

# trio





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***WITH FAIR WINDS AND  
FOLLOWING SEAS...***

**September 17<sup>th</sup>-19<sup>th</sup>**

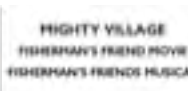
**PORT ISAAC PLAYING FIELD**

***IN THE MARQUEE AND ON  
THE GALLEON MAIN STAGE ...***

***OVER 30 ACTS FROM ALL OVER  
THE COUNTRY ...***

***IT'S GOING TO BE SOME WEEKEND ...***

OUR SPONSORS:



**SHANTY FESTIVAL HELP WANTED ...**

If you fancy coming along and lending a hand at the Festival please speak to Liz Brown on 01208 880739 or Dee on 880862. We'd love to hear from you.

**JUNE TRIO - COPY DATE MAY 23<sup>rd</sup>**

Front cover: The Vincent family make  
a den on the beach from driftwood

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# 240 issues on ...

## Trio celebrates its 22nd birthday

Back in April 1999 it was a few very apprehensive days while our first *Trio* was being printed ready to go on sale on May 1st. It must have been ok though as here we are still doing it today ...

"Without doubt it is my most favourite thing I do", said Dee.

"But you spend hours on it!" said Sam.

"Yes, but I love it" Dee replied.

So looking back to *Trio* number 187 - the previous 186 issues being produced by founder, Robin Penna - what's changed over the years?

- Fundraising has always been something Port Isaac is very good at and £1710 was raised at an auction in the Church Rooms for Port Isaac 2000.
- Local members of the BDMLR (British Divers Marine Life Rescue) went to the aid of a washed up dolphin on Port Isaac beach - sadly he was dead.
- We were fundraising for Kosovo - little did we know then the special link that would be made between our little village and Kosovo via Elizabeth Gowing (see page 8) - and there was a plea for toiletries, blankets, nappies, tents, dried foods to be taken overland by lorry by *Southwest Aid* convoys.
- Letters - there were lots of letters, something that has all but disappeared over the years - perhaps you have something to say and want to write to *Trio* and start them again?
- The RNLI were gearing up for their May Ball up at Trewetha Farm.
- Of course there was something about Christmas Lights! Pat Sweet headed up the team back then and had applied for a grant to improve the illuminations for the last display before the new millennium. As well, Barbara (Hawkins) ran a fundraising half-marathon (I'd forgotten all about that).
- Our roving correspondent was none other than Lobber who began his first column, "Get on to 'ee all ... I hope to share some thoughts with you about your village and parish life that will stir your own pens to paper, unless of course you disagree with me, in which case keep it to yourself!"
- On the Parish Council front there were only seven candidates for the eleven vacancies so no election, but there was going to be an election for our District Councillor and *Trio* had sent all four candidates ten questions including "The Eclipse - success or failure for local economy? How do you see it?" It must have been big on our agenda back then. All questions and the replies can be read in that *Trio* on [www.portisaacheritage.co.uk](http://www.portisaacheritage.co.uk)
- There was a report from the Annual Parish Meeting and guest speakers included the Police District Commander, the Fire Brigades Divisional Officer, a National Trust manager, an officer from Heritage Coast & Countryside Service, our County Councillor and our District Councillor.
- And back then we had a Football Club and we were pretty good, actually very good. "Our boys have done it. Promotion into Division One (thanks to a clinical finish in the 89th minute by top scorer Karl Daly) making it promotion twice in two seasons." Surely with all the young footballers in our village today someone must think it a good idea to start a Football Club again?
- And we had a Youth Club that reported on a trip to the Plymouth Super Bowl. Surely ...
- And The Golden Circle was going strong with Penny Manders being elected Chairman.

Surprisingly there was no mention in our first issue of those monthly favourites, parking and dog poo, but we soon made up for it in the ensuing years! Looking back through old *Trios* brings back so many memories. Surely there can be no better modern social history of Port Isaac than *Trio*.

All back issues can be found at  
[www.portisaacheritage.co.uk](http://www.portisaacheritage.co.uk)



## Fishermen's Mission Award for Caroline Cleave

*"I am delighted that Caroline has been given an award today by the charity the Fishermen's Mission."* Julian Waring

Every charity has the formality of an Annual General Meeting and the Fishermen's Mission hold theirs in April. Afterwards there is always a Fundraising Awards ceremony.

Ali Godfrey, Fundraising Director for the Fishermen's Mission was delighted to virtually hand over the

## Outstanding Contribution Award 2020

to Port Isaac's Caroline Cleave. Said Ali "This award is given to those with whom we have developed a really close friendship over many years. We have a strong affinity with many artists, particularly those in the Cornwall area, many of whom have been so supportive and generous to our team.

"Caroline Cleave is an artist who features her work at the Whitewater Gallery in Cornwall. She contributed to both our Baulk Auction in 2017 and painting a ceramic fish for our Catch of the Day in 2019 – both of her works raising substantial sums. Other projects have raised awareness and monies - such as the creative PI tea towel and the wonderful Fish Pies every October.

"As well as this generosity, Caroline has helped with events and promotes our own work including supporting our *Salt of the Earth and Sea*, *Salt and Solitude* books. She is one of our greatest supporters and a dear friend to us and our fishermen."

*Caroline is photographed (top of page) receiving her award from passing fisherman and Fisherman's Friend, Jason Nicholas*





## NEW LOM

As you will no doubt be aware, we have been actively recruiting for a new LOM (Lifeboat Operations Manager) since Chris announced his intention to step down after seven years in the role. This has been an open recruitment, led by the RNLI with several candidates applying and going through a selection process. The number and standard of applicants was impressive which is testament to the willingness of the community to support the station.

We are very pleased to announce that Jordan Frapwell has accepted the job and will start to find his feet over the next few months. Jordan brings experiences from his day job in the Police force and an impressive athletic background but also a fresh set of eyes and ears to this pivotal role within the station.

Over the next month Jordan will be working closely with Chris and the crew to get to grips with things at the station and RNLI processes.

There will be time in the near future to raise a glass or two but we would like to take this opportunity to thank Chris for his leadership, commitment and continued support as we make this transition.

Welcome to the team Jordan...

*Damien Bolton*

Everyone involved in the RNLI sends heartfelt condolences to Our Patron, Her Majesty The Queen, on the death of HRH The Duke of Edinburgh. The Duke of Edinburgh has accompanied Her Majesty on many RNLI occasions and we thank him for his long-standing commitment to maritime services and a lifetime of support to Her Majesty.

