

A photograph of a garden path. In the foreground, there are several bright yellow flowers, possibly mustard or similar, growing in a bed. A wooden fence with three horizontal rails runs across the middle ground. The background is filled with dense green foliage and trees, some with small yellow flowers. The sky is a pale, overcast blue. The word 'TRIO' is written in large, bold, yellow capital letters across the top right portion of the image.

TRIO

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A great big thank you to Keith Williamson
for this month's cover photo

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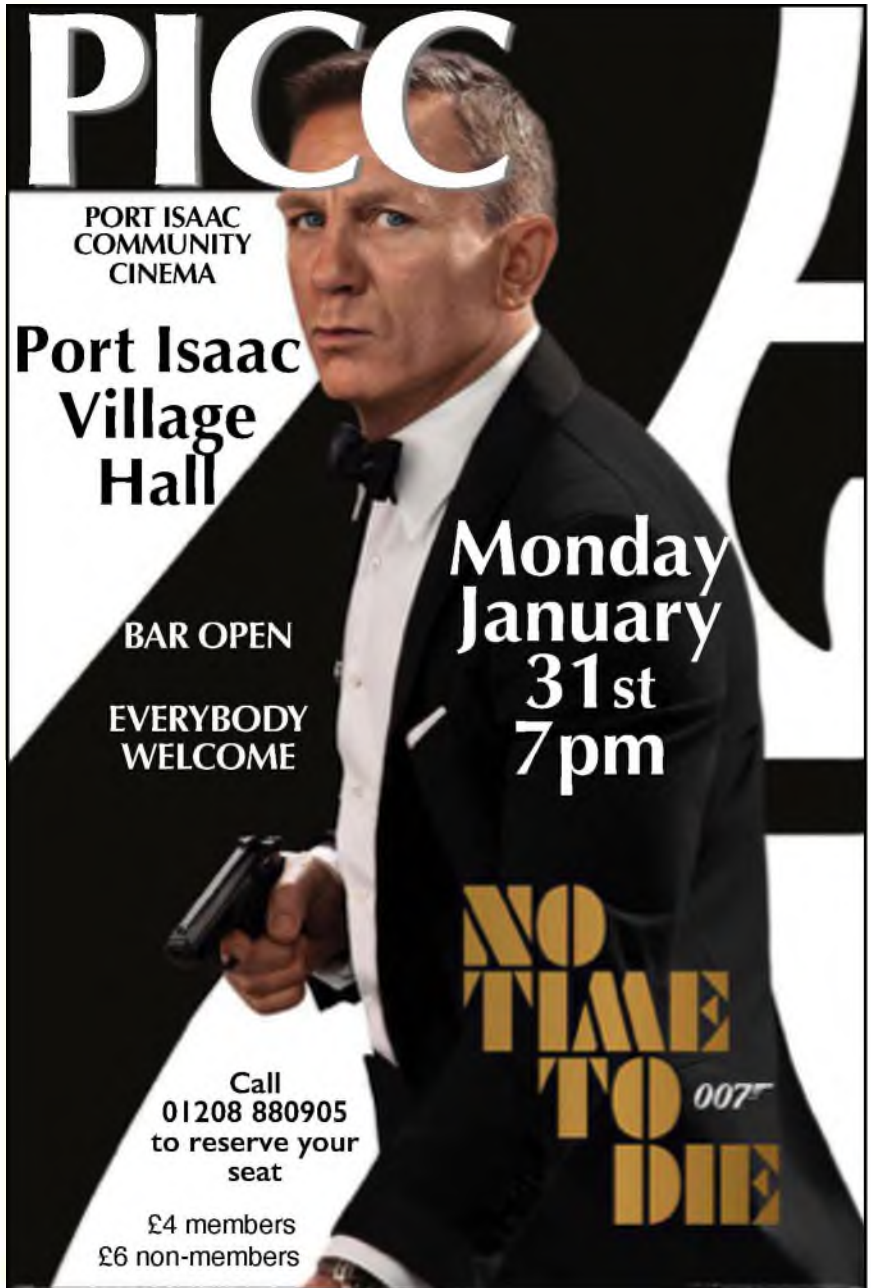
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PICC
PORT ISAAC
COMMUNITY
CINEMA

**Port Isaac
Village
Hall**

**Monday
January
31st
7pm**

BAR OPEN
EVERYBODY
WELCOME

Call
01208 880905
to reserve your
seat

£4 members
£6 non-members

**NO
TIME
TO
DIE** 007



CHER JUDI DENCH JOAN PLOWRIGHT MAGGIE SMITH LILY TOMLIN

also showing tea and cake in the interval

Monday January 31st 2pm

EVERYBODY
WELCOME

A story of the final afternoon
of a Franco ZEFFIRELLI film
**Tea with
Mussolini**

part of the Community Cafe programme of events

Port Isaac Village Hall Community Cafe
Soup & Sweet Lunches
Thursday February 10th & Thursday March 17th
12.30pm
£4 per person everyone welcome



HAPPY NEW YEAR FROM PORT ISAAC VILLAGE HALL

Just a little reminder that your Village Hall is here for you to use. Meetings, rehearsals, concerts, parties, celebrations ... we're here for you. Call Dee on 07814 462164 if you want to make a booking or have any questions.

IT'S A FACT ...

apparently Port Isaac Village Hall raised more money in the past couple of years than Harry & Meghan's Global Foundation!

A GREAT BIG THANK YOU

to the Williams family on Tintagel Terrace who donated £1010 to Port Isaac Village Hall from the sale of their house contents.



PORT ISAAC'S GREAT BIG QUEEN'S PLATINUM JUBILEE WEEKEND

JUNE 2ND, 3RD, 4TH & 5TH 2022

LOTS OF PLANS IN THE PIPELINE

a great opening day for this special 4-day Bank Holiday - Thursday June 2nd - the Village Hall is planning an all-day and into the evening event with something for everyone ... and lots of food and the bar!

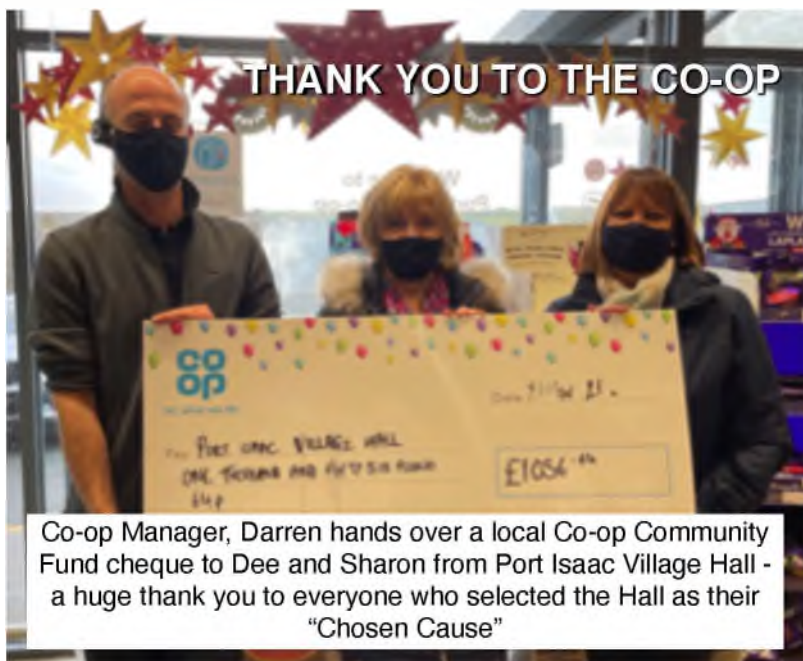
WATCH THIS SPACE

plus the Carnival Crew have plans for a great big village picnic up at the Playing Field on the Sunday and a few other things to be announced

IF YOU HAVE SOMETHING PLANNED, LET TRIO KNOW

Did you know?

