

trio



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refuse or alter material supplied.



Port Isaac studios
will be open until
6th September

OPEN STUDIOS CORNWALL

Caroline Cleave

(Valley Studio)

Lyndsey Bradbury

(Pentus Wall Studio)

More than 200 artists, designers and makers across Cornwall will
be welcoming socially-distanced visitors into their studios, with
appropriate safety measures in place in September 2020.

Participants who are not able to throw open their doors, for
reasons of limited space or personal vulnerability, will be
offering studio tours and additional digital content.

Free guides to all locations available in village business and restaurants

NEW ROAD RETAIL UNIT PORT ISAAC

**Tenders are invited to acquire a
lease on the above premise**

Offers should be in excess of £8,500 pa

Tender packs will be available
from 8th September

**Closing date for submission of tenders:
21st October 2020**

For further information please contact:

Parish Clerk, St Endellion Parish Council

c/o 12 Bonython Drive, Grampound,
Cornwall TR2 4RL

Email: stendellionpc@gmail.com



The new Port Isaac Heritage website has gone live ...

www.portisaacheritage.co.uk

our new website is fully searchable - just type in a name, a place, a date or an event to search our entire archive

every issue of *Trio* that has been published can be viewed on the site and you'll be hard pressed to find a better record of modern local social history over the past 38 years ... and everything in these *Trios* is all included in all searches ... perfect for anyone researching their family history ... or just looking back over the "good old days" ...

and then there's our new book - The Real Voices of Port Isaac

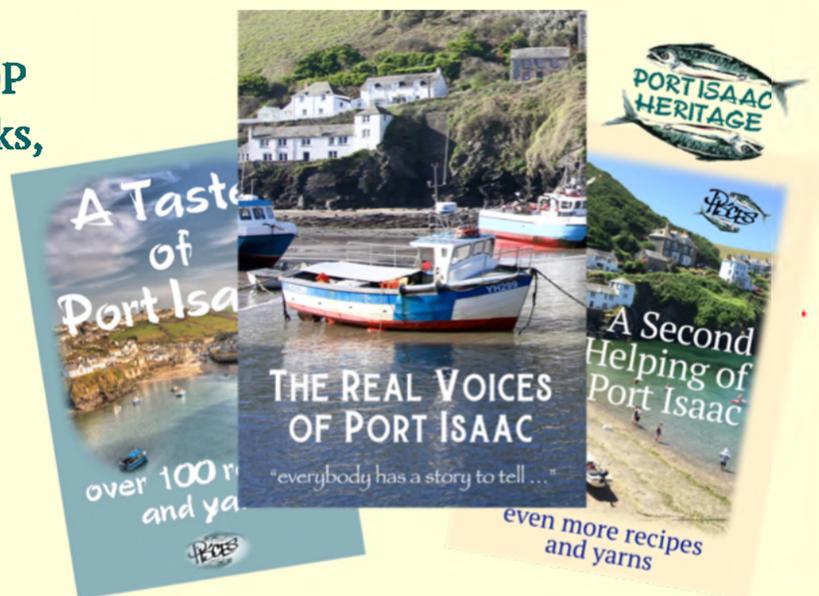
"an absolute joy" "I couldn't put it down".

"I'm telling all my friends to get a copy"

Available from our website SHOP along with our previous two books,

A Taste of Port Isaac and
A Second Helping of Port Isaac
ALL PRICED £10 a copy

also available at *The Pottery*,
Secrets, Fresh from the Sea and
Trevathan Farm Shop





PORT ISAAC RNLI SHOUT

Port Isaac Lifeboat was tasked on August 19th at 12:17 to reports of two casualties approximately ½mile WNW of Lobber, off Port Isaac. They were stated as being on an inflatable stand up paddleboard and were being pushed out to sea by the wind.

The young women were quickly located, recovered and returned to Port Isaac. They were exhausted and extremely grateful to the lifeboat. They were both advised on local tides and the danger of offshore winds and advised to wear life jackets when out next.

It is always worth remembering the old adage of “wind over tide” - on a windy day it is easy to be taken out to sea, even if the tide is coming in. Please follow the RNLI’s safety message on going to sea and if you spot anyone in distress please call 999 and ask for the Coastguard.

STAND-UP PADDLEBOARDING

Looking for an activity that can be enjoyed by the whole family and also keep you fit? Stand-up paddleboarding or SUP is becoming increasingly popular. Here are our expert tips on how to paddleboard and stay safe.

This summer, there are fewer lifeguard patrols than normal.

Please be careful when paddleboarding, especially if there are no flags on the beach.

Stand-up paddleboarding (SUP) is one of the fastest growing watersports. Whether it's on an inflatable paddleboard or a solid one, SUPing is a great way to have fun on the water and to get fit. Do it often enough and you can improve your overall fitness, in particular your core body strength, which is where the most of your paddle power will come from.

Whether you are a complete paddleboarding beginner or more experienced, it's always useful to know a few tips and tricks to help improve your SUP experience.