At 11:10 on Saturday 3rd April, Port Isaac RNLI were tasked to reports of a man and two dogs in the water at Backways Cove, near Trebarwith Strand. The inshore lifeboat Pride of Port Isaac Goeth Porthusek headed for the scene. Boscastle Coastguard Team were also in attendance. By now the owner had made his way back to shore with one dog but he was unable to locate the other. The dog was taken for immediate veterinary treatment. Boscastle Coastguard located the other dog and very sadly it had not survived. Port Isaac lifeboat then approached the rocks and were able to collect the dog.

Our thoughts go out to the owner and dogs after this sad incident. Please remember to follow the RNLI's advice when walking dogs near cliff edges. Thank you to all who responded.

<https://rnli.org/safety/choose-your-activity/coastal-walking/dog-walking>

## Paul clocks up 20 years

Postie Paul recently let slip that he had just achieved 20 years working as a postman. The last six of these years has been here in Port Isaac.

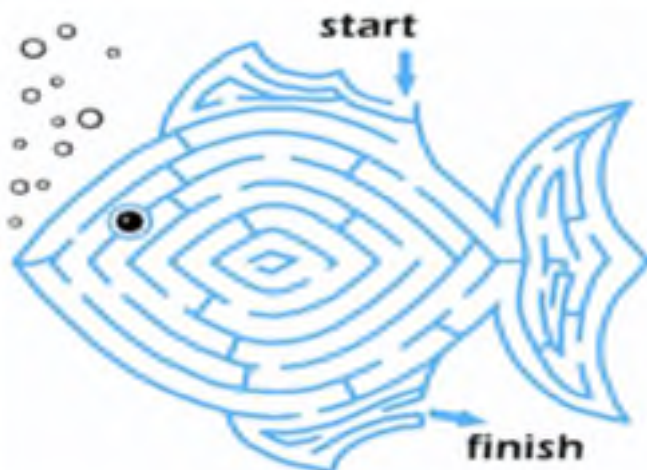
We always knew what a good postie he is but during the lockdowns he was a star. Whilst all most of us had to do was to stay at home he carried on delivering our post every day – although he did say how lovely it was when everywhere was so quiet! He always has time to stop for a chat and although we haven't met them we feel we know his wife Cassie and his young family and Obi the dog ... and Liverpool! They were both essential workers and when he got home Cassie would go out to her job as a carer, sharing the child care between them.



It can't be easy being a Postman in Port Isaac. It's probably a rule that you wear shorts all the time except for really cold weather when a pair of leggings appear underneath the shorts! Paul says getting wet legs is much better than getting wet trousers! Apart from all the hills (although perhaps they don't bother him too much as he is very sporty!) there's the seagulls, especially when there are chicks about, one time even resorting to a broolly to protect himself. Not forgetting what post gets delivered where - just a name and Port Isaac always seems to get the right home!

So, on behalf of Port Isaac, congratulations on your 20 years with the Post Office ... and don't go changing your job!

Can you  
find  
your  
way  
through  
the  
fishy  
maze?





If you want to hire the hall  
or know anything contact  
Cheryl on 880802  
or Dee on 880905



[www.giveasyoulive.com](http://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**

It has been wonderful to have our regular 9-30 Sunday Services after so long and we all look forward to when we can use the kitchen facilities. It is wonderful to just have to turn on a tap to have both hot and cold water, instead of having to carry water from home in plastic containers.

The church is open daily, apart from Mondays, and those who have been inside have been impressed with both the exhibition and the changes made to the church decor.

A date for your diary is Wednesday 11th August when it is hoped that the joint annual fete can take place in the grounds of the new St Endellion Hall. Money raised goes to both churches and plans are well underway in anticipation that the restrictions will be lifted. Plus the APCM meeting is to be held on April 29th in St Endellion Church at 7-0pm and anyone who is on the Church Electoral Roll may attend.

Pat Pearson, Chapel Warden



**new space ... new stands ... new exhibition**

based on our book

*The Real Voices of Port Isaac*

taking a look at Port Isaac's rich history over the  
years, told by the people who live here



**St Peter's Church ... free entry ... open daily**

One of the ways we raise money is from the sale of our books and  
Memory Booklets - all on display in the church. Copies are available  
at *The Pottery* and *Secrets* or via our online shop on our website

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

*"bringing alive the past and the present"*



**NCB Radio welcomes *Trio on the Air***

NCB Radio, your local station, was very pleased to be able to broadcast the first edition of *Trio On The Air* last month in which your esteemed editor gave some details of what could be found in the print edition for April. May's edition of *Trio On The Air* will also be broadcast on NCB Radio – check the NCB Radio Facebook page at <https://www.facebook.com/ncbradio/> for details of when you can hear it.

NCB Radio continues to seek contributions and new presenters and if you would like to have ago at presenting a radio show – live or recorded, please feel free to contact us using the details below:-

The NCB Radio Team

Jenny Brown

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

[jenniferhill1986@gmail.com](mailto:jenniferhill1986@gmail.com)

You can also find us on Facebook, Instagram and Twitter. Tune in via [www.ncbradio.co.uk](http://www.ncbradio.co.uk), download the NCB Radio app, use a radio streaming app or ask your smart speaker to 'play NCB Radio'.

*Daniel Sproull*





## Planning Applications

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

1. PA21/02062, Land North West of Park Villa Trelights – reserved matters application following outline approval PA20/05111 dated 18th November 2020 pertaining to access for a live/work unit. Members supported this application.
2. PA21/01746, 3 Fore Street Port Isaac – Listed Building Consent to re-roof 18c Bark House. Members supported this application
3. PA21/02309, 5 Roscarrock Hill Port Isaac – Listed Building Consent for the Installation of two recessed electricity meter boxes into south eastern elevation stone wall. Members supported this application
4. PA21/02532, The Beach House Port Gaverne – Listed Building Consent for the installation of above ground LPG tank. Members supported this application
5. PA21/02632, 11 Rose Hill Port Isaac – Listed Building Consent for the installation of small store in courtyard. Members supported this application
6. PA21/02580, 12 Tintagel Terrace Port Isaac – proposed demolition of existing dwelling and construction of replacement dwelling. It was felt there had been insufficient time for the neighbour's views to be received. It was agreed to discuss via email if the neighbour objects.

## Planning Applications Approved by Cornwall Council –

- i. PA21/00168, 21 Rose Hill, Port Isaac – replace render and remove soil vent pipe to front elevation of dwelling.
- ii. 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).
- iii. PA20/11442, Withy Garden, Access to Port Gaverne – proposed detached annex with garage.
- iv. PA21/00422, 6 Silvershell Road Port Isaac – removal of conservatory and replace with rear extension, relocation of above ground oil tank, conversion of the garage to a bedroom, changing windows from white to grey and changing roof tiles to grey.
- v. PA21/01202, Pennti Ros Access to Lower Trefreock – two side extensions to create kitchen and additional bedroom. Amended design for approved permission PA20/04891

## Miscellaneous Items

1. The Chair had led the April Meeting in a minute's silence in memory of HRH Prince Philip Duke of Edinburgh at the start of the Parish Meeting.
2. *Parking Enforcement Officer* – Members confirmed they wished to continue with the Parking Enforcement Service Level Agreement for 2021, which should ease issues with inconsiderately parked vehicles.
3. *Hard Standing Area* – in March I reported that Members had accepted a quotation from Julian Harris to supply and lay type 1 803 hardcore at a cost of £3,080+VAT to improve the area where the Post Office van

parks. This month I can report the work had been completed.

