



# trio

## THE LOCKDOWN 3 ISSUE

people to help you, doorstep deliveries, things to do



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CAROLINE'S CUT OUT BIRDS -  
BACK COVER

thanks to Jenny Balfour-Paul for this  
month's cover photo

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refuse or alter material supplied.

## Peter Rowe

The family would like to thank everyone for their kind  
thoughts and wishes.

The funeral is on Tuesday 26th January and will  
proceed through the village from 12.15 pm.



## The Lockdown 3 Issue

It's still technically a new year, so a Happy New Year to everyone and may things  
start to get better very soon.

It all seems very different to last March when we went into Lockdown 1 and so  
we have tried to make this issue full of things to do in these grey, wet and windy  
days - by the time you read this maybe even snowy! Let us know what you think.

So a big thank you to all my friends for their ideas and input plus a big thank you  
to all the regular *Trio* contributors who work so hard throughout the year. If  
you've got any ideas and want to contribute, that would be great and thank you.  
Even if you don't want to write anything, let us have your suggestions.

On the opposite page are all the lovely volunteers who really want to help you.  
Plus details of the businesses who are doing doorstep delivery. The Old School  
are doing weekend takeaways and their menu is on page 25. The Co-op  
remains open every day, Nicky B and John Collins are delivering pasties and  
fish to your doorstep, Just Shellfish are delivering crab. Trevathan Farm Shop is  
open again and will always deliver if necessary. Plus Mike Hewett is on hand for  
electric emergencies. We are very lucky and hopefully by the next issue there  
might be a glimpse of normal life on the horizon.

## Wanted - Home!

Patrick & Sharon have made the permanent move to Port Isaac after over 15  
years of visiting - we have sold our family home and have taken a 6-month rental  
whilst we are searching for our forever home, if you are considering selling your  
property or know someone who is please get in touch

Port Isaac or surrounding villages would be great if possible, 2 beds +,  
garden and driveway/parking if possible as 2 dogs are coming too -  
thank you for your consideration

Patrick 07866 495574 Sharon 07887 531656

Email: [shazzawaite@hotmail.com](mailto:shazzawaite@hotmail.com)

## NORTH CORNWALL & DISTRICT TALKING NEWSPAPER ASSOCIATION



Did you know that weekly for the last 31 years volunteers have been recording  
local news and sending it out free of charge to North Cornwall residents from  
Newquay to St Austell up to the Devon border, we even have a few ex pats we  
send to!

There are lots of reasons why reading the paper is difficult for some people  
though sight loss is the most common. In these challenging times it is even more  
important to feel connected to our communities. The paper is recorded on a  
memory stick and posted to our listeners and if they don't have access to a  
computer we will also lend free of charge a simple to use listening device.

If you, or someone you know, might benefit from receiving the news in this  
format do give me a ring on 01208 831454 our website is [www.nctn.co.uk](http://www.nctn.co.uk) or  
email at [coordinator.nctn@gmail.com](mailto:coordinator.nctn@gmail.com)

**MARCH TRIO - COPY DATE FEBRUARY 21st**

# LOCKDOWN HELP

**EVERYONE LISTED BELOW IS WILLING AND READY TO HELP YOU WITH ANYTHING AT ALL - AND THIS STRETCHES ALL ROUND THE PARISH**

**PICK UP SHOPPING \* PICK UP MEDICATION \* WALK YOUR DOG  
TAKE YOUR POST TO THE POSTBOX  
JUST BE ON THE END OF THE PHONE FOR A CHAT**

**Kathryn McDonnell - 07984 787 508 (New Rd)**

**Yvonne Taylor - 01208 880705 (New Rd/Trewetha Lane)**

**Jo Hawkins and Mike - 01208 880706 (New Rd)**

**Nicola Williams - 01208 881399 / 07974 965 624 (New Rd)**

**Elizabeth Gowing - 01208 880998 / 07555 946 357  
(The Terrace) also a SAMS volunteer for befriending**

**Beverley Wilkes - 07908 436 262 (The Terrace)**

**Charlotte Collings - 07779 158 697 (Silvershell)**

**Sharon Battersby - 01208 881323 (Silvershell)**

**Penny Smith - 07813 826 217 / 01208 881070  
(Silvershell)**

**Marc & Beth Kendall - 01208 880740 (Silvershell)**

**Tamsyn & Jake Pattenden - 01208 880066 (Silvershell)**

**Sharon Battersby - 01208 881323 /  
07920 253 021 (Silvershell)**

**Anna Thomas - 07969 955 370 (Hartland Rd)**

**Zoe Keeble - 07860 346 500 (Hartland Rd)**

**Nicola Bradbury - 07779 720 989 (Lundy Rd)**

**Cheryl Skinner - 07854 585 683 (Lundy Rd)**

**Laura Sloan - 07983 666 717 (Mayfield)**

**Becky Stafford - 01208 881196 /  
07966 231 382 (Mayfield)**

**Marie Jordan - 07896 581 761 (Mayfield)**

**Alison Penny - 01208 880985 (Mayfield)**

**Carol Hambly - 07972 813 859**

**Lucy Kehoe - 07581 157 894 (Hillson)**

**John O'Connor - 07811 206 100 (Hillson)**

**Rachel Grills - 07506 285 501 (Hillson)**

**Ellen Lanyon - 07813 563 056 (Hillson)**

**Jill McDonnell - 01208 880031 / 07816 495 398  
(Trewetha Lane)**

**Ben Andrews - 07852 737 967 (bottom of village)**

**Caeron Bishop - 07581 507 426 (Middle Street)**

**Bonnie & Ric Baguley - 07966 144 232  
(Old School)**

**Sara Brown - 07967547081 (Fore St)**

**Vicki Aylesbury - 07985 025 140 (Fore St)**

**Louise Houston - 07969 804 810 (Fore St)**

**Kerensa Ball - 07764 405 303 (Canadian Terrace)**

**Cath & Gavin Tyler - 07939 119 673 (Rose Hill)**

**Megan Rees - 07891 660 554 / 01208 880908  
(Peace & Harmony Terrace)**

## TRELIGHTS/ST ENDELLION

**Louise Hartley - 07766 002 211**

**Julia Dingle - 01208 880718**

**Emily Thomas - 07383 339 166**

**Julie Monk - 01208 880236**

**Juliet Eaves - 07794 615 743**

**Sarah Hewett - 07702 164 651**

**Bridget Prusik - 01208 881223 / 07834 359 902**

**Helen Wrapson - 07514 5514 56 / 01208 881390**

**Linzi Dawe - 01208 881212 / 07811 093 390**

## PORT GAVERNE

**Matt & Faye Main - 07989 416 088 / 01208 881044**

## PENDOGGETT

**Sophie Hayes - 01208 881278 / 07931 199 753**

**Willow Innes - 07767 403 029**

## TREWETHA

**Wendy Sainsbury - 07986 530 602**

**Alan Sainsbury - 07970 574 983**

**ELECTRICAL  
EMERGENCIES  
CALL  
MIKE HEWETT  
07841 521 782**

**THE CO-OP WILL  
CONTINUE TO BE OPEN  
DAILY 7am-10pm**

**JOHN COLLINS AND NICKI B WILL DELIVER TO  
YOUR DOORSTEP FRESH FISH,  
FROZEN PASTIES AND SAUSAGE ROLLS  
CALL 01208 880498**

**THE OLD SCHOOL WILL BE DOING TAKEAWAYS ON FRIDAY AND  
SATURDAY EVENINGS - COLLECTION OR DELIVERY. CALL 01208 880020**

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





A huge happy and safe new year to everyone and we can't wait until we can open up again.

in the meantime, if you want to support your Village Hall, without even getting off the settee in some cases ...

### Support Port Isaac Village Hall

When you shop at [smile.amazon.co.uk](https://smile.amazon.co.uk), Amazon Donates

Visit [smile.amazon.co.uk](https://smile.amazon.co.uk)

[smile.amazon.co.uk](https://smile.amazon.co.uk)



**Give as you Live®**

[www.giveasyoulive.com](https://www.giveasyoulive.com)

**REMEMBER, YOU CAN SUPPORT PORT ISAAC VILLAGE HALL WHEN SHOPPING IN THE CO-OP ...** this round of Co-op funding for our Hall is going to be helping us provide activities, events and trips for the older members of our community, just as soon as it is safe to do so ... **TOGETHER WE CAN MAKE THINGS BETTER**



# CHRISTMAS DINNER PORT ISAAC STYLE

Having failed to win a community award I'd applied for from Western Power to fund a Christmas Dinner, Kat Mc and I decided to go for it anyway and launched a GoFundMe page. In 48 hours it raised over a £1000 - enough to sprinkle a lot of joy and cook a Christmas Dinner for all those who'd be missing out on our usual community festivities. Massive thanks go to Caeron Jane Bishop, Tristan Halliday and The Mote Crew who gave unstintingly of their time and expertise to make this happen ... and enjoyed it! An intensive three days prep to send every recipient a top quality, restaurant grade Christmas Dinner where every sprout was peeled by CJ by hand. I doubt she ever wants to see another!

Joking aside, I was overwhelmed by their generosity and that of everyone else, from our community, our visitors and local sponsors: St Endellion Parish Council, Steve Hewitt & Son, Haywood Cider Farm, Forest Foods, Westcountry Fruit Sales, The Angry Anchovy, Sharps Brewery, Tesco, Secrets, PI Co-op and last, but definitely not least, our lovely elves Kat Mc, Samantha, Penny, Linda, Charlotte, Alison, Cerin, Richard, Mira, Louise and Dave & Julie.

