/00369, Former Football Field at Homer Park, Port Isaac – non-material amendment for the increase in roof height by 50cm and the inclusion of 1 roof light and 2 gable end windows. (Application no. PA16/03282 dated 15/04/2016 relates). CC had approved this application prior to Members' meeting.
4. PA19/00644, Land NW of Trecreege, Trelights – application for approval of reserved matters for the construction of an agricultural dwelling for occupation by a farm worker (PA17/08672 outline permission approved on appeal). The applicant had no objection to painting the sides of the building to help with camouflaging the dwelling. Members supported the application.

Planning Applications Approved by CC – information only.

- i. PA18/10800, Sea Winds Road from Long Cross to The Barton, Trelights – variation of condition 2 in respect of decision no. PA17/05844.
- ii. PA18/09549, 34 New Road, Port Isaac – various works to dwelling. Cllr. Williams said Members' request for a slate roof had been upheld.
- iii. PA18/10360, 1 Cliffside Access to Cliffside, Port Isaac – alterations to window openings. The application was withdrawn as permission was given under Permitted Development Regulations.
- iv. PA18/10744, Lower Bodannon, B3267 Between Trewetha Lane / Pendoggett Road, Port Isaac – proposed 4no holiday/glamping pods with assoc. services including ablution block. Construction of bunds.
- v. PA18/10800, Sea Winds Road from Long Cross to The Barton, Trelights – variation of condition 2 in respect of decision no. PA17/05844.
- vi. PA18/10842, Windrush, New Road, Port Isaac – proposed extension and modernisation of existing dwelling

Public Conveniences

Members are pleased to announce that the new toilet block is now open.

We are currently going out to tender for a new contract to clean the toilets at Trewetha, New Road and Roscarrock.

Miller Commercial are handling the letting of the catering kiosk at Trewetha for us.

Following protracted negotiations, it is anticipated that the Parish Council will acquire a lease on the Roscarrock toilets shortly.

In order to ensure the toilets at Port Gaverne are available to the public this coming season, the Parish Council has signed a short-term lease to keep them open until the end of October.

Notice Board Advertisements

Cllr. Cheryl Webster has taken on this project and anyone interested in placing an advertisement on the notice board in The Main car park should contact the Clerk in the first instance.

Meeting Dates

Meetings are normally held on the second and fourth Monday of each month, commencing at 7pm in Port Isaac School. Members of the public are welcome to attend. Please check our website for more details.

Gillian Thompson
Parish Clerk / RFO
Email: stendellionpc@gmail.com
Website: www.stendellionpc.com

Scott Mann's update from Parliament

I hope that everyone has recovered after the heavy snow that hit North Cornwall and caused a lot of disruption across the county. The weather came in very quickly leaving many communities cut off and motorists stranded in remote areas. I was really impressed with the way that local people got together and helped each other out. Many of our farmers were out with tractors and 4x4's helping free cars, or driving people to safety. I would also like to pay tribute to the emergency services and CORMAC for their work over that terrible night.

I was extremely proud to see that Polzeath Marine Group were granted a Broker Award Winner in the Aviva Community Fund. The local group work very hard to ensure that our marine life and coasts are well preserved here in North Cornwall and I am delighted to see that they have acquired a prestigious award through the funding. The group have recently helped bring a water fountain to the local area and in doing so hopes to reduce the amount of plastic waste that builds up on our beaches affecting our marine life. I'm sure they shall put the funding to good use and ensure that all North Cornwall benefits from their continued dedicated work.

In addition to this, I have become aware that a local company in Padstow, 'Harbour Holidays', is backing a Cornwall Air Ambulance appeal to raise money for a brand-new helicopter to add to their ranks for their airborne medical service. The company have pledged their support to the New Heli Appeal and it is something that I fully support. Ensuring and maintaining the health of the people, especially in such a rural location such as Cornwall, is a priority and having a new helicopter will ensure that more people are supported over a larger area. Cornwall Air Ambulance must raise £2.5 million by 1st April 2020 and I urge people to donate and support the cause by visiting their website.