4. New Road notice board – Mr Martyn Collins kindly provided the new board and Members resolved to pass a vote of thanks for this public-spirited action.
5. Farmers Market – the market is due to re-open on Sunday, 30th May 2021 and Members are pleased to be able to support this by allowing use of the hardstand area.
6. *Port Gaverne Sea Wall* – part of the sea wall had been washed away. Highways advised this matter had been passed to the Structures Team who had been repointing the sea wall at Port Gaverne over the last couple of months, working around the tides. More work to be done and it looks like a lot of the natural beach material has been removed by tides exposing the bottom of the wall. It was confirmed that when they return the Structures Team will repair these areas.

## Meeting Dates

The Parish Council currently meets via Zoom. Members of the public are welcome to join the meetings, which are held on the second Monday of each month. The Zoom link is given at the top of the agenda.

Gillian Thompson  
Parish Clerk / RFO

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

## NORTH CORNWALL BOOK FESTIVAL

The Festival has an amazing line up of writers, artists and performers set to appear this year at St Endellion near Port Isaac from September 23rd–26th.

The programme and box office go live on July 1st. Don't forget to sign up to our mailing list so as to be at the front of the queue for tickets: [ncornbookfest.org](http://ncornbookfest.org)

We look forward to welcoming you back.

## DO YOU HAVE A LOCAL PARKING SPACE TO RENT?

email:  
[mmikesteph@gmail.com](mailto:mmikesteph@gmail.com)

# St Endellion Parish Council

## Contract & Maintenance Supervisor Report

Hi, let's have a catch-up on things that have been done since the last edition of *Trio*:

The work in Main car park, on the fence and entrance to the overflow area has been completed by Terry Harris & Sons. Also, the hard standing has a lovely new surface which will drain better and stop any issues at the entrance for vehicles accessing the space.



As you can see from this photo, a lovely new, teak tree bench has been placed around the tree in St Endellion Parish Council's section of the Cemetery. It looks great and is such a lovely spot to sit and reflect, especially once the tree has come into leaf and blossom.

Anyone driving into Port Isaac on Trewetha Lane road will have noticed work has started on the raised beds near the War Memorial. The sleepers are in position awaiting the next stage of the Community Garden being organised by Chris Lanyon. Last year, the Parish Council kindly sent me on a 4-day course, to learn how to carry out risk assessments, so I've been able to use my new skill to put together an assessment for this project which should be available to view on the St Endellion

Parish website as soon as it's been adopted.

As I've mentioned the parish website, I should also say that it is in the process of being updated. It's a functional site and there's a lot of info regarding the parish. It's a worthwhile source of what's what in the area and also includes a full history of previous Parish Council meetings/minutes etc.

I mentioned in my last month's report for *Trio* that I was trying to find out how to get some of the street and highway signs replaced or repaired. The Highways Department at Cornwall Council have been very helpful and I can confirm that the wonky ones at the junction of the road from St Endellion to Trelights are on a list to be sorted out, as are many others around the parish. It may not happen straight away, but at least Cornwall Council is now aware of the condition of over 20 signs!

Last month I also wrote that the filming of the second *Fisherman's Friends* movie was about to commence. Well, now it's done. Filming was going on in the village up to 25th April and a few of the crew may still be here for a few more days striking their office and closing everything down. I believe there's more work for them to do near Bude and in London, before the long process of editing begins. The production company have been very helpful throughout the last few weeks in providing location and other details.

If you've had the chance to walk up the valley from Port Gaverne towards Pendoggett recently you will have noticed the fallen trees which were across the path in a few places have been cleared. Even the huge one at the far end has gone, making the walk much more enjoyable. At the moment the primroses are looking and smelling lovely, with the bluebells just starting to show too. If, while you're walking the footpaths and see anything which needs attention, please let me know. Maybe take a photo and email it to me?

Also, in Port Gaverne, some of you may have seen some dead seals on the beach after there had been some rough seas and windy weather, about 3 weeks ago. They were about a year old. Two of them were washed back out on the tide, but a third remained on the strand-line. It took over a week before Cornwall Council removed it and only because it had found its way on the road near the rubbish bin! Although it had been reported several times, by the street operative for Biffa and myself. It had also been called into a hotline according to a tag Cornwall Wildlife Trust had attached to it. Shame it didn't get that much attention when it was still alive.

Back in February, *Cormac* carried out work on the wall, at the top of the beach, opposite/below Beach House, Port Gaverne, repointing areas of it. During that same stormy weather, a lot of that top area of the beach was shifted around and exposed some of the bottom of the wall. This was reported to *Cornwall Council* who are now aware of the erosion. The repointing work isn't finished yet, so *Cormac* will be back sometime to address the problem. The level of the beach shifts considerably in that area with the tides and Port Gaverne Boatman's Association have been creating a suitable space for boat storage, so the affected parts of the wall have been refilled, for the time being. It's good to see the beach having some considered management including work on the stream to remove a lot of large rocks from inside the bridge, under the road, and channeling it down the beach.

Meanwhile, in Port Isaac an old and very tired information board has been removed from Little Hill. It was decided by the Parish Council not to replace it. However, there are still two up in the village, on the outside of the Fish Cellars providing information about local wildlife etc.

Moving back to the top of the village and the playing field, there have been some very busy moles burrowing around under the football pitch. These have now been dealt with. The goal posts are due to have new nets on them and the grass will be cut regularly throughout the summer.

The play area has had its monthly and annual check up and a few little jobs need attention, such as the safety surface under the swings and fixing some of the rails around the outside. Also, there is only one hand sanitiser unit left, at the gate on the entrance along the path to the car park. The others have bitten the dust and it seems foolish to keep replacing them, as there is a dispenser at the WCs.

The public toilets in Port Isaac are open and are regularly cleaned and checked by *Cormac* and myself. But, at the time of writing, the facilities at Port Gaverne remain closed, although, negotiations are being



carried out to try to ensure they are open for the majority of the season. Maybe by the time this is published they could be open! Fingers crossed!

The WCs at New Road and Roscarrock Hill have both required some small maintenance work to keep them to their usual good standard, including new loo seats and door closing mechanisms.

