



# trio



# This Issue

**PORT ISAAC HERITAGE - p3**

Furniture for sale - p4

**Scott Mann - p4**

RNLI news - p5

**Children's activity - p5**

Book Festival cancellation - p5

**Feed the birds - p6**

Parish Council - p7

**Endelienta ... North Cornwall**

**Book Festival at Home - p7**

High Summer insects - p8

**Carnival news - p9**

Websites of the Month - p10

**Remembering Jack - p11**

Farmers Market - p11

**Cooking with Kim & her  
husband - p12**

Trio Directory - p13-23

**August Farmers Market -  
back cover**

## Port Isaac Village Hall update ...

the building work is going well and we have everything crossed that it will be ready for use, subject to Covid guidelines, by the end of September. Take a look at our website

[www.portisaacvillagehall.co.uk](http://www.portisaacvillagehall.co.uk)  
for hall availability.

Thanks to Tamsyn Cleave for the front cover photo

Back cover: Bird pics from Sally Stratton and Tamsyn Cleave

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

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

To advertise in Trio telephone  
01208 880905

Published by Sam & Dee Littlechild  
Tel: 01208 880905  
email: [triopi@mac.com](mailto:triopi@mac.com)

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

*something to look forward to ...*

**SEPTEMBER 17<sup>th</sup>-19<sup>th</sup> 2021**



[www.portisaacshantyfestival.co.uk](http://www.portisaacshantyfestival.co.uk)



# AXE MAN SILENCES THE MUSIC ON ROSCARROCK HILL

Back in the day, Mr & Mrs Bush lived in Fern Cottage on Roscarrock Hill. One day, Teddy Bush well and truly settled the dispute with wife Mary on the ownership of their piano. He split the piano in half with a large axe.

*this is just one of many recollections in the new book that will be available from mid-August*

*"What new book?"  
you may ask ...*

## Goodbye PISCES, Welcome PORT ISAAC HERITAGE!

Twelve months ago, we were planning an exciting year of tenth anniversary celebrations for 2020 and we decided on a total new 'rebrand' for the future. The name PISCES was a puzzle to many visitors (and locals) to Port Isaac, especially as our website was called Port Isaac Heritage so, with this in mind, we decided to change our name.

And to celebrate our tenth birthday we have been creating a new, redesigned website and a new Port Isaac Heritage book.

The new website is [www.portisaacheritage.co.uk](http://www.portisaacheritage.co.uk)

When St Peter's reopens, Port Isaac Heritage will take its place with new display stands in the newly refurbished church. Thanks to the *Doc Martin Fund* for their support.

So many new beginnings in these unusual times!

In true Port Isaac style we had planned a bit of a "do" to launch the book and the website, but just like everyone else's plans for this year, we have had to put this on hold.

But I can announce, with great pride, that both the new website and book will be launched in mid-August. Both are amazing (and I can say that because I haven't had much of a hand in creating either of them). Dee and Malcolm have been working ceaselessly during lockdown on both new projects, which have been supported by contributions from so many people for which we say a very grateful thank you. A special thank you also to the Port Isaac artists who added their artwork to the book.

A reminder, in case you have forgotten, the new website is [www.portisaacheritage.co.uk](http://www.portisaacheritage.co.uk)

You can enter any word into the search engine and everything that Port Isaac Heritage has, which is related to that subject, will be available. This makes it a valuable research tool as well as providing an in-depth look into the real Port Isaac.

*and did you know ...* Port Isaac's John Glover was a Champion Cornish Wrastler (wrestler) who, in the 1930s, went to the London Palladium to perform three turns a day for a fortnight.

*and did you know ...* during The Great Blizzard of March 1891 up to 15 feet of snow fell in 48 hours and nine Port Isaac mariners were lost at sea between March 9th and 10th. Their gravestones can be seen in St Endellion churchyard.

The inspiration for the new book, *The Real Voices of Port Isaac*, comes from our mantra that "everybody has a story to tell". Split into the months of the year, the book is a collection of the real "yarns" that make up the fabric of what Port Isaac is today. I was asked to proof-read the copy and I found a wealth of stories and tales, some of which are

beyond belief! Hopefully, you will love it as much as I enjoyed reading every word of every story.

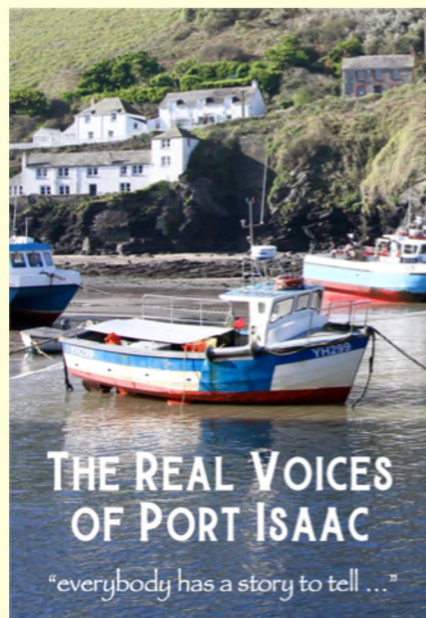
The book will be available at £10 from the *Pottery*, *Secrets* and other local outlets as well as online (plus postage) from the shop on our website [www.portisaacheritage.co.uk](http://www.portisaacheritage.co.uk)

All profits from the new book, and our existing books *A Taste of Port Isaac*, *A Second Helping of Port Isaac* and the *Trevarn* book will help keep Port Isaac Heritage going.

As always, we are very happy to add your stories and memories, words and photographs to our archive, none of which we profit from other than to keep Port Isaac Heritage running for a few more years!

Thank you

*Barbara and the Heritage Team*



*and did you know ...* in 1821 The sloop *Theodore* was seen in great distress off Port Isaac having no mast. When it was finally boarded they found a young boy at the helm and the rest of the crew were below making music and celebrating St Patrick's Day ..."



# Scott Mann writes ...

Parliament has now closed for the summer and I am back in North Cornwall where I will be able to spend time concentrating fully on constituency matters. It has been a very difficult few months for everyone and I am very proud of you all for sticking to the lockdown so that we could flatten the curve, and more recently, for reopening our economy in a responsible way. A lot was asked of North Cornwall, and although we have come through hard times before, this was an endurance test rather than a sprint. We have not crossed the finish line, but with the positive news about the vaccine trials last week, the end may be in sight.

We must, of course, be vigilant, as there is the possibility that the coronavirus may come back strongly in the autumn. Over the summer the government will be preparing for this and I know contingency plans have been formulated. The Prime Minister has not discounted the potential for another full lockdown, but this will only be brought in if the situation requires it. Likewise, we are also prepared for local lockdowns, and Cornwall is no exception. If there is a spike of coronavirus cases in the area then the government, local authority and NHS will respond. I used my final question in the House of Commons before the recess to ask the Minister what a local lockdown would look like, and you can watch it by visiting my Facebook page.

As part of our pledge to level up school funding across England, I was very pleased The Prime Minister has confirmed that state schools in England will receive a £2.2 billion funding increase for next year, as part of our £14 billion settlement for schools, delivering on our manifesto commitment. Every child deserves a

superb education - regardless of which school they attend or where they happened to grow up. That is why we are providing additional funding now and for the future for every school, with those historically underfunded receiving the greatest increase.

And with our transformative national funding formula, we are making sure the money is distributed fairly across the country so all schools can drive up standards. I have lobbied hard to ensure that North Cornwall gets its fair share, and I look forward to seeing this become a reality after successive governments have failed to address the disparity. We know that this has been a difficult year for schools, teachers and students due to coronavirus, and with this extra investment, we can ensure pupils can catch up and get the best possible start in life.

As always, if my team or I can be of assistance do not hesitate to get in touch via [scott@scottmann.org.uk](mailto:scott@scottmann.org.uk). You can also find out more about the work I do on behalf of North Cornwall by visiting [www.scottmann.org.uk](http://www.scottmann.org.uk), or by visiting [facebook.com/TheRightMannForNorthCornwall](https://facebook.com/TheRightMannForNorthCornwall)



## FURNITURE FOR SALE

1. 2x2 seater sofas. Beige with large brown floral pattern and corresponding cushions. Matching pouffe available also. (Sofas £350 each and Pouffe £100)

2. 8x cream dining room chairs. Cream material with brown wooden legs. Must purchase at least 4. (Chairs £65 each)

1. A glass/silver dropping light fitting. Perfect for a bedroom/ living room area.

2. Sky blue with red and white striped fabric arm chair with wooden feet. Corresponding cushions also come with the chair. Additional matching cushions also available for purchase in a mixture of sizes (6 additional cushions available).