Finally, I recently discovered the new iWalk Cornwall app, with its first featured walk being in North Cornwall from Tintagel church to Trebarwith Strand. Beginning at Glabe Cliff, the route follows the coastline presenting some of the most beautiful geographical coastline in all of Britain to all who wish to walk the route. The route also allows you to learn more of the history of the local area too, following the old quarrymen's trail into Treknow; one of the oldest industrial settlements in the area. I look forward to seeing more people enjoying the North Cornwall coast in the future.

www.scottmann.org.uk

TOM'S OUR NEW HARBOUR MASTER

After many years Byron Buse has retired as the Harbour Master. The Commissioners are pleased to announce that they have appointed Tom Brown as his replacement.

backalong ...

80 years ago

January 29, 1939

Leaving behind it a trail of terror and tragedy, one of the worst gales in living memory swept the Westcountry last weekend. Ten lives were lost off the coast, including seven men of the St Ives lifeboat crew. A minelayer, HMS Meadea, was wrecked near Trevoze, but Port Isaac and Trebetherick life-saving crews, using rocket equipment, managed to save all about one of the crew.

100 years ago

February 1, 1919

About three o'clock on Monday afternoon, local fishermen at Port Isaac sighted a vessel in a distressed state about seven miles NNW of Port Isaac. She was drifting broadside on to the rock-bound coast. A moderate gale was blowing. Padstow was communicated with and the reply came that the lifeboat was being launched. Soon after 5pm the Port Isaac rocker apparatus went to the spot where it was thought the ship would go ashore. Two hours and a half later the vessel struck rocks in Port Quin Bay, some three miles west of Port Isaac. Some sailors walked along the cliffs and when the vessel struck the rocks they scrambled down over them at great risk to their lives. They got near enough to hail the vessel, but there was no response. Consequently it is thought a passing steamer rescued the crew. The vessel is a total wreck. Her nationality is not known.

Sea, Salt and Solitude

featuring stunning photographs and a good "catch" of locals from Port Isaac

all profits to the Fishermen's Mission

available online from www.fishermensmission.org,
www.nathanoutlaw.com, and the Boathouse Stores
in Port Isaac, priced £25

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



It doesn't seem five minutes since the trade rubbish system was first launched in Port Isaac. All businesses, including second-home-owners that let out their properties, needed to register and sign contracts with waste contractor Cory Environmental and then purchase special bags for their rubbish and special tape to wrap round cardboard so that it could be recycled. The arrangement was that this rubbish would be collected six days a week. This system worked well. Daily collections meant that food rubbish was not left as an open invitation to rats or for the bags to be ripped open and the contents discarded around the village by the gulls. After a few months Cory was taken over by Biffa, one of the UK's leading waste management companies, but the system still worked and you would think that everybody lived happily ever after.

But you are forgetting that this is one of Port Isaac's hot topics, on a par with parking and dog poo. Sadly things have gone awry.

Two weeks ago (at the time of writing), without notification to the majority of businesses, the rubbish was not collected (and again, at the time of writing, some of the rubbish still hasn't been collected). Golden Lion Marc got on the case and was told that Biffa had changed the system and would now only be collecting the trade rubbish on Wednesdays. The businesses found it hard to believe that a contract could be changed without notification and negotiation but that is what happened.

Some of the food related businesses have sorted out a temporary solution with a holiday waste company and Golden Lion Marc is currently talking to other companies about them taking over the trade waste removal long term. He arranged a meeting for businesses with a Biffa representative but that did not resolve much. The bottom line is that Biffa is losing money with daily collections but might be able to go to two collections a week. Might! But that would leave days worth of food and trade waste to accumulate and most of the businesses have nowhere to store their rubbish. Plus those businesses who have purchased a stock of Biffa bags and tape will be out of pocket if they go to a new company.

Clearly Biffa need to sort themselves out, particularly as it seems that some of the businesses signed up with Cory are no longer on the Biffa system – a fact that they have been invoiced and been paying for the trade rubbish bags and tape! How does that work?

Let's hope that by the time the Biffa really kicks in this is all sorted.

Biffa declined to comment.