Simple tips to improve your time paddleboarding

- **If you can, always go with a friend.** It's more fun, and they can help you if you get into difficulty.
- **If you are going out alone, always tell someone where you're going and when you'll be back.** Don't leave the house without a mobile phone or communication device.
- **Bringing your phone to take some photos?** Make sure you keep it in a waterproof pouch. That way it won't get wet, and you can use it to call for help in an emergency too.
- **Check the weather forecast and tide times before you set out.** If the water is too choppy, you might find it difficult, especially if you are a beginner. And be aware, the conditions can change quickly.
- **Avoid offshore winds.** They will quickly blow your paddleboard far out to sea, which can make it extremely tiring and difficult to paddle back to shore.
- **You should wear a suitable personal flotation device.** This can be a buoyancy aid or a lifejacket. Choose one that still allows you plenty of movement so you can paddle freely. Not only will it keep you afloat, but it will also help give you time to recover should you fall in – and chances are you will!
- **Wear suitable clothing for the time of year.** In the winter, you will want to use a wet or dry suit. In the summer, you might be able to get away with a swim suit. But if you are going to be in the water for a long time, you might want to upgrade to something that keeps you warm.
- **You should always use a paddleboard with a leash.** There's nothing more frustrating than having to swim after your paddleboard if you fall off. The leash will also help you stay connected to your board if you get into trouble and help you float.
- **If you are launching on a lifeguarded beach, make sure you launch and recover between the black and white chequered flags.** There should be less swimmers in this area, giving you more room to manoeuvre. Consider other water users by learning the rights of way in the surf. This can save you and others getting injured.
- **Get the appropriate level of training.** You might be tempted to just buy a board and head out. Having a few training sessions can teach you the right technique, so it's more stand-up and less fall-in paddleboarding!





The building work is going really well and the end is in sight ...

Hopefully by the beginning of October we will be ready to re-open, adhering to all the Coronavirus regs.

And at some point in the not too distant future we will be able to have an Open Day so that you can all see how much better your Hall is with a multi-access toilet and new ladies toilets on Hall floor level and a huge new kitchen. It is all looking so good ...

The new normal WEARING A MASK

As we all get used to wearing our masks, people wearing glasses are having particular problems with their glasses fogging up - here a few tips *Trio* has heard during the past few weeks ... one of them may work for you!

1. Soap and water — wash your glasses with Fairy liquid then dry them with a cloth. Don't use tissues as they may leave lint, which attracts moisture to the lenses.

2. Shaving foam — apply a thin layer of shaving foam to the inside of your glasses, then gently wipe it off (again don't use a tissue).

3. Close the gap on surgical masks — mould the nose bridge at the top of your surgical mask to your face to reduce the gap that allows warm moist air up to the glasses.

4. Damp tissue — slightly dampen a tissue and then fold it and place it under the top edge of the mask also apparently works.

5. And always - keep your glasses over the top of your mask.



IF YOU HAVE ANY TIPS FOR MASK WEARING PLEASE SEND IN TO TRIO

And remember,

- Do not share your mask with family or friends
- Make sure your mask covers your nose, mouth and chin
- ALWAYS wash reusable masks after every use.

MASKS NOW HAVE TO BE WORN IN ALL SHOPS

YOU CAN STILL SUPPORT PORT ISAAC VILLAGE HALL WHEN SHOPPING IN THE CO-OP ... helping us to make your Hall better for you

Just show your Co-op card every time you shop - remember you have to have registered it to support Port Isaac Village Hall - if you need any help ask Craig instore.

Become a member today for £1 and earn



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

TOGETHER WE CAN MAKE THINGS BETTER



THE BOOKSHELF

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

Wildlife in your garden

Don't forget that we'd love to see any garden bird photos that you've taken. You can either send them to Trio or to fayearchell@googlemail.com. Thanks again to the Doc Martin Fund for providing vital funding for bird feeding stations around the village.

Elsewhere on the wildlife front there is some sad news about the beloved hedgehog. The International Union for the Conservation of Nature (IUCN) has recently stated that these beautiful creatures are vulnerable to extinction and could be at risk of dying out completely if we don't take drastic action to prevent their numbers dropping. Here is a list of tips for if you find a sick or injured hedgehog as well as some ideas for protecting hedgehogs in our gardens.

Handling Tips

If you find an injured hedgehog, wearing thick gardening gloves, pick it up by holding it in both hands round the middle, scooping it up. Put it into a cardboard box lined with newspaper and give a small towel or tea towel for it to hide under. If your hedgehog is very poorly or is cold, you can also give it a hot water bottle or a drinks bottle filled with warm water and wrapped in a tea towel, to snuggle up to.

If you will have it for any period of time before it can be taken to a rescue centre, then offer dog or cat food in a shallow bowl, plus a non-tip dish of fresh water.

Do's and Don'ts to protect hedgehogs in your garden

- Do leave some areas of wilderness where the hedgehogs can snuffle for insects.
- Do put out water for drinking.
- Do put out a bowl of dog food or meaty cat food around dusk.
- Do install, in a quiet part of the garden, a hedgehog house.

- Do look to see if your hedgehog is limping or appears to be injured, or in late Autumn look out for underweight hedgehogs
- Don't put out bread and milk
- Don't pick up fat hedgehogs
- Don't leave black sacks lying around.
- Don't use slug pellets or other chemicals, they may poison hedgehogs and other animals.
- Don't light a bonfire without checking to see if a hedgehog or other wild animal has moved in.
- Don't fork over compost heaps in case hedgehogs or other animals have taken up residence.
- Don't spray hedgehogs with dog or cat flea sprays. It will be detrimental to the hedgehog.

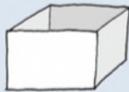
Faye Archell

Make a simple hedgehog house



You will need:

- Medium-sized plastic storage box



- Stanley knife



- Leaf litter



- Dry grass or straw



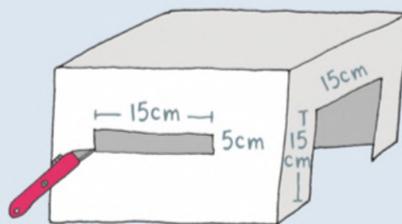
- Carrier bag



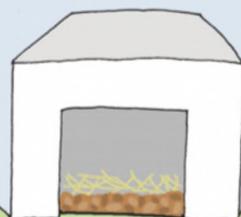
- Twigs and dry leaves



- 1 Cut two side air vents and an entrance into the plastic box.