3. Cream armchair with red and white checked pattern. 2 large matching cushions come with the chair. Also matching light fittings available with the chair. 2 small red lamp shades and one large cream light shade available. Previously used in the same room as the armchair, cushions match the light shades.

4. Bathroom suite available. Sink with wooden drawer unit underneath with matching mirror. Mirror with 2 individual lights above. Suite also includes white toilet and a corner bath. Corner bath with small ledge and central mixer tap with handheld shower attached.

5. 2 gingham single bed headboards in

light blue and white. Available as a set with corresponding arm chair in the same pattern. Also corresponding cushions available in white and light blue. Cushions are white and light blue striped and large light blue floral pattern with white base.

6. 2 small circular wall light shades in cream with a dainty pink floral pattern. Chrome wall light fitting also available for both lights.

7. Large cream light shade. Top and bottom hemmed with white ribbon and cream net pleated pattern running through the middle. Currently used as a central bedroom light fitting but could also be used for a lamp shade.

8. Large oval mirror with thick cream wooden surround. Perfect for hanging on a bedroom wall.

9. Bathroom suite including a toilet, sink and mirror. Rectangular seated toilet with matching sink with central silver mixer tap. Rectangular light up mirror also available. Small led lights surrounding the mirror which can be switched on with switch under the mirror base.

10. One large wooden bunk bed including both mattresses. Top bed has wooden surround barriers for safety. Steps up to the top mattress are fitted at the side of the bed and both beds are full sized singles.

11. Large freestanding 5 shelf bookcase with wooden feet. 7ft tall and 2 feet wide.

12. 2 large copper coloured light shades. Circular metal shade with small holes to let light through. Perfect for a living room area and would like to be sold together.

13. 2 cream armchairs with wooden legs. Crushed velvet style, cushioned seat and back.

4. Cream wooden sideboard with natural wood knobs and top. Sideboard includes 2 large cupboards and 4 drawers which are all very spacious. Sideboard is approximately 2 metres in length.

15. Traditional metal coat stand in a cream colour. Coat stand has 12 possible hooks and umbrella stand on the bottom. Approximately 2 metres tall and in an elegant retro style with cream feet.

16. Contents of a full kitchen available. Can be purchased for parts or as the whole set. Kitchen currently includes natural wood style work surfaces, multiple cupboard units, plate rack, drawers and corresponding cream doors. Also a basket drawer available as part of the kitchen with pull out wicker drawers within the unit. The oven and microwave, electric hob, white Belfast sink and extractor fan available. Kitchen also currently includes integrated fridge and freezer unit.

**Please contact Michelle Davies 07785 973 936**



# WHAT ARE THE DANGERS FOR KIDS AT THE BEACH?

Without you by their side, children are vulnerable at the beach. They need you to protect them from the sea's unpredictable waves, rip currents and cold water. And, this summer, fewer lifeguard patrols will be on hand to supervise or rescue your family.

## WHAT DO YOU NEED TO AVOID?

Don't use inflatables - they get swept out to sea, with you or your child on them. And watch out for rip currents. Every beach is different, so make a point of reading any safety signs.

## WHAT IF YOU DO GET INTO DANGER?

If you have your mobile phone, call 999 and ask for the Coastguard, and they will send help. Leave difficult rescues to the lifesavers. If there are lifeguards nearby, alert them. If you or your children are struggling in the water, remember:

## FLOAT TO LIVE

## RIP CURRENTS

In the UK, the majority of RNLI Lifeguard incidents involve rip currents. They are a major cause of accidental drowning on beaches all across the world.

Rips are strong currents running out to sea, which can quickly drag people and debris away from the shallows of the shoreline and out to deeper water. They tend to flow at 1–2mph but can reach 4–5mph, which is faster than an Olympic swimmer.

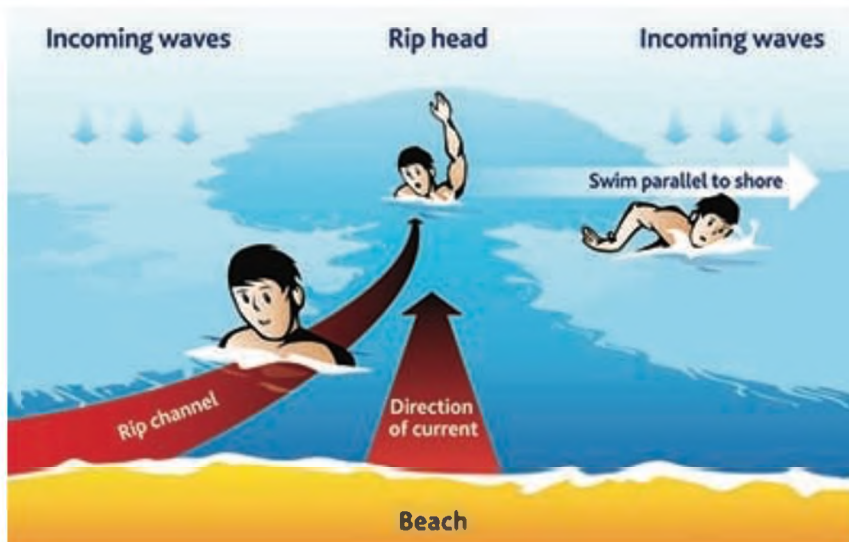
### How to spot and avoid a rip current:

Rip currents can be difficult to spot, but are sometimes identified by a channel of churning, choppy water on the sea's surface. Even the most experienced beachgoers can be caught out by rips, so don't be afraid to ask lifeguards for advice. They will show you how you can identify and avoid rips.

The best way to avoid rips is to choose a life guarded beach and **always swim between the red and yellow flags**, which have been marked based on where is safer to swim in the current conditions. This also helps you to be spotted more easily, should something go wrong.











## IF YOU DO FIND YOURSELF CAUGHT IN A RIP:

- Don't try to swim against it or you'll get exhausted.
- If you can stand, wade don't swim.
- If you can, swim parallel to the shore until free of the rip and then head for shore.
- Always raise your hand and shout for help.



## For the Children

match the first half of the word to the second half - use the pictures to help you guess! the first one has been done for you *compiled by Jackie Lindsay*

	cr	sh	
	be	ster	
	fi	at	
	lob	ell	
	ro	awn	
	sh	ab	
	bo	ck	
	pr	ach	



# Feed the birds

## Doc Martin fund helping village wildlife

We've all been spending a lot more time at home during the past few months and lots of us have been noticing the numbers of birds in our gardens and on our daily walks. Many of these birds are encouraged here thanks to the generosity of the *Doc Martin Fund* and the hard work of Liam Benz. For the last few years he has received a grant from the fund to set up bird feeders and nesting boxes at various locations throughout the village. This kind of funding is vital to ensure the survival of our garden birds, many of whom have seen a dramatic fall in the numbers.

During lockdown Trio has featured a diverse array of wildlife photos you have sent in. We thought it'd be lovely to see some more of your pictures of the wildlife you see around the village now its getting back to normal, be it garden birds, fowl, sea birds or anything else that you manage to snap with your camera. Please send pictures to [fayearchell@googlemail.com](mailto:fayearchell@googlemail.com) and we'll run a feature each month.

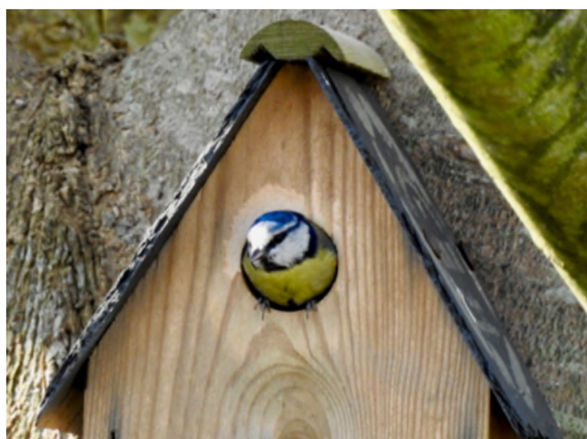
### How to feed birds in your garden

Attracting birds to your garden is easy: supplement naturally available food with bird food, and watch them flock in! Remember to keep feeders and tables clean, so the birds stay healthy and disease-free, and position your feeders in a relatively open area away from predators - the birds will feel safer and visit more!