Port Isaac Stay & Play

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

Activities coming up:

March 5th – Hand Painting

March 12th
Stained Glass Windows

March 19th
Dinosaur Plate making

March 26th
Mother's Day Cards

April 2nd – OUTING

April 9th
Easter Cards & Bonnets

April 16th – OUTING

April 23rd – Pebble painting

If you want to know more
contact either Lucy on 07784
657921 or Cherry on 07900 527610

PORT ISAAC SCHOOL NURSERY STAY & PLAY

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

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

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

Everybody Welcome!

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Your Hall for YOU to Use



WEBSITES OF THE MONTH

I have written in this column a few times about climate change and the environmental effects of the way we live. Since I first became interested in this topic, quite a few years ago now, there has been a steady change in the way people view these issues, as it has become increasingly mainstream. The web has been a good source of information and so an update on progress or lack of it can be found there and we will have a look at what's on offer. Among the first world leaders to draw attention to this issue was Margaret Thatcher. In 1990 she said at the second world climate conference www.margareththatcher.org/document/108237

"But the threat to our world comes not only from tyrants and their tanks. It can be more insidious though less visible. The danger of global warming is as yet unseen, but real enough for us to make changes and sacrifices, so that we do not live at the expense of future generations."

Sadly, her rallying cry at that time was not heeded and the issue of future generations has been taken up recently by the future generations themselves. So, on Friday 15th February, the youth strike 4climate protest took place in Britain <https://tinyurl.com/4climate-kids>. Children from all over the UK took one day from their school studies to show they had lost patience with our generation and that something needs to be done. While some may say they should obey the rules and stay in school, the pictures on the television of young people being active citizens was, for many people both inspirational and encouraging.

Their action is part of a wider movement of young people that was started by a 16 year old Swedish schoolgirl, Greta Thunberg, who decided enough was enough, and held a solo protest outside the Swedish parliament as she felt there was little point in studying when the climate was out of control and the politicians were not doing nearly enough - you can see a video of her here <https://tinyurl.com/Greta-TED>. This video is well worth watching as she explains in very simple terms the situation we are in. As she herself says, she is on the autistic spectrum and has little time for social niceties. The action the school children have been taking across the world has been described as action for generational justice – in the sense that what our generation has been doing by the way we live, has consequences for generations to come – just as Margaret Thatcher said all those years ago.

Another group of young people who have been taking action are involved in court cases in the United States www.ourchildrenstrust.org/juliana-v-us. Here they have decided that their government has not been looking after them and protecting the environment as the law says they should. They have a pretty heavyweight advisor, Professor James Hansen https://en.wikipedia.org/wiki/James_Hansen, who was one of the first climate scientists to testify to congress about the dangers of climate change, decades ago. In 2009 he wrote a book called Storms of my Grandchildren, where he outlined the dangers facing generations to come and you can hear him talking about the climate emergency ten years ago www.youtube.com/watch?v=naIXuP87bGI. He has been representing his grand-daughter, Sophie Kivlehan in these court cases, and you can see a short clip of them both giving a talk about the climate situation at <https://tinyurl.com/Hansen-Sophie>.

I am writing this on a lovely sunny day. The sky is blue, and there is real warmth in the sunshine (unlike last month where it was very scenic but chilly – see picture). The days are drawing out and it is really nice looking forward to warm evenings in the garden. The sea is warming up too – not quite enough for a swim personally but not too far off. That's the complicated issue about all this. You can't tell by looking out of the window how serious it is. And as Margaret Thatcher said – *"It can be more insidious though less visible."*

Tony Wainwright

Chef Lanyon's Butternut Squash Risotto

This is a firm favourite of mine to cook as well as to eat.

The thought of cooking a risotto fills some amateur, and the odd professional, cooks into breakdown mode, but it is easy. Just prep up first.

Ingredients to feed four:



1 large butternut squash
2tbs smoked paprika
1 white onion, diced
500g Arborio rice
1500ml (approx.) boiling water
500ml white wine
2 vegetable stock cubes
good knob of butter
40g grated Parmesan
Olive oil
Salt & pepper

Method:

Preheat oven to 190°C

Chop the squash but **don't** peel it as the skin will become nutty and chewy when roasted. Toss in a good glug of olive oil and the paprika and salt and pepper. Add a few of the squash seeds. Roast for 40 minutes by which time it should be slightly caramelised (soft and gooey).