When you buy selected Co-op branded products and services, not only do you earn yourself 2p for every pound you spend, but we also give 1p to your chosen Local Community Fund cause and another 1p to the Community Partnerships Fund.



Co-op Manager, Darren hands over a local Co-op Community Fund cheque to Dee and Sharon from Port Isaac Village Hall - a huge thank you to everyone who selected the Hall as their "Chosen Cause"

Websites of the Month



Penhallam Manor

We have been having some gloriously sunny days of late, and they are also getting longer, which has offset the generally gloomy news to some extent. In fact, there is a website devoted to finding cheerful news and includes good things happening in Cornwall <https://www.positive.news/?s=cornwall>. These include 78 different happy stories to pick from.

One of these is a lovely story about an art project about bees and other pollinators that is being created by the artist Alexandra Daisy Ginsberg and more about her work can be found here <https://www.edenproject.com/mission/people/the-artist>. Positive news has a rich array of good news stories and is a good read. One way to get more positive is to take the long view, and a pretty long view is the inspiring history of Cornwall, well documented on the excellent website of the Cornwall Archaeological Association <https://cornisharchaeology.org.uk>. Cornwall has had archaeological organisations since 1818 and the work they have undertaken has shown how things have changed over the centuries. Their website is packed with photographs of archaeological sites, places to visit and events to take part in, both online and off.

A place they organised a visit to is worth seeing, it's called Penhallam Manor <https://www.english-heritage.org.uk/visit/places/penhallam-manor/history/> (see photograph). This ruins of this manor house that was built around 1220 - 1230, can still be seen, the grass covered plan of the building and the surrounding moat are at the end of a pleasant track through woodland. It was built by the De Cardinam family showing how far back the Cardinam name goes in Cornwall.

Another place to visit is Beeny Cliff <https://tinyurl.com/Beeny-cliff> beyond Boscastle, made famous by Thomas Hardy's poems and the story about how he and Emma fell in love. You can hear the story of his life and his poetry on a radio 4 podcast of In Our Time with Melvin Brag <https://www.bbc.co.uk/programmes/m00139nw> and you can download his poems and novels from the Project Gutenberg website <https://tinyurl.com/t-hardy>

Cornwall Community Foundation is described on its website <https://tinyurl.com/helped-who> as "In 1998 a group of far-sighted people identified the need to give those struggling a voice and a source of funding for community self-help within Cornwall and the Isles of Scilly. That small acorn grew to become Cornwall Community Foundation in 2003." The site shows all the wonderful work being done with all sorts of projects ranging from conservation to virtual hugs.

There are, of course, many many more inspiring people, places, and organisations to be found in Cornwall and it's great to be able to see what they have been doing by simply going online.

Tony Wainwright

Beeny Cliff

PARKING ON THE BEACH

As in past years, there are a number of Permits available for parking on a specified area of the beach (not the Platt). The cost of a Permit remains at £180. Anybody interested needs to contact Kim Lanyon at kimlanyon@hotmail.com or at 8 Fore Street, Camelford, Cornwall PL32 9PG.

Sadly there are still some people who question the Commission's right to charge for parking and presumably would prefer parking to be totally uncontrolled so that everybody could part wherever they like on the beach and the Platt.

Because of the few who continue to ignore the rules and will not pay less than 50p a day for parking, the Commission has reluctantly made arrangements for the installation of an automatic number recognition system which will result in penalty tickets being automatically issued.

The Harbour Commission

1952 ... can you remember?

It's the Queen's Platinum Jubilee year and Port Isaac Heritage want to remember what it was like to live in our village in 1952

Do you have any memories you can share with us of the day the King died and Princess Elizabeth became our Queen?

What was daily life like in Port Isaac?

What was your school life like?

What did you do in the evenings?

What games did you play?

What music were you listening to?

What sort of things did you have for dinner?

Do you have any photographs of people, places or events?

In fact anything you can remember from that historic year.

We are planning a 1952 exhibition in St Peter's that will run alongside other displays for the remainder of 2022. Please help us record life in Port Isaac in 1952.

Anything and everything to Dee on 01208 880905 or email: dee54@mac.com

"everybody has a story to tell"

www.portisaacheritage.co.uk

Port Isaac Art Week

July 24th - 29th 2022

An exciting new event for the summer!

Selling exhibition in St Peter's Church together with a programme of workshops, demonstrations and talks in Port Isaac Village Hall

open to all local artists - amateurs, hobbyists and professionals - to sell their work.

two-dimensional work only (mounted, framed or unframed)

to include:

paintings (in any media)

drawings

photography

(If this is a popular event, we will look at a craft exhibition on another occasion)

Full details in March Trio. Any questions at this stage to

Barbara Hawkins

portisaacpottery@btconnect.com

Our exhibitions in St Peter's Church remain open throughout the winter... free entry ...

including our Touch Screen full of archive material and CHILDREN'S ACTIVITIES



"bringing alive the past and the present"



Wild Flower Seeds to celebrate Queen Elizabeth's Platinum Jubilee

I've been given a small bag of seeds which contain corn poppy, corn chamomile, cornflower, to grow red, white and blue flowers.

If anyone would like some please contact me. I believe they should be planted in the spring and will flower in the summer.

They're annuals, can cope with a range of soils but probably better out of harsh wind.

The whole bag of seeds is only enough to cover about the size of three car parking spaces, so I'll allocate them on a first come, first serve basis.

**my mobile number is:
07494 589 638 or**

email: clarejonsten@gmail.com

Port Isaac Community Artisan Market

Yes, we've changed our name, formerly the Farmer's Market, we thought that 'artisan' better reflected the mix of stalls that we have at the market and the nature of enquires we get from potential new stallholders.

We had a great 2021 season, building on the success of our original lockdown launch. It was great to see our regular stall holders committing to Port Isaac and more new sellers coming along. On occasions the weather did its best to thwart us but we managed to get through with no cancellations, even if we did have to physically hold the gazebos down on a couple of occasions. That's the fun of running a market in Port Isaac! The main thing is ... we were pleased to have been able to offer our residents and visitors a range of produce and products from local suppliers, producers and crafters and we hope you have enjoyed the monthly offerings.

Thank you to all our 2021 traders....

Cornwall Rock Gin, Jo Martin's Lampshades and Headbands, John Worth Photography, Maggie's Mobile Barista, Moorland Distillery, Robyn's Roost Cakes, Samara Organics, Tumbled Treasures, Haywood Cider, Padstow Cheese, Pentire Drinks, Vega Rosa, Cornwall Wildlife Trust, Moorland Meats, Lantic Gin, Jacinta Rose Jewellery, Robyn's Farmhouse, Homefields Originals, Kernowek Bevvies, Justine's Kitchen, Restharrow Farm, Beau Sala, Jessie O'Farrell and Lola's Bakery.