Five main types of bird food:

- 1 **Straight seeds** – as the name suggests, these seeds aren't mixed with anything. Straight seeds include black sunflower, niger, oil seed rape, peanuts, and red and white millet.
- 2 **Seed mixes** – here the seeds are mixed into different blends, with the main advantage being that a greater mix of seed types attracts a greater mix of bird species.
- 3 **Husk-free seed mixes** – similar to the above, the seeds in these mixes have had their husks removed, so there is much less mess to clear up and birds that can't crack husks (such as blackbirds) can also eat the mix. Some husk-free mixes also contain other foods like dried mealworms and suet pellets.
- 4 **Suet (also called fat)** – this food comes as blocks, balls and pellets. Lots of birds like suet and it provides a vital source of energy for them, particularly in the winter months.
- 5 **Live mealworms** – a brilliant food to provide in the breeding and fledgling season.

*photos from Sally Stratton - more bird pics on the back cover*





## Build a bottle bird feeder

Welcome birds into your garden by following these few quick and easy steps to building your very own bird feeder.

What you need:

- Plastic bottle (approx. 500ml)
- 2 pencils
- Knife or scissors
- Wire or string
- Bird feed - try and go for a mix of flaked maize and sunflower seeds.
- A grown-up to help you



- 1 Holes for the perch**

Make 2 holes in the bottle, opposite each other, roughly 4 cm from the bottom of the bottle.

You'll want the pencils to fit nice and securely in their place - the birds will thank you for it.

Pierce 2 more holes in the bottle, slightly below the other holes and again opposite each other for the second pencil.
- 2 Fitting the perch**

Feed the two pencils through their holes at 90 degree angles.
- 3 Feeding holes**

Pierce small holes above the perches so the birds can reach the seeds. The holes should be slightly larger than the size of the seeds.
- 4 Fitting wire or string for hanging**

Pierce two holes at the top of the bottle, beneath the lid. Thread the wire or string through the holes.
- 5 Inserting bird food**

Remove the lid of the bottle and insert the bird feed.
- 6 Hanging the bird feeder**

Tie the wire or string around a tree branch or a washing line. Keep the bird feeder as high off the ground as possible so the birds can feed safely.





## Endelienta

Arts & Spirituality in North Cornwall

[www.endelienta.org.uk](http://www.endelienta.org.uk)  
[www.ncornbookfest.org](http://www.ncornbookfest.org)



### It's a great pleasure to announce the launch of North Cornwall Book Festival At Home

Partly funded by Arts Council England's emergency fund and partly by Cornwall's own FEAST, this is a series of short films featuring the writers, artists and personalities you would have met this October had this year's book festival not had to be postponed to next year. A quirky blend of Zoom interview and footage shot by the subjects themselves on their mobile phones, the films not only give the writers a chance to tell you about their latest projects but give you deeply personal glimpses you wouldn't get in the festival marquee, untidy desks, lockdown hair, unruly pets and all. We'll be releasing a new one on social media at teatime each Friday over the next twenty weeks or more to give a happy start to your weekend. The films will be available from release on the festival's website [www.ncornbookfest.org](http://www.ncornbookfest.org) as well as on Vimeo. We really hope they lift your spirits as we go into the second half of a pretty grim year. Please feel free to share them and to spread the word.

You can watch the first, and shortest, film right here, featuring the festival's artistic director, Patrick Gale at his windswept home at Land's End. Originally shot simply as a trial run, the film was deemed too much fun to leave out...

<https://vimeo.com/434346313>

And it's not only grown-ups who get to enjoy this venture. When schools return in the autumn NCBF At Home will be providing films featuring stars of children's writing and

illustration, each of whom will include in their film writing or art projects for young viewers to do in class or at home.

We're very excited that as part of this outreach work the festival is collaborating with several distinguished sister festivals in a big online festival of children's literature headed by the children's laureate, Cressida Cowell, who'll be speaking at St Endellion at the 2021 North Cornwall Book Festival. Full details of this, the *Reading Is Magic Festival*, can be found on its website.

With all good wishes,

*The Endelienta and  
North Cornwall Book Festival teams*

We are aware not everyone reads the parish council minutes, we thought we would outline a couple of changes in the parish that may be of particular interest.

Firstly, you may have noticed that we have installed CCTV at the toilet/kiosk block covering the play area and parish carpark and also in the toilet /shop block at the New Road Cornwall Council Car Park. This is due to issues of variable concern, not least the theft of one of the car park ticket machines last year.

CCTV memory lasts for about four weeks and then restarts. It runs 24 hours a day, so if we have an incident we can look back over the last 30 days.

The CCTV covers the Main Car Park ticket machines, the toilets and the play area. At New Road it covers the toilets and the back, side and front of the building, 24 hours a day.

Extra signage is in the process of being ordered.

We have also, at last, managed to complete an agreement with St



Minver Lowlands and St Minver Highlands Parish Councils to pay for a dedicated, multi-skilled Parking Enforcement Officer. We will now have the same officer patrolling our parishes for 37 hrs per week, 6am to 11pm, including weekends. This will give us around 12 hours cover, variable dependant on the need in each area, per week as opposed to the previous two hours per week. This multi skilled officer will be responsible for community enforcement including littering, dog fouling and dogs on beaches (Polzeath) as well as parking enforcement.

On Monday 27th July, we had our secondary 'Zoom' Parish Council meeting where we discussed a temporary 'Access only' measure for Fore Street:

**Vehicular Access – Minute 124a/ 2020.** Members to consider the response (previously circulated via

email) from Mr Oliver Jones, Highways, regarding a suggestion to make Fore Street only accessible to residents' vehicles and delivery vans to assist social distancing.

This will be advisory only as no traffic order will be in force. The main objective is to deter day visitors from venturing through the village 10am to 4pm during August and September. Councillors agreed to go ahead and ask our highways manager to advise the council as to what signage is available.

The Recycling Bins in the New Road Car Park are going to be removed by Cornwall Council the week commencing 14th September. The Parish Council is hoping to have a representative from Cornwall Council at the next meeting to outline how any fly tipping will be dealt with once the bins are no longer there.

Minutes & Agenda can be found at: [www.stendellionpc.com](http://www.stendellionpc.com)

**ST ENDELLION PARISH COUNCIL**



# Some of the insects of high summer



Scarlet Tiger moth

This summer has seen far fewer Swallows around Port Gaverne than in previous years. Half a dozen birds feeding on insects as you walk up the hill to Port Isaac was the norm, their aerial acrobatics enabling them to dodge every car. This year, just the odd bird has been seen. It is not only here, as lower numbers are being reported from all round the country, and on the continent too. In April there was a major storm in the eastern Mediterranean, with the streets of Athens littered with thousands of dead swallows on the night of 4-5 April. This may well be just the latest problem. Since the 1970s there has been a considerable decline of migratory Swallows and Martins (and the superficially similar Swifts).

These birds have an incredible journey of around 10,000km/6,000 miles to arrive here from their winter feeding grounds in southern Africa. It is amazing that such small birds could survive this gruelling journey. There are many things which are making it steadily more difficult, not least climatic changes in their winter feeding grounds and along the way. The Sahara has always been a formidable barrier, and any bird starting this arduous part of the journey in less than tip top condition will fail to make the crossing. The continual expansion of the desert in recent decades has made this journey even more perilous, to reduce surviving numbers. Research has shown birds are now arriving here in poorer condition and are laying fewer eggs. Numbers did bounce back in the 80s and 90s, so let us hope this happens again.

Numbers of Scarlet Tiger moths (see above) have always fluctuated, with some years swarms to be seen on warm humid July evenings. This year has been about average, and one feeding on the buddleia outside my door was a welcome sight.

Buddleia is a great nectar source for all kinds of insects, not just bees and butterflies. There have been several Humming-bird Hawk-moths feeding busily in my garden on the sunny days of the last few weeks.

They lay their eggs on Hedge Bedstraw, and although their green caterpillars become quite large (60mm/2½" long), they can be quite difficult to spot amongst the foliage.

We may see their progeny flying in September. They hibernate here, although few survive the winter. We are probably one of the mildest parts of the UK, and when we have had good autumn numbers followed by a mild winter, I have seen an occasional one feeding on my spring narcissus on a warm day in February or March, but most of those we see in early summer will have arrived from the continent.