With Port Isaac Community Farmers Market about to restart, there's been some work behind the scenes to ensure all the boxes have been ticked to be able to ensure the market fulfils all the necessary requirements for its smooth running. This is another area that I've had a very minor involvement with; liaising between their committee and the Parish Council. They have all put in so much work - it'll be great to have the market back.

While I walk around the village it's good to talk to people. So, if there's something you would like to ask the Parish Council about, please feel free to tell me. I probably won't be able to help immediately! But I should be able to look into things and get back to you.

And while talking about walking around the village - the dog poo problem doesn't seem to have gone away, although there does seem to be slightly less. So, I thank you, if you've become a responsible dog owner. Now we just have to persuade others to follow suit!

If you would like to contact me regarding any parish issues my mobile number is: 07494 589 638 or

email:  
[clarejonsten@gmail.com](mailto:clarejonsten@gmail.com)

# WEBSITES OF THE MONTH

The flight of the Mars Rover drone is an amazing technological achievement and so I thought this month's column could be about flying - from early days to the Mars flight and Cornish connections.

Cornwall has indeed some history in the field of flight. While the first manned flights were by the Wright brothers in America, Cornwall was close on their heels. There is a fascinating report of the first flight in Cornwall in 1910 by Claude Grahame-White who was quite a showman ( read about him here [https://en.wikipedia.org/wiki/Claude\\_Grahame-White](https://en.wikipedia.org/wiki/Claude_Grahame-White) ) but his flight in Cornwall had a serious purpose - to show the vulnerability of the fleet to an aerial attack. The story is told in by the Penwith Local History Group <https://tinyurl.com/Penwith-history-flight> . The website has some great photographs of the event and it's pretty clear that this demonstration was impressive, even though it only lasted 3 minutes at a height of 200 metres. They also have some other historical aviation material among much other Cornish history treasures. (While we are on Cornish history remember there is a rich collection of memories on our own Port Isaac Heritage site <https://www.portisaacheritage.co.uk>).

Covering more recent times, the Cornwall Aviation Heritage Centre in Newquay <https://cornwallaviationhc.co.uk> is planning to be open from May 17 and has a website with pictures of the planes they have on display that you can visit and showcases their history. For instance, it has a BAC 1-11 one of the earliest passenger jet planes which I vaguely remember flying on in my youth.

One of the countries favourite planes by all accounts was, of course, Concorde, and Barbara and John Massie who lived in Trewetha for many years were captain and flight crew. This report on YouTube shows Barbara <https://tinyurl.com/Barbara-Massie> (she is one minute into the video) clearly enjoying her role immensely. I wrote about John after attending his funeral in the May 2016 column and this quote from the tribute reminded me of the time when he met the Queen and Prince Philip.

"Finally, though it was through his association with Concorde that most will remember him. He was hugely and rightly proud of this plane and proud that he flew it. He never tired of talking about it and showing it off to anyone interested and was at the centre of many of Concorde's 'special' events. He was part of the crew that flew the Queen and Prince Philip round the Middle East, part of the crew that did the only global circumnavigation by Concorde and the captain that held the record for the fastest civilian Transatlantic crossing at 2 hours 57 minutes. There were probably numerous other feats and firsts but for all the pride he took in what he did he never saw it as being more than a job and always recognised how lucky he was to be doing it. He was the perfect pilot in the perfect plane ."

There is much research in progress towards sustainable air travel, also known as Jet Zero, which, once this pandemic is out of the way, is likely to take off in a big way and there is a website with useful information <https://www.sustainableaviation.co.uk> .

Cornwall is likely to be at the forefront of much of this work with the establishment of the Spaceport <https://spaceportcornwall.com> and there are plans for launching the first satellites from Newquay in the Spring of 2022.

The Mars Drone is a sort of culmination of all this history and the pictures of its flight on Mars are amazing <https://mars.nasa.gov/technology/helicopter/#>. The story of the efforts that have gone into allowing this 2 kilogram drone to take off in an atmosphere that provides almost no lift; the way the vehicle is controlled by uploading information over the 300 million kilometres between Earth and Mars, and looking at the images and videos that have been downloaded is nothing short of inspiring.

Tony Wainwright

# This is the story of a sleeping bag

kindly donated last year (from Cathy) which eventually was able to be taken by Elizabeth Gowing to the TIP (The Ideas Partnership) volunteers in Kosovo.

Although it's hard to get all the donations over to Kosovo, they do still find their way there. Either money, baby clothes, children's shoes etc or, in this case, a sleeping bag which was no longer used.

This is a link to a community so far away from us in every possible sense, yet Port Isaac always has a very big heart in supporting others less well off. As they say "Thank you, it means the world to us!"



"Your generous donation will go a long way to helping the families in my country Kosovo from the marginalized group Roma, Ashkalia and Egyptian in Fushe Kosova. The photograph is of baby Ismet (4 day-old) who with his family Xhyllfidane (1 month-old), Aishe (6-year-old), Muhamet (4-year-old) who received your donation. We helped Ismet's dad when he had an accident when he was out rubbish picking and his knee got crushed. The dad still can't walk properly so it's hard for him to provide for the family, so we were particularly pleased to be able to help his new baby. Your sleeping bag that you donated, we gave to the family squatting in a terrible house. They didn't even have a fire on this cold, rainy day, and the mum is 3 months pregnant, with a 6-year-old and 4-year-old (Muhamet), so we know the sleeping bag will be really appreciated."

Arta Ponosheci



# St Endellion's part in the founding of America



Recently the Parish Clerk referred to me a request from an American living in Virginia, Lemuel Crysel, for information on his ancestor, Robert Beheathland, who was born in our Parish in the 16th century. Lemuel related that Robert came over to America in 1607 as a member of a party of 105 people in three ships that founded the first British colony in North America at Jamestown, Virginia. Robert's descendants can be counted as being the oldest, continuous English family in North America.

My initial research showed that there is a 1635 will recorded for a Richard Beheathland who died in our parish, as well as one for a Hugh Beheathland who died here in 1676. Other Beheathland records in Cornwall came from St Martin, Gluvias (*Penryn*) and Maker. The surname was unrecorded throughout all our modern censuses from 1841 to 1911 and must have died out in the UK. As a surname, it has died out in the USA too, although it is still used as a girl's Christian name to link to this founding family.

Robert Beheathland appears to be unknown in our parish today, yet he is an important founder of the USA. A well sourced article by C H Jones describes Robert Beheathland as the man *'who holds the distinction of being the only original colonist to survive in Virginia long enough to marry, have children, and establish himself as the founder of America's true, original, first family'*. For those who think it was the Pilgrim Fathers on the Mayflower who founded the USA in 1620, following the Civil War, the history was rewritten by the winners to downplay this earlier settlement in Virginia (*a confederate state*). The story of the founding of Jamestown is an amazing tale and worth relating, with particular reference to our son of St Endellion Parish who was in the thick of it.