*Nicola*

"This gesture has given us a massive boost and reaffirmed our knowledge that we are lucky to live in a caring society" *Ray McCrohan*

"You all did a really fantastic amount of work to produce such a marvellous selection of goodies to make us all smile. We are so lucky to have so many friends" *Annie Price*

"Thank you for my Christmas dinner delivered by an elf, it was delicious when heated, many thanks" *Barbara Lewis*

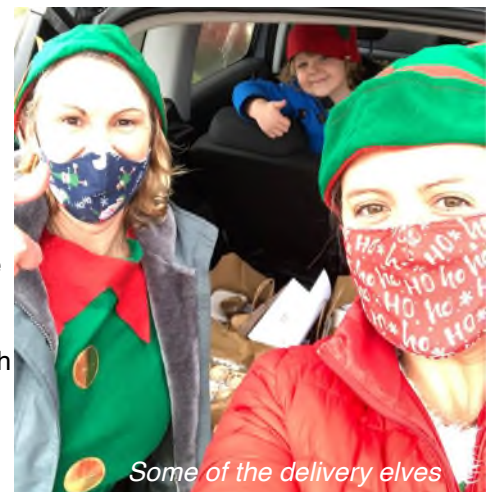
"What a wonderful surprise ... and it was delicious ... I so enjoyed it ... the biggest thank you to everyone involved" *Shirley Gladwin*

"Thank you to everyone who prepared, cooked and delivered such a lovely Christmas lunch" *Pam Hall*

"Father Christmas made an early visit to Port Isaac, meals on wheels Santa style! Francis and I, and Pat Pearson, would like to thank everyone who was involved with such a thoughtful and generous gesture. It was much appreciated." *Marion Larkin*

"My wife and I would just like to say a big THANK YOU for the Xmas dinner which you kindly delivered just before Xmas. It was very much appreciated and I can assure you much enjoyed, right down to the last chocolate and drop of Doombar. Brilliant, and thank you again." *Margaret & Roy Birchwood*

"On behalf of myself and Peter I would like to thank the Wednesday Village Hall cafe team for their kind Christmas present and the village community who provided us with the most delicious Christmas lunch which we both enjoyed immensely. Our thanks also go to the Mote for their Herculean efforts in cooking the dinner." *Liz Rowe*



*Some of the delivery elves*

# Remembering Lockdown ...

We're already reminiscing about the first lockdown last year; how lovely the weather was as we sat in our gardens in the sunshine and waited for Covid to be over. Nearly a year on and the situation is more serious and scarier than ever and our memories are part of our history. And it's this recent village history that we want to record so that one day, down the line, our Great and Great Great Grandchildren will be able to look at the pictures and read the stories of Life in Lockdown 2020-21 (we hope it's 2021!).

We'd like your help in compiling this history ...

- Your stories
- Your photos
- What you did to keep busy
- What you did to keep your children busy
- Your hopes and dreams for the future
- Homeschooling – how you and your children coped
- Family events – the happy and the sad ones
- Lockdown babies

In fact anything at all you want to say about lockdown. And whilst talking about “saying”, we would be more than happy to talk to you on the phone. As well as your story about these current times you could tell us about previous times when the village has been in isolation due to the weather? We would record the telephone conversation and add it to our archives. Let Dee know, number below.

Please send anything and everything to Dee at [dee54@mac.com](mailto:dee54@mac.com) or if you want to drop it off call her on 01208 880905 to find out where to leave it.

Thank you

*The Port Isaac Heritage team*



Everyone of a certain age has them. Some people may call them wrinkles (especially all the cosmetic companies who try to persuade us to hide our “wrinkles” with their magic potion!). But rest assured, they are laughter lines. And in these strange and scary times we perhaps forget about our laughter lines and just go with wrinkles as we worry about what is going on.

But, and here is the good news, scientists have proved that laughter can reduce blood pressure and stress. So here we are with yet another thing you can do in lockdown ... remember good times, happy times, funny events ... and laugh (well, at least raise a smile). And, if you feel like it, share your memories, or perhaps a joke, with *Trio* and if you do we will have a monthly column called laughter lines - you can also agree to have your memories recorded in Port Isaac Heritage archives.

Over to you.

[triopi@mac.com](mailto:triopi@mac.com)



We hope you are all staying safe and well during this difficult and challenging time.

**Bored during lockdown?** Have a browse through our new website [www.portisaacheritage.co.uk](http://www.portisaacheritage.co.uk)

Not only do we have a new name, **Port Isaac Heritage** (ex *PISCES*), and a new book '**THE REAL VOICES OF PORT ISAAC**', but we are now busy planning our new exhibition space in the newly refurbished St Peter's Church. The previous display stands did us well for ten years, but we feel a whole new look is well overdue to see Port Isaac Heritage through the next decade.

However, if 2020 taught us anything, it was that making plans is pretty useless. But here we are, fingers crossed, hoping that we shall be up and running with a launch of our first exhibition by Easter, featuring '**THE REAL VOICES OF PORT ISAAC**' book.

## Enjoy a good read?

### THE REAL VOICES OF PORT ISAAC

Meanwhile we're leaving you with a sample from our new book, which looks back at life in Port Isaac month by month in days gone by ... these extracts are from February ...

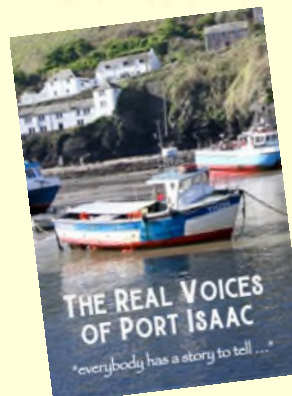


The three garages at the top of the village did a good trade in using their cars to meet the visitors off *The Atlantic Coast Express* train that brought visitors from Waterloo

"Mr Prout was always waiting for us when the train pulled into Port Isaac Road Station"



## Short back and sides Sir?



We can deliver a copy of the book to your door (£10 a copy, please leave in an envelope)

Contact numbers Dee 880905, Barbara 880703 or Cheryl 880802. Or you can purchase from our website shop.

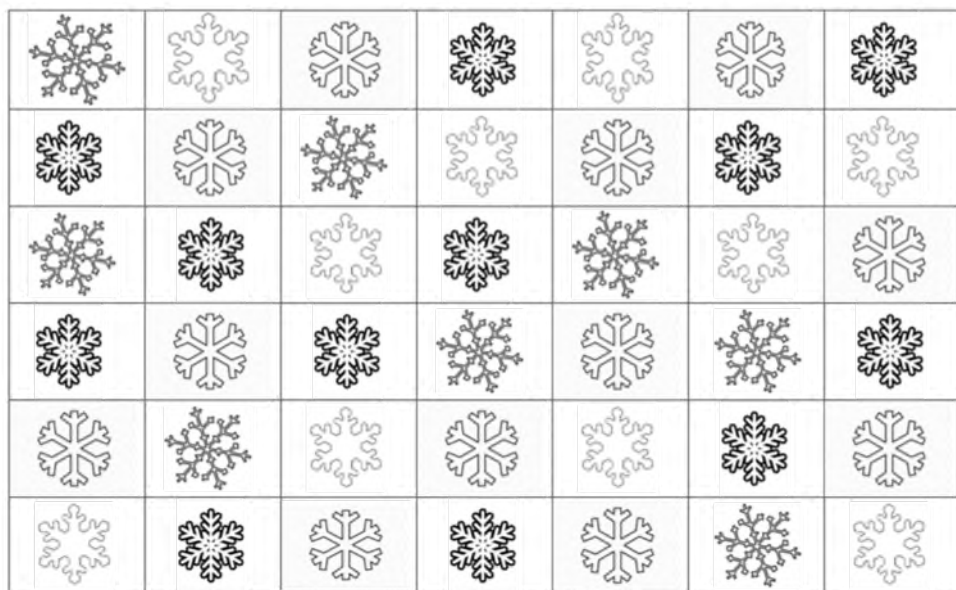
[www.portisaacheritage.co.uk](http://www.portisaacheritage.co.uk)