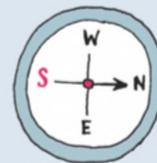
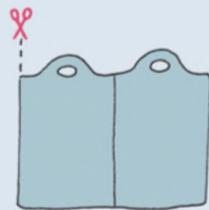


- 2 Put some leaf litter inside the box, with clean, dry grass or straw on top.



- 3 Tuck the box near a hedge (with the entrance facing south if possible).

- 4 Put an opened-up carrier bag over the top of the box, then cover with twigs, dry grass and leaves.



North Cornwall has come together and done exceptionally well

to get on top of coronavirus and I am very proud of all our businesses, constituents and importantly, our NHS staff during this difficult time.

At the start of the lockdown period I asked my staff to work from home as per government guidelines. Now that schools and businesses are returning, I feel it is right that my team support North Cornwall directly from our office in Bodmin. During my five years as your Member of Parliament, my team and I have dealt with over thirty-thousand individual cases, but it may surprise you to learn that 23% of those cases were opened during the six months of lockdown. It has been an exceptionally busy time and I am proud of our record of supporting the people of North Cornwall.

This has been a hugely difficult year for students, and no one should be disenfranchised by not sitting an exam. I was deeply concerned over the disparity between teacher grades and the algorithm for A levels and GCSEs and have raised the cases of North Cornwall's students and parents directly with the Secretary of State. Therefore, I am glad that the teacher assessment was used for accurate grading. There are times where the government gets things wrong, and no system is perfect. It was correct and right that the Secretary of State decided to change over to the teacher assessment, and I support this decision.

With children returning to school parents will understandably be anxious. I would like to reassure you that the government has not taken the decision to re-open our schools lightly, and we have done so with the welfare of our children as our highest priority. The entire education sector has put a huge amount of work and collaboration into ensuring the right protective measures are in place. We are doing everything we can to help schools get ready, not least with our #backtoschoolsafely campaign to reassure parents and students that schools and colleges are ready for their return.

When your child returns to school there may be one-way systems in place, hand sanitiser in some classrooms and staggered movement and lunchtimes. This may seem strange at first, but they are all measures designed to keep staff and pupils as safe as possible and reduce transmission of the virus, building on our experience of schools opening for about 1.6 million children before the summer.

It is not just in school that changes are being made — we are asking parents and students to plan for how they can travel to school on foot or by bike, avoiding public transport where they can. The government is also funding extra school transport to further ease capacity constraints where students would ordinarily need to use public transport. We know school is the best place for children to be because it's vital for their education, development and wellbeing. The Prime Minister has set out that getting children back to school is a matter of national importance so they can learn and be with their teachers and friends and the Education Secretary, Gavin Williamson, has made clear that this has been the Department's goal since scientific and medical advice indicated it would be safe to do so.

I will be posting important information about the return to school on my social media pages during September, but if you have any concerns about your child's return to school, do not hesitate to get in touch with me directly.

I was pleased to welcome two great pieces of news for Cornwall during the recess. The Prime Minister has announced £300 million to upgrade A&E facilities across England, ensuring they are prepared to continue delivering world-class care in the winter months ahead. This will include £2.8m for The Royal Cornwall Hospitals NHS Trust. There was also the announcement that Police forces across the South West have been bolstered by an additional 224 officers since the government launched its major recruitment drive in September 2019. Since the

Scott Mann writes ...

start of the recruitment drive, a total of 4,336 extra officers have joined police forces across England and Wales as a direct result of the campaign. Of the 224 additional officers in the South West, 98 are in Devon and Cornwall.



Finally, you may have seen the coverage that Beach Guardian has enjoyed over the last couple of weeks about the amount of PPE they are finding on litter picks and beach cleans, along with a recent paddleboard down the Camel from Padstow to Wadebridge where they've also been finding it in the sea. People are following advice and wearing masks but too many discard them when they have done their supermarket visit or shopping in the street or car park. Petrol stations are providing gloves, but these are instantly discarded with bins overflowing and litter blowing into the environment; Beach Guardian have told me that they have picked up over 300 gloves around Tesco in Wadebridge in the last few weeks alone. If you are an establishment offering PPE for your customers, please consider doing a litter pick around your store every day or have a used PPE bin near the exit. Plastic PPE will take 450 years to break up in the environment plus there is the issue of hazardous waste in the environment which will cause problems to wild-life.

As always, if my team or I can be of assistance do not hesitate to get in touch via 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, or by visiting facebook.com/TheRightMannForNorthCornwall

September ...

Did you know?

The Anglo-Saxons called September Gerst Monath (Barley month) or Haefest Monath (Harvest month) to celebrate the barley harvest

In the old Roman calendar, September was so named because it was the seventh month (from the Latin septem meaning seven)



St Peter's Church Update

The work on the refurbishment of St Peter's Church will be completed in the next couple of weeks. Unfortunately it may take a little longer for the water to be connected but we will be able to use the building for services and to organise members of the community to see the alterations that have been made. We will be working with *Port Isaac Heritage* to create a new exciting exhibition space.

With current Corvid regulations there must be 2 metres between the chairs and there will also be restrictions covering how many can attend services, but I am pleased to announce that our first Morning Service will be held on Sunday 18th October.

Before that we will need an army of volunteers to organise the space, clean chairs and create a quiet space for services and for visitors to appreciate the beauty of the building.

We have been very fortunate in both our Contractor, Roger Andrews Ltd and the architect Jeremy Chadburn, who have had to contend with Lockdown, unexpected repairs, difficulties in obtaining building materials and the weather.