The story starts at Blackwall on a cold morning in late December 1606 when the Virginia Company of London sent 105 people and 39 crew in three 60ft wooden sailing ships to found a colony in the Americas. An idea of how small those vessels were can be gained from the modern fishing boats seen in Port Isaac harbour, which are about 30 to 40 feet long. The three ships were the *Susan Constant*, the *Discovery*, and the *Godspeed*, each containing almost 50 people. Robert Beheathland was on the *Susan Constant*, with Christopher Newport as captain and commander of the expedition. Also on board was Captain John Smith. He originally came from farming stock in the east of England but went to sea at 16 and became one of the world's greatest adventurers, survivors, and professional soldiers. As a result of his experience and reputation for surviving in foreign lands and dealing with native people, he was chosen by the company to be on the expedition. Far too large a percentage of those 105 voyagers seem to have got on board by virtue of them being gentlemen (*Robert was described as a gentleman*) with good connections, who were out to make the maximum fortune with the minimum of effort. On such a perilous voyage, maximum effort was going to be needed simply to survive. Captain Smith was not a gentleman and did not suffer fools gladly (*no doubt he included many of the gentlemen on this small ship within that category*). He appears to have been happy to make his opinions known, which did not endear him to those who considered themselves his 'betters'. On the voyage, Newport had Smith placed under arrest for mutiny, planning to have him executed on arrival. Smith had many friends and supporters on board the three vessels who valued his proven practical experience, and Newport had to accept the inevitable and drop his charges, although Smith remained under arrest for the remainder of the voyage.

It seems Robert Beheathland was given the task of tending to Captain Smith during his incarceration, and Smith took a liking to him. The age of Robert at this time is in dispute, with some saying he was born in 1580, and some in the 1590s. That would make him either around 26, or still a lad, at the start of the voyage. A clue is given in Smith's subsequent journals, where he relates a story of visiting the native American Chief



Opecancanough in 1609. His experience made him alert for any treachery, and he states he placed 'Master Powell and Master Beheathland' on guard. Smith's description of 'Master Beheathland' suggests Robert was still a youth in 1609, perhaps only 16 or so, supporting a birthdate in the first half of the 1590s. That would put him around 13 on the voyage. Smith was a renowned storyteller, and one could well imagine such a boy being captivated with the tales he had to tell of his daring exploits.

After being held up off the Devon coast for a month because of winter storms, reducing their stocks of food and fresh water, followed by a stop in Puerto Rico, the ships finally arrived in Chesapeake Bay on 13th May 1607.

The rules of the company stated that Edward Wingfield, a nobleman and one of the four incorporators of the company, would be named president of the new colony. It was Wingfield who chose the location for the new colony, on what is now Jamestown on the James River, both named after King James. His choice was on a swampy and mosquito-infested piece of land with only a brackish and stagnant water supply and wholly unsuitable for growing crops. It had the slight advantage that it was unoccupied by

*continued overleaf ...*

## The Seasons

### SPRING

Baby animals, pretty flowers,  
Rainy days, and sunny hours.

Birthdays are nice, in the sun,

Loving families, laugh and have fun.

### SUMMER

Outside it turns, HOT!  
HOT! HOT!

The water supply has gone, the lot!

Children playing, in the paddling pool,

Adults eating ice-cream, to make them feel cool.

### AUTUMN

The weather gets colder, the leaves start to fall.

Children shivering slightly, as they walk up to school.

Birds collecting things for their nests.

Everyone walks around, wearing extra vests.

### WINTER

Outside it is freezing, there's ice all around.

People slipping and sliding, then falling to the ground.

Snowman making is fun, but a snowball fight is better,

When someone hits you, your coat gets wetter.

We find the seasons happy and fun,  
From cold and snowy, to hot in the sun.

by Emily and Natalie  
Appleby

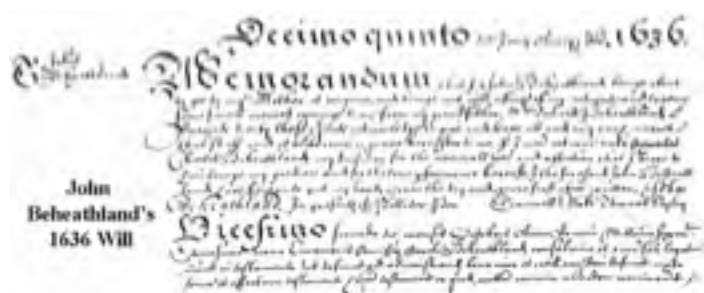
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the native population, although that was simply because they thought the land was worthless.

It soon became clear that Wingfield was not a leader. Against the company's rules, Wingfield excluded Smith from the governing council, no doubt as he was not a gentleman. This did not go down at all well with the colonists who demanded Smith be freed and put on the council. Eventually, Wingfield, Newport, and the other 'gentlemen' had to back down, and Wingfield was subsequently sent back to England. With such a top-heavy number of gentlemen not expecting to have to do any work, the colony was in a desperate state. John Smith was made president and quickly introduced measures to save the colony. His maxim that everyone had to work was not well received by the lace-cuffed gentlemen, but a strict policy of 'no work-no food' was essential if they were to survive.

It seems that Smith and a party of 15-20 men spent months exploring the hinterland, negotiating with the native people, and fending off violent attacks. Robert was with Smith throughout this time, no doubt picking up vital survival tips from a man who had learnt the hard way. This group fared very much better than the 80 or so remaining behind within the palisades of the Jamestown fort. Conditions deteriorated rapidly during what was known as 'The Starving Times', with people dying from disease, execution, murder, starvation, with some killed by the natives, and cannibalism was rife. Of the 105 who landed, just 37 were alive the following year. If 15-20 of those survivors were with Smith, only around 20 of the 80 souls at Jamestown made it through the first year: a terrible attrition rate.

In Captain Smith's reports to the Virginia Company and his subsequent published accounts, Robert features glowingly as a bodyguard and skilled soldier. He accompanied Smith on several trips to visit the local chief Powhatan (*the father of Pocahontas*), spending Christmas 1608 at his camp in Kecoughtan (now Hampton) where Smith records *'the extreme wind, rain, frost and snow caused us to keepe Christmas amongst the salvages: where wee were never more merrie, nor fedde on more plenty of good oysters, fish, wild foule and good bread; nor never had better fires in England then in the drie warm Smokie houses of Kecoughtan'*. Robert subsequently married a woman named Mary Nicholson, also believed to be from St Endellion, and they had three children in the 1610s, Dorothy born c1610, John born c1612, and Mary born c1615. John returned to England in the 1630s and made his will whilst here, as it states he was *'about to go to my mother in Virginia'*. It also says he had *'some small means coming to me by my grandfather, Richard Beheathland, deceased'*, confirming that was Robert's father, whose will is recorded in 1635. John's will is dated 15th June 1636 and was proved on 22nd October 1639, leaving everything to his kinsman Charles Beheathland. He probably died on that return voyage.