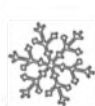
# Children's things to do

compiled by Jackie Lindsay

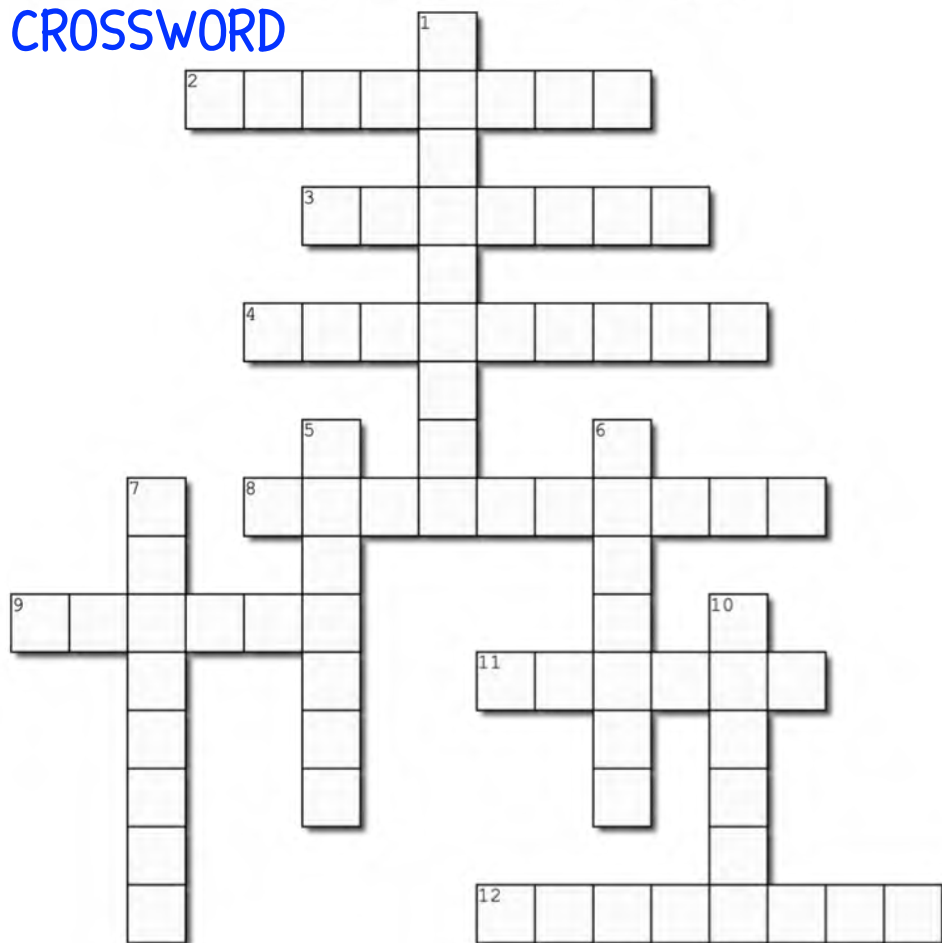
Snowflakes, snowflakes, twirl around...snowflakes, snowflakes, fall to the ground



How many of each snowflake can you find?



## CROSSWORD



### Across

2. Flipping good type of food eaten on a special day in February
3. Shrove \_\_\_\_\_ ?
4. The day before today
8. Our nearest town
9. Another name for the above Day
11. Stopping place on the Platt
12. The day after today

### Down

1. Saints day celebrated on February 14th
5. Next Port to Port Isaac
6. Transport that has two wheels
7. Our county
10. Name of the cliff overlooking Port Isaac harbour

answers next month

## RSPB - Big Garden Birdwatch



From January 29th-31st, the RSPB (the Royal Society for the Protection of Birds) is holding its annual Big Garden Birdwatch. This is the perfect lockdown activity for all the family. Remember that, thanks to the *Doc Martin Fund*, we have lots of bird feeders all over the village - so you could carry out the survey on your daily walk! Remember to take pictures and send them into the *Trio*.

For more information visit

<https://rspb.org.uk/get-involved/activities/birdwatch>

### KEY INFO

**DATES:** JANUARY 29th-31st 2021

**Time:** Any **Duration:** 1 hour **Location:** Your garden, balcony, park, beach ...

**Instructions:** Pick a time - You can choose any hour over January 29th-31st, so whether you're an early bird or a night owl, you can still take part.

### Tell us what you see:

Count the birds that land in your garden or park, or wherever you are. Ignore any birds that are still in flight. To avoid double-counting, just record the highest number of each bird species you see at any one time – not a running total.

### Submit your results

**Online:** You can submit your results online at [rspb.org.uk/birdwatch](https://rspb.org.uk/birdwatch) from January 29th until February 19th.

**By post:** If you'd rather send your results by post, you can download a submission form below. Please post your results to us before 15 February.

Every count is important so, if you don't see anything, please still submit your result. Finding out which birds don't visit your area is as important as understanding those which do!

**PLUS: it's well worth looking at the RSPB website, there's lots of activities for both children and adults to do,**





## Here's a happy story!

On one of those days between Christmas and New Year where none of us know what day it is, Liam Benz turned up on my doorstep with a very cold and tired Kestrel. Liam had been watching the bird try to hunt but he was too weak so he was quickly caught and brought to me.

I sought advice from my very knowledgeable friend Michelle and managed to get some warm fluids into him and got him under a heat lamp. My partner Nick, then drove him to Michelle's where she and her husband (who keeps Birds of Prey) provided Kes with amazing care. He quickly put on weight and regained his strength.

A few days after his rescue Liam and I had the pleasure of releasing him back to the wild, hopefully to rejoin his mate.



Thank you to everyone involved in this amazing team effort!

*Faye Archell*



*This is my favourite bird of the month ...  
photographed in my garden - a male Bullfinch*

### What to do in the garden in February ...

- Plant trees, shrubs and hedges in milder weather
- Prune winter dogwoods to just above ground level
- Spread compost or bark around shrubs and trees
- Prune apple and pear trees
- Check bird baths and ponds and remove any ice
- Buy seed catalogues and plan what you will grow
- If hedges need trimming, do so after birds have eaten the berries but before the nesting season begins in March

### Did you know?

Until recently it was thought that apples had evolved from the wild crab apples found in the English countryside. However, new genetic research has revealed that our apple varieties began life in the fruit forests of the Tianshan in Central Asia. Initially the seeds were spread by bears and birds, but travellers and their pack animals also ate the fruit and so spread the seeds beyond their native region.

### A little bit of magic ...

If you regularly go into your garden at daybreak, you will notice the birdsong increasing as the days get longer.

*An idea for children and adults!*

**RSPB The Big Garden Birdwatch - January 29th-31st 2021**

(download bird sheet from RSPB website) - read all about it on the opposite page

**PLUS THERE IS A BIRDS CUT OUT PROJECT ON THE BACK COVER  
OF THIS TRIO FOR CHILDREN OF ALL AGES!**

*Pete*



Shanty Music seems to have gone mad - it's all over social media, on the news, in the papers - but to most of you who are reading this, it's not news. We've all been listening and watching and singing along with our Fisherman's Friends for so many years. But if you want to widen your shanty horizons, look no further than the Port Isaac Shanty Festival, hopefully taking place this coming September. Singers and musicians from all over the UK will congregate in Port Isaac, every possible venue will resound with the singing of shanties.

Everything crossed ...

# 2021 PORT ISAAC SHANTY FESTIVAL

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



WWW.PORTISAACSHANTYFESTIVAL.CO.UK

## Scott Mann writes ...

I am very pleased to welcome the publishing of the largest vaccination programme in British history, outlining how we will vaccinate tens of millions of people by spring – saving thousands of lives and providing a road map back to normal life. But it does not mean we can be complacent, and everyone must continue to stay at home, protect the NHS and save lives.



Thanks to the hard work of our NHS and British science, we have started our country's largest ever vaccination programme. The next few months will present a significant opportunity for us to turn the tide of battle against Covid – saving thousands of lives and starting us on the road to normality. Under our new programme, by the end of January, everyone in England will be within 10 miles of a vaccination site or have access to the vaccine via mobile teams. This programme will allow us to deliver at least two million vaccinations in England per week by the end of January and with all residents and staff in over 10,000 care homes across the country will be offered a vaccine by the end of the month.

This will be made possible by rapidly expanding our programme including over 80,000 health professionals; over 200,000 additional members of the public expressing their interest in helping with the non-clinical elements of the rollout; a total of 2,700 vaccine sites – including 206 hospital sites, 50 vaccination centres and around 1,200 local vaccination sites. Through this vaccination programme, we can bring more reassurance and hope back to people's lives after a difficult year. If we all continue to play our part, staying home, protecting the NHS, and saving lives while the vaccine is rolled out, we can slowly begin to return to the normality we are all looking forward to.

Throughout the pandemic, education has been a national priority, and thanks to the efforts of teachers and school staff across the North Cornwall, schools remain the best, and safest place for our children to learn. However, with our country in alert level 5, the highest it has ever been, the closure of schools is now necessary to keep the new variant of the virus under control. While there is no substitute for learning in a classroom, the Government has strengthened measures to ensure every child has access to a high-quality remote education. As part of the Government's commitment that no child is left behind, it is providing a million laptops and tablets for schools to allocate locally to students who need them most. To date, it has delivered over 560,000 devices to councils in England, with students in North Cornwall benefitting from the 369 devices provided to schools and colleges across Cornwall with a further 100,000 arriving nationally.

As always if my team and I can be of assistance in any way, do not hesitate to get in touch via [scott@scottmann.org.uk](mailto:scott@scottmann.org.uk).

## St Endellion Parish Council - Contract & Maintenance Supervisor Report

Hi, we're nearly a month into 2021 and since the last issue of *Trio* and despite the pandemic a few things have been rumbling forward in the parish.

Arrangements have been made for some repair work to be carried out at the Main car park's overflow area. The space was very heavily used by cars and campers once the lockdown at the beginning of July was lifted and with the single entrance/exit the ground has suffered and needs repairing.

The area next to the hard standing near the play area is also in need of some attention. It's the space Port Isaac Community Farmers Market and the weekly mobile Post Office uses. At this stage the intention is to make enquiries into costings for tarmacing the remaining area.

We're progressing on a welcome banner to be erected on the fencing at the hard standing. It's a project that Caroline Cleave's been working on for some time. I believe that quite a few people in the village contributed to it and as Caroline says; it'll be nice for visitors to see that there's a vibrant community here.

While still focusing on the top of the village. The swing in the play area was due to be repaired in December but the company providing the new crossbar brought one of incorrect dimensions. They were due to come back in the next few weeks, but in the current situation that might have to wait.

Another area I'm working on is to get the missing names added to the War Memorial. I think this is going to take a while. There's a lot of background bureaucracy to get through first. And these things have a habit of dragging on. That's why I'm working on it, so that I can keep moving it forward.