We are planning to continue for 2022 on the last Sunday of each month, 10am to 2pm, but with slight change of dates for the beginning and end of the season to fall in line with holiday dates – see the *Trio* calendar for dates. As always, we would welcome additional help in setting up, taking down the market on the day and we'd also be keen to have some support from anyone happy to take on marketing and advertising or trader relations. At present there are only three of us actively managing the market and it would be great to spread the load a little more.

Finally, we are now incorporating as a 'Community Interest Company'. This will give the market a more formalised base and enable us to apply grants / funding if required. We are also happy to have achieved a surplus income since starting and so we will shortly be launching our local small grant fund, whereby we will support local initiatives that bring benefit to Port Isaac and its resident community. Watch this space for details.

Thank you all for your continuing support

The Port Isaac Community Artisan Market Committee
PortIsaacCommunityArtisanMarket@yahoo.com

Our next market is on Sunday April 17th

Thanks to everyone for all the lovely cards, presents, flowers and kind thoughts sent to me on my 101st birthday. Wishing you all the best for 2022
Love Muriel

for little fingers

Whether the weather be fine,
Or whether the weather be not,
Whether the weather be cold,
Or whether the weather be hot,
We'll weather the weather,
Whatever the weather,
Whether we like it or not!

WEATHER

D	Z	S	I	O	P	L	L	R	H
J	S	U	N	N	Y	T	P	A	O
S	S	F	H	J	X	Z	W	I	T
X	A	A	F	H	J	L	W	N	Q
Q	H	W	I	N	D	Y	K	Y	P
F	R	E	E	Z	I	N	G	D	G
T	S	R	T	U	O	C	O	O	L
P	S	T	O	R	M	Y	P	S	W
S	N	O	W	Y	X	H	J	S	Y
M	N	L	C	L	O	U	D	Y	X



The fall and ^{rise} and fall of fishing in Port Isaac

As you can see from the title, fishing has always been cyclical. The Herrings going left a gap and a lean time for fishing until we joined the EU and opened up the European markets, where we could sell more volume and species which were never consumed in the home market. This new era of shellfish was a boom for fishing and Port Isaac.

We are now back to lean times with only two full time fishing boats working in Port Isaac, Tom and myself.

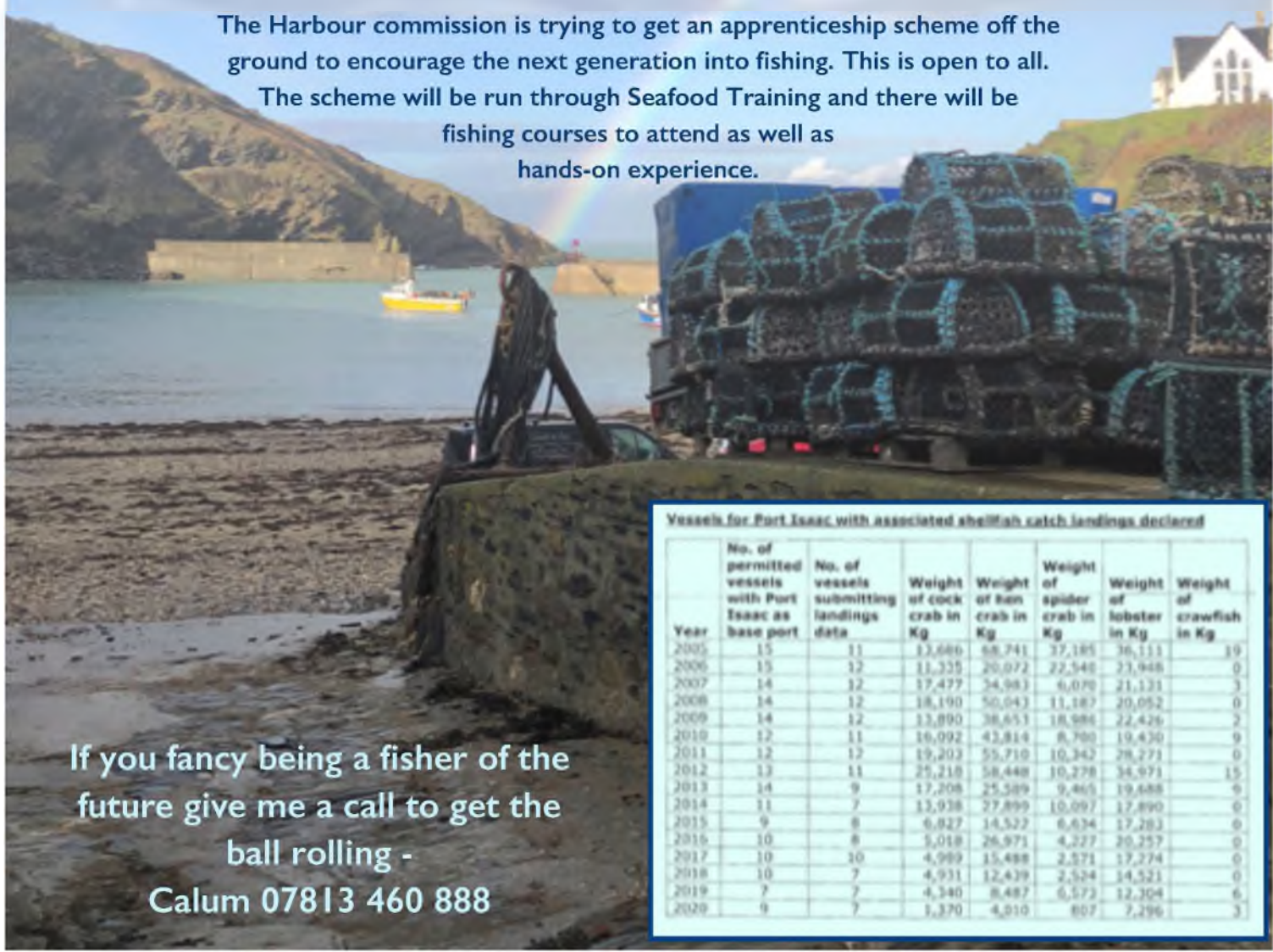
As you can see from the data sheet below, supplied by IFCA, the decline of crab catches is very dramatic over the last 6 years. A fall from 41,837 tonnes in 2014 to 5,380 tonnes in 2020 and 2021 was even worse. The spider crab stocks still seem in good health but there is no longer any demand in the export market which is also reflected in the numbers landed. The decline in crab stocks coincides with the large boats working the traditional inshore waters, worked for years by smaller inshore Port Isaac boats. It is comparable with a corner shop trying to compete when a Tesco opens up next door. The larger boats have played a significant part in the decline of the brown crab, but I am sure they have only speeded up the inevitable. The water temperature is increasing and we are seeing new species coming into our area. Global warming is having a direct impact on Port Isaac fishing.

The Harbour is going to struggle going into the future with only two boats to support the infrastructure. There is currently a large chunk of concrete that has come off the outside of the eastern breakwater. The harbour commission is getting a survey done with the view to it be repaired; the estimated cost is eye watering. If there are no commercial boats left in the Harbour there will be no one around to look after the infrastructure and it will be only a matter of time until the breakwaters fall in to disrepair and, with sea levels rising, the bottom of the village will be regularly flooded and become unsustainable and uninsurable.

I do believe if we can keep Global warming at bay we will have a future as a fishing port with new species filling the void, but it will take time. In the lean period the harbour and the remaining boats will need support from the village if it wants to have a Harbour in the future. The support needed will be moral support and help raising funds to keep the Harbour and fishing infrastructure in place for generations to come. Simple things like not parking in the way, asking see if we need a hand to lift up something heavy etc.

