

trio



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Thanks to Rick Baguley for the front cover photo of **Poppy & Eva's winning Scarecrow** in the Carnival competition

Back cover: **Gulls waiting for the tide** at Gaverne from Mike & Sylvie Daly

Rough seas from Jill Gadman

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

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

To advertise in Trio telephone 01208 880905

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

The new normal is upon us ...

Boris has just said on the radio, "Our long national hibernation is coming to an end ..." and so we begin to come out of lockdown, as restrictions are eased, and shops, hotels and cafes begin to open their doors again. Who knows how the future will be ... but it will be ...

Here in our little village so many volunteers have worked so hard to keep everybody safe. Thank you doesn't seem to say enough for what everybody feels but hopefully they all know how much they are appreciated and how they have helped in so many ways.

The same goes for the Co-op and everyone who works there, to Nicki B & John and Laura & Tom who have been regulars on our doorsteps, to Trevathan Farm Shop - thank you all. Plus takeaways from the Old School and Kat Mc's cocktails all without leaving home,

As we all start to venture out of our gardens, it will be like meeting old friends - but without the hugging! I can't imagine anyone will not be feeling some degree of trepidation - it is all very scary. And I don't suppose for one minute it's all going to be plain sailing, that we are not going to have spikes, that restrictions might be reinstated, maybe even lockdown again. But whatever comes, Port Isaac will handle it.

And just because social distancing is now reduced to 1m+, 2m is better.

And wash your hands ...



Co-op introduce queuing system to cope with extra customers

We'd like to thank all of our customers for their support and continued custom through these uncharted waters. We (you and us) have been lucky so far and with limited numbers of customers we haven't had to have a queuing system outside as a result of too many bodies in the store. However, we are now seeing numbers that make social distancing impossible; it is not safe for our customers or for the store team.

We have therefore designed a queuing system. Cones, rope and chalk form and direct customers to/from the door. Due to the social distancing requirement the queue will have to form on the car park side of our handrail. It then works its way between our green bunkers and the front of the store to the Community Notice Board and down along the wall. The bunkers have been pulled down the car park to create the space so, if driving, please park your vehicles a little further down the slope.

There are blue crosses on the floor at two metre intervals and we ask you to please respect everyone's personal space.

Upon completing your visit to us, please head down our slope (sticking to the left) and carry on to our loading bay where you can make your way home, or come back in (via the queue system) to get the essential ingredient you've just forgotten!

We do have a hand/basket/trolley Cleaning Station in our porch - please make use of this. Gloves and face coverings are welcome to be worn in-store and good hygiene and manners are required at all times. Staff will refuse to accept cash/handle cards etc if they feel good hygiene has not been practiced.

A polite reminder that clothes and footwear are required in store.

Please only pick up items that you intend to purchase.

Please keep in mind that due to the 2M rule we can only utilise two of our checkouts - this is for your continued safety.

We have a Port Isaac Co-op Facebook page, please like us, so we can update you regularly.

We look forward to seeing you all soon.

The Port Isaac Team



look how well it's going!

We're really looking forward to welcoming you back to your Village Hall. The building work is going very well.

Don't forget if you want to hire the hall for your event in the future, when the building work is finished and the Covid and social distancing rules are relaxed, look on our website for hall availability or call 01208 880905.

DATES ANNOUNCED

2021 PORT ISAAC SHANTY FESTIVAL

SEPTEMBER 17th - 19th



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**

They are all still here and happy, willing and able to do anything for you - all **52** of them!

Their telephone numbers are in the last three issues of *Trio* but if you can't find a back copy to refer to please call *Trio* on 01208 880905 and we will put you in touch with any of them.

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



A happy reminder of the opening of our first Shanty Festival last September (2019)



PORT ISAAC RNLI SHOUT

Port Isaac Inshore Lifeboat (ILB) was called to service at 17:32 on Thursday 11th June to reports of an injured casualty on rocks. *The Pride of Port Isaac (Goeth Porthusek)* was launched with the casualty's location being confirmed as an area known by locals as 'the washing machine' between Dennis Point and Trebarwith Strand. Winds were light NNE with a slight swell and chop to the sea.

Boscastle and Polzeath Coastguard teams were also in attendance along with South West Ambulance Service and Coastguard Search and Rescue Helicopter 924. The casualty had been located and although conscious had a suspected broken leg which made moving him problematic. Paramedics and Coastguard had managed to wade out to the casualty but the incoming tide meant that the lifeboat would be the safest option to extract all personnel.

Port Isaac RNLI senior helm Damien Bolton said "924 requested that Port Isaac RNLI start a medical evacuation (medivac) of the personnel with the injured man. We recovered the casualty's wife and one member of the Coastguard and moved them to safety. Rescue 924

then lowered their winchman and a stretcher to recover the casualty. We then took the lifeboat back in and recovered the remaining personnel and took them to Trebarwith beach. There were no further injuries. The casualty was flown to Derriford Hospital."