There's some other ongoing projects such as refurbishments to Roscarrock toilets, a water bottle refill station at Little Hill and a new tree bench for the Cemetery at St Endellion Church. Meanwhile the public toilets are still open and are regularly checked. The grass verges etc are being cut when the weather permits and the shop in New Road car park has new tenants. So as you can see things are still rumbling on...

If you'd like to contact me regarding any parish issues my mobile number is :

**07494 589 638 or email:  
clarejonsten@gmail.com**



# Christmas Lights

Well the lights went up, stayed up and stayed on and it was all for us locals. 2020 meant it was going to be a "different Christmas and new year" but, speaking for myself, Christmas seemed stress free, making it relaxing and quite reminiscent of years gone by. I know the "missing family" thing was an issue for lots of people, including ours, but it was the right decision ... we hope.

A huge thank you goes out to the boys that put the lights up and not forgetting to take em down again, always a bit of a chore plus everybody who decorated and kept the lights going on our forest of trees - they really did look brilliant (already got some new ideas for this year - yes only 10 months to go!).

Special mention must go out to our own "Mini Las Vegas Strip" otherwise known as New Road! The Christmas spirit was very noticeable in the space around Janet's and Martin Dingle's houses and the spirit spread to other properties around, lovely to see. Thank you all

Thanks again to Tom and Laura for lending us the pots for our tree and to Nigel for lighting up the BIG sign, although it was possibly too far away. And to Neil and Karen for lighting up the main tree.

Thanks to everyone that helps to do this every year and also to everyone of you that enjoys them

Let's hope this year is better than last and everybody stays safe and well

*Chris "Mr Christmas Lights Lanyon"  
and the team*



A huge thank you to all my friends who sent presents, cards, Love and best wishes, and a big thank you to Nigel for the 100 in lights, it was amazing and a lovely surprise.

Thanks again and wish you all a happy and safe 2021.

Muriel xx



## North Cornwall Book Festival news



Discussions and planning have started for the annual North Cornwall Book Festival, to be held at St Endellion. It has been decided that this year the event will be held from **23rd – 26th SEPTEMBER 2021**.

The School Days are scheduled for 23rd & 24th, the Adult programmed days with visiting authors, workshops and the café will be held on 25th & 26th and Music Evenings on 24th & 25th

### PLEASE NOTE THAT THESE DATES REPLACE THOSE PREVIOUSLY ISSUED

Between July and December, a number of mini films were made with the authors due to attend in 2020, and these can be viewed on

[www.ncornbookfest.org/north-cornwall-book-festival-at-home](http://www.ncornbookfest.org/north-cornwall-book-festival-at-home)

or search for North Cornwall Book Festival at Home on YouTube, Facebook, Instagram or Vimeo

In November, a selection of video interviews with a number of children and young adult authors were launched, which included a creative challenge set by the authors for children to compete in their own time. They are entirely free for use either in the classroom or at home and these can be found on the following

link [www.ncornbookfest.org/ncbf-at-school](http://www.ncornbookfest.org/ncbf-at-school)

We look forward to seeing you again,

## Pick up a bit of litter, make a difference

For one of our daily exercise walks during this latest lockdown we kept to the lanes (to avoid the mud!) and walked from the village up Church Hill towards Port Quin. On the way though we noticed how much litter there was on the roadside and in the hedgerows. So we decided a few days later to combine our Sunday walk with a litter pick on the lanes between Port Isaac and Trelights.

We returned with a very heavy bag of rubbish...cans, bottles, masks, gloves, sweet wrappers and crisp packets! It was amazing how much we found on our 3 mile round walk! We normally take part in organised beach cleans with an organisation called Beach Guardian but these are obviously on pause during lockdown so this was our alternative way of still doing something similar. We didn't have the energy at the end to do a beach clean at Port Isaac or Port Gaverne so that's for another lockdown day... with the recent stormy weather we're sure that there will be some materials there that shouldn't be!

*Chris & Sharon*





# Get your paints out

*Ideas for Painting during lockdown* *with Barbara Hawkins*

Whoever said that everyone can paint probably also said that everyone can sing. Well, I dispute the singing bit, being someone who could never sing a note. But after many years in Gulls, I do feel confident enough to join in and usually find the right pitch and actually enjoy it. My point being that if you don't have a go, you will never know what you are capable of. So, what better time than now to get your crayons, paints, glue and scissors out and 'have a go'. It's only as we get older that we say, "Oh I can't draw" and excuse ourselves permanently from ever discovering the joy of being creative.

## Tip number one: where to start

My advice to beginners is to stay away from water colours. They look so enticing and innocuous sitting in the neat little tin but the results from painting with water colours can be very disappointing for beginners. They are not easy. My advice would be to start with a very basic set of acrylic paints or non-stain poster paints if you're working with children. You can mix practically every colour you will ever need from black, white, red, yellow and blue (well nearly) Acrylics can be used on anything: card, paper, canvas, material, wood. They can be painted thick and thin and diluted with water. The only downside is that they can't be removed from clothing once dry, which brings me to tip number two.

## Tip number two: cover up

Wear old clothing. If you're going to splosh paint around like Jackson Pollock, put a cloth to cover your carpet/floor.

## Tip number three: where to paint

Find yourself a quiet corner to set up for your new painting adventure. If possible, find a corner where you can leave everything out. There's nothing more off-putting than having to clear it all away and then get it all out again. After a couple of times doing that, chances are you will give up. But if space is a problem, get a large storage box you can pop everything into so that it's all ready to go the next time.

## Tip number four: the more the merrier

Start at least 3 paintings at once. At the very least. Then when you get fed up and frustrated with one (we all do!) you can move on to the next one. Also, as one is drying you can work on another.

## Tip number five: size matters

Don't be too ambitious to begin with. Begin by working on a manageable scale. If a 5 foot canvas turns out to be your thing, remember it could be costly in paint and time. Once you start you will soon find out whether you're a 'miniaturist' or thinking along Sistine Chapel proportions!

## Tip number six: brushes

You can buy all sorts of sizes and quality of brushes. Buying a simple selection won't break the bank. And look after them well, wash them thoroughly in soap and water after use and don't leave them to stand in water after you've finished (note to self!)

## Tip number seven: what to paint

There is a delightful painting sitting inside every everyday object, however simple. Start by looking around your home for something that appeals (or people who will sit still for you). Or you can copy from a photograph. There's no judgement, you're in charge. Or you can paint

an abstract painting. Who cares whether it looks like a milk jug or a Picasso masterpiece!

## Tip number eight: staring at a blank piece of paper

The more water you use, the tougher the surface needs to be to take it, so make sure you have good thick paper to paint on. My top tip EVER in order to break the spell of the terror of that blank piece of paper staring back at you is 'Thinly cover your surface in any colour' .... a wash. You've broken the spell already and become an artist with those first brush strokes. Whilst the wash is wet, try dropping in small drops of other colours and the magic begins.

## Top tip nine: take your time

Then let your first layer dry completely unless you want to paint mud. (Look at the colour of the water after you've washed your brush in it several times. That's what will happen to your painting if you rush it and haven't allowed each layer to dry.) Be patient.

## Top tip ten: How do I know when I have finished?

That's the age-old question: when to stop, sit back and ask your family to gather round and admire your amazing painting. Question: do you want to leave a suggestion of unfulfilled mystery or record every dew drop on every blade of grass before you call it a Doris (day)? Again, it is up to you. You're not the boss of me now. (Or me of you) so long as you are pleased with the finished results, that's all that matters. There are no rules to this game, only ones to be broken.

Next follows a small example of what I've been talking about so you can have a go yourself.

**Don't be afraid, just go for it and Enjoy!**

*continued opposite...*



1: A little bit of colour on an old plate



2: A "warm" colour wash of red and yellow



3: Three ways to mix green





Port Isaac RNLI fundraising committee continue to meet online and are putting their heads together to come up with online fundraising ideas. Please get in touch if anyone has any ideas!

Obviously the current lockdown still means strict measures at the station but training has continued. There are two significant training programmes in progress. The first is Deputy Launching Authority development with James Uglov, Penny Smith and Nicola Bradbury. Then several crew members are on the Helm Development Programme - Tom Brown, Ben Spicer and Andy Hallam who are all expected to be competent helms by next season.

The newest recruit is Brandon Willis. Welcome to the crew, Brandon!"

*painting with Barbara, continued from opposite page ...*



4: Here's my subject



5: Draw a rough outline and start to paint, if you make a mistake just paint over it



6: Mix the colours you need, the egg colour is red, blue and yellow mixed together with a touch of black



7: and a bit more



8: I'm painting over the background but I want to let some of show through to 'unify' the picture



9: Painting the foreground



10. Where is her? There he is!



11. Nearly finished



12: I've covered a bit more of the background with a neutral grey so that it doesn't take away from the colours in the eggcup - but I've made sure some of the warm colours from the first wash are still showing through





## Cheese ... uncanny really, as the Websites of the Month article links with my Valentines Day blurb ... read on ...

So, when you are sending or opening that Valentines Card do you ever wonder about who St Valentine was? Oh! I thought you would say yes!

Anyway, St Valentine. It's not that straightforward. The Catholic Church recognises three saints named Valentine. One story tells of the third century Roman priest Valentine. Emperor Claudius felt that single men made better soldiers and so banned marriage for his troops. Valentine disagreed and defied Claudius, secretly marrying young lovers. Clearly he was found out as he was put to death.

Another theory is a bishop from Terni was the true St Valentine. He also lost his head courtesy of Claudius II because he helped Christians escape the horrendous Roman prisons where they were beaten and tortured.