I would like to take this opportunity to thank the residents of Canadian Terrace, Fore Street for allowing the scaffolding to be put at the bottom of their gardens. To the residents of Fore Street who allowed the contractors to have access to water and in a very functional way to allow access for transport to empty the portable toilet. A special thanks to the Hills Foundation for allowing us to dig up the front path in order to lay the water pipes. I would like to thank Barbara Hawkins who originally started the planning of the alterations, for repairing the Altar cloth of the small Altar and for undertaking to restore the Frank McNichol mural. To Caroline Cleave who is undertaking to organise the creation of a new cross to proudly stand in front of the building. Thanks also to Marion Larkin and Michael Wild who have helped me to oversee the work. I look forward to being able to show the community that we have created a peaceful sanctuary for Worship and an exciting space for the use of all.

*Pat Pearson
Chapel Warden*

Marcus Muse

How are you getting on with the "New Normal"? The old normal feels like it was such a long time ago now and as much as we want to return to the old normal it is like a will-o'-the-wisp that eludes and confounds us.

"New Normal" is a shadow space of what was and what is yet to come ... Shadows of the past overlapping with shadows of the future can equally comfort and distress us at the same time though each of us may experience this in different ways. Some of us will be mourning for something that has been lost while others will feel that it has served its time and are ready for the next new thing. There is no right or wrong about, a person will feel or not feel but being able to understand and support each other is what will give light in a world full of shadows.

While there is something unprecedented about these times, whole communities and countries have travelled through the shadow times before us. It is not surprising then to find that in the Bible the stories, prayers, poems, regrets and laments of communities and country that went through such shadow times living in the "New Normal". Throughout the stories there is always vision of hope that God is calling the people to a better life and a better way of being. The light of God shines from behind and before us and so the shadows of the past and of the future that comfort and distress us are signs of Emmanuel, God with us.

New Normal will for the time being, be a state of flux for the time being and the shadows may disorientate and unsteady us at times, but human hope and God's light will always come through.

*Marcus Jones
Children and family worker
North Cornwall Cluster of Churches*



**THE FIRST SUNDAY MORNING
SERVICE IN THE NEWLY
REFURBISHED ST PETER'S CHURCH
WILL BE HELD ON
SUNDAY OCTOBER 18th -
more details in the October *Trio***

ONLINE ART AUCTION SET TO RAISE VITAL FUNDS FOR LOCAL CHARITY

From Mickey Mouse flying through the sky to coastal scenes, flowers and textured artwork, the Merlin MS Centre's virtual Art Auction boasts art from artists across the country.

On September 5th the charity will be auctioning artwork online in a bid to raise funds for the Centre which supports people living with MS and other Neurological Conditions.

Anyone interested in bidding for any of the pieces are invited to join the online auction on September 5th or to request a brochure in advance and submit their bid via email or telephone. For more information call 01726 885530 or via email tamsin@merlinmscentre.org.uk

Any artists that wish to donate are also invited to contact Tamsin. All proceeds from the event will go to the charity.

Tamsin told *Trio*, "We are delighted that artists from across the country have offered support to the charity and the pieces that we have are stunning. Whilst we know it's not quite the same online as it is in real life we are hopeful it will raise much needed funds for the centre."

The Merlin MS Centre is an independent Cornish charity located in mid-Cornwall. Merlin MS Centre is the only purpose built facility in Cornwall that provides a comprehensive range of subsidised and affordable therapies for those whose lives are affected by Multiple Sclerosis (MS) and other neurological conditions such as Parkinson's, Stroke, ME, Chronic Fatigue Syndrome (CFS).



Endelienta
Arts & Spirituality in North Cornwall

www.endelienta.org.uk
www.ncornbookfest.org



THE NORTH CORNWALL BOOK FESTIVAL 2020

As previously announced, it is with sadness that the above Festival is to be postponed until 7th- 10th October 2021.

In lieu of this year's book festival, a series of short films have been produced. They are 5- 15 minutes long and contain interviews with many of the authors who were due to attend this year. The authors talk about their new books, other wide-ranging points of interests and are filmed in their writing environs.

The films can be found on www.ncornbookfest.org/north-cornwall-book-festival-at-home or look for North Cornwall Book Festival at Home on YouTube, Facebook, Instagram or Vimeo

The aim is to publish one every Friday. The first film was launched on 14th July with Patrick Gale. As well as an esteemed author, he is the Festival's Artistic Director. The second is Petroc Trelawney, from *The Lizard* and of BBC Radio 3 fame. The third Amanda Craig, whose novel is based in Cornwall and the next is Rachel Joyce. Please check out the link for more information.

For anyone who contributed to the Calor Gas fundraiser, a massive thank you, as an incredible £7000 was raised which will enable new lighting, sound equipment and staging to be purchased for use at all Endelienta events.

In addition, we have been selected to go through to the final of this rural fundraiser and may receive further funds for additional projects.

Please share this information with your friends and thank you for your ongoing support.

THE ROYAL BRITISH LEGION POPPY APPEAL 2020

Sadly, due to Covid and what could be a very uncertain future, the Royal British Legion (RBL) has had to make the huge decision to curtail the Poppy Appeal format we have known for so many years.

I will know more soon but, as things stand at the moment, there will be no house-to-house collections, no static boxes in local businesses and no street collections. At the time of writing, I am still waiting to see if we can have some type of Remembrance Service. However, we are able to hold a small service around our War Memorial.

I would therefore be very grateful if everyone who has donated wreaths in the previous years would let me know if you do not want to participate this year. Please let me

know as soon as possible as I need to make this year's order.

This year payment must be by cheque only - no cash. I will let you know the costs, but a rough guide is £20 each - and, of course, a huge donation would be much appreciated!

As quoted by the RBL's Head of Community Fundraising & Poppy Appeal, "We appreciate that this year is not without significant difficulties, but we will continue to support our veterans, serving men and women and their families. They are at the heart of what we do."

*Annie Price
Poppy Appeal Organiser,
Port Isaac*



The Approach of Autumn

A recent walk along the clifftops in a strong onshore breeze saw many families of Gannets passing through close inshore.