Robert was often referred to as Captain Beheathland, perhaps as a military rank. He returned to England around 1620 where he petitioned the Royal Council on behalf of the colonists for a governor to be sent out. He went back to Virginia, but did not live to a great age, having died by 1628.

It is not certain why he was on that original founding voyage, although one source said he was a junior cousin to Wingfield and that Robert's father's interests in copper and tin mining were thought useful as a source of raw materials for the colonists. Whilst Cornwall is renowned for its copper and tin mining, there are no such mines in this part of Cornwall and the suggestion may have been speculation. As to any surviving written evidence that Robert was indeed from St Endellion, Sir John McLean, writing in 1873, had this scathing comment on the registers kept at St Endellion church – *The registers of this parish are, without exception, the most unsatisfactory we have ever seen. All the books earlier than 1732 are lost, and those that remain are in very bad condition from damp and neglect. Moreover, in more than one place there is evidence of interpolation and forgery.*

Although direct evidence linking Robert Beheathland to our parish is sparse, his father, Richard Beheathland, certainly died here in 1635, and the long history from America linking Robert to our small parish cannot be dismissed. It is good to know that an earlier son of St Endellion Parish made such a mark in the founding of the USA, and I am very pleased that Lemuel contacted us so that this knowledge can be placed on record here in the UK.

Malcolm Lee  
Port Isaac Heritage



# In the garden ... with Pete the gardener



Red breasted robins are very aggressive birds and will fight to the death over their territories. This is why they sing so persistently - to deter any incomers.



## Did you know ....?

Training fruit trees by the 17th century had become widely practiced in the Netherlands. Most of the early fruit trees grown by British pioneers like John Tradescant the Elder were imported from Holland. When William of Orange was crowned King of England in 1689 the two countries forged much closer links and soon fruit training became popular in England too. Many walled gardens had their walls raised and buttressed to accommodate wall-trained fruit.

Secrets of success with wall-trained fruit.

Buy top quality fan-trained or cordon-trained trees from a reputable fruit specialist.

Add supports before or when planting.

Spend time keeping your trees in shape.

Water your trees throughout the growing season for the first few years of their life.

## LEEKS

The Ancient Egyptians grew leeks in the time of the pharaohs. The Greeks and Romans also loved them.

Nero was said to eat them with olive oil to preserve his voice.

The leek has a powerful reputation as a medicinal plant and it was also thought to have magical properties.

If you wore a leek it would protect you from battle wounds, stop you from being struck by lightning and keep away evil spirits.

## Jobs to do in the garden in May ...

Acclimatise tender annuals before planting out later in the month

Plant out sweet peas once roots are well established and train them up supports

Check containers and vegetable plants to see if they need water

There are not many dual-purpose plants than the dahlia for garden decoration and for use in flower arrangements.

Plant out young dahlias, either your own rooted cuttings or bought plants, when danger of frost is passed from about mid-May onwards.



## Growing Leeks

Transplanting the young plants outside when they are pencil thick is ideal mid May.

Make deep holes with a dibber, drop one leek into each hole, then fill the holes with water.

Most of the growing takes place in autumn and leeks are invaluable - they almost always come through the hardest of winters unscathed.

# It's time to vote for your

## Thursday May 6th is Local Election Day

and residents of St Endellion Parish have the chance to vote for the Police and Crime Commissioner for Devon and Cornwall Police Area, our County Councillor and our Parish Councillors.

There are sixteen candidates for the eleven places on St Endellion Parish Council and they have all told *Trio* a little bit about themselves and why they are standing to help you make your decision.

**Voting will take place in Port Isaac Village Hall and St Endellion Hall  
and they will be open from 7am-10pm**

### CHERYL WEBSTER

I moved to Port Isaac in 2005 and in 2016 I became a member of the Parish Council. I wanted to put back something into the community I had become part of and which I love. I am also a member of the Village Hall Committee and the RNLI Committee.



Over the past five years I have been particularly involved in the improvement of the Playing Field and the provision of the new play park. I feel strongly that our parish children should have the same facilities as those who live in bigger towns.

Everyone on the Parish Council worked hard to develop the new much-needed Car Park, making life better for locals as the visitor numbers increase. Added to that the income from the facility will soon be available to help further parish improvements.

Going forward, I feel it is vital that the Parish Council does everything it can to provide affordable homes. All of our youngsters should have the choice to live in the village where they were born and not have to move away to make their way in the world.

If re-elected I will continue to do my best to make our parish the best it can be for us all.

### ANDY PENNY

Since the establishment of the parish council car park at the entrance to the village, we have been in the enviable position of a greatly increased income. Even with the car park loan payment over 10 years, running costs, vat etc money has been there to support services cut by Cornwall Council. Much of this has been to the benefit of business and visitors. With the last payment on the loan due next year, a further boost to parish finances will happen.



Over the next four years I want to see funds directed into more residential issues. Parking is one area which the parish has been talking about. I want to see financial support for residents to get their cars off the road and free overnight parking in the car park as a practical way to start to sort out this annual debacle.

There is also potential for additional facilities in the playing fields and possibly some form of sports club.

And how about a set of stocks for those not picking up after their dogs? After all, the police always say 'Port Isaac polices itself'!

### CLARE ARNOLD

After living in Polzeath my whole life, I moved to Trelights in 2002. I am married with two children and work for a company who support adults with learning disabilities in their own homes. One of my passions is running which started a few years ago and then progressed to my first marathon last year ... and now, I can't stop! There's no



better place to run than our beautiful coastline. I raise money for the Cornwall Air Ambulance which is a charity close to my heart after my son was airlifted at the age of one.

One of the reasons I decided to stand for this election is to be a voice for the younger generation/community. I have an interest in what is happening in our local parish and villages and feel I have the time and energy to give to help out.

I feel very strongly about having more affordable housing, especially during the last 12 months with Covid, house prices have skyrocketed and locals are being pushed out.

If elected, I will do my best to voice my concerns and be heard.

### PENNY KIRKMAN

I have lived in St Endellion for 25 years and brought up my family here. I have been on the Parish council for three and a half years. So I do understand the issues across all our Parish. Also I have learnt it really can take over two years to get the 30 MPH signs moved in the Trelights!



I have endeavoured to keep residents of Trelights well informed on issues affecting our settlement and represent their concerns to the PC. It has been a pleasure to get to know more residents when helping run our Neighbourhood Development Plan Consultations and helping where I can with the Village Green Committee plans to slowly improve the usability of the Green.