A common feature both seen and heard in summer grasslands are grasshoppers and, in more scrubby places including gardens,



Hummingbird Hawk-moth



Hummingbird Hawk-moth caterpillar



An overwintered Hummingbird Hawk-moth

their larger relatives, the bush-crickets. Resident in the UK are 10 species of grasshoppers and 10 species of bush-crickets. There are no regular migrant species, although rare vagrants turn up, like the migratory locust. Many species have specialised requirements and are uncommon or rare. Cornwall has just 6 grasshopper species and 8 bush-crickets, and in our parish I have only come across 3 species of grasshopper and 3 species of bush-cricket.

The most ubiquitous species is the Meadow Grasshopper and this is the one which can be found on virtually every scrap of grass in the country. It is about 20mm/¾" long. They can be identified as females have tiny wings and can only hop away. Males have slightly bigger wings but also only hop.

Both sexes of the Field Grasshopper are fully winged and will readily fly off when disturbed. It is about 20mm/¾" long. This is found in warmer spots of short grass and open ground.



Female Meadow Grasshopper

Another key feature to identify this species is that it is the only grasshopper that has a hairy 'chest'



Field Grasshopper

Hairy 'chest'

The third species found here is the Mottled Grasshopper which is found in the warmest spots of our clifflands and open spaces with plenty of bare ground. It is a smaller grasshopper, typically about 12mm/½". Males can be easily identified with their clubbed antennae bent at the tip.



Male Mottled Grasshopper

A further key identification between the three species is to look at the area immediately behind the head, which is

*continued opposite ...*



# Carnival News

We are really sorry that we have to confirm that we will not be holding any events or parties for Carnival Day this year due to the Coronavirus restrictions that are in place. We look forward to holding more fundraising events as soon as we are able and hope that Port Isaac Carnival 2021 will be bigger and better than ever after having a year off!

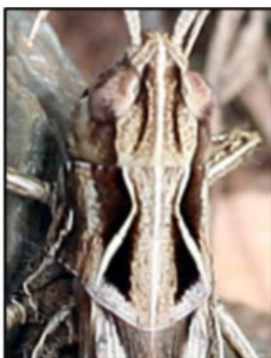
*Love The Carnival Girls x*



*continued ...*



*Meadow*



*Field*



*Mottled*

called the pronotum. In the Meadow GH, this is fairly straight sided. In the Field GH it is pinched in, and in the Mottled GH it is sharply pinched in.

They can also be identified from the calls of the males. The Meadow GH call is like a short chuckle, with that of the Field GH being a brief 'zip'. The Mottled GH's call is a series of elongated 'zips' increasing in volume then stopping abruptly.

The bush-crickets are easy to identify from their shape alone. Females have an ovipositor or egg-laying tube at the end of the abdomen, whereas males have two short curved appendages known as cerci. Bush-crickets can be identified from grasshoppers as they have very long thread-like antennae always on the move to detect you if you get close.



Female Speckled Bush-cricket

The Speckled Bush-cricket is quite common but is surprisingly difficult to spot on foliage. It is found in gardens and hedgerows as well as on clifftops. It has a dumpy green wingless body,

and when seen close up the body is covered in green speckles, which gives its common name. Adults are typically 20mm/3/4" long, with females having a broad ovipositor which is very narrow when seen from above. It is used to slice under bark to lay its eggs there.

The Oak Bush-cricket is smaller, just 17mm long. This one is a blue/green colour with long wings and a thin body.



Male Oak Bush-cricket

It is not common and spends most of its time in trees. It is attracted to lights and can sometimes be seen settled on walls below an outside light.



Female Great Green Bush-cricket

The Great Green Bush-cricket is our most impressive species with a body

50mm/2" long. Females have a long ovipositor.

If you come across one in the garden or out and about, handle with care, as this one will give a painful bite and easily draws blood. You have been warned! On my YouTube channel (MalcolmAtGullrock) is an amusing clip of George McGavin coming off second best as he mis-handles a similar sized Papua New Guinea bush-cricket and wishes he hadn't.

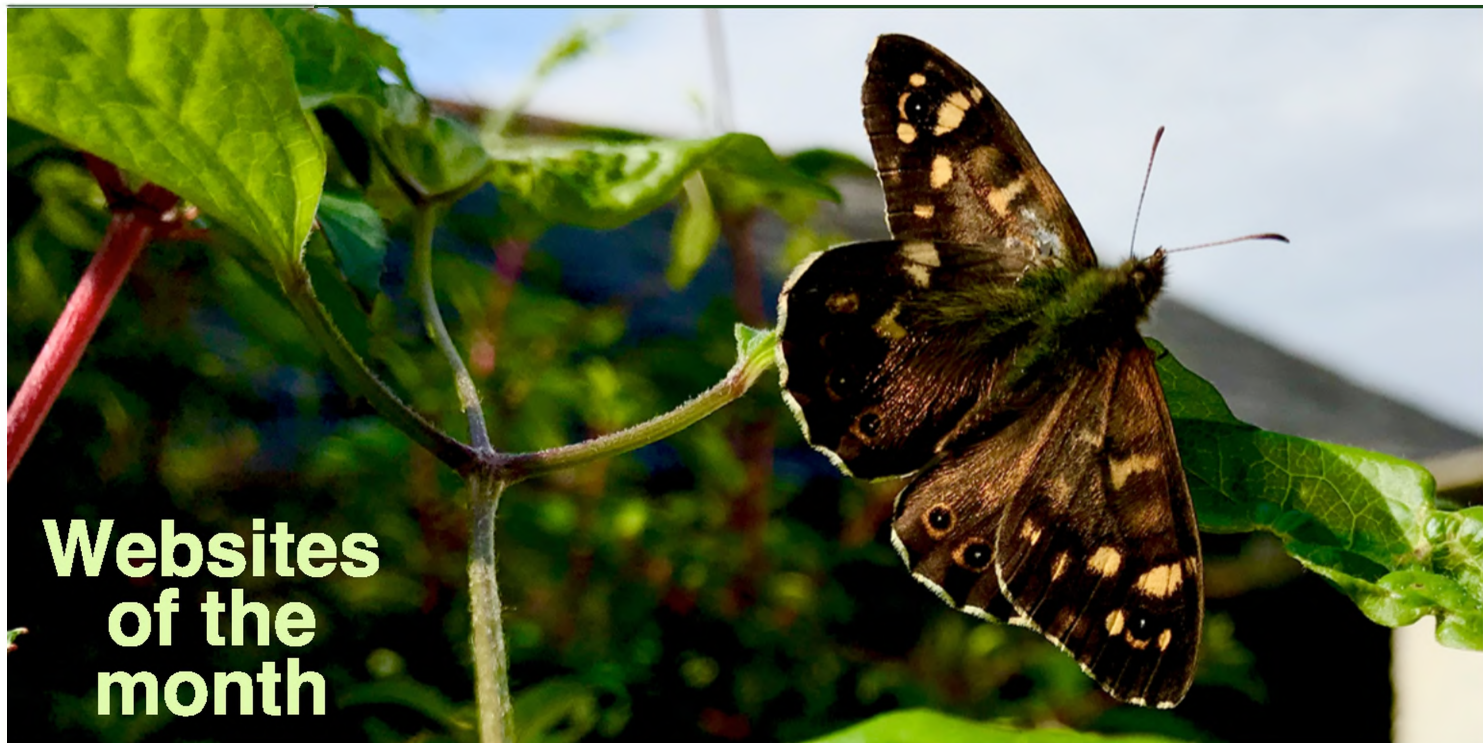
The Great Green BC has a very loud and high pitched persistent call, with males carrying on well into the night. However, our high-end hearing deteriorates as we get older, such that most people over 50 cannot hear it. When I came here in the late 1980s, an evening summer stroll on the Main was accompanied by the songs of all the males trying to outcompete each other for the female's attention. Now my walks are silent. I know they are still there, as their calls are easily heard on my bat-detector. This is a most useful tool for recording the presence of almost all species of grasshoppers and bush-crickets, except the Oak BC which does not have a call. To attract females, males drum a foot on a leaf which is unlikely to be heard by us over the wind and other noises.