Padstow Lifeboat also responded and stood by in case the weather deteriorated and further assistance was needed. Port Isaac RNLI would like to thank all involved in this multi-agency response and wish the casualty a speedy recovery.



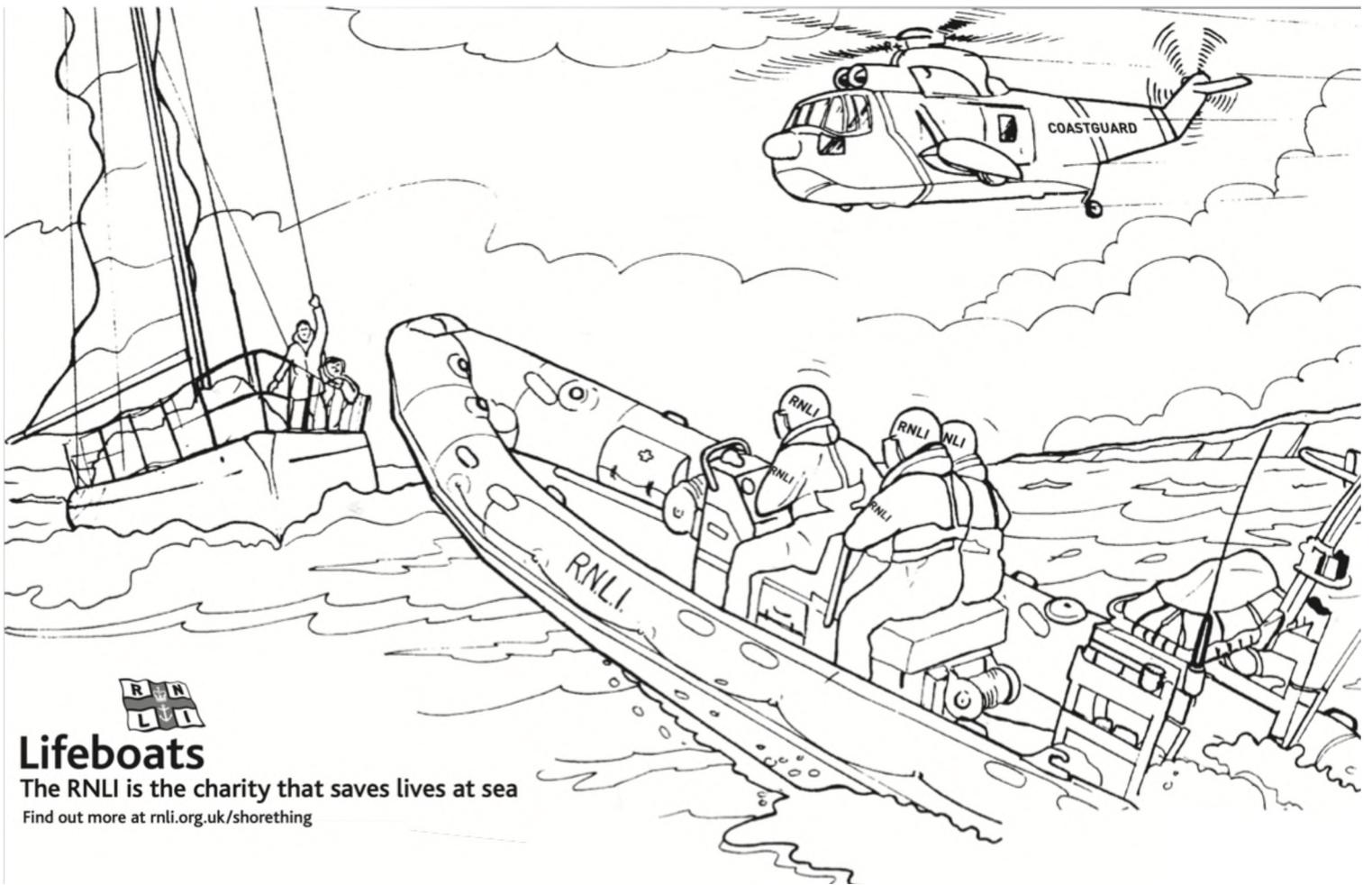
With many big events cancelled already this year due to the ongoing Coronavirus pandemic, the fundraising committee at Port Isaac RNLI have reluctantly decided to cancel the biggest day of their year, Lifeboat Larks.

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

A YEAR WITHOUT LARKS!