The Harbour commission is trying to get an apprenticeship scheme off the ground to encourage the next generation into fishing. This is open to all.

The scheme will be run through Seafood Training and there will be fishing courses to attend as well as hands-on experience.



Vessels for Port Isaac with associated shellfish catch landings declared

Year	No. of permitted vessels with Port Isaac as base port	No. of vessels submitting landings data	Weight of cock crab in Kg	Weight of hen crab in Kg	Weight of spider crab in Kg	Weight of lobster in Kg	Weight of crawfish in Kg
2005	15	11	13,660	68,741	37,185	36,111	19
2006	15	12	11,335	20,072	22,540	23,948	0
2007	14	12	17,477	34,983	6,070	21,131	3
2008	14	12	18,190	50,043	11,187	20,052	0
2009	14	12	13,890	38,653	18,986	22,426	2
2010	12	11	16,092	43,814	8,790	19,430	9
2011	12	12	19,203	55,710	10,342	28,271	0
2012	13	11	25,210	58,448	10,278	38,971	15
2013	14	9	17,208	23,289	9,465	19,688	9
2014	11	7	13,938	27,899	10,097	17,890	0
2015	9	8	6,827	14,522	6,634	17,263	0
2016	10	8	5,018	26,971	4,227	20,257	0
2017	10	10	4,989	15,488	2,371	17,274	0
2018	10	7	4,931	12,439	2,534	14,521	0
2019	7	7	4,340	8,487	6,573	12,304	6
2020	9	7	1,370	4,010	807	7,296	3

If you fancy being a fisher of the future give me a call to get the ball rolling -
Calum 07813 460 888

STOP PRESS ... looks like life is starting to get back to a bit of normality ... after having to cancel twice during lockdown

The Magnificent AKs

(those singing blokes from Ashton Keynes) are coming to sing with

Port Isaac's Gulls

on SATURDAY APRIL 23rd at 7.30pm in Port Isaac Village Hall

it will be a great evening of music and laughter and fundraising for Port Isaac RNLi - put the date in your diary now - full details next month



Thank you to everyone who came to our Christmas Coffee Morning. We are looking forward to welcoming you all back for our 2022 fundraising events. We hope you all enjoyed a mulled wine or two and that the children enjoyed their gift from Santa.

We are excited to announce that there is a new way of giving directly to Port Isaac RNLi via our touch screen donation pod at the lifeboat station.

We can't wait for the excitement that 2022 will hopefully bring and look forward to seeing our wonderful supporters soon.

Port Isaac RNLi are looking for volunteers to staff our new shop which is expected to be open soon. Full training will be given and hours will be very flexible to fit around the volunteers. For more information please call Liz Bolton 01208 880256.

Gig Rowing 'taster day'

Do you fancy having a go at rowing? Now's your chance!



We would be delighted to welcome you to join us!

When and where: 10am on Saturday 12th February at Port Isaac harbour.

What you'll learn: We'll explain to you the various elements of the gig itself and then run through a safety briefing, before launching for a taster row, guided by our experienced crew.

Timing: We expect the taster session to run throughout the morning, followed by light refreshments to celebrate a wonderful rowing experience. Please do allow at least a 2-3 hours, depending on numbers.

What to wear: Please wear old trainers you don't mind getting wet & sports kit.

Cost: £1 per person, to cover your insurance.

Weather: Don't worry if the sea is looking lumpy - we will have the option to practice in the harbour.

Contact: If you have any further questions, please do not hesitate to contact our Club Secretary Gail Morwood on 07768 753699.



St Endellion Parish Council

Contract & Maintenance Supervisor Report

Now that we've settled into 2022 storm Arwen and Barra, Christmas and New Year seem a long time ago. But they all feature in my report.

Storm Arwen and Barra were responsible for bringing down some sizeable branches in Port Gaverne valley and Postman's Walk. I asked A1 Tree Surgery to clear Port Gaverne valley, which they did within a few days and Phil Burnard and I cleared Postman's Walk. We donated the cut logs to a householder in the village. Ticking two boxes at once; getting rid of the wood and giving someone a load of free logs.

In Trewetha Lane a large Blackthorn trunk came down during storm Barra. It had previously been reported to Open Reach. This was mostly cleared by Cornwall Highways. However, they'd left some of the debris. Cones had been placed around the area. Despite my reporting again, that the rest of the vegetation is still in need of removal. Maybe by the time this goes to press they will have cleared it and removed the cones. Also, the hedges in Trewetha Lane and Back Hill have been cut and both these roads look so much better and wider!

Storm Arwen and the high tides were also responsible for creating a huge pot hole in the road at the top of the slipway, in front of the Lifeboat station. It was repaired within 48 hours of being reported to Cornwall Highways.

A few days after the stormy weather had subsided a main drain in Tintagel Terrace overflowed. It couldn't cope with the amount of storm water and effluent. The combined fluid ran half way down the road on Christmas Eve. A concerned resident called South West Water and me. A clean-up was required to get rid of the raw sewerage. Cornwall Highways were asked to clear the road drains to prevent a similar problem reoccurring. If there are any problems such as this that I can help with please let me know.

Over Christmas and New Year the cleaning schedule for the WCs in Port Isaac had gaps due in part to the number of Bank Holidays. I made sure they were in a clean and respectable condition. This is also the time when the regular cleaning team take some much deserved annual leave. After checking that the loos had been cleaned I had to inform the line manager of a distinct lack of actual cleaning by the stand-in guys. It seemed they were unable to mop the floors, restock the loo rolls or very much else! Where they failed to carry out the work I did it.

The play area had its monthly inspection. Nothing much needed, although I did clean off some graffiti in the pirate ship! While I'm writing this the two new pieces of play equipment are being installed. They're aimed at children of about seven years and older. One of the picnic tables had to be removed to fit the 'netscape' in, but that should be replaced before long. As part of the deal for the new equipment the company are providing a new basketball hoop and backboard. It had been impossible to purchase these items without the upright post and a fee for installing all of it. The post is perfectly fine and didn't need to be replaced. But it appears that the play equipment companies only want to provide the whole thing and install it too!

There's been more incidents of fly-tipping in the parish. This time a lot of beach rubbish was collected by members of the public (and me) after the two storms and piled up by the bins at Port Gaverne and Port Isaac. Technically, Biffa don't have to collect it unless it's reported to Cornwall Council first. But sometimes it's not what you know but who and the street cleaning team removed it. Another incident was something that looked like a computer monitor and other related items dumped along the roadside above Port Gaverne. The final one was near Port Quin. A load of builders rubbish; including plasterboard, broken mirrored glass, rubble and cardboard amongst other stuff. The cardboard revealed a name of the owner of two addresses! One in a neighbouring parish, the other in Greater London. Long story short the people responsible were alerted to the problem. The rubbish was removed in less than 24 hours after it was dumped.

At the beginning of December I attended a meeting with members of Tintagel Parish Council, County Councillors Carol Mould who represents St Endellion Parish Council as well as St Minver Highlands and Lowlands, and Dominic Fairman, St Teath. Along with our Chair, David Raynor. The purpose of the meeting was to exchange information on how the parishes manage the public toilets. There were valuable things to be learnt from how Tintagel and St Endellion run these facilities. Although, it would seem that Tintagel have a lot more issues to deal with than we do here. The members



from the other parishes were keen to know what other areas of the parish are in my remit. It might've given them food for thought to do something similar.