Then there was another Valentine who was imprisoned and this is my favourite story. He allegedly fell in love with his jailor's daughter and before his death he sent her a love letter signed "from your Valentine". It makes sense ...

But we need to go back a bit further. In ancient Roman times there was a pagan fertility festival, Lupercalia, that was celebrated every February. The Luperci, an order of Roman priests, would meet in the sacred cave where Romulus and Remus, the founders of Rome were supposed to have been cared for by Lupa, a she-wolf. Sacrifices would take place, a goat for fertility and a dog for purification. The goats hide would be cut into strips and dipped into the sacrificial blood and the priests would go round the streets slapping women and the fields with the strips - to make them fertile for the coming year. Then, to add to celebrations, all the young women would put their names in a big urn and the local young men would each choose a name - often finding a bride.

Fast forward to the Middle Ages and it was widely believed that February 14th was the start of the birds mating season and recognising it as a day of romance began.

Written Valentines greetings started around 1400, the oldest one still in existence was a poem written in 1415 by Charles Duke of Orleans to his wife when he was imprisoned in the Tower of London in 1415.

But what's all this got to do with cheese? Well, a friend sent me this extract from a book of "Spells, Charms and Incantations" -

### **'YOU MAY FASCINATE A WOMAN BY GIVING HER A PIECE OF CHEESE'**

Another spell was to "take a shoe that the woman you love has worn, fill it with rue, and hang it over your bed to make her love you". I looked it up and rue is a Mediterranean shrub. So next time you are on holiday in the med ...

## Websites of the month

*I saw in the news that the sale of cheese has gone through the roof since lockdown, apparently up by 48% ...*

It was in this context that a friend was saying that she heard on Radio Cornwall a really lovely story about Cornish Gouda and it got me thinking about the cheeses we have in Cornwall and their history. It took some time in the post-war years for cheesemaking to recover as it had been badly hit by the war, and it wasn't until the 1980's that it started to see what has been called "the cheesemaking renaissance" where both farms and home cheesemaking made a big comeback. You can read about this history here [www.thecourtyarddairy.co.uk/blog/history-british-cheese-modern-day-british-cheese-revival/](http://www.thecourtyarddairy.co.uk/blog/history-british-cheese-modern-day-british-cheese-revival/)

Our big local cheese makers are quite close to us on Davidstow Moor and they have an impressive website <https://davidstowcheddar.co.uk/> with, as you would expect, lots of pictures of cheese. Their story starts off like this:

*"Davidstow is a real village in North Cornwall (located between Padstow and Bude), from which we're proud to take our name. We've been perfecting our cheese here for almost 70 years, since the creamery first sprung to life on a former WW2 RAF aerodrome."*

Incidentally, there is a fascinating museum, (closed at the moment), but well worth a visit when you can

<http://cornwallatwarmuseum.co.uk/index.html#>

with a history of the aerodrome.

You can also watch a visually stunning YouTube video featuring Head Grader Mark Pitts Tucker about Davidstow cheesemaking <https://tinyurl.com/davidstow-cheese>

The Cheese Factory at Davidstow has also been immortalized by one of our local artists, Chris Thomas. His "Milk Cathedral at Davistow Moor" is a haunting study of the majesty of industrial landscapes (this link takes you to his pictures, and one of them is the one of the Milk Cathedral [www.christthomas.info/dg/all/2](http://www.christthomas.info/dg/all/2) )

The story of the Cornish Gouda company that was told on Radio Cornwall is on their website [www.cornishgouda.co.uk](http://www.cornishgouda.co.uk) and starts:

*"The Cornish Gouda Company produces beautifully hand-crafted artisan cheeses on a small family dairy farm in Cornwall. The Dutch family moved from the Netherlands in 1998 to start dairy farming, but due to years of poor milk prices the family could no longer afford to continue running the business. When youngest son, Giel, came home from college to a 'For Sale' sign on the farm gate in 2012, he decided he would make the business viable by diversifying the farm through the production of Cornish Gouda Cheese." And the rest, as they say, is history. Apparently following the story on Radio Cornwall, they had a lot of interest. It's a very nice cheese by all accounts.*

Other cheeses from Cornwall that have also hit the headlines including the very delicious Cornish Brie made by the Cornish Country Larder [www.ccl-ltd.co.uk](http://www.ccl-ltd.co.uk) which won a prestigious award as long ago as 2003 <http://news.bbc.co.uk/1/hi/england/cornwall/3141457.stm>

So while we wait for the lockdown to finally be lifted and life get back to some sort of normal, please do enjoy some Cornish cheese!

*Tony Wainwright*



# Sewing with Andrea

Things for fingers of all sizes To make



## Reusable make up remover pads

You can make these round and use a glass or mug for size or a 3" square. I have recently made hexagons for Christmas gifts. I used 100% cotton with a pattern and then used a new towel on the other side (I would recommend to wash and dry the material first in case it shrinks).

### MATERIALS

Flannelette, cotton, cotton lawn, fine corduroy, fine velvet, jersey, muslin cloth (nothing too rough as you will be using it on your face)

### TOOLS

Fabric scissors  
Tape measure  
Sewing machine or needle & thread  
Pins

### INSTRUCTIONS

- Wash, dry, and press fabrics.
- Cut 2 x chosen fabrics into 4" squares. (if like me you're using 1 cotton and 1 towel you will need 1 of each)
- Place a patterned square, pattern face down, on top of a white flannel square. Pin once in the middle of the square to hold the fabric in place.
- Stitch around an individual square with ¼" seam allowance. Be sure to leave a 1" opening in the middle of one side. Be sure to backstitch on either side of your opening!
- Snip the corners off to reduce bulk inside the squares. (Carefully, not too close to the corner stitches)
- Through the 1" opening, turn the squares right side out. Because they are small, this may be tricky! Don't pull too hard or too fast or you will rip your fresh stitches. Gently use a turning tool (chop stick) to push out the corners and sides of each square.
- Fold the opening in (it will already be tucked in slightly) and press with iron. Pressing the whole square Top stitch around the edge of the whole square close to the edge. This can be measured to 1/8" if desired, but just be sure you're stitching your opening closed.
- You have completed your first one - well done, you can now repeat the process and make as many as you like. You can throw them in the wash to clean.

## 5-minute wash cloth soap holder

### MATERIALS

Wash cloth (flannel)  
6" ribbon

### TOOLS

Sewing machine or needle & thread  
Scissors

### INSTRUCTIONS

- Cut the wash cloth in half
- Cut about ⅓ off the length
- Hem the shortest raw edge at ¼"
- Fold the ribbon in half and pin or clip it ⅓ of the way up the wash cloth, making sure the finished edge is at the bottom
- Fold the bottom of the wash cloth up until it reaches the bottom of the ribbon
- Fold the top of the wash cloth down until the edges meet
- Sew a straight stitch down both sides of the wash cloth inside the binding
- Trim each side close to the stitches with scissors
- Turn the wash cloth inside out
- Job done!

### BBC TV EDUCATION ANNOUNCEMENT

Each week day on CBBC will see a three-hour block of primary school programming from 9am, including BBC Live Lessons and BBC Bitesize Daily, as well as other educational programming such as Our School and Celebrity Supply Teacher and much loved titles such as Horrible Histories, Art Ninja and Operation Ouch.

BBC Two will cater for secondary students with programming to support the GCSE curriculum, with a least two hours of content each weekday.

You can always RECORD the episodes to view at a later date/ time.

**Full story here: <https://www.bbc.com/.../bbc-launches-biggest-education...>**

### ONLINE MERLIN CENTRE VALENTINE'S QUIZ

Couples are invited to join in a fun Valentine's quiz from their own home, the evening's entertainment will also include a "virtual" magic show and music

The online event on February 12th will see couples compete against other couples for the chance to win prizes including a chauffeur driven trip and a cream tea for two.



Entry to the quiz and magic show is £20 per couple and can be booked by visiting <https://www.merlinmscentre.org.uk/events/event-booking/centre-events/virtual-event>  
Further details can be found by emailing [tamsin@merlinmscentre.org.uk](mailto:tamsin@merlinmscentre.org.uk).





# Cooking in Lockdown

Lots of time on your hands (or not if you are home schooling - but you could get the kids involved with a cooking lesson?) So why not have a trawl through your store cupboards and see what delights you have hidden away. I promise you it will reveal some quite diverse stuff and you'll think, why on earth did I buy this! But we are in lockdown times ... experimentation gets your mind going in strange directions! So let's use up a few of your store cupboard supplies ...

These are all quick and easy recipes and they all taste 'ansum

## No Stir Tomato & Basil Risotto

serves 4

**INGREDIENTS:** 1 tbsp olive oil  
Knob butter  
1 red onion  
400g Risotto rice  
150ml white wine  
400g tin chopped tomatoes  
600ml vegetable stock  
75g soft cream cheese  
50g grated Parmesan  
handful of fresh basil

### METHOD:

- In a saucepan, heat oil and butter over a medium heat and then fry the chopped onion for 5 minutes until soft.
- Add the rice to the pan and cook for one minute and then add the wine and simmer until absorbed.
- Stir in the tomatoes and stock, season, reduce the heat to low, cover and cook for 20 minutes until the rice is just tender and the liquid has all been absorbed.
- Take off the heat and stir in the cheeses. Leave to stand for 5 minutes.
- Stir in the basil and serve.