When the squash is cooked, put the kettle on and make a cuppa. You are now ready to start making the risotto.

Pan fry the diced onion gently in a splash of olive oil and add a few chunks of the cooked squash (this will break down as the risotto cooks) before the onion starts to brown. Add the rice and salt and pepper.

Add 100ml of water from the kettle and crumble in the stock cubes. Stir over a medium heat as the stock cubes dissolve.

After a couple of minutes the rice will have absorbed the liquid. At this point add another 100ml of boiling water. Repeat this process, continuing to add water in small amounts until the rice is tender but firm to bite.



Remove from the heat, add the butter and parmesan and stir. When the butter and parmesan have disappeared add the remaining chunks of roasted butternut squash. Scatter over a few of the seeds from the squash and drizzle over the paprika infused oil from the roasting tin.

Enjoy you lovely people

Chef Lanyon
@ The Chapel
Cafe,
Port Isaac



Kim's Jambalaya

I hear from Mr Lanyon that this month he is doing a risotto. My recipe is a much easier option and it is Dan's favourite; it is his request for it as a birthday dinner in March and it reminded me what a great one pan dish it is. This is again comfort food but much spicier than last months. Or keep the spices down to entice children to eat

3 tbsp Olive oil
3 sticks of celery Chopped into small pieces
2 gloves of garlic (2 tsp of lazy pureed garlic)
2 tsp of lazy ginger
3 heaped tsp Cajun spices (or more if you like spicy)
Grated carrot (not essential but great for hiding veg from children)
2 or 3 large chicken breasts cut into small pieces
1 tin chopped tomatoes
2 litre jug of chicken stock
20 Herta Sausages cut into 2cm pieces
250g Arborio or Risotto Rice

In your big pan, heat the olive oil, the celery with the garlic and ginger, gently until softened.

Add the chicken pieces and the Cajun spices and stirring constantly cook the chicken.

Add the grated carrot, the tin of tomatoes and half the stock and bring to the boil.

Add the rice and stir well so that all the rice is brought off the bottom of the pan. Turn the heat right down to the lowest that your cooker will go put a lid on and cook for 25 minutes stirring occasionally and

if it gets dry add a little more of the stock. Don't worry if you don't need any or all of it.

When the 25 minutes is up add the Herta sausages and stir through and cook for further 5-10 mins until they are heated through and the rice when bitten is no longer hard or chalky. Still add more liquid if needed.

At the end it should be a bit wet but not really runny or dry. This is a recipe that can be altered to suit your tastes you can add your favourite veg or spices to make it how you like it. If you are a grown up you may prefer prawns to sausages.



the importance of good posture

MOVE IT OR LOSE IT!

with Julia Treglown

In all my fitness classes I stress to everyone the importance of focusing attention on the postural muscles and why good posture is important and something we should be aware of.

The warm up, muscle conditioning, flexibility and stretching sections of the class offer comprehensive postural training. The exercises I include lengthen the muscles that gravity, life and bad habits have shortened and strengthen the muscles that help to keep the body upright. A fitness instructor or physio will assess your posture and this is important before problems set in. The real challenge comes when you begin to move. Good posture applies both in stillness and in movement and there's no better time to practise than when exercising. Performing exercise from a sound foundation will help to keep it safe and more effective. Careless alignment and unsafe moves can result in damage to the cartilage, ligaments and muscles but complete inactivity can have the same effect. Loss of mobility, stiffness and tight muscles are major contributors to balance and disability as we get older. Correct technique and moves that respect the range of actions the joint is designed to do can result in healthier, more stable connective tissues and a better range of movement.

It is not what you do but the way that you do it that will make the difference!

Try the Posture Check at home

1. Head and neck lengthened upwards
2. Keep your chin parallel to the floor
3. Eyes looking straight ahead
4. Shoulders down and away from the ears
5. Ribs lifted up and away from the hips
6. Breathing easy and regular
7. Pelvis correctly tilted to allow natural curves in the back
8. Lower back lengthened and abdominal muscles engaged
9. Weight placed evenly over both feet
10. Knees soft (relaxed) and over the ankles

The Posture Check will have instant results - just by correcting your posture, you will be taller, trimmer and feel stronger and more positive.