They are impressive birds with a 6ft wingspan and easily identifiable even when they are a mile out to sea. In sunshine against a dark sea, their brilliant white plumage is unmistakable among the greys of other seabirds. When seen at closer range, the adults have black wingtips. The gannets we see come from Grassholm Island, an RSPB reserve 10 miles off the Welsh Coast, and 80 miles NNW of Port Isaac. Many years ago, I was able to land on the island, where almost 40,000 pairs of gannets cover 60% of this half mile long rocky outcrop, each nest a social distance of a sharp beak's length apart. It was a warm dry day and the smell of gannet guano was pretty strong, although the boatman said if it had been wet the smell would have reached the mainland!

My observations show that our gannets habitually fly north to south. On that trip to Grassholm, it was said that their main feeding grounds are the Bay of Biscay, 400 miles south of the island, so it seems we only see their outward trip, with their return via a more direct route, many miles offshore.



If there are fish in Port Isaac Bay, they are sometimes seen feeding here. Their eyes are far forward, giving them binocular vision to target fish from high above the water. Once spotted, they fold their wings and dive into the water at up to 60mph, the force of hitting the water cushioned by air sacs in their face and chest. When they surface a few seconds later their beak is invariably empty. This is not due to poor fishing ability, but they simply swallow the fish immediately.

By early September, our adult Fulmars will have left our ledges and gone out to sea to moult. They will return in a few months' time to spend the winter here. Their breeding season was successful, as single fluffy fat chicks could be seen in early August dotted around our ledges. When fully fledged, those young birds will typically stay out to sea for four or five years, travelling tens of thousands of miles, before returning to the cliffs, although it will be several more years before they begin to breed. They are very long-lived, with bird-ringing proving they can survive for up to 40 years.

As we move into September, the breeding season for birds is well over, and thoughts turn to building up fat reserves to get through the winter, or, for our migrant species, to make the long journey to their winter feeding grounds in the southern hemisphere. Swallows, in



particular, have been thin on the ground in our area this year and hopefully the young they have bred here will be able to make the perilous journey across the Sahara desert to feed up in South Africa and return to brighten up our skies in 2021.

Peter Blake reported a stick-insect in his Trelights garden, and also mentioned something bit him whilst tending his roses. He wasn't sure what it was, but it could have been one of our False Widow Spiders. Like our stick-insects, they are not native to the UK, coming from the Canary and Madeira Islands. They were first recorded in the UK in 1870, and, until recently, their range was restricted to the south coast of Hampshire, Dorset, and Devon. In the last 25 years it has been spreading, possibly as a result of more plant imports from its native lands. I have seen them in my house and garden, as well as in Port Isaac. The spider has a body 8-12mm long with a shiny dark brown abdomen with variable cream markings, often resembling a shield. Despite lurid stories in the press, sometimes accompanied by pictures of the culprit showing it was actually one of our harmless house spiders, bites are rare and invariably the result of accidental rough handling. For most, the bite is similar to a wasp sting.



Unlike the geometric radiating patterns of our garden spider that are highlighted by the autumn morning dew, their web is a

continued opposite...

Cornwall Council will permanently remove the New Road Recycling Banks week commencing 14th September 2020

- **If you are a resident** – please use your domestic kerbside recycling collection service or your nearest Household Waste and Recycling Centre.
- **If you are staying in a holiday let or self-catering accommodation** – please ask the letting agent for the days of your commercial waste collection.
- **If you are a business** – please arrange a commercial waste collection.

Any waste left at the site after the banks are removed will be classed as fly-tipping, which is illegal.

For further information, find details of your collection service or order recycling containment, please visit www.cornwall.gov.uk/recycling or call 0300 1234 141

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random tangle to trap unwary wandering insects. They can kill insects many times their size, as demonstrated by the picture from Falmouth of a False Widow Spider consuming an entangled stick-insect, more than 10 times its size.

I have recorded our common Daddy-Long-Legs Spider killing juvenile stick-insects, and an entomological friend of mine told me that this species exacted a high toll if they got into his insect breeding cages.

The autumn is when most records of our stick-insects are made, as almost all will be those large adults. Even though they are large, they can be surprisingly difficult to see on the foodplant. If you wanted to check your garden out, one tip is to look out for their feeding damage, which is distinctive on large leaved plants like roses, bramble, raspberry or hypericum, all common foodplants. Adults nod their head back and forth as they munch away, then move across to start afresh, leaving distinctive arcs out of the leaf which typically cut through the central rib. These are quite unlike the edge nibbles of caterpillars or leaf-cutter bees.

If you see those big arcs out of the leaves on your garden plants, especially if they cut the central rib, it is most likely from a stick-insect, which will often be hanging a short distance below the leaf. Please let me know if you come across them in your garden.

Another recent arrival to our shores from mainland Europe is the Ivy Bee *Colletes hederæ*, for which the first UK record was in Dorset in 2001. It quickly colonised the south coast and has been spreading north in the last decade, so it is now found over much of southern and central UK, with a few reports further north. I first recorded it in Port Gaverne on 1st October 2015 and checking out Port Isaac a few days later it could



Unarmored Stick-insect being consumed by a False Widow Spider



Feeding Stick-insect

be seen feeding on the ivy in many locations.

It is about the same size as a Honey Bee (photo on previous page), with an abdomen of cream and black stripes. As its common name suggests, it feeds on ivy flowers, and times its emergence to coincide with the plant's flowering in late summer and autumn. The species is in the group of bees known as mining bees, as the female excavates a tunnel in loose soil in which she lays her egg. Unlike the Honey Bee, it does not form a large colony of drones subservient to a single queen. Each female Ivy Bee forms its own tunnel independently, although there may be thousands of tunnels in an area of suitable soft soil.

