

trio



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trio

With so little going on in the village there is lots of space in *Trio* for your articles, poems, photographs etc. Please email to triopi@mac.com

thanks to Jill Gadman for this month's front and back photos

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



Spring is sprung and

Port Isaac Heritage



is back with a brand new exhibition in the

newly refurbished St Peter's Church

Life changes and time moves on but our mission is to record life as it used to be:



THE REAL VOICES OF PORT ISAAC



EXHIBITION

Drop in and enjoy a look at the "good old days" of times gone by

Join us for an opening launch later in the year when restrictions allow

Open daily (except Mondays) in St Peters Church from Mothering Sunday onwards

our book, *The Real Voices of Port Isaac*, which the exhibition is taken from is available from our website SHOP -

www.portisaaacheritage.co.uk

along with our previous books, *A Taste of Port Isaac*, *A Second Helping of Port Isaac* and the *Trevan Book*

ALL PRICED £10 a copy

also available at *The Pottery*, *Secrets* and *Trevathan Farm Shop*
alternatively, send a cheque for £14.50, made payable to PISCES, to
Secrets, Fore Street, Port Isaac, Cornwall PL29 3RD

Everyone's still here to help you

Even though there is light at the end of the tunnel, there is still a way to go. All the volunteers are still waiting for your calls - see the posters round the village or in the Co-op. Any problems give Kat a call on 077984 787 508.

In addition several local businesses are continuing doorstep delivery. The Old School are doing weekend takeaways and their menu is on page 21, Nicky B and John Collins are delivering pasties and fish to your doorstep, Just Shellfish are delivering crab and Trevathan Farm Shop can deliver your shopping. Plus Mike Hewett is on hand for electric emergencies. And of course, the Co-op remains open every day.

By next month's issue things should be looking a bit better.

APRIL/EASTER TRIO - COPY DATE MARCH 22nd



**WE ARE REALLY, REALLY HOPING THAT THERE WILL BE A
CARNIVAL IN SEPTEMBER 2021 - PLANS ARE IN MOTION!
KEEP AN EYE OUT IN THE TRIO AND ON OUR FACEBOOK PAGE
FOR FURTHER DETAILS AND FUNDRAISING EVENTS!**

EASTER FUN!!

As the Easter Window display competition in 2020 was such a huge success we will be doing it again this year! We need all entries to be posted on our Facebook page by Saturday April 3rd at 12pm so that we have the chance to judge them and announce the winners by Easter Sunday! (Dee would also like photos sent to her at triopi@mac.com by Wednesday March 30th to be shown in the Easter edition of *Trio*). All entries will get a prize and there will be some grand prizes for the overall winner!

GRAND DUCK RACE!

We know you have all missed our duck races over the last year so we thought this year we would hold the biggest

VIRTUAL Duck Race Port Isaac has ever seen on Easter Sunday!!

We will post the race LIVE @ 1pm on our Facebook page. Ducks will cost £5 each and there will be some mega prizes to win for the first 10 ducks to come in! You can buy ducks by contacting Kat on 07984 787508 or popping an envelope with your money in through Kat's door saying Duck Race : your name, phone number and any number preferences you have. Check out our Facebook page for more details!

EASTER TREASURE HUNT

Darren at the *Co-op* has kindly agreed to sell **Treasure Hunt** sheets for the children to complete over Easter Weekend (Saturday April 3rd and Sunday April 4th) The sheets will be £1 each and all completed sheets will get a prize. All you need to do is send a picture of your completed sheet to katmac2000@hotmail.com, 07984 787508 or Kat's Facebook messenger by 5pm on Easter Sunday!

The Easter Bunny will be delivering all the prizes for the window display, the duck race and the treasure hunts on Easter Monday once all the Easter fun is over and he finds out all of the winners!

All Easter Fun fundraising will be split between

THE PORT ISAAC CARNIVAL FUND & PORT ISAAC FRIENDS OF THE SCHOOL 🐰

THE TRIO EASTER EGG PIC

Caroline has drawn the lovely Easter picture that is included with this Trio. It's for you to colour in and stick in in your window as part of your Easter display or you can colour it in and cut it out and make an Easter bonnet ... OR YOU CAN DO BOTH! The

Co-op have lots of extra copies of the picture – just ask. Send a photo of your picture in your window and/or your bonnet to triopi@mac.com by March 30th and the Carnival Easter Bunny will leave every entrant an extra Easter Egg on Easter Monday.

Planning Applications

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

1. PA20/11484, The Chalet rear of 31 Fore Street, Port Isaac – demolition of existing buildings and construction of a dwelling. Members supported the application: Conditions were requested, slate roofing and hanging are to be sized Delabole, nailed not clipped. As per Historic Environment comment, the boundary wall as shown to be conditioned to ensure any changes are assessed in this highly sensitive location, St Endellion NDP policy 6D refers.
2. PA21/00168, 21 Rose Hill, Port Isaac – replace render and remove soil vent pipe to front elevation of dwelling. Members supported the application, St Endellion policy 6 C refers.
3. PA21/00208, Tolraggott Bungalow Trelights – variation of Condition 2 (approved plans) of Decision Notice PA19/02561 dated 10th May 2019 (Proposed rear ground floor extension and replacement front porch). Members supported the application.
4. PA20/11442, Withy Garden, Access to Port Gaverne – proposed detached annex with garage. Members supported the application: Members request a condition as per Annexe Guidance note (May 2020), to ensure: The Annex shall only be used as ancillary accommodation. The Annex shall only be occupied by members of the family or by non-paying guests of the occupiers of the dwelling, and shall not at any time be used as a separate residential unit of accommodation.