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 fundraise from home or donate to help save lives at sea. The RNLI's annual Mayday Appeal is now live - visit rnli.org/Mayday



Lifeboats

The RNLI is the charity that saves lives at sea

Find out more at rnli.org.uk/shorething

NORTH CORNWALL BOOK FESTIVAL OCTOBER 2020

It is with great sadness that we have to announce the postponement of the North Cornwall Book Festival 2020, annually held at St Endellion

Whilst this is a blow to everyone involved and to our community, it is important that we do our bit to keep everyone safe and will return from the 7th - 10th October 2021, with hopefully the same expected line-up of Irish legend John Banville, local favourite Philip Marsden, award winning radio dramatist and novelist Louise Doughty, and Children's Laureate Cressida Cowell, beloved of junior dragon trainers, to name but a few!

We will not be idle in the meantime, as thanks to an emergency relief fund from Arts Council England, we will be creating a range of online content to satisfy your literary needs. Details will be available on the website: www.ncornbookfest.org

In preparation to make 2021 as incredible as possible, we are looking to purchase new lighting, sound and staging equipment and are currently in the running to receive £5000 from Calor Gas as part of their £85,000 rural grant initiative. We need your help with sharing this page and/or donating to be able to achieve this. Please see more information on our crowdfunder page on the link

<https://communityfund.calor.co.uk/north-cornwall-arts-alive>

Many thanks for your ongoing support of the festival.

The North Cornwall Book Festival Team

Port Isaac Farmers Market to launch on Wednesday July 29th

P O R T I S A A C Community Farmers Market



In support of Port Isaac charities

WELCOME

To Port Isaac's first community farmers market, bringing local goodness to the people. Come and buy local produce, food, drink, crafts, and so much more...

The Main Carpark, Trewetha lane

Wednesday 29th July

9am - 11am

Everyone welcome

The organisers passionately believe in providing a local community farmers market for our village of Port Isaac. Alice Sainsbury told *Trio*, "This time in lockdown feels like it has brought our area back together as a community. It has shown the real abundance of excellent local produce and creativity around something we really don't want to lose.

"This new market will bring local seasonal goodness to our more isolated local community. We hope this will help build up local food production, a sustained local economy and in addition be supporting the most affected in our community.

"The market also offers an accessible, inclusive location for (socially distanced) conversation and connection for the whole community.

We hope that in time the market will grow with the community, its needs and its local producers. So, are you a producer of fresh produce, drinks, arts or crafts in our local 15 mile radius? We would love to hear from you.

"We are also looking for volunteers to help in setting up and on the day."

Please get in touch via our facebook group: port Isaac community farmers market or telephone Alice: 07835 255 607 or Andrew Aird: 07958 1284 50
Email: alicesainsbury@hotmail.co.uk or andrew@eguru.co.uk

Become a member today
for £1 and earn



every time you choose
Co-op branded products
and services.

co
op

DON'T FORGET, YOU CAN STILL SUPPORT PORT ISAAC VILLAGE HALL WHEN SHOPPING IN THE CO-OP ...

Just remember, you do need to select Port Isaac Village Hall as 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.

Scott Mann writes ...

The public health of North Cornwall has been my number one concern during this global pandemic, and the tourist economy in the constituency has responded in an incredible way, following guidance and supporting the NHS by shutting down at significant cost to business. We are now able to responsibly reopen different parts of the economy, and along with my Cornish colleagues in Westminster I have considered the situation and agree the time is right to open our vital tourism sector. My fellow Cornish MPs and I have discussed this with the Prime Minister directly and he has taken our comments into consideration.



Around 40% of private-sector jobs in North Cornwall are dependent on the tourism sector, many businesses have had no income for three months, and many staff have been furloughed. The reduction in the two-metre social distance rule will allow our tourism sector to room to breathe while maintaining an appropriate level of awareness of the Coronavirus.

To date, the Government has made over £440 million in support available for businesses in Cornwall, but I know from my conversations with holiday parks, hotels and B&Bs, that the industry is keen to start generating revenue again. If we can continue to think local, shop local, and responsibly support our tourist economy we will protect jobs and ensure that hard-working people in North Cornwall aren't made redundant or have the worry of losing their jobs and their homes. It is vital we do what we can to support as many people as we can.

On behalf of Cornwall's Members of Parliament I launched a campaign calling on people to shop locally now that retail is allowed to re-open. Hundreds of businesses across Cornwall have been forced to shut due to the COVID-19 pandemic and they will see their first week of trading after several months. North Cornwall's businesses have made a huge sacrifice by shutting and helping to stop the spread of COVID-19, many of them have taken out loans to cover costs and overheads. We can show our support by thinking about what we need to buy and making a choice to shop locally. Our great Cornish economy can provide everything we need, right on our doorstep. From food, to DIY products, and everything in between. If each of us buys something locally when retail reopens, we can really make a difference.