Here is a basic test you can do at home to assess your posture. If you find it difficult to do don't worry as many people find this difficult but consider having a posture check with a professional who will advise on exercises which can be done to help improve posture.

- stand comfortably with feet flat on the floor and heels about six inches from the wall.
- ease your back back against the wall as flat as you comfortably can
- place your head on the wall, keeping your chin tucked in
- raise your arms out so they are shoulder height and bend your elbows. The tips of your fingers should be facing forward and your elbows are straight out and in line with your shoulders
- now rotate your arms upward at the elbows, keeping them bent and aim to touch the back of your wrists to the wall
- if your back arches or your wrists are unable to touch the wall this is an indicator of poor posture.

Whenever you can, run through the Posture Check above, from top to toe, both when exercising and throughout the day. It will certainly be of great benefit!

More tips on caring for our joints during exercise will follow in future editions of the Trio.

For further information and details of classes run by Julia contact 07815 987172 or email juliatreglown@hotmail.com



Jill Aldridge

1947-2019

Memories of our sister

Jill was born in Manchester 71 years ago during a very cold winter. She had a very good childhood but at school was often a bit naughty, often standing outside the classroom for talking too much or distracting the class!

Whilst at Secondary School Jill developed a love of drama and was often the lead in school plays. A talented mimic she was always making us laugh and this continued throughout our lives.

When Jill was nine our family discovered Port Isaac and captured by its magic Jill longed to live there. A gifted artist she won a place at Manchester College of Art and then became a textile designer for Courtaulds. She moved to London in the sixties, working just off Carnaby Street and living with her elder sister Jane and friends. She enjoyed everything that London had to offer.

After her marriage to Gerry they moved to Leytonstone. There, as elsewhere in her life, she made long-lasting friendships ... and it was here that she had John and Tom. As they grew older she began to work with young adults with special needs at Leytonstone House and Dr Barnados. This started a long career of caring for and inspiring disadvantaged children for whom, after those long hours outside the classroom, she had developed a strong sense of empathy.

When John was 10 the family moved to Port Isaac and lived in a house near to their friends Jackie and Bruce Rowe. During this time she ran the youth club and to this day people remember the good times they had there.

The boys were now at Camelford School and Jill became a classroom assistant. If there was a school trip Jill was on it; canoeing down the Ardeche or traipsing over Dartmoor, she was the life and soul, and always listening to the children's problems.

The boys grew up and they followed very different paths, John became a fisherman and Tom chose a legal career. She delighted in both boys and their achievements. She also loved being a grandmother to little Joe.



Wilfred Donald Hambly

known to all as Don

Don was born in Mawgan Porth on January 29th 1931 and lived in Trenance Cottages with his parents Winifred and Bill, along with his brothers and sisters Audrey, Reg, Iris, Hilda, Lloyd and Peter.

He left school to work on a variety of local farms before joining the army in the Royal Engineers as a Dog Handler. Many jobs followed including long distance lorry driving and working for Mike Scott as a builder in Port Isaac. For many years Don drove milk tankers for Dairy Crest, arriving home at night with turnips, corn, potatoes, cauliflowers - all little gifts from grateful farmers – and, of course, cheese from the factory.

When Don was about 60 he had an accident at work and took early retirement. However, supplying cheese for the family must have been engrained into his DNA as, even as recently as last year, his question would always be “Have you got enough cheese? There’s some in the fridge, help yourself.”

Back in the 50s it wasn’t long before Don was out on the dance scene. Driving his Wolseley packed with friends, off they all would go dancing every weekend and it was at one of these dances in Wadebridge that he met Joyce. They were soon married and after a while they got one of the prefabs on the site of what is now Port Isaac Primary School. It was nine years before the kids came along; Alison in 1965 followed in 1968 by Donna.

It was in 1965 that the Mayfield estate was built and Don and Joyce moved from the prefabs into 17 Mayfield Road where both Alison and Donna were born.