Planning Applications Approved by Cornwall Council –

- i. PA20/06449, Stargazy Inn, 1 The Terrace, Port Isaac – demolition of existing staff accommodation and the construction of a two-storey side extension, single storey rear extension with minor external alterations
- ii. PA20/08444, 34 New Road, Port Isaac – proposed various works to dwelling (re-design of Application No. PA18/09549).
- iii. PA20/09434, Marshalls Field, Trelights – erection of detached garage.
- iv. 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).
- v. 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

Miscellaneous Items

1. Mr Johnny Bamford spoke to Members regarding filming sequel to the Fisherman's Friends. He explained the safety protocols put in place in order to be able to carry out filming for a five-and-a-half-week period, commencing 22nd March 2021. Providing information on suggested locations, Covid testing, local shopping time slots.
2. *Residents Parking Zone* – Cllr. Penny has devised questionnaires for residents to fill in and return in order to show their preferences and opinions.
3. Cornwall Area of Outstanding Natural Beauty – is conducting a Monumental Improvement Community Survey. Details emailed. See: <https://letstalk.cornwall.gov.uk/cornwall-aonb-monumental-improvements>
4. Shanty Festival – Members were pleased to grant permission to use the playing Field in association with the Carnival Committee. Cllr Raynor said there would have to be limitations as to when the Music had to stop late evening.

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

Parish council elections will be held on May 6th 2021

The parish of St Endellion covers St Endellion, Trelights, Trewetha, Port Isaac and Port Gaverne

The number of people registered to vote in the parish is 712

The number of parish councillors that make up the parish council is 11

In 2017, 11 people stood for election. As this was ‘uncontested’, no election was held

Many parish councillors, past and present, feel that having an election gives the best outcome

So we need you to consider standing as a parish councillor!

You can check the parish website www.stendellionpc.com for a list of current parish councillors if you want a chat about what is involved. Alternatively www.cornwall.gov.uk for more detailed information.

Currently, Parish Council meetings are being held virtually via Zoom, but normally meetings are held at 7pm every second Monday at Port Isaac Primary School in Mayfield Road, often with a secondary meeting two weeks later if required.



Figures revealed by the charity show the helicopter crew were as busy as ever in 2020, despite the county being under restrictions for much of the year. From 23 March 2020, when the government announced the first lockdown, until the end of the year the crew were called to 457 trauma-related incidents and 396 medical incidents.

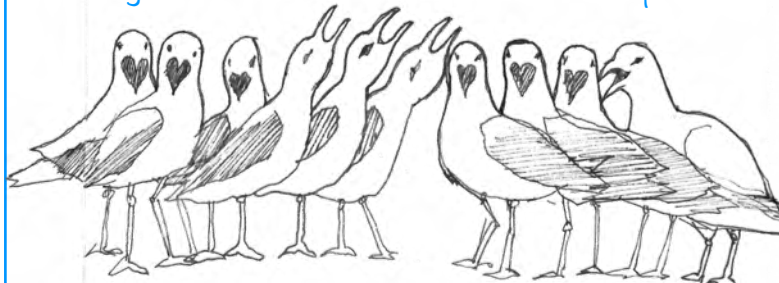
Steve Garvey, Air Operations Officer for Cornwall Air Ambulance, said: "As you can see from our latest mission report, serious illness and injuries don't stop in a pandemic. We responded to many of the types of incidents we would routinely attend in any given year, such as cardiac arrests, strokes and road traffic collisions. The added challenge of course, is that it was not a normal year. We had to make a lot of changes in 2020 to how we operate, both medically and from an aviation point of view, to ensure the safety of our patients and crew. Covid-19 has added a layer of complexity to all the incidents we attend.

"It has also been challenging on a personal level, working on the frontline whilst worrying about your own family and the added issues each lockdown brings. I am proud my team here has been able to adapt and continue to provide the air ambulance service to the people of Cornwall throughout this pandemic. And thanks to the generous support of the public, will continue to do so."

The total number of incidents for the year 2020 was 1,061. This included calls to 326 cardiac-related issues, 166 road traffic collisions, 156 injuries which occurred in a fall and 27 from sports-related activity. The aircrew also responded to 25 incidents involving patients with serious burns.

Saving lives is a team effort. You can help the crew of Cornwall Air Ambulance reach those in their hour of need across Cornwall. Find out ways to support at cornwallairambulancetrust.org.

Boris has said ... so it looks like, come the summer, Gulls might be having a couple of sings on the Platt and collecting for the Air Ambulance ... watch this space ...



At the time of going to press with *Trio*, we are still waiting to hear when and what we can and cannot do in the Hall in the run up to June ... full news next month. But we can tell you there are some very happy brides-to-be in Port Isaac!

Full news next month of opening up etc but at the moment it looks like our first event will be the local elections on May 6th ... so if you haven't seen all the changes at your Village Hall this will be your chance!

In the meantime, if you want to hire the hall or know anything contact Cheryl on 880802 or Dee on 880905

HAPPY DAYS!



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 ... and plans are in hand for a very special trip in the autumn!
TOGETHER WE CAN MAKE THINGS BETTER

Children's things to do

compiled by Jackie Lindsay



Spring might be on
the way but Jack
Frost is still about

Look out! Look out!
Jack Frost is about!
He's after our fingers and toes;
And all through the night,
The gay little sprite
Is working where nobody knows.

He'll climb each tree,
So nimble is he,
His silvery powder he'll shake.
To windows he'll creep
And while we're asleep
Such wonderful pictures he'll make.

Across the grass
He'll merrily pass,
And change all its greenness to white.
Then home he will go
And laugh ho, ho ho!
What fun I have had in the night.

C E Pike

Can you find the
rhyming pairs in
the wordsearch?

out about
toes knows
night sprite
tree he
shake make
creep asleep
grass pass

t	o	e	s	f	h	e	j	a	k
c	r	e	e	p	w	n	l	b	n
s	p	r	i	t	e	d	m	o	o
h	a	n	i	g	h	t	a	u	w
a	s	l	e	e	p	u	k	t	s
k	s	c	a	v	t	r	e	e	b
e	o	u	t	r	g	r	a	s	s



TALKING
THE
COAST
PROJECT

AN EXCITING PROJECT WHICH
WILL HOPEFULLY BE COMING TO
PORT ISAAC THIS SUMMER!

Plover Rovers is a newly founded science communication charity, our main focus is to bring together marine scientists and coastal communities. Our *Talking the Coast Project* will be running throughout 2021 with members of the marine science community walking sections of the English Coast and presenting their research to members of the public.