High street retailers and department stores, including book shops, electronics retailers, tailors, auction houses, photography studios, indoor markets, and shops selling clothes, shoes and toys, will be allowed to open their doors again provided they follow the COVID-19 secure guidelines set out by the government in May. Retailers will need to take certain steps to protect customers and staff, including limiting the number of customers allowed inside at one time, placing protective coverings on large items such as sofas which may be touched by passing shoppers, and frequently checking and cleaning objects and surfaces. Employers should also display a notice visibly in their shop windows or outside their store to show their employees, customers, and other visitors that they have followed this guidance.

Many readers have asked me to update them on Wadebridge's post office. During the last few days, I have been in communication with the team at the Post Office Ltd regarding its transfer from McColls to the Spar shop.

The Post Office has looked at the site and given the current challenges with social distancing they cannot make the move to Spar immediately. There are plans for a temporary branch in two possible locations as an interim measure.

They have also assured me that they don't want a break in service, and they are working to ensure that facilities are in place so their full range of services will continue during the move.

As always if my team or I can assist you in anyway please do not hesitate to contact me via scott@scottmann.org.uk. You can also follow my regular updates on my website www.scottmann.org.uk, and on social media by visiting my Facebook page <https://www.facebook.com/TheRightMANNforNorthCornwall/>. A belated



A belated Happy Birthday June

June celebrating her birthday socially distancing on the Platt

Mr Lanyon's Lockdown Lists

Views from lockdown

Panda eyes

White, then red then brown bodies (eventually, we hope)

Well tended and colourful gardens

Freshly painted houses

Frequently washed vehicles

Smiling faces

Worried faces

Masked faces

Empty streets

Delivery vans

Police cars

Locals

Gazebos

Parasols

VE Day flags and bunting galore

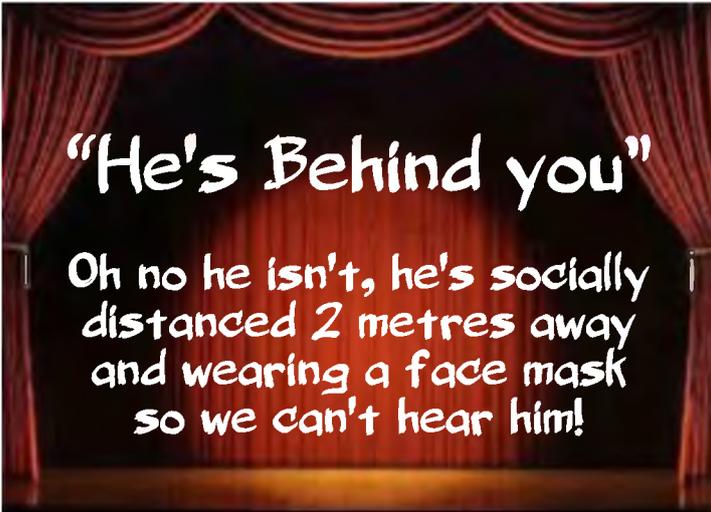
Scarecrows

Kids playing in the streets

And so much more.

And I'm so grateful for it all.

YES! We're talking Christmas in July!!



Another casualty of the Covid Crisis is our dear old village pantomime. We know you're all going to be so disappointed (!) but it's never going to work with everyone feeling nervous about meeting in large groups. Actually, that was the excuse everyone gave for not coming to rehearsals in the first place!

But sadly, now it's for real. So Port Isaac's Drekkly Theatre Company is hanging up it's frocks and wigs for one more year in the hope we can dust them off in 2021 and present our usual spectacular razzle dazzle!

Stay safe and stay well.

Madame Director

**PORT ISAAC
ILLUMINATIONS**

ADOPT A TREE 2020

The Christmas Lights Crew have been making wooden trees for Christmas and we need your support please!

It's a simple concept ... we build and deliver a tree to you to light, decorate and display outside your home/shop/cafe/hotel. You look after the tree over the Christmas light-up period and then, when it's all over, we collect it and store it for the next Christmas. Simple.

The trees are various sizes, ranging from 4ft to 7ft high.

For the village to get the best out of these trees, they really should be displayed in prominent public areas and prominent gardens where we all can admire your handiwork

The trees cost about £35 to make so if you can make a small donation that would be greatly appreciated.

Give me a ring on 01208 880924.

ChrisLights

Carnival News

Well done to everyone for all the effort that was put into Port Isaac Carnival's first Scarecrow Competition!

All the entries were fantastic and we were so impressed with how much effort was put into them! Well done to Poppy and Eva (and Bonnie and Rick!) at The Old School Hotel who were the overall winners and who kindly donated the prize money back to the carnival fund. We look forward to next year's competition!

this year's Carnival

We have made the decision to cancel this year's carnival because of the uncertainty of the social distancing measures for September. We are still hoping that, when we know more nearer the time, we will be able to organise a 'Fancy Dress Party in the Park' for the same date and details of this will be in the August *Trio* if it can go ahead.