Don always made friends easily, none more so than with Don Dalvarez, known as ‘Telly Don’, the man who brought television signal to the lower village. He lodged with Alice Masters, Don’s mother-in-law, while working installing the aerial and the two Dons became great friends and through them the respective families became very close, with Telly Don becoming known as Uncle Don.

Don was a big family man and loved his uncle and nephew time with Ric and Bill down in the Bones Bar playing darts and having a drink.

He had many friends but always looked forward to his great friend Geoff’s visit on a Friday, ‘Aunt Avices’ pasties in hand. They would spend hours talking about the good old days.

Don was delighted when grandchildren came along - Katie, Cerin and Tom. More people to supply cheese to! He was a very generous man. If you mentioned you liked something, a constant supply would be couriered to you, be it wine gums, chocolate, tea cakes, macaroons, jellies ... not just cheese! He loved his shopping trips with granddaughter Cerin, even though he only really wanted a box of Magnums, but of course coming home with wine gums, tea cakes, macaroons, jellies ... and cheese.

Don was devastated when Joyce lost her battle and passed away in 2013. They had been married for 56 years. But with the help of ever increasing numbers of great grandsons, Don kept going, managing to keep the jokey persona he was so well known for, but now only watching the darts on TV along with the snooker.

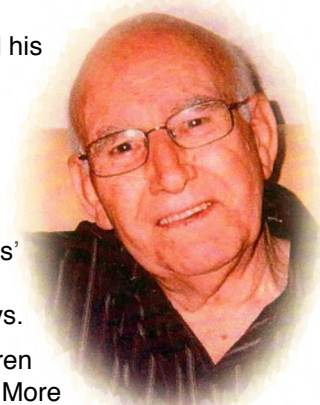
Don's health started to deteriorate. While trying to keep active as best he could, a weak heart supported by a pacemaker kept him going but in the end the infection he contracted would not go away. Don was transferred to Mount Edgcumbe Hospice where he died peacefully.

The family would like it be known how grateful they are for the care the nurses and doctors of Port Isaac and in Truro gave to Don over the last few years. Thank you also to all those who attended Don’s funeral, for coming back to the Village Hall and for all the kindness shown though this difficult time. Donations in Don’s memory were given to Mount Edgcumbe Hospice in recognition of what a very special place it is.

Our Dad will be greatly missed ...



Alison x & Donna x



Friends of Port Isaac School Working Party

After previous really successful weekend working parties we would like to arrange another

Saturday March 9th - from 10am to 3pm

We will get through as many of these jobs as we can:

Remove rubbish around school Wash outside window Tidy/clear planters Wash/clean signs outside
Clear guttering and drains Weave and trim willow structures Tidy/clear/prepare gardens for planting

Remove and dispose of boat used as play equipment – can anyone help with removal
and disposal of the boat when it is broken into manageable sized pieces?

Re-fill and make good area left by boat Wash lunchtime tables Help prepare lunch and drinks for the workers

If you have them please bring: a shovel, a broom, a wheelbarrow, gardening gloves, a leaf rake, old paintbrush, and
anything else you think might be useful.

Children are welcome to help where they can, but MUST be accompanied by an adult as there will be no one to supervise them.

If anyone would like to join us we would be very grateful. Please drop an email or phone to let us know so that we can cater for you all.

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East Cornwall Hospital (Bodmin) - 01208 251555

Derriford Hospital (Plymouth) - 08451 558155

Local Dental Helpline - 01872 354375

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PCSO Claire Drennan - 0845 6567930

Civil Enforcement Parking Team - 0300 1234222

Rev Judith Pollinger - 01208 880181

St Peter's Church - Marion Larkin - 01208 880492

Harbour Master - Byron Buse - 01208 880321

RNLI Operations Manager - Chris Bolton - 01208 880256

RNLI Chairman - Bob Bulgin - 01208 880765

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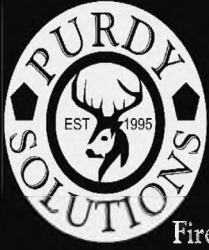
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WHAT'S ON