We aim to increase ocean literacy and build long lasting relationships between marine scientists and those that are most affected by marine issues. Coastal communities rely on the marine environment for their livelihoods, through industries such as fishing and tourism. *Plover Rovers* aim to empower these communities to take control of their own future by improving understanding of marine issues and the strategies we can use to counteract these issues. We feel that there is a disconnect between the scientific community and local people who can really make a difference. Our aim is to break down the barriers between these groups and create productive relationships that can benefit scientists and local communities like Port Isaac.

More information can be found on our website www.plover-rovers.com.

Emma Taylor
Local Engagement Officer for
Newquay to Widemouth Bay



Photo: S Brisdon



Billings Row and the Good Intent Cellar



Our Lost Buildings

If you had walked down Back Hill and into Fore Street 150 years ago, the outlook would have been very different, as you would be walking past two of Port Isaac's largest, and now demolished, buildings. As you got to the bottom of Back Hill, there in front of you would be the Good Intent Cellar, and on the corner of Fore Street would be the large three storey tenement known as Billings Row. Fortunately, images exist to show what they looked like.

The Good Intent Cellar was photographed when it was in the process of being demolished to make way for the new village school. It is just visible in the top left corner of a picture of the Telegraph on Port Isaac beach. This shows a roofless cellar and

you can see through the old entrance to the corner of Billings Row, so the wall fronting onto Fore Street had already gone. The photo was probably taken around 1875. The tithe map of 1839 shows four such cellars in Port Isaac. There is reputed to be a photo taken from Church Hill c1870 looking out to sea that shows all four cellars, but it has never surfaced. The cellars were built in the late 18th Century to process the pilchards turning up in huge numbers around Cornwall. By the time of the tithe map the fish had gone and they were all derelict. The Good Intent is the only one completely obliterated from Port Isaac's landscape. The former Industry cellar is still in use as a fish cellar, alongside the beach. The Providence and Mary cellars are now incorporated into living accommodation. The northern arm of the Providence cellar has the holiday cottage called Providence to keep the name alive, and the Mary cellar is now Coastguard cottages.

The land on which the Good Intent cellar stood, together with the open area to the south of it, was owned by the Honourable Anna Maria Agar from Lanhydrock House. She donated the open area for our first lifeboat house in 1869, and when a location for our new school was being sought, it seems she looked favourably on providing the old cellar as the site for this important community project. The cellar may already have formed part of an earlier school, having one of the few large spaces that could accommodate the several hundred children present here. The 1871 census lists five teachers here; John Billing, William Davey (*a teacher in Trevan's time 35 years earlier*), Mary Ann Steer, Mary Ann Bate. and Jane Blake. John Billing is shown as the sole occupant of the 'Fore Street School Room'. It is not certain where this was, but the order of the census entries strongly suggests it was in this area of the Good Intent cellar. The Elementary Education Act 1870 formed the legal framework for the UK's first steps in providing a national education system. It spurred many local communities to create their own school. In October 1874, a school board was set up in Port Isaac, comprising Doctor Frederick Trevan, Reverend William Hockin, Warwick Richard Guy, and Jonathan George. Things moved quickly, as in March 1875, the respected Cornish Architect Sylvanus Trevail was appointed to design the school, and in October 1875 John Oliver, a Bodmin builder, won the tender to construct it for £1,860. A £2,400 mortgage from Cornwall County Council was obtained to meet all costs. The board drew down the first £800 tranche in March 1876, the second £800 in August, with the final £800 drawn down in March 1877. The school was opened by the board chairman, Warwick Richard Guy, on 24th April 1877 admitting 164 children that first week, growing to 204 a few weeks later.



Billings Row was a three storey tenement building just opposite the Good Intent cellar. It is shown on the 1839 tithe map as plot 1108 and was recorded as owned by the executors of the late Samuel Billings. It was occupied by 'Billings, Mitchell, and others'. Positioned high up Fore Street, it would likely be a later addition to our housing stock, with all the spaces nearer the harbour having already been taken. It probably dated

continued overleaf ...



from the second half of the 18th century, perhaps contemporary with the Good Intent cellar.

The 1861 census lists 37 people living at Billings Row in 8 separate units. John Billing, the 45 year old school master was living here then, as a boarder with Betsy Olver (46), a fisherman's wife (*her husband presumably at sea*), and her son William Steer (14), a scholar. David Mitchell was a 62 year old Chelsea Pensioner from St Helier in Jersey. He lived with his wife Joanah (45) and their five children, three girls and two boys between 4 and 15, all listed as scholars. In another unit, fisherman Mark Hocker (72) has a boarder Catherine Long (75) recorded as being supported by the union (a pauper). The rest are fishermen and labourers with their families. These include farm labourer Richard Martin (48) with his wife Anne (52), a confectioner. Two of their children are listed as farm labourers; James (28) and his sister Jane who is just 15! They also had two younger school age girls, Ann (8) and Mary (6). All this suggests Billings Row was for the poorer families. It was renowned as a rat and vermin infested property, but that may well apply to many houses in Port Isaac at that time. Several of the older residents have told me that in the 1940s/1950s, floors could be alive with black common cockroaches at night. Fortunately for modern sensibilities, these have long been completely eradicated with pesticides.

Most of Billings Row was demolished in 1910 to build the Liberal Club, which opened in 1911. The lower end remained for a few more years, as the image of the opening ceremony clearly shows a fisherman leaning on the old railings (*arrowed*). This part must have been swept away shortly thereafter, as the property called Tidekeeper's Cottage that stands there now can be seen in a postcard from 1920. That was the end of the largest residential building in Port Isaac. Had it survived into the 1960s, it would no doubt be grade II listed as a fine example of Georgian vernacular architecture, with those former fisherman's hovels turned into much sought after bijoux second homes.