The Carnival Crew

Rubbish from a 2-minute beach clean at Port Quin ... just saying!

Photo: Katie Childs



Faye's wildlife refuge

I have worked with animals all my life and have owned all sorts of pets over the years. I'm also a soft touch for any animal in distress. It seems that with us being at home a bit more at the moment many of you have been finding wildlife in need of rescuing. This led me to set up a pen in my garden to provide immediate first aid to sick and injured wildlife and I then pass them on to various friends who run wildlife rescue.

So far since lockdown began, you've brought me two mice, an adult gull, a hedgehog, a pheasant chick and many gull chicks. We've also had lots of Slow Worm sightings. I'm pleased to say that many of the rescued animals have survived their illnesses/injuries and are eagerly awaiting their release back into the wild. My particular favourite animal to deal with has been the gull chicks. They have beautiful markings and are such charismatic creatures and judging by the amount of people who have rescued these little chicks, it seems many of you share that feeling.

Many people don't realise that Herring Gulls are listed on the International Union for Conservation of Nature (IUCN) red list of threatened species and their population is in decline. There may be some reading this who feel that would not be such a terrible thing as there can be human/gull conflict. My feeling is that as the dominant species we owe it to wildlife to look out for it. Gulls have been forced away from beaches and cliffs due to human disturbance. They've discovered a survival niche by living on our rooftops - we are a messy species and they're relying on that to survive. If gulls weren't there then another species would soon move in and make the most of that niche. So let's celebrate all wildlife and be thankful they are here.

Here are some links if you would like to find out more
IUCN European Herring Gull
<https://www.iucnredlist.org/species/62020608/132672776>

Find out more about the wildlife that surrounds you and what you can do to help by visiting our species explorer, seeing what you can do to help wildlife in your garden, advice on wildlife issues and how you can report sightings in the county to the Cornwall Centre for Environmental Records.

<https://www.cornwallwildlifetrust.org.uk/wildlife-cornwall>



Lockdown wildlife



Razorbills and Guillemot's at Port Gaverne by Pete Tomlinson



Gracie Cleave snapped this lizard at Port Gaverne



The day the swallows returned, a peregrine at Port Quin and Echiums at Longcross taken by Katie Childs



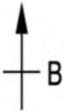
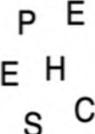
Gemma Cleave caught on camera these owls and the hedgehog, baby blue tit and hawkmoth below - all at Port Gaverne



Mindbenders ... and be warned, they are a bit tricky!

answers next month

supplied by Trio reader
Hannah Hutchison

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Mr Lanyon's Lockdown lists Sounds of lockdown

The brrr of tiny wings at
bird feeders

The buzz of bees

The hum of lawn mowers

The noise of over
enthusiastic D.I.Yers

The peeling of sweaty
bodies of molten garden
furniture

The clinking of ice cubes in
heartly G & Ts

The tutting when someone
gets too close

The panting of dogs on
their daily walks

The rumbling of leaves as
the breeze blows through
the hedgerows

The chitter chatter of
neighbours

The squawking of seagulls
Fractious children as the
heat and tiredness take
hold

The sound of hedgerow
creatures exploring their
world

The drip, drip, drip of water
as baskets, beds and tubs
are tended.

Clapping

The oohs and aghs as old
joints are tested

and don't forget ...

The panting of people on
their daily walks.

The P I Observer Xx

There are 12 items on the beach towel. Look closely at them for one minute.

supplied by Jackie Lindsay



Now, close your eyes - no peeping!

WHAT AM I?

ANSWERS ON PAGE 20

How many can you remember?



- I am hot.
I live in the sky.
I am bright.
Don't look straight at me.
I disappear in the night.
- I live in the water.
You can drive me.
I might make you sick.
Don't put a hole in me.
Tie me up when you're done.
- I am circular.
I go up and down.
You can throw me.
You can catch me.
Be careful with me near windows.
- Please blow air in me.
I come in many colours.
I'm a symbol of celebration.
Don't touch me with anything sharp.
I only last a day or two.
- I am paper's enemy.
Keep me away from small children.
You use me in art class.
I can change the style of your hair.
Please don't run with me in your hands.
- I come in a pair.
You have to tie and untie me.
Don't go outside without me.
Take me off before you go in the water.
I come in a very useful box.
- I am a home for royalty.
There are many of me in England.
I am made of stone.
I am protected by a ring of water.
I'm found in many legends.
- I am a delicious treat.
Lick me with your tongue.
I come in a bowl or a cone.
Don't eat me too slowly.
One of my flavours is vanilla.
- I'm a pretend animal.
I have four paws.
I'm stuffed with fluff.
Please take me to bed with you.
Hug me if you have a bad dream.

WERE THEY EASY? LET'S MAKE THEM A BIT HARDER!!