The Speckled BC does have a call, but its frequency is right at the top end of human hearing and is only likely to be heard by young children. Fortunately, it comes over on the bat detector as a very loud tick every few seconds enabling easy identification without even seeing the calling insects.

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

*Malcolm Lee*





## Websites of the month

The July issue of *Trio* was full of really enjoyable wildlife articles. Malcolm Lee's feature about what wildlife to look out for had some beautifully colourful pictures of butterflies and that could be a useful resource for anyone who wants to take part in the annual **Big Butterfly Count** - recorded online or with a downloadable app, that this year is taking place between Friday 17 July and Sunday 9 August, (so started already but you still have time to join in). Although it is called the **Big Butterfly Count** it also asks us to look for day flying moths as well. This was started in 2010 and every year recruits volunteers to find a spot in their garden, or near where they live and observe for 15 minutes any butterflies or flying moths. These are then recorded, and all the results collated for an annual update on the state of our butterfly and moth population. Over 113,500 citizen scientists took part in 2019, submitting 116,009 counts of butterflies and day-flying moths from across the UK.

The **Big Butterfly Count** is a nationwide citizen science survey aimed at helping us assess the health of our environment. It was launched in 2010 and has rapidly become the world's biggest survey of butterflies.

If you have a smartphone, either an iPhone or an Android version, I really recommend you get the app. It is free and over the years has improved a lot. The section on the common butterflies and moths is very clear and gives you some useful background information. The butterfly shown in the illustration is one of the ones featured in the app and it explains that over the past few years it has been quite successful, its numbers growing by over 70% since the 1970's. If you don't go for the app you can still register by going on to the website <https://bigbutterflycount.butterfly-conservation.org> where you can download a nice identification chart to print out and pin on the wall.

One of the reasons that this work is so important is that we have been seeing some improvement in the butterfly population, perhaps reflecting the effort farmers and others have been making to help make farms more and more wildlife friendly as these insects play a part along with other species in pollinating our plants.

Last year was a really good year in the UK for butterflies and moths and the results are described on the Joint Nature Conservation Committee (JNCC) website in the section on butterfly counts <https://tinyurl.com/JNCC-butterflies> . . In March this year they had this to say:

*"UK butterflies have been monitored annually since 1976 by thousands of volunteers as part of the UK Butterfly Monitoring Scheme (UKBMS), making butterflies one of the best monitored groups of animals in the UK. The UKBMS is*

*a partnership between Butterfly Conservation, the UK Centre for Ecology and Hydrology, British Trust for Ornithology, and the Joint Nature Conservation Committee.*

*Population trends are produced for 58 of the 59 species of butterflies that occur regularly in the UK. The latest Official Statistics on UK butterflies were published on 20 March at [https://www.ukbms.org/official\\_statistics](https://www.ukbms.org/official_statistics). 2019 was the best year for butterflies for over 20 years, and four species (Chequered Skipper, Orange-tip, Brimstone, and Marbled White) had their best year on record, whilst no species had their worst year. Despite these positive results, the continuing long-term decline of some butterfly species remains a cause for concern."*

So that's butterflies and day flying moths, but if you want to have a go at other insects, then Countryfile has a very useful summary of the best insect identification websites <https://www.countryfile.com/wildlife/insects-invertebrates/the-best-insect-websites/> where it lists 7 very good ones. My favorite is Buglife which as well as helping identify bugs you come across is campaigning for their protection and conservation as they are so important in all our ecosystems - here is a link to the bug directory [www.buglife.org.uk/bugs/bug-directory/](http://www.buglife.org.uk/bugs/bug-directory/)

Let's hope this year is even better for the bugs!

Tony Wainwright



# Our Tribute to Jack Hill

who sadly died on June 27th 2020

Suzanne had known Jack for most of her life and I first met Jack when I brought my cottage opposite him in New Road in 1993. We never once, over all the years, asked him about his past - he was a private man so he never told us.

Over the years we got to know him well. He loved his morning gathering around his garden gate when he met up with his mates who had done the early trip to the Co-op for their *Western Morning News*.

He would put on his tweed jacket and smart trousers to drive his Smart car up to St Breward to meet up with his folks and friends and which we know he always enjoyed.

He would visit Suzanne's gran, Vi, almost every day when she was alive, with her newspaper and they would spend many hours chatting and enjoying each other's company. Jack always called her Mrs Richards throughout all the years he knew her.

Jack also loved his billiards, playing on a regular basis at the Liberal Club. He would walk down with his cue, although latterly little Ron would collect him in his car.

Jack always had a great smile on his face. He helped us and his large circle of friends so much, especially with his love and knowledge of anything to do with his garden - his pride and joy. He kept us supplied with all sorts of veg, all wrapped in a bundle of newspaper, none of that plastic muck! Another of his favourite pastimes was to sit on his bench outside his gate watching the world go by and chatting with his friends - see the photo below. Special times.

Jack offered help and support to us all in his quiet way. He always kept an eye on my cottage if I had to go out and leave my door open for Winnie. "No problem maid" he would say. We also spent a lot of time talking vegetables - he had a vast amount of knowledge and we learnt from him.

Every year I invited Jack for Christmas lunch and he always politely declined. "I got my chicken maid, but thank you."

Lately Jack's health deteriorated but we did all we could to keep his spirits up and help. Our last memory of Jack was on his last day at home, waiting for the ambulance. Whilst Suzanne sorted everything out, I made him a cup of tea. When I handed it to him he smiled and said "lovely cup of tea maid."

Jack was a gentle Gentleman, a very special friend to so many. He will be sadly missed.

**Rest In Peace Jack**

*Annie Price and Suzanne Barriball*



**"what a great idea"**

**"this is great ... just what we need"**

**"loved it ..." "when's the next one?"**

We really hope you enjoyed the first farmers market! I'm writing this in prelude to the market occurring, so we are praying for good weather and hopefully a few of you attending! It's been quite a feat to put together in such little time, so I would like to say a massive thankyou to everyone for your support and enthusiasm for this community project.

- A special thanks to the absolutely amazing committee team and parish council who have made this possible.
- Cornish Rocktors and the Gig Rowing club for lending us their gazebos.
- The lovely mums and kids who made the beautiful bunting.
- Dee for helping us get the word out to you all.
- All the local growers who have donated to the Grower's Hub and donated all their surplus veg for the Market to sell to raise funds for our foodbank charity.
- all the other volunteers who have given their time to help.

We have changed the day for the next market to a Thursday to help meet local needs. The date is August 27th and it will run from 9am to 12noon.

This is your market so we would love your feedback ...

**What day would you like the farmers market to be on?**

**What suppliers and produce would you like at the market? How could we run it better?**

We welcome all of your thoughts and ideas and want to make this the best farmers market for you.

Please send your thoughts to [alicesainsbury@hotmail.co.uk](mailto:alicesainsbury@hotmail.co.uk)

**We look forward to seeing you on August 27th**





# Summertime ... and it's time for summertime salads



## Roast Chicken and Salsa

- season two chicken breasts with salt pepper and Cajun spices and roast in the oven with two halves of fresh lime - cook for about 20 minutes.
- when cooked squeeze over the hot lime and leave to cool.
- Meanwhile make the salsa. Mix together a diced red onion, two cloves of squeezed garlic, ½ diced green pepper, coriander, fresh lime, quartered cherry vine tomatoes and ½ diced avocado.
- add sliced chicken and serve with salad leaves of your choice.

## Steak, tomato and sour dough

- pan fry steak to your liking and leave to rest.
- Meanwhile rip up some sourdough into bite size "croutons" toss in olive oil and roast in a medium oven for about 10 mins or until crunchy.
- Next get a mix of tomatoes (cherry, vine or heritage if you can get them) then it's time to put together.
- In a bowl put sourdough croutons, halved or wedged tomatoes and sliced steak, then add some leaves of little gem lettuce sprinkle with sea salt and freshly ground black pepper and olive oil and toss together ... then enjoy.

I am already regretting putting in salad recipes as I sit indoors hearing the rain on the windows and the wind whistling outside.  
Happy summertime!

'ANSOM ME LOVERS

## Emma's favourite Macaroni Cheese

This recipe has been Emma's favourite for all her life, so it's been her birthday request dinner for a very long time.