Malcolm Lee
Port Isaac Heritage



FOR SALE Old Rayburn

in need of some tlc and probably
some new parts but has been
running until recently

Buyer to collect

Call Debbie on
01208 623667 or 07792 685 286



Making a hair scrunchie with Andrea

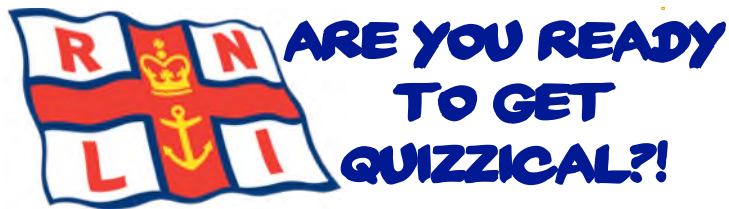


MATERIALS & TOOLS

- 9-inch long Elastic
- Scrap Fabric of your choice
- Sewing Pins
- Needle & Thread
- Scissors

INSTRUCTIONS

1. Cut a strip of scrap fabric to be 3½-4 inches wide by 9-10 inches long.
2. Fold the fabric in half lengthwise with the right side facing.
3. Pin this in place.
4. Sew along the long, pinned edge, making sure to stay about ¼ inch from the edge of the fabric.
5. Turn the fabric tube right side out.
6. Affix one end of the elastic to the safety pin.
7. Thread the elastic through the tube of fabric, using the safety pin to help guide the elastic.
8. Tie the elastic length together, forming a loop.
9. Fold the end of one fabric tube over, flipping the rough edge inside, forming a loose hem.
10. Tuck the other end of the fabric tube inside the loose hemmed end about ¼ -½ inch.
11. Pin this tucked and loose hemmed joint.
12. Sew along this pinned hem, being sure to catch the fabric inserted.
13. Trim loose threads.



On Friday March 12th, at 7.30pm, we are hosting a Zoom sea-themed pub quiz for the Port Isaac RNLI.

It's £3 per entry and there is a prize for first and second place.

If you would like to play please go to our Just Giving page and donate and leave your email address so we can send you an invite. This is the link:

<http://www.justgiving.com/fundraising/port-isaac-rnli-march-quiz>

Look forward to seeing you all (virtually!)

Could you help save lives at sea?

The RNLI team at Port Isaac, have an exciting opportunity to become part of the crew as a volunteer Lifeboat Operations Manager (LOM) - heading up the team and carrying out the day to day management of the station

The Port Isaac lifeboat crew – made up entirely of volunteers – have been saving lives at sea along this hazardous stretch of the North Cornish coast since 1869. The LOM is a crucial role that authorises launch of the lifeboat, provides leadership of the operations team and ensures a constant state of readiness for launching on service.

Dickon Berriman, Area Lifesaving Manager in north Cornwall, said: "Volunteering with us gives people the opportunity to make a real difference in their local community, to save lives and become part of the larger RNLI family. We can't keep people safe without the support of our wonderful volunteers, who truly make a difference every day no matter which role they are fulfilling.

"Becoming a volunteer Lifeboat Operations Manager is a great chance to play a crucial part in helping to save lives. We're looking for a team player with leadership skills and local maritime knowledge. Anyone interested in finding out more should apply online."

You must live or work close enough to the station so as to respond swiftly and safely (within an approximate three mile radius) and be between 17 and 70 years of age.

Retiring LOM Chris Bolton said: "It is with great regret that I feel the time has come for me to stand down as LOM.

"I must say I have thoroughly enjoyed my seven years as LOM and couldn't have worked with a better bunch than the Port Isaac crew. Port Isaac Lifeboat Station has a lot to be proud of."

Anyone interested in the role can find the post and apply on our website. If you want to ask any questions about the role, please contact Area Lifesaving Manager Dickon Berriman at dickon_berriman@rnli.org.uk



This month, with Spring on the way (although the weather has been distinctly un-Spring-like) I thought I would look round and see what I could find online about what we grow in Cornwall.

I thought I would start with a group called Camel Community Supported Agriculture <http://camel-csa.org.uk> that started back in 2008 and was based at St Kew. They were successful in their fundraising and by 2013 were a going concern. They recently moved to Treraven Farm and you can follow them on Facebook. They provide weekly veg boxes and have a large selection of recipes <http://camel-csa.org.uk/recipes> (by which I mean more than 300 although I didn't count them all!). I particularly like the fact that they have over 22 ways to include kale in recipes as it is so good for you but can be an acquired taste. The website is packed with information and also galleries of pictures and videos.

While Camel CSA do grow most of their own produce some of it comes from local suppliers when they don't have enough to fill the veg boxes. For example, recently they have some from Padstow Kitchen Garden <https://www.padstowkitchengarden.co.uk> which has a very nice website and features Ross Geach, and I can't do better than quote from his website where it says:

"Amidst the outstandingly beautiful Trerethern Farm on the North Coast of Cornwall, lies Padstow Kitchen Garden: 4 acres of land nourished, nurtured and tended-to by 6th generation farmer and former Stein's head-chef, Ross Geach. Ross writes a monthly column in the gardening section of the Telegraph <https://www.telegraph.co.uk/authors/ross-geach>, appears monthly on Radio Cornwall's Gardenline and was featured on Countryfile <https://tinyurl.com/Ross-Countryfile> "

Camel CSA is part of a wider movement where members of a local area get together to support small farmers and growers and you can read about them on the national CSA website <https://communitysupportedagriculture.org.uk/what-is-csa/>. Two other CSA farms are Brookside Flower Farm <https://tinyurl.com/Brookside-CSA> and Tamfield Farm <https://tammfield.farm>

The Cornwall Food and Farming Group (CFFG) explain why it was set up on their website:

"CFFG wants to see a thriving Cornish agricultural industry which produces quality food and is responsive to the requirements of the consumer, and a healthy population who understand and value where their food comes from and how it is produced."

And they have a brilliant educational website where you can find out all about Cornwall food and farming brilliant website <https://www.cornwallfoodandfarming.net/>. It has sections about Cornwall produce through the seasons, and ideas for teachers to use in class (might be useful for home schooling perhaps).