## RAJMA

(Punjabi red kidney beans)

serves 4

### INGREDIENTS:

300g red kidney beans  
2tsp salt  
1tbsp rapeseed oil  
1 black cardoman pod (bruised)  
2 lg onions, finely diced  
1tsp garlic paste  
1tsp ginger puree  
1tsp ground coriander  
1tsp cumin seeds (*lightly toasted in a dry pan and then ground in a spice grinder or with a pestle & mortar*)  
½tsp ground turmeric  
200ml passata  
2tbsp fresh coriander leaves  
¼tsp garam masala

### METHOD:

- Soak kidney beans overnight in plenty of cold water and then drain and rinse.
- Simmer the beans in 1ltr of water and 1tsp salt for about 1½hrs until tender.
- Drain and reserve the liquid.
- Heat oil in a frying pan and fry the cardoman pod and onions for about 5 minutes until golden brown.
- Add garlic and ginger pastes and cook until the oil separates from the mixture.
- Add the coriander, cumin and turmeric and cook gently for 2 minutes.
- Add the passata and simmer for 5 minutes.
- Add the beans and 500ml of the reserved water, the remaining salt and half the chopped coriander.
- Simmer on a low heat for 10-15 minutes.
- Sprinkle with the garam masala and simmer for a further 5 minutes more, adding more of the reserved bean water if it's too dry.
- Sprinkle with the remaining coriander and serve.



## Poached Eggs with Harissa Chick Peas and Garlic Yoghurt

serves 4

**INGREDIENTS:** 1 fat garlic clove  
3tbsp Greek yoghurt  
Juice of ½ lemon  
2 x 400g tins chick peas  
Splash vegetable stock  
150g frozen spinach, defrosted  
2-3tsp Harissa paste, to taste  
12 pitted black olives  
4 large free range eggs  
handful of fresh parsley

### METHOD:

- Crush garlic into a bowl and mix in the yoghurt and lemon juice and put to one side.
- Drain and rinse chick peas and then tip into a pan. Add the stock and simmer over a medium heat for 4 minutes.
- Drain the chick peas and return to the pan with the Harissa paste and spinach and the coarsely chopped olives.
- Meanwhile, bring a large pan of water to the boil. Lower heat to a simmer and add a splash of vinegar. Crack the eggs into a ramekin dish, one at a time, and pour into the water. Poach gently for 3-4 minutes until the white is set.
- Chop the parsley and stir ¾ of it through the chick peas.
- Divide between 4 plates and top with the poached eggs.
- Serve with the yoghurt mix and sprinkled with the remaining parsley.





## Hot Smoked Salmon Fishcakes

serves 4

### INGREDIENTS:

450g cooked mashed potato  
Grated zest of a lemon  
200g hot smoked salmon, flaked (from John Collins)  
Small bunch of fresh dill, finely chopped  
100g dried breadcrumbs  
Vegetable oil for frying

### METHOD:

- Mix together the mash, fish, dill and lemon zest and season well.
- Shape into 8 fishcakes and then put into a bowl with the breadcrumbs.
- Gently press the breadcrumbs into the fishcakes until evenly coated with a thin layer of crumbs.
- Chill in the fridge, in a single layer, for at least 30 minutes.
- Heat 1cm of oil in a frying pan and when shimmering add the fish cakes and fry for about 5 minutes on each side until gold and crisp on the outside and piping hot in the centre.
- Drain on kitchen paper and served with green salad (Co-op are brill for salad bags) and lemon wedges.



## So what does Mrs L think ...

I don't know about the rest of you, but these are hard times and I am fed up with trying to think up something for dinner, let alone a recipe for *Trio*. So when Dee suggested a lockdown recipe It made me think ... what do I have in the cupboard? And what can I make out of it with few or no additions? My store cupboard staples which I ALWAYS have (and according to news reports so do you) are pasta and tinned tomatoes and an onion. Not very exciting! Until you realise that they can be the beginning of loads of things.

1 x tin of chopped tomatoes (if they aren't already chopped cut them up in the open tin with a knife)

Any pasta you can find

1 x onion

Dried Basil

A little bit of oil

Any cheese you have left (especially that dry bit in the back of the fridge)

Of course the easiest thing to make is a tomato sauce for the pasta.

- Chop your onion and fry off in a deep pan. Then add the tinned tomatoes and some dried basil. If you don't have basil use Italian seasoning or any herbs that you like.
- Bring it down to a simmer (a teaspoon of sugar helps here as well) and simmer gently while you cook the pasta then
- mix the two together top with grated cheese and you have a very simple but filling meal.

### Now you can get creative ...

To this really simple sauce you can add just about any vegetable you like and think will go together. I would suggest any of the following:

Courgettes, green beans, peas, carrots, celery, spring onions, spring greens, kale, mushrooms or whatever Darren has at the Coop or you have in your fridge or freezer.

You can add any tins of beans you may have left from your last diet - cannelloni, butter beans, kidney beans, even baked beans - whatever you can find and you have a lovely vegetarian meal (vegan if you leave out the cheese and use vegan pasta).

And of course you can add Fish:

White, oily, prawns and crab which you can get from our John & Nicki or Just Shellfish. I think a few olives would go well with fish and give a Mediterranean feel to the dish.

Ok. so If you are a meat eater and have a better stocked fridge/freezer, I would suggest that you could add any one or two of the below:

Sausages (chopped up), minced beef, chicken, chorizo, pepperami, minced pork, minced turkey. Any of these minced meats will give a Bolognese variation. But if you add chilli powder and kidney beans you get a basic chilli.

You can add a bit of stock from any of the meats to boost up the sauce (oxo cubes or any other brand) and of course garlic if you keep it around - *Mr Lanyon says you all have it, I'm not so sure*. I would also add a teaspoon of Bovril, Marmite or Lea & Perrins Worcester sauce if you can find any in the back of the cupboard. It really is a good time of year to have a real root around and see what you have got, I would suggest that some of these things don't really go off, but sniff it and see. If it says best before 1977 and stinks when you sniff it don't use it!! Be sensible.

If any of you have found something fantastic that is keeping you going during lock down, Messenger me and I will see if it can be shared on the recipe page.

Mrs L



## Planning Applications

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

1. PA20/09912, Land at Bodieve, Wadebridge – outline application for residential development including access of up to 245 new homes (to include 30% affordable homes), new relief road from Ball Roundabout to B3314, new public open space (including play area and community orchard and cycle path/amenity walkway), extensive new tree planting and new habitat creation (including 1.75ha of new woodland planting and 0.25ha of new wildlife ponds).

Members objected principally to the constraint placed on the free flow of traffic on the B3314, which is the artery that flows to the Parish of St Endellion and neighbouring Parishes. Members concerns also focussed on the capacity of Ball Roundabout to cope with the increase in local flow arising from the proposal. Members are disappointed by the lack of public consultation for this alteration to local traffic flow, which in peak periods will lead to queuing and idling traffic leading to heightened local levels of air pollution.

2. PA20/10770, Glendale, Trelights – erection of a new 2-bedroom dwelling on the land adjacent to Glendale Cottage and provision of 1no. car parking space to Glendale Cottage.

Members objected because the proposal, sited at the heart of the settlement is described is contrary to policy 6.O, Trelights, The Historic Village of St Endellion Neighbourhood Plan (NDP). The site currently affords a green space (albeit principally in private ownership) with valued inter-visibility between the historic village core and the Grade 1 Listed Church of St Endellion and assists the observer to read the area as the village core and the setting of a cluster of locally Listed Buildings (NDP Appendix C) and Grade 11 Listed Building, The Lodge. As such members do not consider the site is appropriate for infill. Furthermore, the location and scale of the proposal are at odds with the principals of NDP Policy 6.O, while the use of local material is to be welcomed the scale of the proposed picture window fails to observe the window proportions of the surrounding dwellings, leading in total to substantial harm.

Should the Officer be minded to approve members request a Principal Residency Condition be applied as per NDP Policy 3, and a condition to both retain and enhance planting screening

3. PA20/11093, Waves End, 42 Fore Street, Port Isaac – Listed Building Consent for proposed replacement windows and secondary glazing. Members objected in line with the Historic Service comment.

4. PA20/11163, 92 Fore Street, Port Isaac – Non Material Amendment to Application No. PA19/09694 dated 8th January 2020 for a Single storey extension of porch area between the kitchen and bathroom; removal of porch glazing and installation of flat roof with skylight; removal and re-use of existing kitchen sash window namely to change the material of pitched roof covering from slate to lead - section of pitched roof between flat roof and neighbouring property (immediately under neighbour's window). Given this type of application had to be dealt with within 14 days a "No comment" response was made.

5. PA20/06449, Stargazy Inn, Port Isaac – demolition of existing staff accommodation and the construction of a two-storey side extension with minor external alterations. Members supported this application.

6. PA20/09110, North Light, Homer Park, Port Isaac – proposed extension and remodelling. Members unanimously objected because The current dwelling is the cause of distinct light pollution due to its elevated location and position on the skyline. The proposed extension by reason of extensive glazing is contrary to NDP Policy 6, Design Principles, which supports development... 'which is well integrated with nearby structures in terms of scale, building details, local materials, finish and colour...'

7. PA20/09434, Marshalls Field, Trelights – erection of detached garage. Members supported this application.

8. PA20/10075, The White House, 3 Roscarrock Hill, Port Isaac – Listed Building Consent to repair a stone retaining/boundary wall at the rear and to the side of the parking area. Members supported this application but requested a condition to ban washing cement, etc. onto Roscarrock Hill, due to main drainage issues in the lower village.