The two companies who are vying for the job to refurbish Roscarrock Hill WCs have both had site visits and gone away to come up with design ideas and costings.

It's been fun driving through Port Isaac in my little car and not have to worry too much about meeting other vehicles, when I visit Trelights or Port Quin. At Trelights there seems to have been at least two visits with the road sweeper, during December. Although, when I visited recently it looked like another visit should be due. Let's hope that it's been done by the time you get to read this. On one of my visits to Port Quin there was a stranded young seal. I called a friend of mine who is a volunteer with the British Divers Marine Life Rescue (BDMLR) who was able to get a team of other volunteers including a vet to assist in taking care of the seal. It was quite poorly, but I've been able to keep up to date on its progress at The Seal Sanctuary, in Gweek, and can report that 'Seagull's' doing very well and had recovered from lungworm. Incidentally, Port Isaac Rowing Club are supporting BDMLR as their chosen charity for 2022. This means that a percentage of all fundraising throughout the year will be presented to them next December.

The pinch-point at the top of Church Hill has sturdy rebound bollards that are in need of replacement. One is very badly split near the base. I had asked Cornwall Council Highways if this was possible. Their response was to fit four skinny bollards at the beginning of December. There

continued overleaf ...



Cornwall

Come and Join Our Team

To meet growing demand, we're recruiting volunteer advisers, trainers, admin workers and members to join our expanding team. Our volunteers are the bedrock of charity, which provides a lifeline for those who need help with debt, benefits, housing, employment and relationship issues. No experience is needed because you'll receive full training and professional back-up support. Find out more at citizensadvicecornwall.org.uk/volunteer-with-us/



Citizens Advice has been helping people find solutions to their problems for 83 years and the service has continued to evolve over time ever as people's needs have changed.

Originally established as a network of local organisations to help people through the maze of wartime regulations, the emphasis shifted to the introduction of the welfare state in the 40s and 50s. Today, Citizens Advice Cornwall provides a vital lifeline to many people with problems such as benefits, debt, employment, housing, relationship breakdowns, discrimination and consumer issues. The coronavirus outbreak has added another new challenge for many people and in the last year, we helped 9,000 people from across the county.

Our advice is free, independent and confidential – and we're non-political and non-religious. Our service is open to everyone regardless of race, class, income or background.

As a local charity we're embedded in the local community and rely on volunteers across the county as the backbone of our service. Volunteers come from all sectors of society and can help out by becoming frontline advisers, joining our fundraising team, working as admin assistants, becoming a trustee or working for our research and campaigns section. No previous experience is necessary for our volunteer roles because full and thorough training is provided.

Volunteer adviser, Chole, said: "What I enjoy most is the rewarding feeling that comes from helping someone find a way forward and knowing we've helped make a difference, no matter how big or small."

Another volunteer, Maureen, a retired TV studio technician, said: "For some people, Citizens Advice is the last port of call, so volunteers are needed and as well as knowing you've helped someone in some way, you'll also make great new friends."

As well as the main advice service, Citizens Advice also runs projects in Cornwall to help tackle some of the root causes of problems. These include advice programmes aimed specifically at people with mental health issues, victims of crime and domestic abuse and those at risk of homelessness and victims of loan sharks. We also run a specialist advice service for people with a cancer diagnosis with the Macmillan cancer charity.

Citizens Advice has also launched successful education schemes to improve people's financial health and awareness and improve their prospects in life. These include courses to help young, unemployed people understand budgeting and saving; helping vulnerable people with their energy costs and helping new tenants understand their rights and responsibilities when renting a home for the first time.

If you'd like to help others in your community as a volunteer, we'd love to hear from you. You can find further information on the available roles and training by visiting our website at www.citizensadvicecornwall.org.uk or emailing volunteer@citizensadvicecornwall.org.uk

If you need help or advice yourself please contact our team by texting the word ADVICE to 78866 and we'll call you back within 48 hours (excluding weekends) or you can call us on 0800-144-8848 Mon-Fri 10am-4pm.



I would like to say a huge thank you to Chris Lanyon and his team for such a fantastic Christmas Lights display around the village. Thanks also to everyone at Trewetha for their HUGE tree on the corner. This time it remained upright. A miracle, considering appalling wind and rain.

May I say it was a delight to see all the individual houses lit up too. It all brought such cheer to the village.

I thank you all and I hope 2022 is a better year in every respect to everyone.

Best wishes
Annie (Price)

... continued from previous page
was only one left standing by half way through the month! So, back to the drawing board!

I've been able to get out and walk some of the footpaths, but most are so muddy right now that it's not much fun and my dogs come back 'lagged' in mud! Apart from the mud and the fallen branches there's not much else to report.

I persuaded one of the street operatives employed by Biffa to use a leaf blower to clear Margaret's Lane and Meadowstile. I assisted him with the work, which felt fair and meant it was achieved more quickly, so that he could get back to being busy elsewhere! Both these cut-throughs need attention again. But he's promised to keep on top of the leaves building up, so he should be bringing the blower back soon.

During these last couple of months I've taken minutes for several meetings and while working from home contributed towards helping with other administrative items. Taking a little of the burden of work from our Parish Clerk. Oh, and I had some time off too!

There are two other small items in *Trio* this month that relate to my role for the Parish Council. One is regarding the omitted names for the War Memorial. Another reminder if you'd like to comment. The other is about wild flower seeds donated to the parish by Cornwall Council as part of Queen Elizabeth's Platinum Jubilee and how you can have some, should you so desire.

If you like to contact me about any parish issues my mobile number is: 07494 589 638 or email: clarejonsten@gmail.com

Epidemics - they're nothing new



Over the New Year I watched Professor Sir Jonathan Van-Tam give this year's Royal Institution Christmas Lecture. It was on viruses, how they spread, and how we can combat them (*available on BBC iPlayer for the rest of the year*). He had a number of guests to help him, which brought home how many people throughout the world are using their knowledge and expertise to mitigate the spread of the current Covid-19 pandemic. These include non-medical people like mechanical engineers studying the movement of gases to model how our coughs and sneezes are distributed in the air and the effects of improved ventilation, mathematicians who create accurate models of how diseases spread through populations, designers who are continually adapting masks to minimise transmission of viruses and, of course, people working on creating safe and effective vaccines. Spare a thought for our Victorian ancestors combating disease in an age before vaccines or antibiotics were available, and without the medical knowledge we take for granted nowadays.

The prevalence of disease in Port Isaac was well recorded in those times by the headmaster's regular reports on attendance at our old village school. Having been a child in infant and primary schools during the latter half of the 1950s, it struck me that his experiences were similar to my own, with diseases like measles, mumps, and rubella (*German measles*) commonplace. You may remember much discussion last year about the 'R number', where an R of 1 meant an infected person would likely infect one other person. Measles is incredibly infectious with an R of around 15. It is hardly surprising that a measles outbreak rapidly leads to 90% of those who were without immunity and sharing living space with an infected person end up catching the disease. Measles has the potential to lead to serious complications like blindness and more life-threatening complications such as pneumonia.

1884 School small - Many of the infants being at home with Measles, several of the older girls are remaining at home, besides which some of the younger children (at least 20) are from school (measles)

In the summer of 1884, a measles outbreak at the end of June reduced attendance, not only from those directly affected but also the older girls who were required at home to look after the sick children.