Tony Wainwright

Lockdown recipes, part two

Well, as we enter our third year of Lockdown ... - or at least it feels like it!! - the storecupboard is living up to Mrs Hubbard's and is becoming a little bit barer. But there is still enough in there to make some wonderful dishes.

Spinach, Potato & Chickpea Curry

EASY AND SERVES 4

Ingredients: 1 chopped onion
1 chopped green chilli
1tsp vegetable oil
1 tsp ground coriander
400g tin chopped tomatoes
100g spinach
½ lemon, juiced
Naan breads to serve

3 cloves garlic
thumb-sized piece of ginger
1 tsp ground cumin
1 tsp ground turmeric
400g diced potatoes, Charlotte if poss
400g tin chickpeas (drained & rinsed)
1 tsp garam masala

Method:

1. Put onion, garlic, ginger, chilli and 3tbsp water into a food processor and whizz to a puree.
2. Heat oil in a large, deep pan and add the onion puree and cook for 10 minutes until reduced and golden.
3. Add spices and cook for a further 2 minutes.
4. Add chopped tomatoes and simmer.
5. Season and add potatoes and chickpeas plus half a tin of water and simmer for 30 minutes until thickened and the potatoes have cooked through.
6. Add spinach and cook for a further 2 minutes until wilted.
7. Stir in lemon juice and garam masala and serve with the naans.



Cheddar Corn Bread

THIS GOES BRILLIANTLY WITH
MY WIFE'S BEEF STEW ON THE
OPPOSITE PAGE

Ingredients:

70g strong white flour
150g polenta
1tsp baking powder
1tbsp caster sugar
3 eggs
375ml whole milk
75g unsalted butter, melted
100g grated cheddar
6 pickled jalapenos

Method:

- Heat oven to
220° fan/200°C/Gas 7
Butter and line a 900g loaf tin
with baking paper
1. Mix dry ingredients in a bowl with 1½tsp salt.
 2. Whisk the eggs, milk and melted butter together and add these wet ingredients to the dry mix.
 3. Stir in cheddar and jalapenos (it will be quite a thick mixture but don't worry, the polenta will soak it all up in the oven).
 4. Pour into the lined loaf tin and cook for 15 minutes. Then turn the oven down to 200° fan/180°C, Gas 6 and cook for a further 25 minutes or until a skewer comes out clean. Cover with foil if it starts to darken too quickly.
 5. Cool completely in tin and then turn out.

Spinach & Sweetcorn Lasagne

WONDERFUL DISH, AND SO EASY

Ingredients: 1tbsp olive oil
2 finely chopped cloves garlic
1tsp dried oregano and basil
200g light cream cheese
125g grated mozzarella

1 lg onion, finely chopped
400g tin chopped tomatoes
400g frozen, chopped spinach
340g tin sweetcorn, drained
4/5 sheets lasagne sheets

Method:

Heat oven to 190°C/Gas 5

1. Heat oil in a medium pan, add onion and cook gently for 4-5 minutes until golden.
2. Add garlic and cook for a further minute.
3. Remove half of this onion mix into a separate bowl and then add the tomatoes and herbs to the pan and cook for 5 minutes.
4. Put defrosted spinach in a sieve and, using a small plate, push out the excess water. Then add to the removed onion mix with the soft cheese and sweetcorn. Mix well and season.
5. Spoon a third of this mix onto the bottom of a shallow ovenproof dish approx 20cm square. Add a layer of lasagne followed by another layer of the onion mix and then the tomato sauce. Repeat until all used up, topping with the tomato sauce.
6. Scatter with mozzarella and bake for 30-35 minutes until golden.

Kim's Beef stew
is opposite ...

St Endellion Parish Council - Contract & Maintenance Supervisor Report

Hi, when I start to write these reports for *Trio* during lockdowns, I automatically think that nothing much has happened and that this report won't take long to put together, but it seems that more has been going on that I initially thought!

Since the last *Trio* a few things have progressed; the entrance to the overflow area at the Main car park has had some remedial work carried out to prevent any further deterioration, whilst waiting for a more permanent repair. The fence along the bottom of the overflow area needs to be replaced. It pre-dates the new car park, so it's been there awhile. Three quotes have been obtained to replace it.

Also, quotes have been obtained for the Welcome Banner, which Caroline Cleave and many others have put so much time into. It'll be really exciting to see the sign once it's been produced and have it erected at the top of the village, near the Main car park.

In the play area, the broken crossbar on the swings has finally been replaced and the swings are fully functioning – I've tested them thoroughly! I should also mention that the play area has a health and safety check once a month. The Parish Council sent me on a Managing Risks Safely course back in October of last year, so I'm able to carry out the play area inspection, saving money that was previously paid to an outside company. The play area will still receive an annual check from an independent agency to ensure complete legal compliance.

If you've walked up Roscarrock Hill recently you'll have noticed the lobby areas to the Ladies/Disabled WCs and the Gents are looking bright and fresh. Both have received a little TLC while the designs for the improvements to the interiors are being sought. There have been a few small improvements made to the New Road WCs too. The internal workings of the flushes have been replaced, enabling them to work more efficiently (or maybe that should be more effusively?!).

The Cemetery at St Endellion will soon have a new semi-circular bench around the tree for visitors to sit, rest and contemplate. It was decided to have a teak bench which should be delivered sometime this month.

As you may already be aware, the filming of the sequel to the *Fisherman's Friends* movie is due to start quite soon. Some of the pre-production crew are already here and a few more personnel will be joining them by the time this goes to press. Which means by the end of February there will be about 20 members of the company established in the village. They have extensive Covid protocols in place as recommended by the UK Govt. Department for Digital, Culture, Media & Sport Restart Scheme and the British Film Commission. If you want more details of these protocols please check out St Endellion Parish Council's website. While they are here I'm going to be liaising with their production management team, so if you have any concerns please contact me.

In between the rainy days I've tried to make the most of the good weather to walk some of the parish's footpaths and report to Cornwall Council any problems I encounter. If while you're out and about walking and see anything amiss please let me know. While we're on the subject of walking around; it's apparent that some dog owners aren't cleaning up after their beloved pooches. At times when we have visitors in the area it's easy to assume that they could be to blame, but under lockdown times....?