### Ingredients

500g macaroni	1tsp mustard powder
2tbsp plain flour	Up to 2 Pts milk
2oz butter	250g mature cheddar grated

### Extras

Breadcrumbs and Parmesan  
Ham  
Bacon



- Put the macaroni on to cook as per packet instructions - should be about 12 mins in boiling water.
- Melt the butter in a medium saucepan, add the flour mix well and keep stirring over the heat. Heat for a minute stirring all the time and then add the milk a little at a time - you will probably need all the milk, especially if you like it saucy. Bring to the boil, and make sure it boils for at least a minute stirring constantly. Add the cheese and mustard, stir well, and take off the heat.
- Once the pasta is cooked, drain and add the sauce. Stir well and put in an ovenproof dish with a little extra cheese on the top, bake until golden on top.

For a change you can mix some breadcrumbs with grated Parmesan and use as a topping. Or add chunks of ham, or chunks of pre cooked bacon for a "dirty Mac and cheese".  
Enjoy!

Kim xxxx



## OUR SERVICES

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

FREE ESTIMATES

**S R HEWETT**  
& SON  
electrical contractors

### WHY CHOOSE US

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



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

## CHRISTOPHER KEY SOLICITOR

Friendly office open  
Monday-Friday  
9.30am-12.30pm

Appointments out of office hours  
by arrangement

Trebiffen, Boscastle PL35 0BN

Tel: 01840 250200

Fax: 01840 250900

**HTC**

est 1999

### Tree & Hedge work

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

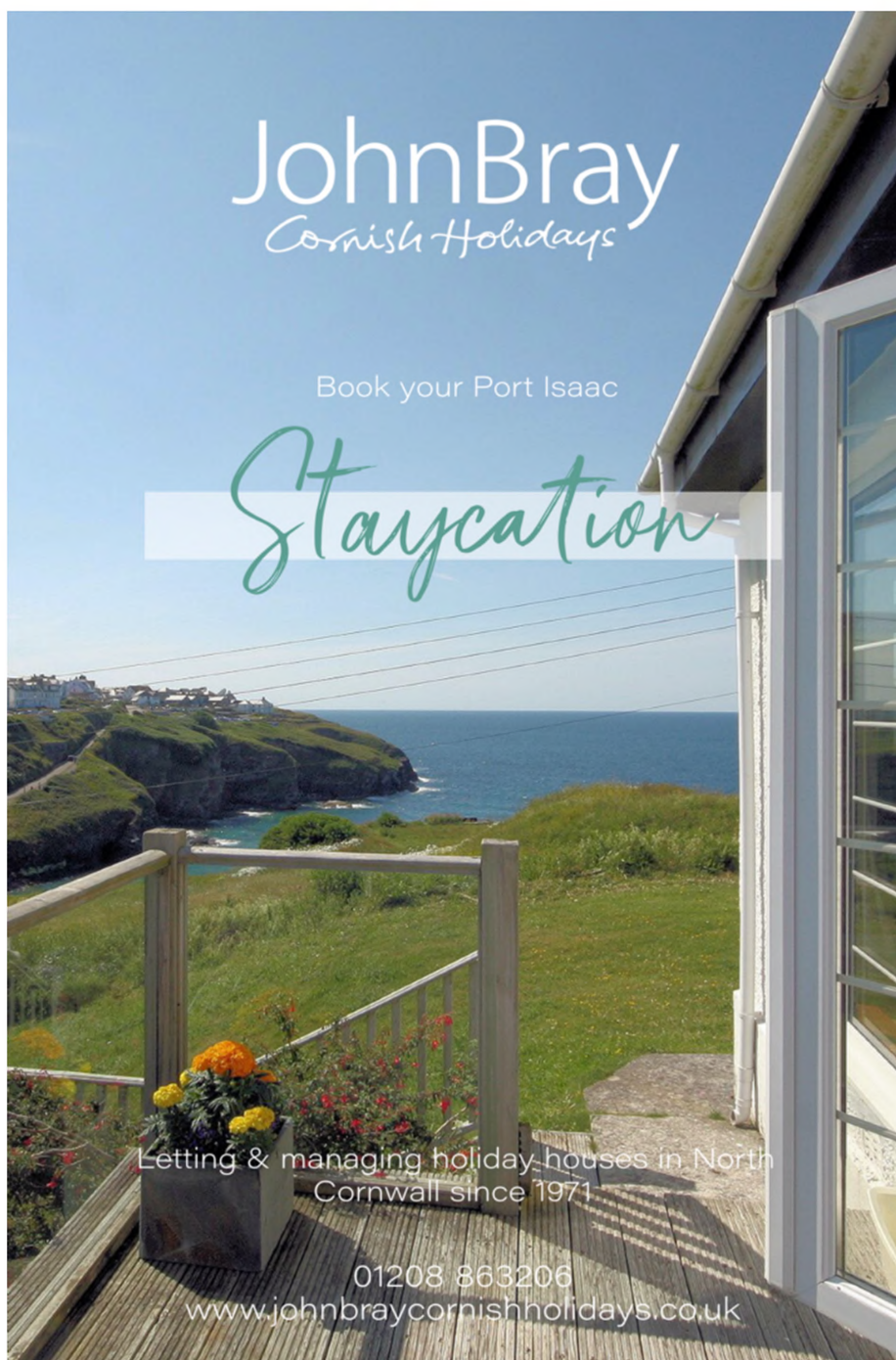
Free Estimates  
please phone Craig

**01208 880390**

**JohnBray**  
Cornish Holidays

Book your Port Isaac

Staycation



Letting & managing holiday houses in North  
Cornwall since 1971

01208 863206

[www.johnbraycornishholidays.co.uk](http://www.johnbraycornishholidays.co.uk)

Your first  
step in  
property  
maintenance

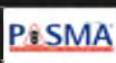


**01208 841 528**  
**07816 899 649**

[jandbathome@aol.com](mailto:jandbathome@aol.com)

PURDYSSOLUTIONS

- 🔧 Small Building Works
- 🔧 Carpentry
- 🔧 Kitchens & Bathrooms
- 🔧 Vinyl Flooring
- 🔧 Hard & Soft Landscaping
- 🔧 Property Care
- 🔧 Painting & Decorating





# T.F. GRILLS and Sons

Building and Carpentry  
Painting and Decorating

Free Estimates

Telephone: **01208 880094**

**07875 221222**

email:

[markcgrills@googlemail.com](mailto:markcgrills@googlemail.com)

## THOMAS HAWKEN SERVICES

grass cutting,  
strimming & trimming,  
painting inside & out

stone hedging, all  
small jobs  
around the home

THE TRIGG, FORE ST, PORT ISAAC

**01208 880183 /  
07812 032333**

## R.A. HANCOCK

ELECTRICAL CONTRACTOR

AGRICULTURAL & DOMESTIC WORK

SALES & SERVICE

SLIMLINE RADIATORS

DIMPLEX & CREDAs

COMPLETE SHOWER INSTALLATIONS

Hartland Road Port Isaac

Telephone: **01208 880328**

## BRIGHT SOLUTIONS

Tony Bright

Painter & Decorator  
CITY & GUILDS QUALIFIED

External & Internal

Friendly Professional Service

References supplied on request

**01840 213694 / 07765 632164**

[TONY.BRIGHT@HOTMAIL.CO.UK](mailto:TONY.BRIGHT@HOTMAIL.CO.UK)



*Port Isaac Pottery  
&  
Chapel Cafe*

**OPEN EVERY DAY**  
**9am-5pm**

**Takeaway food or eat-in**  
**SEE OUR MENU BOARD FOR**  
**OUR DAILY SPECIALS**

**Breakfast served 9am-11.30am**  
**Lunch served 12noon-3pm**  
**Homemade cakes and Cream Teas**  
**served all day**

Fed up with cooking?  
Why not try our range of  
**HOMEMADE, COOKED FROZEN READY MEALS**

Cottage Pie   Beef Lasagne   Fish Pie  
Vegetarian Tagine   Lamb Tagine  
Saffron Bread & Butter Pudding

## Juliette Bridge

Nutritional Therapist Dip CNM mANP



Want to improve your own health and lifestyle approach?

Looking for positive change?

Let me support you on your journey.