Close the School

Closing schools during epidemics is nothing new, as by 11th July, the medical advice was to shut the school at once. When it reconvened on 11th August, measles was still about but the worst was over, and the school could continue. Attendance was reported to be still very small, but this time the children were missing out on schooling to help with the harvest. This practice was presumably rife throughout rural England, and governments eventually bowed to the inevitable by adopting long school summer holidays to coincide with harvest time.

In 1886, there was an outbreak of Scarlet Fever, or Scarletina, which closed the school from 4th June to 12th July, when presumably it had abated, although it was still present in late August. This is a bacterial disease particularly affecting young children around 4 to 8 years old. Before the advent of antibiotics Scarlet Fever was most serious and could be fatal, although the headmaster reported no deaths at the school. Later that year, December brought Whooping Cough to weaken the children further. This is

an extremely debilitating disease, with severe uncontrollable coughing fits interspersed with a high-pitched 'whoop' as the child struggles to breathe in. This can last 6 to 8 weeks before it subsides. If you have experienced an annoying tickly cough for a couple of days, this was a cough orders of magnitude greater and lasting for a couple of months. Think of the great anguish and fear of a young mother having to watch her child go through this day after day in the knowledge there was nothing she could do. Even if she was able to afford to pay for a doctor (*most likely not*) there was little the doctor could offer other than sympathy. There was a further outbreak of Whooping Cough in April 1911 when the school was closed for three weeks, and more illness later that year as Diphtheria broke out in November. Diphtheria is a highly contagious disease which can be fatal. A serious outbreak of Diphtheria occurred in December 1917 when the Medical Officer of Health ordered the school closed in December. The whole school was disinfected in January but remained closed until February 1918.

Before the vaccine, last year's mantra to minimise spread of Covid-19 was 'Hands, Face and Space', and still good practice to follow. Even if these had been suggested in Victorian Port Isaac, they were not so easy to achieve. **Hands:** We are all used to running hot water, so washing hands is easy. How much more difficult if every drop had to be brought in from the local pump and needed heating first. Piped water didn't come to Port Isaac until the 1930s. **Face:** Outside of medical facilities, face masks, and their widespread use, were not common until recent times. **Space:** Our population has hardly changed over the last two centuries, but Victorian families were all crowded into the old village, so space was at a premium. In school, well over 200 pupils were then cramped into those few small classrooms.

Vaccines have had a dramatic effect on UK and the world's health. Before vaccines, a typical year would see some

continued overleaf ...

clean drinking water. The catastrophic effects of unsanitary water were well illustrated in the headmaster's reports from 1894 when typhoid struck Port Isaac. In February, the headmaster reported that parents were afraid to send their children to school and on 21st February one of his pupils, 14 year old Francis George Brewer, died. The following week there were seven cases in the village, three of which were schoolchildren. The medical authorities closed the school at once, not reopening until March 19th. On 15th March, a second boy had died, 9 year old James William Leathlean. The outbreak carried on through April and May, with parents still afraid to send their children to school.

The Royal Cornwall Gazette of 26th April 1894 reported on a meeting of the Bodmin Rural Sanitary Authority. The medical officer, Doctor Mudge, stated that analysis showed the well water was unfit for drinking purposes, and noted previous checks had condemned the water but the authority had not acted. The well was undoubtedly where the old pump in Middle Street – formerly Well Street - still stands. A proposal to site a temporary hospital in the village to make better provision for the sick had to be abandoned when inhabitants positively refused it, fearful of bringing more disease here. With the clarity of hindsight, it is all too easy to criticise such inaction or ignorance, but at the time the causes of disease were by no means universally acknowledged. In the Royal Cornwall Gazette of 24th May the chairman of the Sanitary Committee of Cornwall Council, Silvanus Trevail (*the architect who designed the old school*), reported ten cases of Typhoid in Port Isaac and backs up the medical officer's reports of 'bad and defective drainage and contaminated water supply' from his own experience when he inspected the village on 14th May.

The tragedy of childhood death was a common feature of Victorian life, and James William Leathlean's gravestone in St Endellion churchyard illustrates this all too well. James William's parents had six children between 1879 and 1893, and his gravestone records that their first son, Charles, died in 1884 aged 7 months, and daughter Jane died in 1891 aged 8 months. Their other two girls Elsie (1879-1942) and Florence (1888-1927) survived into adulthood, and their son Bartle born in 1893 won the Military Cross in 1918 for his actions in the Battle of the Canal Du Nord. In World War Two, this brave man continued his tradition of service to his fellow men by volunteering as an ARP Warden in Plymouth and was killed during an air raid there on 22nd April 1941.



We should count ourselves fortunate that we live in a developed country where rigorous science is applied against such formerly commonplace diseases, so their associated pain and misery is now rare, and we have free and effective medical care and attention readily available should they strike.

Malcolm Lee, Port Isaac Heritage



MERLIN MS CENTRE PRIMROSE HYDRO- THERAPY POOL RE-OPENS - AND IS AVAILABLE TO HIRE

Following a closure period, due to a combination of building issues; COVID restrictions; and to install a more efficient and eco-friendly energy system, the Merlin MS Centre's hydrotherapy pool has finally re-opened.

The charity, which provides therapies and support for people with long-term neurological conditions such as Multiple Sclerosis, Stroke, Chronic Fatigue Syndrome and Parkinson's, was donated £1 million from Lotto winner Peter Congdon which funded most of the project.

Sarah Snell, Centre Manager, said: "The closure has been prolonged due to COVID, but we are delighted that soon we will have a full timetable operating and can resume hydrotherapy services to our service users.

"We are also working in partnership with a local children's swim school which means we can share the running costs and they can utilise the facility outside of our own time-table," she added.

The Primrose hydrotherapy pool facility, alongside the main Centre, houses the 8mx4m pool which has a continuous depth of 1.2m; accessible equipment including an overhead hoist and pool dipper and disabled changing facilities.

Outside of the timetables operated by the charity and Little Flippers Swim Academy, the charity is now taking enquiries from organisations or individuals that wish to hire the pool. The cost of hiring the whole facility for up to one hour will be £50.

If anyone is interested they can complete and enquiry form by going to:

<https://tinyurl.com/bha4kc>

Or call the centre on 01726 885530

Upcoming events at St Endellion

Saturday 29th January, 7.30pm

Sound of the Sirens

£10

Exeter-based singer-songwriting duo, Abbe Martin & Hannah Wood, have honed their craft over the past decade, cementing themselves as firm favourites not only on the Westcountry scene, but nationally, and internationally too. Their instrumentation is vast and varied, including acoustic, high-strung and electric guitar, mandolin, bass drum, tambourine, snare drum, and piano.

Saturday 19th February, 7.30pm

**Jenny Dyson & Freddie Brown –
Flute and Piano Recital**

£10

Jenny studied at the Royal Northern College of Music under Richard Davis (Principle flute, BBC Philharmonic) and Joanne Boddington (Hallé). She has received many awards and was a finalist in the prestigious RNCM Gold Medal Soloist Competition in 2013. Cornwall-born Frederick Brown is a pianist, conductor and répétiteur. He trained at the University of Cambridge, the Royal Academy of Music and the National Opera Studio.

Saturday 26th February, 2pm

**Family show: Vinland by Jack Dean
& Company - pay what you decide**

Set sail with Freydis and her son Snorri on a Viking adventure imaginatively brought to life through storytelling, animation and music. Join them in this strange new land where they come face to face with ghosts, monsters and wild gooseberries. Vinland retells the incredible historical tale of the Vikings last journey to North America inspired by the Viking sagas of Erik the Red. To book a ticket in advance please book a free ticket online and bring cash on the day. Supported by Arts Council England & Artsdepot.