When I first spotted this on the ivy covering the cutting up to the Headlands Hotel, there were hundreds feeding, so we have quite a large colony here. If you see an ivy plant in flower during September, check it out and you are sure to spot this bee busily collecting nectar and pollen.

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

Websites of the month



Among the many fascinating aspects of Cornish history is what has been found underground – for example, the minerals that have been the basis of the mining industry and the sources of green energy. I have written about this in past issues but haven't ever covered the underground world of caves and Fogues. These are fascinating stories as they span both geological time and also archeological time.

As a starting point about caves, there is a good wikipedia entry <https://en.wikipedia.org/wiki/Cave> that describes the various features that you might find in caves and all the technical names to describe the various formations. It also has pictures of some of the really massive cave systems you can find, the longest recorded so far is the Mammoth Cave in Kentucky that is 405 miles in extent <https://www.nps.gov/maca/index.htm> - the site has a great video on how to cope with coronavirus when visiting the cave explained by the park rangers!

A bit closer to home is St Cuthbert's Cave at Hollywell Bay near Newquay (see photograph) which has been in the news because it apparently has great healing powers. While it doesn't have a website devoted to it, this site has some interesting stories and pictures <https://www.cornwallforever.co.uk/places/cuberts-wells> . Unusually for Cornwall, it has limestone deposits that make for beautiful formations and colours.

Not exactly caves, but underground caverns can be found at Carnglaze <http://www.carnglaze.com> that are part of the mining industrial heritage and is Cornwall's only slate mine.

Their website has some great photos and an extensive guide. While this is the only deep slate mine, there was much opencast slate mining of course, witness the huge quarry at Delabole, where, incidentally there has been amazing flowers over the summer <http://www.delaboleslate.co.uk/history.asp> .

And then there are the Cornish Fogou's , the Iron Age settlements that are underground tunnels and caves <https://en.wikipedia.org/wiki/Fogou> . The most extensive in is called Halliggye <https://en.wikipedia.org/wiki/Halliggye> Fogou , is located down west on the Trelowarren Estate and dates back to 5th or 4th centuries BC. It is amazing how well preserved it is as it is over 2000 years old.

For the energetic among us there is coasteering, where you get to explore our local caves and the cliffs <https://www.cornishcoasteering.com> . This website again has great pictures and lots of information about our local sites.

Another variant of the underground them is the local home of the Greater Horseshoe Bat that lives in old drainage adits on Pentire Head <https://www.cornwallmammalgroup.org/greater-horseshoe-bat> . If you ever get the chance to be up on Pentire on a warm summer evening as I have, when they fly out over the cliffs you will see, if you are lucky, 50 to 100 of these large bats emerging from their maternity roost to get insects you will have a wonderful experience. Its a great sight.

Tony Wainwright

THE POT PIE

Well, with Coronavirus creating havoc with everyone's holiday plans, I thought it might be nice to board a virtual plane, take off the mask and soar upwards into a covid blue sky and head somewhere nice.

For our first trip I'm heading out west, via Italy and Greece, to bring you "The Pot Pie".

The original pie allegedly came from the Romans who invented it by applying a top to the pastry crust in a similar Greek recipe. The recipe then travelled around the world until it landed in the hands of the first American colonials. Chicken Pot Pie is now a well-known recipe across the western hemisphere.

This recipe is a variation on that Chicken Pot Pie but using mushrooms.

INGREDIENTS, serves 4

1tbsp olive oil	Vegetable stock
1 medium onion, finely chopped	3tbs plain flour
2 cloves garlic	2 sprigs thyme
½ diced red pepper	2tbsp rosemary leaves
½ diced green pepper	black pepper
½ diced yellow pepper	salt
2oz frozen peas	Frozen puff pastry
6oz sliced mushrooms	Black sesame seeds
Almond milk	½ cup milk

METHOD

- Preheat oven to 200°C
- Heat a thick bottomed pan and add olive oil
- Add onions and garlic and saute until translucent - about 4 minutes.
- Add mushrooms and cook for 5 minutes.
- Add peppers and cook for a further 5 minutes.
- Sprinkle with the flour and cook for a couple of minutes and then add the stock.
- Stir in the peas, thyme and rosemary, black pepper and salt.
- Stir in the almond milk.
- Cover and cook until the mixture thickens - about 7 minutes.
- Divide mix into 4 ramekins and cover with puff pastry.
- Brush the pastry with milk and sprinkle with the black sesame seeds.
- Cook in the oven for about 35 minutes and until the pastry tops are golden.

YUM YUM
Chris Lanyon



Mrs L's Middle Eastern Beef Stew

This is Manda's favourite and as she is back home for the first time since February this is in her honour.

INGREDIENTS:

Lean Minced beef
Beef stock cube
Chermoula spice (Moroccan spice powder will do)
Courgette
Cous cous (make up as per packet instructions)
Feta cheese
Pepper (you can leave out if you don't like)
400g tin chopped tomatoes (or passatta)
Lemon

- Heat the mince on a high heat.
- Chop pepper into thin slices and trim and chop the courgette into 1cm thick rounds.
- Zest and halve lemon.
- Once the beef has browned, add the pepper and cook for approx 6-7 mins.
- Add the chermoula and cook for 1 minute more.
- Add the chopped tomatoes and 150ml of water.
- Stir in the stock cube, bring to the boil and reduce the temperature. Leave the stew to simmer until lovely and tomatoey (add a bit more water if needed).
- Heat another frying pan, but don't add any oil.
- Add the courgette slices and leave them to char - 4/5 mins each side.
- Once cooked, sprinkle them with salt and pepper.
- Serve the stew on a big pile of cous cous (add the lemon zest and juice to this whilst cooking), crumble the feta over and add the courgette.