Some of the projects that were mentioned in the last *Trio* are rumbling on, but as the rumblings have been quite slow and there's only a little progress made, I haven't bothered to include them. However, I'm still working on; the missing names on the War Memorial, getting the hard standing next to the play area tarmacked and the water refill station, amongst other things.

Please contact me if there's anything concerning the parish's amenities on:

07494 589 638 or email:

... from
opposite page **Kim's Winter's not over yet Stew**

Another month and I get the usual email from Dee letting me know another recipe is due. Panic! What can I do this week? Last night I made a stew for my gang which went down a storm, so that's what I am doing.

2 lb Chuck Steak diced lean	3 onions (<i>mine were small, one large</i>	1 tbsp Brown Sauce
½ small swede (<i>I'm not too keen,</i>	<i>would do</i>)	1 tbsp BBQ Sauce
<i>you can add more)</i>	5 potatoes (medium)	Big glug Lea & Perrins
4-5 carrots	1 pt Hot water	Salt & pepper to taste
1 x parsnip	2 stock cubes	2tbsp cornflour
	1 Tbsp Bovril or Marmite	

I peeled and chopped everything above water in the list (meat was done by butcher but you may need to do yours). I fried the onions and meat in my slow cooker pot (if yours is not metal you will need to do in a pan). I added the hot water and then all of the chopped veg and then added what I call the beefing up things which are listed below the water and before the salt and pepper in the ingredients. If I have them I will add them all, if you are short one or two don't worry, but if you do have all of them then go for it.

Then I left it slow cooking all day and had a lovely warming smell around the house all day, the satisfaction of knowing that dinner was done and then the really tasty hearty stew for dinner.

About an hour before I am going to serve put the cornflour in a little dish and add a couple of teaspoons of cold water add this to the stew and stir, do it gradually to get the thickness you want.

Add salt and pepper to taste throughout the day as you give it a stir although as long as you don't add the cornflour until later it doesn't stick and could be left alone.

I do have to own up to the fact that I do NOT like dumplings so I allow Chris to make some and cook them on top, but you will have to ask him for that recipe!

Remembering



Richard Peter Rowe was born in the family home above the shop in Fore Street Port Isaac on September 19th 1933, second son of Frank and Kate Rowe, younger brother of Jack. The family ran the newsagents and his father fished as well.

They used to say 'being born English was to win the lottery of life' - well, Dad didn't know it of course, but when he was born into a hardworking family in the heart of Port Isaac in Cornwall he'd won the lottery on quadruple rollover week.

Peter went to the primary school with the best view in the world where he forged many, many friendships, some which last to the present day. He did well at school, going on to pass his 11plus and going to Camelford Grammar School. I don't think it would be unfair to say that he didn't set the academic world alight and left school at 16 to help in the family business.

National service rudely interrupted his life of work, football and friends but, even in his two years in the RAF at St Athan in Wales, he made friends that would last a lifetime. On his return to the village he worked in the family business for some years before he met our mother and began the life of a family man, a life that continued to the very end. He accumulated a property or two and the three of us, Jen, myself and Sarah came along.

I'm not sure how someone could fetch the newspapers from Bodmin very early in the morning, deliver them, work in the shop, run a café, be in the lifeboat crew, the cliff rescue team and go fishing too

... but he did. Of course he had fantastic staff in both the shop and café, and the likes of Brenda, Joyce, Thursa, Edna and many more gave him many years of loyal service.

In the mid sixties his was one of the first hands to go up when the RNLI gave the village its first inshore lifeboat and asked for volunteers. He was handily placed for shouts and gave many years of great service. Of course, the joke this time is very much on the RNLI because, if he was a young man today applying to be a crewman, they probably wouldn't even let him sell tea towels and mugs because he was colour blind and couldn't swim a stroke.

His lifelong love of football continued too and he could play. He was good at many sports with table tennis and badminton being great loves of his, but football always occupied the top spot. He supported Spurs and Plymouth Argyle but his real love was the Port Isaac team.

From being a young team member, to manager, groundsman and general dogsbody, at one time or another filled every role in the club. In my mind's eye there would be hordes of ex-players and friends from his past. Terry Gifford, Gordon Keat, Bramble and Brian Nicholls who I know would want to say cheerio his old mate Pedro Pete. He also ran Port Isaac under 16s. His proudest moment wasn't winning cups or leagues or any such achievements ... no, it was being able to transport the whole team in his Triumph Herald, some players sitting in the boot, some on the folded down roof and I believe there were some who were actually on proper car seats.

Things moved on and everything changes and in 1976, his good friend Mark Provis, asked him to keep him company at the ladies choir dinner dance. During the evening he came over to Dad and said, "There's two women in the public bar and I don't think I can manage them both, so give me a hand will you." He did, albeit reluctantly, and it being a choir evening turned out to be very apt because one of those women was Liz and music, and Liz, gradually became more and more important in Dad's life.

Before that Jack and Dad launched the *Francis Kate* and went fishing together. When they retired Dad and Liz bought themselves the usual retirement present ... a chapel, and so began his last big project, and what brilliant job he made of it too.

Dad still loved his football and the re-emergence of the village football team gave a huge amount of pleasure. The effort needed to run a boys' team or a village team is considerable and Dad had his very good friends Brian Richards, Ray Berman, Roy Smith and Les Honey to help and where would they have been without the support of Chris Hallett and Joey Thomas. The village football team - Martin, Bunt, Karl, Bob Franklin, Kev Richards, Eden, George Little and so many, many more would want to remember him with gratitude. There would also be some of the many ex Port Isaac school children who were lucky enough to have him as their football coach.

The huge number of messages on social media confirms this. I have two sisters and I'm an only son but I have always truly felt as though we have a thousand brothers.

Our family grew in size too and his seven grandchildren and, more recently, his five great grandchildren gave him a great

Peter Rowe



deal of happiness. He was always there for his family and, if needed, his advice was wise and his generosity without hesitation.