Tickets from www.endellionta.org.uk or on the door

Remembering



Margaret Emma Johnson

12th July 1936 - December 9th 2021

It is with great sadness that we announce that Margaret passed away unexpectedly on 9th December 2021.

Margaret was born and raised in Staffordshire. Her father sadly died when she was just three years old and after that she went to live on the farm with her mother, Auntie and Uncle. Here she enjoyed life, developing her love for animals and driving the tractor.

Margaret met Alf, her beloved husband, when they both attended a dance in Trentham Gardens. After that initial meeting they never looked back and twelve months later they were married. Sixty-five years later they were still married. Always together!

In 1961 their first son Philip was born, followed rather unexpectedly by Ian in 1970. Family was everything to mum of which she was very proud. She was an exceptional cook and her dinners, providing for several generations of the Johnson's were legendary.

Throughout her life she was always giving and helping both people and animals. She helped young and old and never shied away from volunteering her services.

Margaret loved being part of the community in Port Isaac, an active member of the Golden Circle and more recently the Community Cafe, knitting clothes for the children of Kosovo, helping out at the Port Isaac Playgroup, and raising money by selling books for Port Isaac RNLI.

Her values were bottomless and selfless and we will all miss her forever.

New challenges for St Peter's Church

At the end of January the North Cornwall Cluster of Churches will be without a resident Vicar when Rev Elizabeth Wild leaves. We are very fortunate to have three retired Vicars, Judith Pollinger, Corinne Tournay and Andrew Lewis, who with our Curate Geraldine Aston will continue to take all the regular services until a new Vicar is appointed.

December was a busy month at St Peter's. An enjoyable afternoon was held at Port Isaac School when all the children had the opportunity to make Christingles. It was a lovely sight to see over 60 children holding lighted Christingles and there was a sigh of relief from the adults when the candles were blown out. On Christmas Eve a Christingle Service was held with many of the children being of nursery age. They certainly enjoyed the sweets that were on the Christingles. Later that night we held our traditional Communion Service.

Members of the congregation and Port Isaac Heritage decorated several trees in the church and once more pictures of Elvis graced Francis Larkin's tree. It was our privilege again to have the Village Christmas tree in front of church. The Port Isaac Chorale sang at the Candlelit Carol Service and it was a pleasure to be warm due to the new heating system. Wine and refreshments were served after the service.

When Covid restrictions are lifted the Church hopes to run activities during the the day for the benefit of everyone and to finally make full use of our new refurbishment. We continue to work with Port Isaac Heritage and their exhibition certainly brings a lot of visitors to our lovely church.

Pat Pearson, Chapel Warden

Planning Applications

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

- i. PA21/05810, Saint Endellion Barn Port Isaac – erection of utility outbuilding. **OBJECT:** Members are not convinced that an outbuilding of such large dimensions is required to service the properties. This is not an agricultural tenure, therefore, the proposed building is development in the open countryside. Any outbuilding on the site would need to be conditioned that it remains solely for ancillary storage in perpetuity as the cluster dwellings are outside the settlement boundary as defined by the St Endellion NDP.
- ii. PA21/07472, 3 and 7-9 Middle Street Port Isaac – change of use to retail unit and residential space to guest accommodation. Replacement single-storey rear extension, works to roofs, windows and doors. **SUPPORT**
- iii. PA21/07473, 3 and 7-9 Middle Street Port Isaac – Listed Building Consent to retail residential space to guest accommodation. Replacement single-storey rear extension, works to roofs, windows and doors. **SUPPORT**
- iv. PA21/06285, The White House and Cottage 3 and 3A Roscarrock Hill Port Isaac – building of existing stone retaining walls and steps and retrospective consent to retain existing element previously constructed without consent. Fresh planning application received with the same number. **SUPPORT:** However members are explicit the stone used must mimic the colour of that which it is replacing ~~is~~ in ALL new sections of walling. The section of upright pitchers forming the retaining wall of the Listed Building Fern Cottage should utilise any recovered stone, supplemented by *Delabole quarry slate, natural faced building stone*, and mimic the upright pitchers pattern. Stone must be submitted for colour comparison for approval. For clarity, the stone must be dark blue or black to mimic the cliff face it is retaining, responding to the Port Isaac CAMP and Historic England Advice Note 3 in order to preserve and enhance the setting of these heritage assets
- v. PA21/06286, The White House and Cottage 3 And 3A Roscarrock Hill Port Isaac – Listed Building Consent for re-building of existing stone retaining walls and steps and retrospective consent to retain existing element previously constructed without consent. Fresh planning application received with same number. **AS [iv] ABOVE**
- vi. PA21/09929, Long Cross Hotel Trelights – conversion of existing Love Shack and Vinery into an annexe and existing Stable into Gym/Study. Remove the various C20th extensions and re-ordering with new single-storey extension to form Basement under terrace and rear dining room. Construction of 2No. detached garages with associated landscaping and swimming pool. **SUPPORT**
- vii. PA21/10862, Westaway Road from Long Cross to The Barton Trelights – replacement of existing conservatory with single storey extension including internal reconfiguration. **SUPPORT**
- viii. PA21/11248, Orcades Port Gaverne Port Isaac – Certificate of lawfulness for proposed use: Erection of a dwelling as permitted under PA19/09377 dated 10th January 2020. **NO COMMENT**
- ix. PA21/12177, Long Cross Hotel Trelights – works to trees subject to a tree preservation order for the removal of one limb on Sycamore trees T1 and T2 and the removal of a small diameter of branches from T4 Beech. NOTE – Members **RESOLVED** to support this application via email
- x. PA21/11710, Westaway Road from Long Cross to The Barton Trelights – conversion of existing barn to holiday let, including small extension to residential curtilage to provide additional parking space. This previously underdeveloped site, a former slaughterhouse, lies outside Trelights settlement boundary and is therefore subject to NDP Policy 1, 3, and CLP Policy 7, Housing in the Open Countryside. Members debated premise of

the economic benefit the applicants propose with reference to NDP Policy 10, and found the policy wanting in support. Policy 11 refers to fully catered accommodation, therefore does not apply. The clear separation of the dwelling from it host asserts the proposal as an open market dwelling, subject to NDP Policy 3, Principal Residency. Members unanimously **RESOLVED** to recommend **REFUSAL** with reference to NDP Policies 1, 3, and CLP Policy 7.

- xi. PA21/12017, 20 Dolphin Street Port Isaac – Listed Building Consent to replace existing roof slates with existing slate where possible and new slates where necessary - like for like. **SUPPORT**
- xii. PA21/12407, The Rectory Road From Long Cross To St Endellion Road – works to trees subject to a Tree Preservation Order, works to include: very light pruning of lower branches of T1 Holm Oak (evergreen oak); light pruning to overhanging branches of T6 Mature Ash; and light pruning of branches of T1 Holm Oak. **SUPPORT**

Other Planning Matters – information only.