STILL TOO EASY?

★ THE NOT ★
★ JUST FOR ★
★ CHILDREN ★
★ PAGE! ★

Health tips during the pandemic

Having spoken with a few residents in the village about Covid-19 and all the concerns that come with it - opening up to the tourist industry and individual responses and healing rates - I've put together a few suggestions that might help.

I am Michelle Williamson and I achieved a BSc in nutritional medicine in 2009 from Thames Valley University, a Diploma in Iridology in 2009 and a DipHe in nursing, learning disabilities in 1996.

SARS-COV-2 is the particular strain of Coronavirus that is causing the Covid-19 pandemic.

FOODS TO HELP SUPPORT IMMUNE FUNCTION: Greens, Beans, pulses & lentils, onions, mushrooms, berries, seeds, turmeric, garlic, cinnamon, hot peppers, echinacea, elderflower.

SUPPLEMENTS: Vitamin C, Omega 3 oils, an age related multi supplement.

BREATHING TECHNIQUES:

Breathe in deeply and hold for 5 seconds. Breathe out fully and hold for 5 seconds or longer up to a count of 7. Repeat for 6 breaths. Then cough a full cough after breathing out the 6th time.

Repeat the above to complete two full cycles. You will feel dizzy, lie on your front for a few minutes and breathe regularly but a little more deeply than usual. Do this daily. Avoid prolonged periods of time lying on your back.

SLEEPING POSITION: If you suspect Covid-19 symptoms or have a chesty cough at all, lie on your front. The lungs are situated towards your back, oxygen is important, and lying on your front takes the pressure off your lungs.

HELPING ONE ANOTHER: If someone in your bubble has a chesty cough, spend time tapping their back to release congealed mucous from the lungs and to stimulate circulation. This can be done sitting, lying down or with the head lower than the lungs over a bean bag or end of bed. Daily tapping is recommended.

SYMPTOMS OF FEAR AND HEIGHTENED ANXIETY: Visit <https://www.heartmath.com/freesources/> for free resources recommended for reducing anxiety and fear. The breathing techniques can also be adopted to combat high blood pressure, PTSD, depression.

Practicing these breathing techniques before eating a meal can dramatically improve digestion. Switching your nervous system from 'fight or flight' status to 'rest, relaxation and digestion' mode.

NEGATIVE IONISERS: in the home. Research carried out in hospitals with the installation of negative ionisers proved that a reduction in infection and cross contamination occurred.

AVOID: excessive detoxification practices, we need to balance and support the immune system, not put it into shock.

ONE STEP AT A TIME: It's important not to overwhelm the system, so implement one change at a time, too much too soon can cause a healing crisis, where the body will hijack an airborne bug and use it to cleanse the system... it maybe the Covi-19 bug, so do please take things slowly. Any change would be beneficial. Gradual changes over a period of a month would be great.

www.naturesbest.co.uk

RESEARCH: https://www.youtube.com/watch?v+_w81BVwoNA&feature=youtu.be&fbclid=IwAR3YBj3ZPOzbeUKjffZArLnOGr2994BQmssteF6SIb-1TMV3DCYRXPgVaeM
<https://www.newscientist.com/article/dn3228-air-ionisers-wipe-out-hospital-infections/>
<https://elanra.com/negative-ion-facts-and-research/>

STAY SAFE AND WELL,

MICHELLE WILLIAMSON BSc Nutritional Medicine



Reflection ...

How are you feeling right now? Our world has been turned upside down and inside out over the past 3-4 months. Our routines disrupted, work (if there is any) being done in a different way. As I write this we might be moving onto the next stage of 'opening up' from isolation and lockdown. And although this is good news for some, for others it raises concerns, anxieties and more. It is a change, having gone from a 'normal' life into lockdown and learnt to live with it for a while we move into a new unknown way of life. This change will probably bring more division of views than the lockdown three months ago. The impact of the Corona virus on Cornwall has been mixed, on the one hand we have had far fewer cases of infection than most of the country, but the financial impact has been immense which in turn leads to other health issues not just mental but physical as well. As July brings the opening of second homes, self-catering accommodation, and maybe hotels the local economy will receive a much-needed boost and yet it brings the fears of a second wave of infection. There is no easy answer to the situation we are now in.

So, are you fearful? Rami Shapiro, a teacher, rabbi and poet writes in his poem What we fear most (from his book Accidental Grace, a fascinating read) that what we fear most is the unknown and that is what it is, unknown.

'What we fear in fact
Is our projection of the known into the unknown.
What we fear in fact is our own shadow,
Our own darkside painted large
Across the canvas of our mind.'

So, let us not project our fears into the future unknown. It is that unknown, live today in the many positive things that have arisen in the time of lockdown, the increased sense of community, the coming together of so many to help those less able to cope.