9. PA20/10296, 42 Church Hill, Port Isaac – proposed extension to dwelling (in addition to those approved under PA19/05118). Members objected as this application is Contrary to NDP Policy 6 Design Principles due to the loss of 2 parking spaces, members are not convinced onsite parking is sufficient to need commensurate with the increased permitted accommodation under PA19/05118.

10. PA20/10019, Magpie Cottage, Trelights – works to a tree covered by a Tree Preservation Order namely large ash tree in rear garden again requires pollarding to remove excess growth, avoid overhanging and maintain shape. Members supported this application.

## Planning Applications Approved by Cornwall Council –

i. PA20/06216, Myrtle Cottage, 8A Rose Hill, Port Isaac – proposed shed to serve the main dwelling.

ii. PA20/07662, Cartway Cove, Portgaverne – the addition of a 550 x 780 mm rooflight to front north east elevation of Cartway Cove.

iii. PA20/07994, 5 Roscarrock Hill, Port Isaac – Non Material Amendment to Application Number PA19/01461 dated 8th April 2019 for

the Proposed partial demolition, extension, renovation, remodelling and structural repairs namely the Re-alignment of cliff edge fence and reconfiguration of associated landscaping works and demolition of existing block shed. Cllr. Williams advised that Members concerns with this application had been addressed

iv. PA19/02261/PREAPP, Stargazy Inn, Bay Hotel, 1 The Terrace, Port Isaac – pre-application advice for the construction of a single storey accommodation block extension to the rear of the Stargazy Inn. Closed – advice given by CC

v. 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

vi. PA20/08149, 18 Middle Street, Port Isaac – removal of outbuilding and replacement with domestic garage and garden store

## Contract & Maintenance Supervisor – Miscellaneous Items

1. CC Climate Emergency Development Plan Document – consultation runs from Monday 14th December and runs until Friday 5th February 2021

a. Traffic Feasibility Study – Members have commissioned a TFS from Cormac Engineer Division into the possible provision of:

- The three pedestrian road crossing options;
- The pavement on New Road OPPOSITE Back hill on the inside of the right-angle bend

2. Residents Parking – a consultation is to be held seeking residents' views.

3. Mobile Speed Activated Sign – Members agreed the most suitable location for deployment of a second Network Panel sign was outside of the School in Trewetha Lane. The sign will be shared with other Parishes in the network area.

4. Precept – Members agreed to keep the 2021/22 precept (the PC's share of the household rates) at the same level as 2020/21, £28,500.

5. 2021 Census - the Census is taking place on Sunday 21st March 2021.

6. Lockdown Furlough – Members agreed to furlough Ms Jon, CMS Officer. She will work 50% of her contracted hours and be paid her full salary.

Gillian Thompson  
Parish Clerk / RFO

Email: [stendellionpc@gmail.com](mailto:stendellionpc@gmail.com)  
Website: [www.stendellionpc.com](http://www.stendellionpc.com)

## 110 back issues of Trio!

Marion Larkin has been having a clearout and has copies of Trio dating back 10 years, all in pristine condition. If you want them call her on **01208 880492**

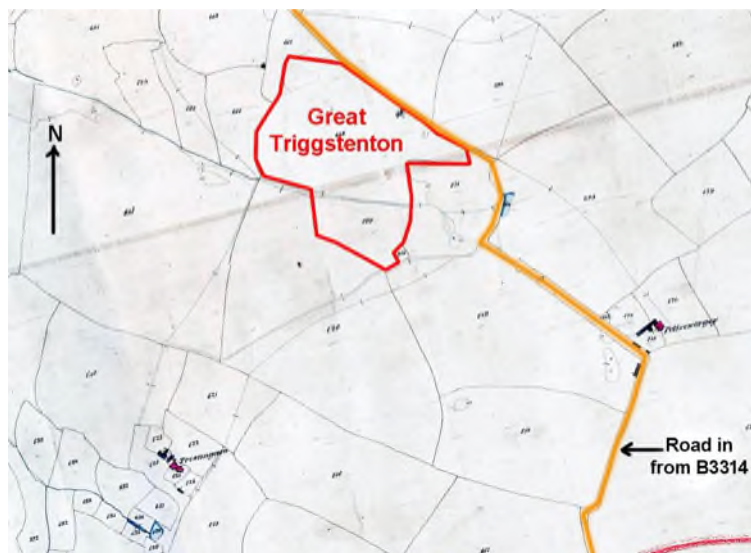
# Our Lost Buildings

John Watts Trevan's 1835 *Summary Memoirs of the Parish of Endellion* has an illustration of the old manor house of Bodannon, the former seat of the Cheney Family. The house had been demolished over 200 years before Trevan's time, but he states that his illustration was 'taken from an ancient line engraving by Leland in the possession of a gentleman at Liskeard'. John Leland was a 16th century antiquarian and has been described as the father of English local history. Amongst his works was his *Itinerary of travels around Tudor England*, which included one of Cornwall from c1535. He gave the earliest, if rather brief, description of our villages – '**Portissek**, a praty fisschar village, lyith three mile from the mouth of the Camel Brook, lower by west on the Severn shore. There resortith a brook and there is a pere and some socour for fisscher botes. **Port Quin**, a fisschar village, lyith two miles lower on the shore and there is the issue of a broke and a pere.'

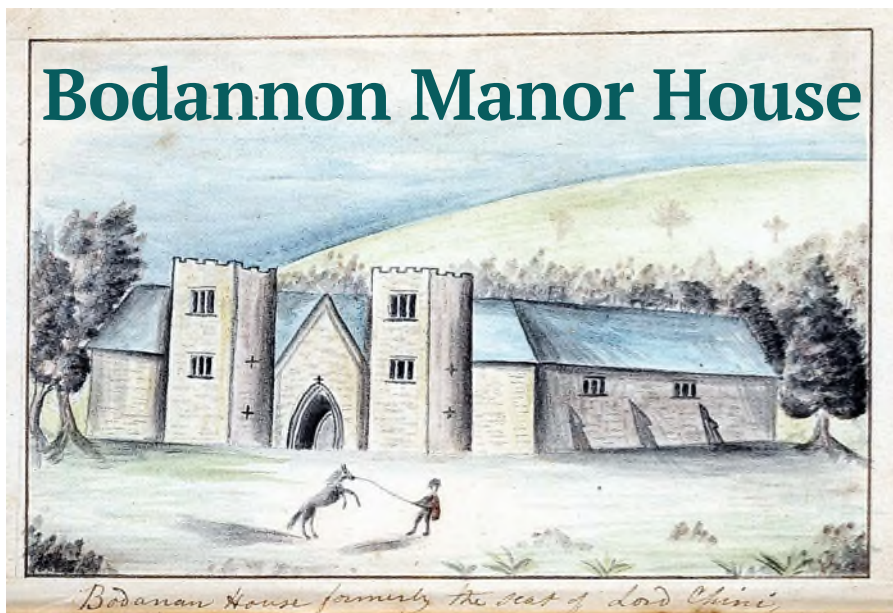
The manor house would still have been standing in Leland's time, as it was not demolished until the early 17th century. However, his itinerary makes no mention of Bodannon or the Cheneys, and there is no record of Leland illustrating his work. Most likely, the engraving was by someone else and just assumed to be the work of Leland.

Sir John Maclean's 1873 *Parochial and Family History of the Deanery of Trigg Minor* gives this information 'The site of the ancient mansion or castle of the Chenduits is called Triggstenton, or Strickstenton, Castle, sometimes Coldstenton. We find in the Roscarrock Rent Roll of 1569, under the Manor of Bodanan, that Strykestenton with "the town-place of Bodanan" with the appurtenances were held by John Boythe and Thomasine his wife, late the wife of John Skagyll, at the rent of 26s. 8d., suit at the Common Court and a day's work in the autumn.'

Maclean lived nearby at St Breward, and his description suggests he visited the site. 'The



## Bodannon Manor House



ground in the enclosure called Great Triggstenton is very irregular throughout the whole area, and in cutting a drain some twenty years ago the workmen came upon the remains of a fish pond. On the immediate site of the house may be seen marks of foundations and heaps of debris and ridges, now slightly covered with turf, shewing the course of some of the ancient walls, whilst fragments of wall remain imbedded in the hedge on the west side. From the mention of the "town-place of Bodanan" in 1569, we conclude that at that time some of the buildings continued in existence. Tradition says a large quantity of materials was removed for building Tresunger House in 1660, at which date Triggstenton belonged to the Mathew family.'

Great Triggstenton field is recorded on the 1839 Tithe Map between Coldstenton and Trewetha. Just past Poltreworrey on the way into Port Isaac is a Z bend. When you exit the second bend, the manor house would have been in the field on your left. Maclean's reference to remains in the western hedge suggests the house was by there. A likely siting would seem to be in the northern corner of Great Triggstenton, by the road. The right angle in the field boundary here has no obvious reason and might be delineating the manor house itself.

Trevan also related the story that material from the old manor house was recycled to build Tresungers in 1660. It is less than half a mile south of where the old house stood, so would have been a relatively close source of worked stone, no doubt of a good quality. Comparing the main tower of Tresungers with Trevan's copy of the old engraving, it looks remarkably like one of the manor's entrance towers, having similar proportions with two windows and a castellated top.