As well as the football he was a founder member, or was at the start of, or took part in many groups committees and clubs. He was there at the start of the *Port Isaac Chorale* and the *SAS, The Seriously Awful Sinfonia*. When deciding which instrument to play in this new "orchestra" he chose double bass because of Jack Lemon in *Some Like it Hot*. During one practise the conductor said,

"Stop stop Pete, what are you doing?"

"My music says four bars rest."

"That's because you're reading the music for the violins and you're playing the double bass." replied the conductor.

Somehow Peter was playing all the wrong notes but in the right order. Liz somehow managed to wring every last drop of musical potential out of him and he loved it!

And then the *Fisherman's Friends* were beginning their global music domination and Dad, being one of the founder members, was right at the front of it. He absolutely loved it. Those boys gave him the best time ever and he adored them. He loved singing on the Platt as much as anything but Glastonbury was the cherry on top. His Gold Disc will hang on the wall forever. But it was music that led to the terrible tragic accident in Guildford in 2013. A devastating blow that cast a huge shadow over the whole community, a shadow from which I believe Dad never fully emerged. He was incredibly fond of Trevor Grills, one of our thousand brothers, and Dad didn't sing with the boys again.

Towards the end of his life he became more and more content with his increasingly sedentary way of life. Hell, he needed a rest didn't he.

But something happened in the village that gave him huge enjoyment - the Wednesday morning Pop-up Community Cafe in the Village Hall. The incredible hard work of Dee Littlechild, Liz Brown, Marion Andrews and the rest of the team, gave some of the village's more mature people the chance to meet, swap photos, stories and spend time with those they'd known for donkey's years. Dad loved it. How he loved going up to the Village Hall to see Ian and Noreen Honey, Yvonne Cleave and Terry Gifford. How fitting, how wonderfully symmetrical, that some of those that were there at the start of his life were there at the end.

However, Covid put a stop to their fun and we began to see a gradual decline in Dad's health. The vibrant energetic man that used to run around with the newspapers, bounce around on the waves and outrun everyone else on the football pitch, became tired and worn out and he really didn't like it. Mentally he was as sharp as ever which gave us all, but of course mostly Liz, much to be grateful for.

It goes without saying how Liz's hard work and determination to look after Peter at home made his final weeks and days so much more bearable for the entire family.

You could be forgiven for thinking that this eulogy, this tribute is in many ways a thank you to the many who played such a big part in



his life. And it is. I know he would want me to thank all the singers, orchestra members, footballers galore, newspaper boys, lifeboat crews, ex school kids he taught, friends and many more and, of course, all of his family who loved him most and will miss him the most.

Although he leaves us today, he leaves us with our heads held very high because we're so proud of him and so glad he was such a big part of our lives.

Mark Rowe



Back in 2010 when the *Fisherman's Friends* were "discovered", Pete told *Trio*,

"If it was all to end tomorrow,
the journey has been wonderful."

We'd say that statement sums up his life x

Peter's family would like to thank all the people who stood out in the rain to pay their respects as the cortège made their way through the village and the RNLI tribute on the Platt.

In the garden ... with Pete the gardener

Jobs to do in the garden in March ...

- Weed around fruit trees and bushes.
- Prepare soil for planting, fertilise with Blood, Fish and Bone
- Buy early seed potatoes, pop them into an empty egg container to encourage shoots to grow (chitting). Plant out in mid March when shoots are between 1.5-2.5cm long.
- This is also a good time to get rid of fruit that isn't performing. Strawberries, for instance, lose vigour after 4-5 years and need to be replaced with new virus-free stock and need to be replanted into a different part of the garden. If you are removing any fruit do not replant the same crop in the same spot - give it a fresh site, as the soil may harbour diseases and pests, or be exhausted.

Now is the time ... to put up new bird boxes or clear out existing boxes to encourage the birds to nest.

Brambling

Keep feeding the birds - and you could encourage winter visitors, like the Brambling from Russia that currently visits my garden daily.



Did you know?

Water is the undoing of most gardeners when it comes to seed-sowing.

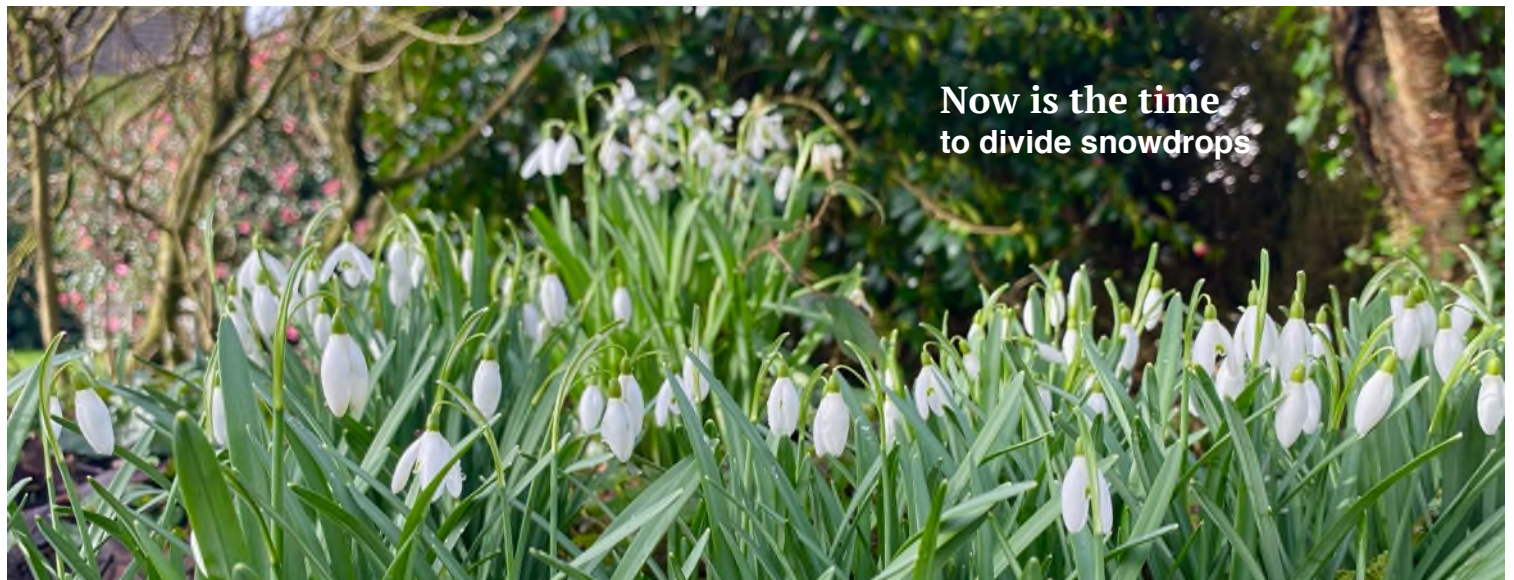
- Don't over-water seedlings - put your index finger in the compost and sense how damp it is.
- Use the correct compost for seed sowing. Mixtures are usually fluffy and light, but sifting the compost through your fingers adds more air.
- Water the compost before you sow.
- Always use mains water; water-butt water is less hygienic.