TELEPHONE/REMOTE CONSULTATIONS WELCOME

Email: [juliette@thebodyworkshop.life](mailto:juliette@thebodyworkshop.life)

[www.thebodyworkshop.life](http://www.thebodyworkshop.life)   **07913 113 767**

## K L Honey Ltd

**Building & Renovation Contractors**

Tel: **01208 880609**   Mobile: **07971 479309**

Email: [klhoney@btconnect.com](mailto:klhoney@btconnect.com)





# Nicki B's

OPEN 7 DAYS A WEEK

**THE NEW NORMAL IS UPON US**

phone orders welcome  
call 01208 880099

**FREE HOME DELIVERY SERVICE**

award-winning  
**Cornish pasties**

and everything you could want  
for a proper Cornish takeaway  
breakfast, lunch or tea!

Tea & Coffee

Fresh Bread & Milk

## DENNIS KNIGHT

Proprietor: JT Collins

**FRESH FISH DAILY OPEN SIX DAYS A WEEK**

call for opening times or to place an order  
**FREE HOME DELIVERY SERVICE IF YOU  
DON'T WANT TO QUEUE**

Tel/Fax/Answerphone: **01208 880498**



## S. Goodman Plumbing & Heating



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

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

## THE PINK COTTAGE PORT GAVERNE

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

cilla.marnan@btinternet.com

www.pinkcottagecornwall.com

### ANSWERS TO JULY MINDBENDERS!

1. Zinc. 2. Man overboard. 3. Window. 4. Waterwheel. 5. Oliver Twist. 6. Igloo. 7. Mother-in-law. 8. London Underground. 9. Rainbow. 10. Soup. 11. Landing. 12. Pare a pair of pears. 13. Up in arms. 14. Double cross. 15. Long. 16. Leftover. 17. One up. 18. Vixen. 19. Merry-go-round. 20. Maltese Cross. 21. Out of sight, out of mind. 22. Beast. 23. Half mast. 24. Swarm of bees. 25. Mixed grill. 26. Split the difference. 27. Topiary. 28. Without a second glance. 29. Opponent. 30. Matinee. 31. Listen. 32. Ten pin bowling. 33. Domino. 34. Tinge. 35. Card index. 36. Fascinated. 37. Half a minute. 38. Reverse gear. 39. Not. 40. Speech disorder. 41. United States of America. 42. Forthwith. 43. King. 44. Forty winks. 45. Broken promise. 46. Ice cube. 47. Good intentions. 48. Sparrow. 49. Very overweight. 50. Once in a while. 51. Sleeping bag. 52. Flash in the pan. 53. Fortunate. 54. Mayonnaise. 55. Footsteps. 56. Nightingale.

## Pete the Gardener

available for all  
gardening and small  
house maintenance jobs

Experienced gardener  
regular or one-off jobs  
local, friendly, reliable

**Call 01208 623667  
07792 685286**



## Liam Benz Plastering



All aspects of  
plastering  
Traditional &  
Machine application



**07813  
533303**



liambenz160@gmail.com







## Got Waste? We'll collect it!

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

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



### About recycling. RECYCLING FOR CORNWALL:

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

We recycle glass to produce NEW LIGHT BULBS

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

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

### We are open 6 days a week

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

T: 01208 815060 or M: 07814934978

info@holidayhomewastecollection.co.uk

hollie@holidayhomewastecollection.co.uk

www.holidayhomewastecollection.co.uk

📧 holidayhomewastecollection

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

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

[www.thisisnorthcornwall.co.uk](http://www.thisisnorthcornwall.co.uk)

# Western Supply



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

Established  
1965

Atlantic Road, Delabole, PL33 9DN

t: 01840 212580

[www.westernsupply.co.uk](http://www.westernsupply.co.uk)

Trade & Public  
Welcome

a sister company to  
Holiday Home Waste  
Collection Ltd  
perfect for holiday  
home wheelie  
bin cleaning

low cost  
great value



## CORNWALL WHEELIE BIN CLEANING LTD

Commercial bins: every 4 weeks from as little as £48 a year

Domestic bins: from as little as £24 for 6 months or £48 a year!

Discounts available on direct debit payments

TELEPHONE: 01208 815060

MOBILE: 07814 934 978

[www.cornwallwheeliebincleaning.co.uk](http://www.cornwallwheeliebincleaning.co.uk)

## PAUL HONEY

PAINTER & DECORATOR

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

Tel: 01208 881122

Mob: 07773 305626

PHONEY247@BTINTERNET.COM

## HOLIDAY HOME

in Port Isaac

Spectacular views.

Sleeps up to six people.

Quiet gardens. Dogs welcome.

Parking for two cars.

Contact: [r.meere@btinternet.com](mailto:r.meere@btinternet.com)  
or 01543-682010



### LARGE HOLIDAY HOME in PORT ISAAC

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

07967 089766

[davebrown1999@hotmail.com](mailto:davebrown1999@hotmail.com)



FRESH FROM  
THE SEA  
**OPEN**  
FOR  
**TAKEAWAY**

please call  
01208 880849  
to place your order



18 New Road, Port Isaac, PL29 3SB  
[www.freshfromthesea.co.uk](http://www.freshfromthesea.co.uk)

The Old School Hotel, Bar & Restaurant

Tel: 01208 880721 [www.theoldschoolhotel.co.uk](http://www.theoldschoolhotel.co.uk)

We are OPEN all day, every day

Breakfast, Lunch

Afternoon Tea & Sandwiches

Evening Meals

Teas, Coffees & drinks from the bar

Cream Teas served all day, inside or  
outside

Takeaway menu

Advance booking is advised for the restaurant, as numbers are  
limited due to social distancing measures

See our website for menus and more information

[@theoldschoolhotel](https://twitter.com/theoldschoolhotel)

[f theoldschoolhotel](https://www.facebook.com/theoldschoolhotel)



**k i l n .**

a design led studio shop

with hand-painted china by artist sue pullin

+ a range of hand-picked homewares, gifts and stationery  
from cornwall and scandinavia

3 MIDDLE STREET, PORT ISAAC, CORNWALL, PL29 3RH

t: 01208 880578 e: [info@kilnstudio.com](mailto:info@kilnstudio.com) w: [kilnstudio.com](http://kilnstudio.com)



## Kernow Cleaners

Spring Cleaning  
Holiday Change over  
Commercial &  
Domestic Cleaning

For details or a no obligation  
Quote please ring Rakhia on



0754 014 7734



rakhiamumtaz@live.co.uk

References Available

DBS Checked

## Ivan Jones Electrical Services Ltd



*Your Local Electrician.*

Domestic - Commercial - Industrial - Agricultural

*Celebrating  
20 Years of  
Customer Satisfaction*

1995



2015

*"A BIG  
Thank you to  
ALL our Clients"*

Competitive & non-biased prices on:

LED Lighting - Electric Radiators - Garden Lighting & much more.  
Offering a range of manufacturers to BEST suit your property & budget

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

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



## Andy Penny Building Services

General Building  
Property Maintenance

Plastering &  
renovations

Painting & Decoration

Fibreglass Flat  
Roofing

Patios' & Paving

andy@andy-penny.co.uk

07532 478 451

www.andy-penny.co.uk

## Roy Speakman

A.B.I.C.C.

BUILDING CONTRACTOR

Specialist Carpenter,  
Period Reconstruction,  
Kitchen/bathroom installations,  
all roof work undertaken

Tel: 07790 602404

rwsbuild@live.co.uk

## R Mears & Sons Chimney Sweeps & Stove Installation



Established over 30 years

Vac Brush. Full CCTV investigations.

Pots, Cowlings & Bird Protection fitted. Chimneys Lined.

Solid Fuel Appliances, Rayburns, Woodburners,  
Stoves, etc serviced. Fully Insured.

Tel: 01840 261221 Tavistock: 01822 664554

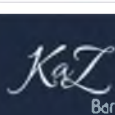
Mob: 07737 533392

www.sweepdevon.com



## KazBar Cocktail Deliveries to your door!!

We are delivering cocktails on Friday and Saturday nights with delivery to the door  
for Port Isaac and surrounding areas. Message us on Facebook (KazBar)  
or text Kathryn McDonnell on 07984787508 to place an order!