May that continue, may our communities grow closer together. We will have our differences, but we have more that unites us that divides us. Let's drive the shadows of fear away!

St Endellion Church is now open every day from 9am to 5pm for private prayer and funerals with small numbers may be held. Hopefully, restricted Sunday services will be taking place when permitted.

Websites of the month

Over the past few months climate change and the environment have somewhat fallen off the radar, with everything else going on. In the background there have been some interesting developments and our own weather shows some of the 'signals' of climate change. We had the wettest February in the UK on record, and with March-May the sunniest Spring and May was the sunniest month on record. May was also, at least for England the driest on record, and overall May was exceptionally dry - details about all this can be found on

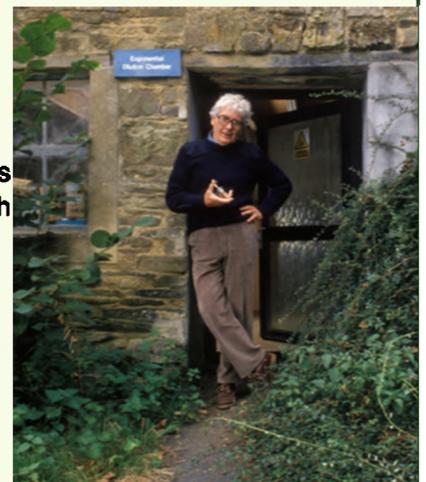
the Carbon Brief website from the UK Met Office <https://tinyurl.com/May-records-sunny> . As I have covered in this column in the past, the reason for the pattern of weather we have been seeing is the jet stream and the article explains the connection between the way our climate is changing and these so called 'blocking events' where we get prolonged periods of one type of weather (for example very wet or very dry). Globally the place to watch is Siberia where they have had extraordinarily high temperatures (for Siberia!) and over the past many months there have been unprecedented levels of forest fires. The permafrost there contains huge amounts of methane, 20 times more potent than carbon dioxide, and scientists are keeping their fingers crossed we are not going to see the major increase in emissions that seems likely <https://tinyurl.com/siberian-fires-methane> .

Underlying our weather are complex interconnections between many different components of what is now called the Earth System and the man who has been credited with being a founder of this field of science did a lot of his work just outside Launceston (see picture) and is coming up to his 101st birthday on July 26th - James Lovelock. I thought I would write about him this month, partly as it will be his birthday, but also as I was reminded of his Gaia theory when passing the Gaia Energy Centre at Delabole last week where I took the picture (https://en.wikipedia.org/wiki/Delabole_wind_farm). It takes its name from Gaia, the Greek Goddess who was thought to be the ancestral mother of all life. James Lovelock took her name for his theory of how Planet Earth worked as though it was a living thing. This idea had a relatively long history, but he developed it so effectively that while there are differences in emphasis, the concept that the living and non-living components of the planet influence each other in fundamental ways is now completely mainstream science.

His personal website www.jameslovelock.org has more than enough information to keep you busy but I would start with the section on his significant contributions. Some highlights are that he invented an instrument that could detect very tiny amount of chemicals and was used to show how much pesticides people were exposed to. The same instrument was used to measure the ozone hole. He was also a pioneer in how infectious diseases spread, in particular the common cold (and he has some strong views about how we have been tackling the current pandemic - an interview with him last month <https://tinyurl.com/Lovelock-interview-last-month>) and his centenary talk at Exeter University last year are all available on YouTube <https://tinyurl.com/Lovelock-Exeter> .

In recent times he has been an advocate for very urgent action on climate change, and being the inventor and engineer that he is, he has suggested a variety of technological ideas that might work. His books are listed on his website and these are really worth reading, especially the one entitled 'The Revenge of Gaia'! And you can imagine what that says.

Tony Wainwright





Large Skipper



Small Skipper

What to look for in July

Summer is the time when insects are busy completing their life cycle to lay down the next generation. Not everyone is fond of insects, but butterflies are invariably a welcome sight as they flit around our garden Buddleia flowers. Feasting on our vegetables by Cabbage and Small White Butterflies is less welcome, but most others do little damage.

A distinctive summer butterfly is the Comma with its orangey brown scalloped wings. The ones you see in July will be from the eggs laid in spring by adults that over-wintered from the previous year. Its name comes from the white comma on the underside of its wing, and the scalloped edge is camouflage while it hibernates amongst dead leaves.

The largest butterfly you are likely to see feeding on your Buddleia will be the Silver-Washed Fritillary with a 3 inch wingspan. It is bright orange above with silver streaks on the underside giving rise to its common name. It is not common, but I see it in my garden 2 or 3 times each summer.