I have a particular interest in planning with respect to preserving areas of unspoilt AONB landscape and coastline in our care. I would like to see all building development adhere to our Neighbourhood Development Plan, being appropriate in size and design, fitting in with the Conservation Area and our settlements and based on the needs in our community.



# Parish Council



## DAVID RAYNOR

My wife Carole and I first came to Port Isaac in the 1970s and decided to make it our home in the year 2000.

Since I joined the Council in 2013 we now have a Car Park, three sets of toilets, a shop, and kiosk. We raise over 90% of our

funds from the Car Park, shop and toilets. In another two years we will have paid off the loan to build the Car Park.

Having been Chairman for the last six years I have encouraged the Council to keep the Precept or funds we receive from the rates as low as possible. If elected I will continue to do the same, at the same time using the extra funds having paid off our loan to improve local facilities including road safety which I believe to be very important as we seem to have been forgotten by the County Council.

The Council has worked over the years preparing the Neighbourhood Development Plan. We hope to have a Referendum in the near future, which I believe, if approved, will help all concerned give clarity to planning in our Parish.

I have been very fortunate in having support from all our Councillors since becoming Chair, and hope to be able to continue to support our Parish.

Please take this opportunity to support your Parish.

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## DAVID PHELPS

I have been a Parish Councillor for many years. However, lately I have been hampered with a medical condition and have missed several Parish Council meetings. Thanks to the NHS I am now up and running 100% minus 1 and hopefully looking forward to your vote on May 6th - thank you.



I hear that there is a younger element running for election this time which is great news. But the Council need an element of the old brigade for continuity.

Not thanks to me, but the last few Councils have worked wonders in the village, ie carparking, loos and a lot more.

We now have an employed "caretaker" doing a splendid job which was long overdue.

Hopefully you will give me your vote.

Thank you.



## MARTIN THOMAS

I was born in Port Isaac, as were many generations of my family. My reasons for standing for election to the St Endellion Parish Council are mainly because I care deeply about local issues. Having lived here all my life, I hope that people would find it easy to approach me with any concerns they may have.

I am particularly interested in providing affordable housing for young couples and families of the parish. A community land trust could be supported financially by the Parish Council to help with affordable housing or self-build projects for local people. I was fortunate to build my own house a couple of years ago and feel I could advise on these issues.

I feel strongly that we need some form of traffic management in the village. There has been a significant increase in traffic over the past few years and we need to enforce a 20mph speed limit, especially along Trewetha Lane and New Road. I would also like to be involved in improving recreational and sports facilities for children and adults in the community.

My aim would be to improve facilities and housing whilst preserving the character and 'uniqueness' of our beautiful villages.



---

## GEMMA CLEAVE

I have lived in Port Gaverne since 2006 and before then lived in Pendoggett. Some of you might know me from the Garage in Port Isaac where I work with my husband Tom. Others might know me from School where my two little girls attend. I am also on the Friends of Port Isaac School committee, which helps raise vital funds for the school.

I have been on the Parish Council for the past four years and would like to continue to have an input. I would like to see more play equipment in the Park area and hope in the future this will be possible. I would also like to see more housing for local people and also money being spent on things that benefit the village as a whole rather than just visitors.





**JOHN QUILTER**

I moved to Port Isaac with my wife Jill after retirement and we live in New Road. I was a parish councillor for 11 years, for a West Sussex market town which had similar issues to St Endellion - lack of affordable housing, limited local employment, rising property prices, planning applications for inappropriate development and severe parking issues.

I did a lot of community work and am a trustee of a charitable organisation that supports the elderly helping them to avoid isolation and loneliness. I have also had Dementia Friend training from Alzheimer's Society.

If elected my priorities are: Affordable Homes, the Neighbourhood Development Plan, Managing Parking Issues, Supporting Existing and New Community Organisations and ensuring a year-round sustainable community. To achieve this, I would:

- Consider forming a community land trust to buy land for affordable housing.
- Hold the referendum on the Neighbourhood Development Plan asap and, if agreed, put it in place without delay.
- Support existing work on the car parking issues in Port Isaac.
- Promote new, and support existing community organisations - vital to community wellbeing in St Endellion.

I would really like you to vote for me, but if not please do use your vote – it's your council.



**NICOLA WILLIAMS**

I have served as a Parish Councillor since 2007, taking an active role as PC Planning Lead, and recently completing a planning Master's Degree to stay one step ahead and fight our corner.

We are very lucky to live here, but for young people, securing housing is really challenging. I pushed our Neighbourhood Development plan (NDP) through public consultation, giving us the lead to design policies to both protect our environment and enable our parish to grow with *homes for local people, not new holiday homes*. Our youngsters want to *stay here*, not move to Wadebridge and reverse commute to work. With a positive mandate for our NDP referendum we have an opportunity to take a close look at our parish and determine how we can help build a future here for our hard working community.

Housing and parking are perennial problems, an election is an opportunity to welcome some new faces. I'm keen to use the process to discover if our candidates bring fresh thinking to the table to address these and other issues.

With your vote I hope to have a seat at that table to build a strong sustainable future for all!



**KELVEN HILLS**

I have lived in Trelights with my wife Anna for the past 21 years, previous to this, 20 years within North Cornwall.

Having lived and worked locally of over 41 years I have a great appreciation, enjoyment and understanding of village and rural life and wish to help preserve this for future generations. We are the custodians of where we live and residing within an Area of Outstanding Natural Beauty (AONB) it is our duty to maintain this so others can enjoy this in the future.

There is a continuing need to rejuvenate our communities, local environment and dwellings, along with the requirement to satisfy ongoing local housing need and work space. However, this must not have a negative impact on individuals or local community.

If I am successfully elected I will assist in the implementation of our Neighbourhood Plan. I would use my position on the Council to help put a voice to other concerns that are brought to my attention. As a Parish Councillor I would look upon all submissions with an open mind.

As an active member of the Trelights community, I look forward to working for a continuing improving and evolving Parish.

Your vote would be very much appreciated.



**RICHARD DAWE**

I'm Richard Dawe - "Dicky". I'm 34 years old and live in Trelights with my wife Charlotte and our 2 ½ year old son Harrison. I have lived in this parish all of my life.

I'm an Agricultural Engineer and spend a lot of my time working on tractors and machinery on farms in the parish.

I have been on the parish council for the last eight years. In this time I have learnt so much and have been involved in several big decisions for the Parish.

We have more and more planning applications every month and we need to keep on the top of our game to keep our parish beautiful.

I'm all for house building for local people, Charlotte and I are currently in the process of building our own home.

I'm here to represent ALL the people in ALL the villages within the parish, the farmers, the young couples and families, the businesses, I can relate to you all.

Please vote DAWE on May 6th and let me represent you for the next four years.