### COCKTAILS

Delivering to Port Isaac & Surrounding areas



#### THE KAZ SPECIAL

AMARETTO - VODKA - CRANBERRY JUICE - LIME  
PEACHY BLINDER  
VODKA - PEACH SCHNAPPS - CRANBERRY JUICE - LIME  
DARK & STORMY  
SPICED RUM - GINGER BEER - ORANGE BITTERS - LIME  
MOJITO  
RUM - MINT - LIME - SODA  
BAY OF PASSION  
VODKA - PASSOA - CRANBERRY JUICE - PINEAPPLE JUICE

#### STRAWBERRY MOJITO

RUM - MINT - LIME - STRAWBERRY - SODA

#### BLACKBERRY MOJITO

RUM - MINT - LIME - BLACKBERRY - SODA

#### PINA COLADA

WHITE RUM - COCONUT RUM - PINEAPPLE JUICE - COCONUT MILK

#### BLUE HAWAIIAN

WHITE RUM - COCONUT RUM - PINEAPPLE JUICE - COCONUT MILK - BLUE CURACAO

#### GIN GARDEN

GIN - ELDER FLOWER - APPLE JUICE - CUCUMBER - MINT

#### RHUBARB GIN GARDEN

RHUBARB GIN - APPLE JUICE - CUCUMBER - MINT

### Premium Drinks

£7.00 EACH CANNOT BE INCLUDED IN 4 FOR £20

#### NEGRONI

GIN - CAMPARI - MARTINI ROSSO - ORANGE BITTERS

#### OLD FASHIONED

PREMIUM BOURBON WHISKY - BITTERS - SUGAR - ORANGE - SODA

*Order before 1pm Friday.*

£6.00 each  
4 for £20.00

LIMITED TIME  
SLOTS AVAILABLE

Port Isaac - FREE - Surrounding areas - £5.00



Remember to say  
you saw it in Trio





St Teath Taxi  
**07866 815 384**  
 8 Seater Mini Bus








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

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

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

[www.thisisnorthcornwall.co.uk](http://www.thisisnorthcornwall.co.uk) [www.thisisnorthcornwall.co.uk](http://www.thisisnorthcornwall.co.uk) [www.thisisnorthcornwall.co.uk](http://www.thisisnorthcornwall.co.uk) [www.thisisnorthcornwall.co.uk](http://www.thisisnorthcornwall.co.uk)



- Microsoft certified & Apple authorised computer & network technician.
- Windows PC & Mac, Android & iOS. Sales & service - home or business.
- Hardware repair, software troubleshooting.
- Anti-virus/system maintenance.
- WiFi/network consultancy & installation.
- Website design & construction.
- Wireless point of sale (POS) & CCTV installations

Contact Tim Ferrett at : [boscastleit@gmail.com](mailto:boscastleit@gmail.com)  
 TEL : 01840 250 106 MOB : 07976 046 810  
[www.boscastleit.co.uk](http://www.boscastleit.co.uk)



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



## Professional, Reliable, Affordable Cleaning Service

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

### The Cleaning Fairy

[www.thecleaningfairycornwall.co.uk](http://www.thecleaningfairycornwall.co.uk)  
[bvethecleaningfairy@hotmail.com](mailto:bvethecleaningfairy@hotmail.com)



## 01840 552 012





**SPROULL**  
SOLICITORS

Seeing the  
bigger picture

Disputes | Family  
Property | Wills

**01208 72328**  
[www.sproullip.co.uk](http://www.sproullip.co.uk)  
Offices at Bodmin, Camelford and Wadebridge



**TRELAWNEY GARAGE**  
PORT ISAAC

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

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

**Call: 01208 880536**



**EVERY WEDNESDAY NIGHT**

**PRE ORDERS ONLY**

**Indian Takeaway**  
at  
**The Cornish Cove**  
Fore Street Port Isaac PL29 3RE

**To Start**  
Vegetable Samosa & onion bhajis, £4.95

**Homemade curries**  
Lamb Rogan Josh  
Chicken Tikka Masala  
Vegetable Korma  
served with Pilau Rice & Naan Bread, £9.95

Individual 10 minute collection slots from 5pm-6.30pm

**Pre-order on 07841 906 179**  
orders needed by Monday night each week!  
**PAYMENT ON COLLECTION BY CARD ONLY**

**The Cornish Cove**



**3 Traditional Cornish Steak or Cheese & Onion Pasties for £10**  
**3 Sausage Rolls for £6**



**Cream Tea also available to takeaway**  
Check out our Facebook page 'Cornish Cove Cafe' for latest menu



# Philip Sleep Flooring

Professional & Reliable with over 20 years experience

**01840 552 147**

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

Free consultation, planning & estimates

Insurance work undertaken

Shop now open at:

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



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

**Tarkett**  
VINYL

**altro**

**Cormar**  
CARPETS



## IVY LOUNGE

Hair & Extensions

10 Market Place

Camelford

01840 219085

OFFERING A PROFESSIONAL  
SALON SERVICE

trained with the Nirvana Hair Company  
together we have 12 years experience

For news about Rock, Polzeath, St  
Minver, Trebetherick & Wadebridge  
follow this link [www.stminverlink.org](http://www.stminverlink.org)

# TW-LPM

Landscaping - Patios, Groundworks, Stone Walling, Artificial  
Grass, Turfing and Garden Design

Fencing - all aspects of Garden, Domestic and Security  
Fencing

Property Maintenance - Jet Washing, Repointing, Painting and  
Decorating, Plastering, Masonry, Roofing Projects, General  
Building and Refurbishments

**07960 652 496**  
**01840 312003**

INSURED PROFESSIONAL QUALIFIED  
[www.twlpm.com](http://www.twlpm.com)



# May Contain Nuts

DELICIOUS, FRESH & LOCAL



## Luxury Welcome Hampers

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

## Award-winning 'Chough Bakery' Pasties

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

## Fresh Bread & Cakes delivered daily

## Freshly ground, locally roasted coffee

## Smoothies & Shakes

OFFICIAL STOCKISTS OF  
DOC MARTIN MERCHANDISE

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

44a FORE STREET, PORT ISAAC  
**01208 881277**

# The Peapod

OPEN DAILY  
FROM  
1030am

FOLLOW THE  
PEAPOD ON  
FACEBOOK

Italian leather handbags, scarves and jewellery  
Dog collars and leads in lovely prints -  
made in England. Selection of natural wax  
gel candles and lots, lots more

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

## NICOLA O'MARA interior design



[www.nicolaomara.com](http://www.nicolaomara.com)

# ROCK JOINERY.co.uk

01208 862 145

Richard 07721721464  
Martyn 07773303265  
[info@rockjoinery.co.uk](mailto:info@rockjoinery.co.uk)

Est. 1989



# ANDREW HALLAM CARPENTRY

PORT ISAAC  
0752 8369236

Carpentry  
Renovation  
Restoration  
Decoration

andrewhallamcarpentry@gmail.com



01208 880449

justshellfishportisaac@outlook.com

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

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

## Brooks & Jeal

Chartered Accountants

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



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



the oldest gallery in the village

# Secrets

Port Isaac

original art in all mediums  
limited and open edition prints

art cards & art materials  
Port Isaac books & walks  
exclusive jewellery & gifts

01208 880862/880905 [www.secretsportisaac.com](http://www.secretsportisaac.com)

## GARDEN OF EDEN



### LANDSCAPING & BUILDING SERVICES

Stonework • Patios • Drives • Ponds

Hard & Soft Landscaping

Garden & Property Maintenance

General Building • Bespoke Garden Rooms

01208 851916 or 07970 919389 (mobile)

email: jimdyer70@gmail.com





# PORT ISAAC

## Community Farmers Market



## WELCOME

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

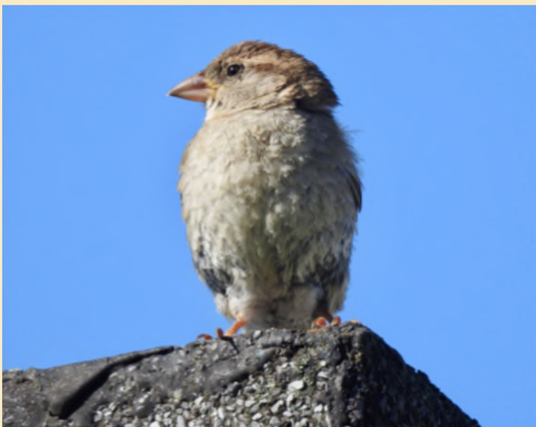
**Near the Main Carpark  
Trewetha Lane**

**Thursday 27th August**

**9am - 12pm**

**Everyone welcome**

In support of Port Isaac charities



Down at Port Gaverne - Meet Roger the wood pigeon (he's my favourite!) and one of Liam's turkeys who I have named Gloria!

Tamsyn Cleave



In Sally Stratton's garden