Planning Applications

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

1. PA20/03608, Long Cross, Trelights – change of use of hotel (Use Class C1) to residential (Use Class C3). Members regretted the loss of a hotel but agreed to leave the decision to the planning officer.
2. PA20/03810, Glendale, Trewetha, Port Isaac – proposed extension to dwelling to include construction of double garage. Members objected to the proposal because the garage height is shown at 8.63m which is double the original height. The matter of the boundary line is a civil matter.
3. PA20/03874, 85 Fore Street, Port Isaac – proposed ground and first floor rear extensions. No objection but Members' requested a condition for the use of sized Delabole slate, to be nailed not hooked.
4. PA20/00947, The Chalet, Rear of 31 Fore Street, Port Isaac – revised plans for demolition of buildings and construction of replacement dwelling. After much discussion Members agreed they would view the application favourably if the glass was divided with timber.
5. PA20/04169, 3 Overcliff, Port Isaac – widening of narrow concrete single parking space at front of property. Removal of low slate boundary wall on west side of rear garden and replace with 1m horizontal stainless steel cable balustrade with steel posts. Construction of a new wall along the end of the rear garden. Erection of two areas of 30 cm high decking in rear garden. Replacement of dark grey stone chippings path along east side of house with paving slabs. Members supported this application.
6. PA20/04470, 8 Castle Rock, Port Isaac – small first floor balcony. Cllr. Penny was muted and took no part in the discussion. Members objected on the basis of overlooking and loss of privacy for neighbouring properties.
7. PA20/04891, Penni Ros, Lower Trefreock, Port Isaac – single storey. Members supported this application.
8. PA20/04902, Treswarrow Cottage, Trelights – demolition of existing dwelling and erection of replacement dwelling, together with the retention of land forming additional residential curtilage. Construction of detached garage. (Redesign of PA18/05857. Members supported this application but requested a strong lighting condition.
9. PA20/04916, Dunromin, 29 Trewetha Lane, Port Isaac – proposed side and rear extension. Members supported this application.
10. PA20/04920, Withy Garden, Access to Port Gaverne – proposed garage and storage above (storage only). Members supported this application.
11. PA20/04992, Homer Park Farmhouse, Homer Park, Port Isaac – variation of condition 2 (plans) of PA17/07836 (Conversion of barns to one residential dwelling and the demolition of further barns and outbuildings. Members supported this application.
12. PA20/03005, Land Adj to the Old Vicarage, Trewetha Lane, Port Isaac – proposed construction of a dwelling. New plans had been submitted. Members supported the proposal but requested that there is a condition to use original slate, which should be nailed and not clipped. Members would also like the balcony to be of wood and not stainless steel.
13. PA20/05111, Land NW of Park Villa, Trelights – outline planning application for a live/work unit with all matters reserved including demolition of barn/stable on site. Members supported this application.

Planning Applications Approved by Cornwall Council

- i. PA20/00713, The Moorings, Port Gaverne – conversion of roof space and creation of dormer windows to form additional accommodation.
- ii. PA20/01628, White House Cottage, 3A Roscarrock Hill, Port Isaac – construction of retaining structure due to cliff collapse and set of steps to reach the rear garden.
- iii. PA20/01629, White House Cottage, 3A Roscarrock Hill, Port Isaac – Listed Building Consent for construction of retaining structure due to cliff collapse and set of steps to reach the rear garden.
- iv. PA20/02303, The Lodge, Trelights – Listed Building Consent for external painting of fascia boards, bargeboards, windows, french doors, front and back porches including doors. Replacement of plastic rainwater goods. Replacement of cracked granite gate post.
- v. PA20/02555, Wesley House, 18 Middle Street, Port Isaac – Listed Building Consent for restoration works to return the building back to its original breathable state.

vi. PA20/03092, Sea Glass Port Gaverne – roof extension over existing garage to first and second floor to include rear flat roof dormer and three traditional pitched dormers to front. New access steps to rear terrace.

vii. PA20/03810, Glendale, Trewetha, Port Isaac – proposed extension to dwelling to include construction of double garage.

viii. PA19/09679, 91 Fore Street, Port Isaac – proposed extensions and alterations to house and garage

Miscellaneous Items

1. Farmers' Market – Members were delighted to support this local initiative, currently situated on Parish Council land near The Main car park. The first date was held on Wednesday 29th July 2020 and more are planned.
2. Parking Enforcement – a Service Level Agreement has been entered into to provide enhanced parking enforcement for the summer season.
3. New Road Retail Unit – a new lease is offered on the shop, attached to the toilet block. Please see the advertisement elsewhere in this edition of TRIO for further details.
4. Public Toilets – the toilets were closed during part of lockdown but acting on government and following a "deep clean", Members are pleased to report all the public toilets are now open again.
5. Play Area, Trewint Lane – as with the public toilets, the play area was closed on government advise but they are available once more for children's pleasure.
6. The Main Car Park – one of the ticket machines has been converted to also accept card payments. Members had also agreed that vehicles over 5 metres long would be charged 50% more than the basic parking charge.
7. Fore Street Vehicle Access – with the co-operation of Cornwall Highways access warning signs have been erected to make Fore Street only accessible to residents' vehicles and delivery vans.

Meeting Dates

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

Gillian Thompson
Parish Clerk / RFO

Email: stendellionpc@gmail.com
Website: www.stendellionpc.com



Colour the lighthouse red and white.

How many people can you see?

Colour the sails of each boat a different colour?

How many kites can you see?

Trace over the wind and clouds.

How many shells can you see?

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

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See if you can find:

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PURPLE
RED
WHITE
YELLOW



Farmers Market

August 27th's market was a bit of a wet one so fingers crossed for an Indian summer and some dry weather for September.

At the time of going to press a date hasn't been set so look out for the posters.