Who were the Cheneys? The Cheney family (also Chini, Chyny, Cheyney, Chenduit) were originally from the midlands. The first of the Cheneys

arrived in Cornwall during the latter half of the 13th Century, with Bodannan Manor as their seat. A Robert de Chyny was Sheriff of Cornwall in 1277, but some doubt remains as to whether he was of the Bodannan branch. In 1390 John and Catherine Chenuit were granted a licence to have their own chapel within the manor house. John was the last here, dying in 1425 without issue. The 1427 inquisition of his assets listed the manor as comprising '300 acres of arable land, of the value of 6d. per acre per annum, and 40 acres of meadow worth 10d. per acre per annum, 100 acres of pasture worth 4d. per acre per annum'. The manor was divided between two heirs, with half going to Ralph Trenouth and half to Thomas Roscarrock of Roscarrock. The Roscarrocks disposed of their share of the manor in the latter half of the 16th century.

Today, there are few references to this once important local family. The area around the crossroads north of Pendoggett is

continued overleaf ...



# Port Isaac's Tony Cook crowned fastest British rower in the British Indoor Rowing Championships

With lockdown upon us last November, British Rowing took the unprecedented decision to make the British Indoor Rowing Championships (BRIC) a virtual, online event. This has made it the biggest BRIC event ever with over 2,500 rowers from 41 countries competing over two days from Saturday 5th to Sunday 6th December.

On Saturday, the 2,000 metre races were held, followed by the sprints, junior and team races on Sunday. Port Isaac's Club Captain Tony Cook gallantly entered the men's 55-59 age category – with

outstanding result! In a field of 38 entrants Tony finished third, gaining a highly respectable time of just 6:37.7! First was Kent Patterson of Sweden, with Norwegian Ole Kristian Karlsen taking second. That made Tony the fastest British rower in the race, beating Peter Clowes of the



Tony in action

RAF by 2.3 seconds! This topped Tony's fourth place in the Dorset Indoor Rowing open (all ages) two weeks ago, where he was the fastest over-40 competitor in a time of just 6:40.4.

With the Port Isaac Rowing Club unable to get out on the water this season because of the global pandemic, and having had a knee operation in March, Tony used indoor rowing as his rehab and main form of exercise.

Tony says, "As I saw my improvements, I decided to enter a couple of competitions to see how I compared with others".

Entering the BRIC and the DIRO competitions has proved extremely worthwhile. Port Isaac Rowing Club and its community send their huge congratulations to Tony for such an epic effort, especially following recent injury and knee operation.

**Well done – you are an inspiration to us all Tony!**

## St Peter' Church Update



After the November Lockdown the church refurbishment was completed and the building handed over by Roger Andrew's the builders. We were able to hold services, but because of restriction we could not use the new kitchen area to provide drinks or snacks. We were also limited to only being able to have only 42 in the congregation, so it was decided to leave the official opening until all restrictions were lifted.

The members of the congregation provided several Christmas Trees and the windows were decorated giving the church a very festive feel. Children at Port Isaac School painted pictures and we found a novel way to display these as you can see from the picture.

As we all know too well, we went from Tier 1 to total lockdown in a couple of weeks and although the government said that churches could open and hold services, the decision was taken to close the church until the end of Lockdown.

A Zoom meeting was held between Dee, Barbara Hawkins, Elizabeth and myself regarding the exhibition area and the new stands and we are all looking forward to what should be a very exciting project which will enhance our beautiful building.

We look forward to being able to welcome you all back in the not too distant future when we shall hold the Grand Opening of the refurbished church and the new Port Isaac Heritage Exhibition.

*Pat Pearson  
Chapel Warden*

*continued from previous page ...*



known as China Down, almost certainly a corruption of Cheney's Down. Inside St Endellion Church is a Holy water stoup, believed to date from c1400, which has the arms of the Cheney family (*A lion rampant with a background of acorns*) above the stoup on the left, with the Roscarrock arms (*A chevron with two roses above and a sea tench below*) underneath. The arms above the stoup on the right are of the Trevenor family, the Roscarrocks and Trevenors being related by marriage. The Trevenor arms are officially a chevron between three sea-pies (*Oystercatchers*). The birds on the arms above the stoup look more like puffins (*sea parrots*), which is how Sir John Maclean describes them. The mediaeval carver was definitely not an ornithologist, and had probably never seen either bird.

*Malcolm Lee  
Port Isaac Heritage*

# A Good Old Stretch!

When we are younger we take our mobility for granted but as we get older it is important to keep as flexible as we can. Flexibility is the range of movement at a joint and it is important in everyday life for the many functional tasks we do. Sitting at desks and looking at screens for too long can stiffen us up and our posture suffers, so let's counteract the problems it can cause. **Move it or lose it!**

I love to start my day with a little stretch sequence. This warms me up, loosens up my body and I feel ready for action. Begin by keeping the moves small and low, building them up until you are involving the whole body. You will feel the tension easing out of your muscles and your breathing should be even and regular and a little deeper. Remember to move through each movement smoothly and only at a range which feels comfortable for you. And don't forget to put some of your favourite music on - soul or Motown always does it for me!

Begin with a POSTURE CHECK - lengthen through your spine, chin in line with chest, shoulders down and relaxed, feet hip width apart and tummy muscles gently pulled in.

1. Take a deep breath in as you raise your arms up and out to the side, breathing out as you lower them down. *Do this 8 times*
2. Keeping your chin up, gently move your head to the right side, centre and left side. *Do this 4 times*
3. Drop your chin gently towards your chest and raise it up. *Do this 4 times*
4. Rotate your head in a circular motion, side up, side down and feel the tension unravelling in your neck. *Do this 4 times one way and 4 times the other way*
5. Take a deep breath in and raise one hand above your head. Take the arm over to the side feeling a lovely stretch down the side of your body. Come back to centre and repeat on the other side. It is fine to just take one hand onto the shoulder instead of raising the whole arm up if that's more comfortable. *Do this 4 times on each side*
6. Bring both hands together (interlocked) in front of your body. Keeping the back straight and your arms strong, lean your body forwards, as you gently push the hips back. Slowly roll up. This is great for loosening the hips and torso. *Do this 8 times*
7. Place your left hand on your right shoulder and open the right arm out to the side and gently ease the arm behind and rotate your upper body. Bring back to the centre and repeat on the other side by placing your right hand on your left shoulder. *Do this 4 times on each side*
8. Roll both shoulders forwards, up back and down. Roll with smoothness and don't arch your back. A great tension releaser! *Do this four times*
9. Widen your legs. Tap your right toe and your left toe as you shift your body weight from side to side, swinging your arms freely side to side. Do 16 swings and then alternate by circling one arm up and over as you go. *Do this 8 times on each arm*
10. Keeping the feet hip width apart, take your upper body down to do full circles, touch the floor if you can, bend your knees and reach up and down again. Keep the movement fluid and *do 4 circles in one direction and 4 other way* Only go as far as you comfortably can.
11. Take both arms out to the side and lift and bend the elbows so the arms are at a 90 degree angle. Start bringing your arms in towards the centre, imagining you're squashing something inwards. Slowly open the arms out and *repeat the action 8 times*
12. Lift both arms out to the side, cross the hands behind your head, bring the arms back down and cross the arms in front of your body. Allow your body to relax. Lock your hands gently behind your back, push your hands backwards, opening out your chest. Feel a gentle squeeze between the shoulder blades stretching out the chest and back. Release slowly and *do this little sequence again 4 times*

We're nearly there - place your hand gently on the top of your head. Apply gentle pressure as you tilt the head to the side until you feel a stretch on the opposite side. Bring your head up and repeat on the other side. Close your eyes as you do this and think positive thoughts. Open your eyes, take a nice big deep breath in and raise your arms upwards. Breathe out as you bring your arms down and shout out a word to express how you're feeling! Hopefully it'll be a positive one.

If you want more ideas for stretching and mobility sequences or Zoom sessions with me where you can follow along in the comfort of your home please contact me on 07815 987 172/ juliatreglown@hotmail.com Please share any fitness queries or thoughts with me.

## Pancake Day aka Shrove Tuesday Tuesday February 16th



Who doesn't love pancakes! Covered with lemon & sugar, golden syrup, honey, chocolate spread - some strange people even like savoury toppings!

Pancake races are also popular but they won't be happening this year - so what about a family pancake flipping competition? Perhaps not the best idea to risk a delicious pancake getting stuck on the kitchen ceiling!

But however you like them and however you like to celebrate Pancake Day, here's a simple recipe for you to use:

*this recipe makes 6 pancakes*  
100g plain flour  
2 large eggs  
300ml milk  
1tbsp sunflower or veg oil  
pinch of salt

Whisk the above ingredients together in a large bowl or jug until lovely and smooth. *My gran always used to make the pancake batter in the morning so that it had time to rest before cooking for tea - not sure why she did this - but to be on the safe side, and if you have time, leave to rest for as long as you can.*

Then, when you are ready to cook them, heat a medium sized pan and wipe it with some oiled kitchen paper. When the pan is really hot add some of the pancake batter and cook for about a minute on each side until golden. This is where the tossing bit comes in. Then either hand them out as you go or keep warm in a low oven until they are all cooked. *PS You will need to double or even treble the amount of pancake batter you make - everybody always eats more than you expect them to!*



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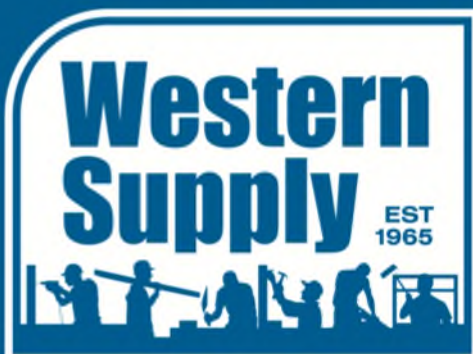
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