As you walk on the clifftops, you may come across two small brown butterflies fluttering over the grass or resting on a flower basking in the sun. They are only occasionally seen in gardens, preferring taller unmown grasses. These will be the Large Skipper and the Small Skipper. The Large Skipper is the earlier of the two, being in flight from early June, with the Small Skipper out towards the end of the month. Both will be in flight through July and into August. They have just one generation, the species overwintering as a caterpillar. They can be told apart as the Large Skipper has more brown markings on the wing, whereas the Small has just a dark brown edge at the rear.

We do have a few butterflies which migrate, typically from North Africa, each year to our shores. The most unmistakable is the Red Admiral which arrives here every spring, although a small number may overwinter as well.

The Painted Lady can sometimes turn up in vast numbers, although in other years it can be scarce. In 1996 over a million caterpillars were estimated in a single Pendoggett field that June. These hatched out in summer to form large swarms.



Comma Butterfly



Comma Butterfly underside showing white comma mark



Silver-washed Fritillary



Red Admiral

Cornwall Wildlife Trust has put the Spring edition of Wild Cornwall (normally a members exclusive magazine), online for all to enjoy. www.cornwallwildlifetrust.org.uk/spring2020



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Take a look at their website www.cornwallwildlifetrust.org.uk/coronavirus - there's lots of activities for all the family to do.

Clouded Yellow



Hummingbird Hawk Moth



The Clouded Yellow is an infrequent migrant to the UK, although in some years numbers can be large. It is more common on the south coast, but I come across this bright yellow butterfly on the Main perhaps every 3 or 4 years.

Not only butterflies migrate, but several moths do so as well. The Hummingbird Hawk-moth is notable as it hovers in front of a Red Valerian flower, its long coiled proboscis sampling each tiny flower in turn. Some years ago when the old district council had a mobile visitor centre in the car park, an astonished visitor came in and said to me, 'Do you have Hummingbirds here? I'm sure I've just seen one.'

Another common migratory moth is the Silver-Y, so named from a Y-shaped mark on its wing. It can often be disturbed as you walk through long grass, its wings whirring away as it dashes into deeper cover.

One unwelcome migrant is the tiny Diamondback Moth. It has a wingspan of only half an inch but can migrate over a thousand miles, undoubtedly wind-assisted in

part. It is now found throughout the world and is always unwelcome because it is an agricultural pest, their larvae causing skeletonization of brassica plant leaves. In 2016 it came to the UK in incredible numbers. It is killed by cold, but with warmer winters it may become resident. Over the decades, it has evolved to become resistant to most pesticides.

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

Silver -Y moth



Diamond back moth



My dish of the moment

Well, if you're like me and every time you get off the settee to do anything you seem to end up in the fridge or the snack pot, then this is the recipe for you.

Garlic chicken



Marinade:	Crumb:
2 tbsp mayonnaise	50g grated Parmesan
2 cloves garlic, grated	50g ground almonds
2tbsp olive oil	
2tbsp Dijon mustard	

Method:

Mix all marinade ingredients together. Dip either 8 drumsticks or 4 chicken breasts in the marinade and then coat them in the "crumb". Put them in the fridge for half an hour to tighten up. Then roast in a preheated oven (190°) for 20 to 25 minutes.

This is delicious with minted new potatoes and a seasonal light salad.

This is my favourite dish at the moment, so quick and easy and I know you'll love it.



Chris xx

Kim's easy Chilli not Faffy of Cheffy!

As usual I couldn't think of anything to do for this months recipe and then realised I have been craving Chilli now the weather has turned back to normal. This is a great dish to have in your freezer ready to go for a day when you are just too busy to cook, and apart from the onions not much work at all except the occasional stir.



750g lean mince
2-3 onions
Olive oil
3 gloves garlic (teaspoons lazy garlic)
400g tin chopped tomatoes
2 beef stock cubes
3tbs chilli powder (mild or hot to your taste)
4tbs tomato puree
2 x 400g tins red kidney beans
2tsp sugar
4 squares of dark chocolate



- Fry the chopped onions in the olive oil and once softened and starting to brown
- Add the garlic and fry for a further minute
- Add the mince and brown
- Once it is looking cooked add the tin of tomatoes and one tin of hot water (use the empty tin to measure and wash out the rest of the tomatoes at the same time) and the other ingredients, rinsing kidney beans first
- Put the lid on, bring back to the boil, turn down to a simmer for as long as you want stirring occasionally - at least a couple of hours gives the flavours time to develop
- Serve with rice, guacamole, sour cream and corn chips or whatever you like with chilli.

This amount serves four for a main meal with 2 servings left for supper a couple of days later if kept in the fridge - or of course dished into portions and frozen to take to lunch at work, if you ever go back.

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Answers to What am I? on page 11

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|-------------|---------------|
| 1. SUN | 6. SHOES |
| 2. BOAT | 7. CASTLE |
| 3. BALL | 8. ICE CREAM |
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