Saturday March 2nd

Gulls/VOTP concert in Port Isaac Village Hall - 7.30pm

Helen Porter (jazz singer) at St Endellion Church - 730pm

Wednesday March 6th

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

Thursday March 7th

Doc Martin Public meeting in Port Isaac Village Hall - 7.30pm

Saturday March 9th

Doc Martin Extras Casting for babies, children & families - 10am-3pm
Port Isaac School Working Party Day from 10am-3pm

Sunday March 10th

Doc Martin Extras Casting for adults 16+ - 10am-5pm

Tuesday March 12th

Roadside household recycling collection - bags out by 7am

Wednesday March 13th

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

Wednesday March 20th

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

Thursday March 21st

Spring Community Lunch in the Village Hall - 12.30pm **BOOKING ESSENTIAL**

Friday March 22nd

The Newlyn School of Artists - talk in Port Isaac Village Hall - 7pm

Saturday March 23rd

Endelienta Baroque at St Endellion Church - 7.30pm

Tuesday March 26th

Roadside household recycling collection - bags out by 7am

Wednesday March 27th

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

Saturday March 30th

Art Trip to Tate St Ives

Wednesday April 3rd

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

Thursday April 4th

Port Isaac RNLI AGM in the Village Hall-7.30pm

April 13th -21st

St Endellion Easter Festival

Tuesday April 16th

Art Trip to Newlyn Penlee House & Museum

April 13th-21st

St Endellion Easter Festival

Tuesday April 23rd - Easter Tuesday

Port Isaac Village Hall Easter Bingo - eyes down 7.30pm

Saturday April 27th

Reflective Day with Dr Rowan Williams - Poetry in the Making at St Endellion

Friday May 10th

Albarosa Choir - unaccompanied choral gems from Scandanavia in St Endellion Church

Monday May 13th

John Greening & Penelope Shuttle poetry reading at St Endellion Church

Friday May 24th

Thomas Bowes - Bach Pilgrimage, magical unaccompanied violin - at St Endellion Church

Sunday May 26th

Chris Treglown Fund Award Audition Concert at St Endellion Church

Sunday June 9th

Port Isaac RNLI Lifeboat Summer Service on the Platt

Wednesday June 12th

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

Thursday June 13th

20th Century Cornish Landscape Artists - talk in Port Isaac Village Hall - 7pm

Friday June 21st

Bristol Madrigals at St Endellion Church

Sunday June 23rd

Christmas Lights Grand Auction at The Slipway - 3pm

Thursday June 27th

Summer Community Lunch in the Village Hall - 12.30pm

Tuesday July 9th

Art Trip to Trelissick Gardens

Wednesday July 10th

Dante Quartet at St Endellion Church

July 30th-August 9th

St Endellion Summer Festival

Sunday August 18th

Port Isaac RNLI Lifeboat Larks

Saturday August 31st 2019

PORT ISAAC CARNIVAL

September 6th-8th

PORT ISAAC SHANTY FESTIVAL

Saturday October 12th

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

December 14th - December 30th

The Village Hall Christmas Festival in Santa's Grotto

Saturday December 14th

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

REGULAR EVENTS

Port Isaac Stay & Playgroup - every Tuesday from 10am to 12noon in the Village Hall. Contact Lucy on 07784 657921 or Cherry on 07900 527610

Yoga - Mondays, during term time, in the Village Hall from 10.30am-12noon. Contact Tracey on 01208 880215

Port Isaac Chorale - Every Tuesday from 7.30pm-9.30pm in Port Isaac Village Hall. Contact Janet Townsend on 01208 880505

Golden Circle - the second Thursday in the month from October to April from 2pm- 4.30pm in Port Isaac Village Hall. Contact Annie Philp on 01208 880262

Mobile Post Office - in the Main Car Park - every Wednesday 12.30pm-1.30pm

TRIO COPY DATES 2019

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

Church Services

St Peter's Church, Port Isaac

First & Third Sundays in the month - Morning Worship at 9.30am and Second, Fourth & Fifth Sundays in the month - Holy Communion at 9.30am
Every Monday at 9am - Morning Prayer

Trelights Methodist Church

Sunday Service at 6pm



Port Isaac Village Hall



Community Cafe

every Wednesday 10am-12noon  everybody welcome