How to help our Hedgehogs

- Keep part of your garden wild and include a log pile. Hedgehogs need shelter, protection and natural food.
- Leave a gap in the corner of walls or fences so hedgehogs can roam.
- Avoid using pesticides or slug pellets, which harm hedgehogs
- Provide water in a shallow dish
- Keep garage, greenhouse and shed doors shut after dusk so hedgehogs don't get trapped.
- Check bonfires before lighting, as hedgehogs maybe taking shelter inside.

Now is the time to divide snowdrops



Snowdrops in the green are snowdrops that have been freshly lifted while in leaf and very possibly in flower. This is done because, providing they are transplanted quickly, they establish more readily than stored snowdrop bulbs.

Re-opening of St Peter's Church



It has been decided by the North Cornwall Cluster of Churches to start services as from March 14th. On that day St Peter's will be holding a Mothering Sunday Service at 9-30 am, all are welcome.

As from March 16th, St Peter's will be open daily, Tuesday to Sunday. It has been decided not to open on Mondays in order for a thorough clean to take place after the Sunday Service.

It is also hoped that Port Isaac Heritage will have their new exhibition in situ by the 14th March. Everyone is welcome to come and see the exhibition and the refurbished church.

*Pat Pearson
Chapel Warden*

Port Isaac Lockdown 2020/21 The Seasons

A time of change, a time of uncertainty.
A time to appreciate the small things.
A time to look after each other.
A time for home schooling and learning new skills.
A time to reflect, a time to look out and notice our surroundings.
A time of no cars - the silence - bird calls.
A time to enjoy peace and quiet and family time.
A time to watch and just stand still.
A time to listen to the gentle lapping of the tide and the roaring of the waves.
A time to look at the stars and the ever-changing dusks, clouds and sunsets.
A time to watch nature's marvels of spring and summer.
A time to watch leaves changing colour and falling.
A time to smell nature's scents, watch butterflies on lilac and buddleia and insects busy feeding.
A time to thank all key and essential workers.
A time to appreciate living here in Port Isaac - lockdown has made us aware of nature in ways never seen before.
Hopefully we have all become more aware of our planet that we are part of.
We must keep positive and well.
Have hope - just hold on.
There will be light at the end of the tunnel.
Don't give up.

Annie Price



The Cinnamon Trust needs more dog walking volunteers in the Trelights area

The Cinnamon Trust is the national charity whose wonderful volunteers help people over retirement age and those in the latter stages of a terminal illness by offering all kinds of pet care. We are looking for volunteers to help a resident of the Trelights area and their dogs who would love to go for a good walk.

Many elderly or ill pet owners worry about their ability to provide proper care for their animals and start looking to rehome what may be their only companion. This is where our national network of dedicated volunteers step in to offer support enabling them to stay together. We'll walk the dog for a housebound owner, we'll foster pets when owners need hospital care, and even clean out the bird cage or litter trays.

If you are interested in becoming a volunteer, you can download our volunteer registration form from our website www.cinnamon.org.uk or you can email us at appeals@cinnamon.org.uk If you would like to have a more in-depth chat about becoming a volunteer, please call us during office hours (Monday-Friday 9am-5pm) on 01736 758 701, or you can check out our website www.cinnamon.org.uk



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Harbour Master - Tom Brown - 07837
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RNLI Operations Manager - Chris
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The Old School Restaurant Take away menu

Friday &
Saturday
nights

Weekly Specials

See our website and facebook page for this week's special dishes

Something and Chips

Battered fresh fish and chips
£9.50 / kids £6.00

Scampi & chips with tartare sauce £9

Cornish Pasty & Chips
(Steak or Cheese & Onion) £6.50

Sausages & chips £5.50

Old School Favourites

Thai curry & rice
Chicken, Prawn or Vegetable £9.50

Fried seafood medley (prawns,
squid, white fish) with fries, lemon,
garlic mayo £12

Old School Homemade Burgers (all £9 including fries)

Beef Burger with cheese, burger sauce, lettuce and tomato, in a brioche bun
Add bacon for 80p extra

Panko breaded Halloumi burger with salad, sweet chilli & coriander mayo

Crispy Fish, homemade tartare sauce and salad

Pulled Pork Burger with sage & onion stuffing, homemade apple sauce

Sides

Chips £3 / Cheesy Chips £4
Peas / Mushy peas / Beans
£1.50

Garlic Bread £3 /
Katsu Curry Sauce £2
Homemade tartare sauce £1
Stokes Tomato sauce 50p

Light Bites

Panko Halloumi £5
Panko butterfly prawns £5
(Both served with Katsu curry sauce)

Something to Finish

Chocolate Nemesis £4.50
Sticky Toffee Pudding £4.50

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It's a year since lockdown started, and what a year it's been. Some of us have just had to stay home (which in itself shouldn't be that difficult!) but others

our key workers
have probably had
the most difficult,
challenging and
heartbreaking year
of their lives ...
and everyone who
has had to carry
on working so that
daily life can
continue ...

Thank
you

Thank
you