Gavin Tyler is now heading up the Emergency & Flood team. He has been kept quite busy checking the tide levels etc with the recent storms but so far all has been well.

If you notice the Leats at Port Isaac and Port Gaverne are blocked in any way or have any concerns please let Gavin know.

You can call him on 01208 880497 or 07939 119 673.



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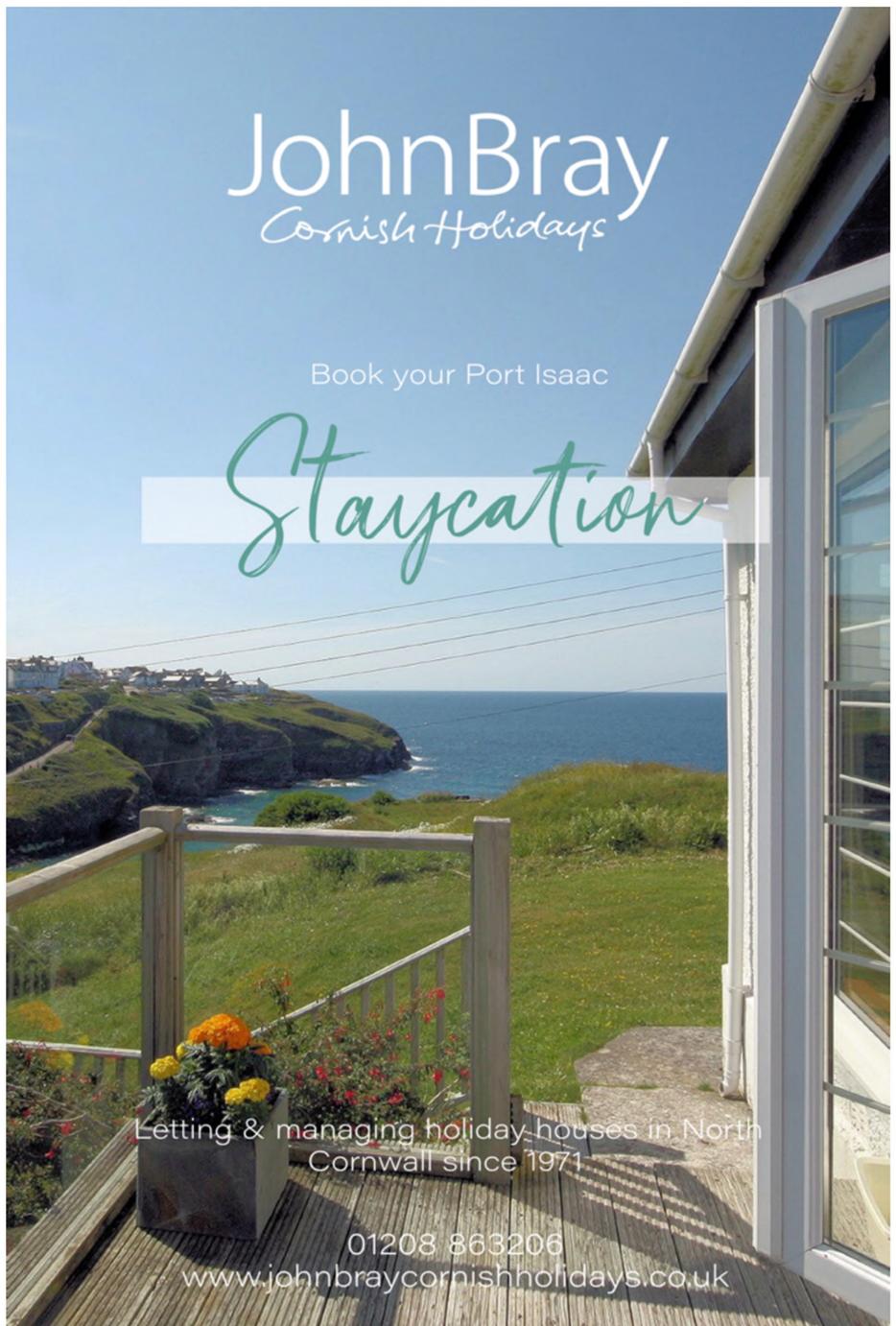
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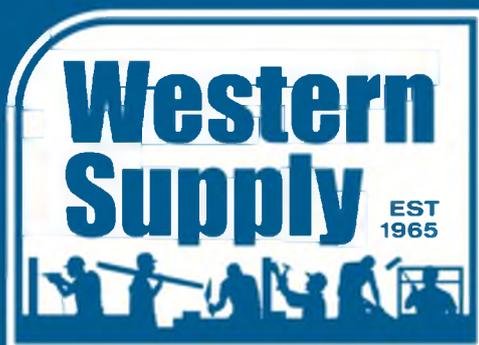
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NHS 24-hour Helpline - 111

Royal Cornwall Hospital (Truro) - 01872 250000

East Cornwall Hospital (Bodmin) - 01208
251555

Derriford Hospital (Plymouth) - 08451 558155

Dental Helpline - 0333 4050290

Police (non-emergency) - 101

PC Amy Honeywill, Neighbourhood Beat Manager -
07889 704150 (only when on duty), email:
amy.honeywill@

devonandcornwall.pnn.police.co.uk

Civil Enforcement Parking Team - 0300 1234222

Rev Judith Pollinger - 01208 880181

St Peter's Church - Pat Pearson - 01208 880969

Harbour Master - Tom Brown - 07837 514246

RNLI Operations Manager - Chris Bolton - 01208
880256

Electricity - 0800 365900

Water helpline - 0800 1691144

Parish Council: stendellionpc@gmail.com

Cornwall Council - 0300 1234 100

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Hopefully, some time soon, this back cover will be jam-packed with all the events that are happening in our village!