The Dawe family has been representing you, the people of this parish, on the Parish Council continuously for the last 50 years.



# uncil Candidates



**MIKE COLLINS**

I am a local person and went to Port Isaac old village school and then on to Wadebridge. My home has always been in the village and my children also went to village school.

I have seen a lot of changes in the village and I think it is important to keep our green spaces, sports area and our play area and to improve on those areas, for the young and not so young to enjoy.

Our community as changed over the years, which has affected the social aspect of the village as it once was.

To improve the social aspect, I would support the idea of a social club to be built on parish land where residents can socialise.

I will also give my support towards more social homes for the young of the parish to stay in the area they grew up in, working in tandem with council, housing associations and maybe looking at land for self build.



**MATT HAWCROFT**

I live just outside Trelights on my in-laws farm. We previously lived in St Minver.

Having been through a 2.5 year planning battle to get permission to live on the farm, my interest as a Parish Councillor would, in particular, involve trying to support applications, in the right locations, for houses for local people and families who want to stay in the area they grew up in. There is a balance to be struck between protecting the environment of the Parish and protecting the community that lives and works within it.

More generally, I would look to support using the Parish Council's influence and financial means to support activities and investment that improve things for the resident community of the Parish.

My background is that I used to be a lawyer before spending over a decade working as a climate scientist at several universities. Since our own planning experience, I have worked with a local planning consultant to help write planning applications/appeals for a number of local families.

I now work on the farm as well as looking after our two children. I run and surf, so am often out on the coast path or floundering around at Polzeath.



**MIKE BUTTON**

I have lived with my partner, Jo and son Albie on New Road for the last seven years.

I used to be a solicitor and now run my own energy company and would be keen to use my legal and commercial experience to help St Endellion Parish Council.

The Parish Council has an ambitious Neighbourhood Delivery Plan that should protect Port Isaac from unrestrained development and also help deliver much needed local amenities, especially affordable housing.

We are all very lucky to live in such a beautiful holiday destination, but its critically important that the village and surrounding area remains a viable place to live for local people and all generations.

If voted on to the Parish Council I would be keen to work with all stakeholders to :

- Deliver the NDP and an appropriate provision for local Affordable Housing
- Ensure better access to essential services such as the Post Office
- Protect community assets from commercial development.
- Develop further facilities for young people and teenagers.

Hope to be of service.



**EDDIE PRUSIK**

Hi, my name is Eddie and I have been fortunate enough to live in this beautiful part of Cornwall for the last several years with my wife Bridget.

We have been busy renovating our old cottage whilst retaining all the existing features and have found some real treasures including a witches bottle in the chimney!

I enjoy meeting people whilst walking our Springer in the local area and belong to Trelights Village Green committee as I believe it is really important to be involved in the local community.

I am a Landscape Architect by profession but living in Cornwall have also turned my hand to general garden design and maintenance. I therefore have experience of dealing with planning applications, visual impact, ecological problems etc. One of my recent jobs was designing the external works for a residential scheme where we had to allow for the great crested newt as well as a lot of other ecological improvements!

I am passionate about the environment, landscape and retaining the individual indigenous character of the local area.

I feel my work experience and interests would really contribute to what the parish council is trying to achieve.



# Falling back in love with sausages

Well, over the last few lockdown months I had slightly fallen out of love with sausages until I discovered this recipe. Now I love a one-pan dish as much as the next man and this one is no exception this quick and easy dish is a real winner.



## Ingredients:

500g carrots (baby ones if pos), scrubbed  
1kg large potatoes, diced  
2tbsp olive oil  
50g butter  
500g raw beetroot (golden or rainbow are best)  
1 sliced large onion  
2 cloves garlic crushed  
12 good sized butcher's sausages  
50g grated Parmesan  
Salt and black pepper  
*If you've got your own fav veg then chuck it in*

## Method

Preheat oven to 220°

Put oil and butter in a roasting tin and heat.

Take roasting tin from oven and chuck in potatoes, carrots, wedges of beetroot, onions, garlic plus any extra veg and return to oven and roast for 20 mins.

Then put sausages on top and roast till sausages are brown on one side. Turn the sausages over and cook for a further 15mins.

Once cooked remove sausages from oven and cover with foil to keep warm.

Turn the veg over and sprinkle with Parmesan. Cook in oven for 10 minutes until crisp.

## ENJOY



and from Mrs L ...



## Base:

1 packet Pizza Base mix

## Basic Sauce:

1 tbsp olive oil

1 x large Onion finely chopped

1 x tbs spoon chopped garlic or garlic paste

1 x tin chopped tomato

1 x carton passata

2 tbs dried basil (or to taste)

1 tsp sugar

## Extras:

Ham, Pineapple (controversial I know), Pepperoni  
Cheese (mozzarella and strong cheddar together are good)

Broccoli, Mange Tout, Mushrooms

Courgettes, Peas, Peppers

## Method:

### Make the sauce

Fry the onion in a non stick deep pan which has a lid, with a tbsp of olive oil if you want to. Add the garlic and fry for a little longer, add the tin of chopped tomatoes and the passata and as much basil as you like, I like loads. Give it a good stir bring to the boil, turn down the heat and simmer for ten minutes.

**Make up the base** as per instructions and then when you have proved it for however long it takes, roll out into circles, spread some sauce on each one and then add any of the toppings that you like to your taste, cook in a hot oven for 12-20 minutes Again to your taste.

My kids (ok they are all well past teenage-hood now) have always loved these, and they always loved putting their own toppings on, very good for picky eaters.



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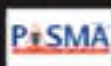
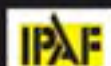
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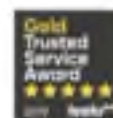
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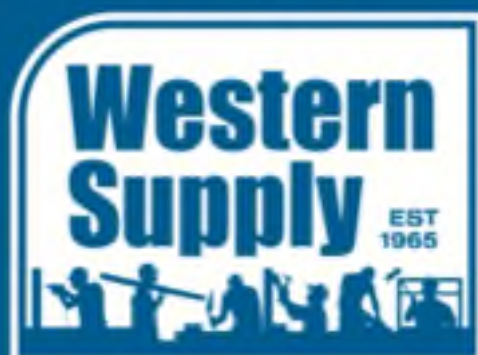
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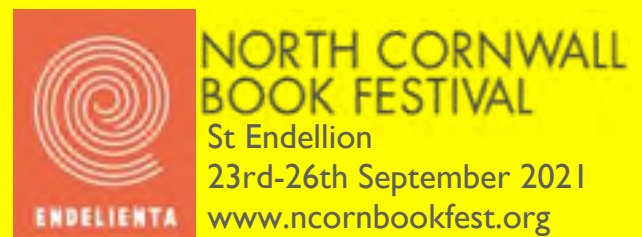


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Saturday July 17th

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