- i. *Social Housing* – Members **RESOLVED** to contribute £200 towards Management Liability package for CLT Members.
- ii. *Planning Appeal* – PA20/09912, Land At Bodieve – outline application for residential development including access of up to 245 new homes (to include 30% affordable homes), new relief road from Ball Roundabout to B3314, new public open space (including play area and community orchard and cycle path/amenity walkway), extensive new tree planting and new habitat creation (including 1.75ha. of new woodland planting and 0.25ha of new wildlife ponds). Cllr. Williams will draw up an appeal statement
- iii. *Withdrawn Planning Application* – PA21/09246, Land S of 2 Overcliff Port Isaac – proposed holiday accommodation unit

Planning Applications Approved by CC – information only.

- i. PA21/04363, 36 New Road Port Isaac – Variation of Condition 2 (approved plans) of Application No. PA19/06645 dated 15 January 2020 (Demolition of dwelling and replacement with new dwelling).
- ii. PA21/07379, 7 Silvershell View Port Isaac – proposed remodelling of interior and extension
- iii. PA21/09675, Sea Glass Port Gaverne – Variation of Condition 2 (approved plans) of Application No. PA20/03092 dated 2nd June 2020 (Roof extension over garage to first and second floor to include rear flat roof dormer and two traditional pitched dormers to front. Construction of new access steps to rear terrace).
- iv. PA21/06026, White House Cottage 3A Roscarrock Hill Port Isaac – two-storey extension to the rear of the property with glazed link between the existing summer room and dwelling (Revision to previously approved planning application PA19/09978) footprint made larger
- v. PA21/08420, White House Cottage 3A Roscarrock Hill Port Isaac – Listed Building Consent for a two-storey extension to the rear of the property with glazed link between the existing summer room and dwelling (Revision to previously approved planning application PA19/09978).
- vi. PA21/09869, Glendale Trelights – erection of a new 1-bedroom dwelling on the land adjacent to Glendale Cottage and provision of 1 no. car parking space to Glendale Cottage
- vii. PA21/06286, The White House and Cottage 3 And 3A Roscarrock Hill Port Isaac – Listed Building

continued opposite ...

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Consent for re-building of existing stone retaining walls and steps and retrospective consent to retain existing element previously constructed without consent

- viii. PA21/07472, 3 and 7-9 Middle Street Port Isaac – change of use to retail unit and residential space to guest accommodation. Replacement single-storey rear extension, works to roofs, windows and doors
- ix. PA21/07473, 3 and 7-9 Middle Street Port Isaac – Listed Building Consent to retail residential space to guest accommodation. Replacement single-storey rear extension, works to roofs, windows and doors
- x. PA21/08617, 53A Fore Street Port Isaac – Certificate of Lawful Development for an existing use of 53A Fore Street as a separate unit of residential occupation
- xi. PA21/09929, Long Cross Hotel Trelights – conversion of existing Love Shack and Vinery into an annexe and existing Stable into Gym/Study. Remove the various C20th extensions and re-ordering with new single-storey extension to form Basement under terrace and rear dining room. Construction of 2No. detached garages with associated landscaping and swimming pool
- xii. PA21/10132, Waituna 31 Trewetha Lane Port Isaac – formation of a vehicular access and associated works

Residents Parking

- i. Access to decorative gravel area – Cllr. Penny reported further information on the scheme had been provided to those who had expressed an interest.
- ii. Unused Pavement Outside No.9 Hartland Road + Separate Area – Cllr. Penny had provided addresses of householders affected by the proposals and the Clerk to contact them for their views.
- iii. Progress Report – Mr Knuckey, Highways advised:
 - We have informed the Cornwall Council asset team, the highway manager and the local member what the parish have chosen to carry forward. We have not received any responses that indicate any concerns at this stage. We will consult further with these parties as the scheme progresses.
 - We have ordered the topographical survey and we expect this to be carried out in January. Once we have this we will be to start on our preliminary designs.

Miscellaneous Items

- i. *Seaweed Farm* – Members agreed the Clerk should write to Penmayn Ltd. and suggest they contact the Harbour Commissioners who represent the Fishermen of PI; also to ask if there would be any benefit to Port Isaac maybe further employment etc. In their response Penmayn Ltd. advised they are consulting local fishermen and the Harbour Commissioners.
- ii. *Trelights Village Green (TVG)* – Statutory Declarations had been provided to Mr Daniel Sproull by Messrs Malcolm Lee and David Phelps. It is anticipated that these will be submitted to the Land Registry shortly
- iii. *30mph Signs, Trelights* – to be installed shortly.
- iv. *Grant* – Members agreed, in principle, to make a grant to Port Isaac village hall towards the cost of a new roof. A proposal to make a grant of £5K with an interest free loan of £10K to assist the Hall's was approved at the budget setting meeting.
- v. *Bullying and Harassment Statement* – Members resolved to adopt the Civility and Respect Working Group's suggested wording. A copy can be found on the PC's website.
- vi. *2022/23 Budget* – Members agreed their budgetary needs for the coming financial year and resolved that the precept would remain unchanged at £28,500.

The Parish Council has returned to Face-to-Face meetings and members of the public are invited to attend, however, numbers will be limited and anyone wishing to meet with Members should Contact the Clerk by Noon on 14th February 2022.

Gillian Thompson
Parish Clerk / RFO

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

Councillor Cleave reported that the land owners will not allow the Parish Council to remove the remains of the wall blocking the last 50 metres of the left hand verge along the roadway leading to Trewetha Farm from Port Isaac.

This causes people walking to or from Trewetha having to cross at the bend in the road. The most dangerous point. The Council are looking for any alternative solution, if any one can help please contact the Clerk.

War Memorial - Omitted Names

November and December *Trio* included pieces asking for comments regarding the omitted names of those who were in service for their country and lost their lives, to be added to the parish War Memorial.

There's plenty of time to share your thoughts about this project. This is a reminder that you can do just that; share your thoughts, opinions or ideas.

The missing men's names are:

First World War: Thomas CHADBAND, Alfred WHITE

Second World War: John Noel CARTER, Marshall Bailey COLLINGS, Douglas GENDERS, Henry Joshua Kingstone GENDERS, Hubert MITCHELL, John (Jack) Hamilton THOMAS

If you'd like to contact me with your thoughts please do; my email address is: clarejonsten@gmail.com, mobile: 07494 589 638 and my address is 26 Tintagel Terrace, Port Isaac PL29 3SE.

Clare Jon
(Contract & Maintenance Supervisor - St Endellion PC)



St Endellion Parish Council would like to remind homeowners and landowners to make sure any trees or hedges are trimmed back prior to 1st March and the bird nesting season.

Working in partnership with landowners, and particularly the farming community, is vital in ensuring a safe and accessible highway network while safeguarding important habitats.

Mr & Mrs L go healthy

WELL WELCOME TO 2022

After the obligatory over indulgence of the festive season the new year always starts off with good intentions and promises and in our house is no different. So once the snack box has been emptied of all treats we start the healthy eating stage.

Here are a couple of recipes to give you a taster.

A great alternative to starchy toast are these light

Cheese & Chive muffins

they keep in the fridge for a couple of days in an airtight container and benefit from a few seconds in the microwave to help bring out the flavour and brilliant with a side of wilted spinach

makes 6 muffins

115g ground almonds
½ tsp bicarbonate of soda
2 medium eggs
50ml milk
1 tsp fresh lemon juice
50g grated cheddar
5-10g fresh chives, finely chopped
25g pine nuts

Method

Preheat oven 200°c/fan and line a muffin tray with 6 muffin cases.

Mix ground almonds, bicarbonate of soda in a large bowl with generous pinch of salt and plenty ground black pepper making sure evenly combined.

Add remaining ingredients and mix well.

Spoon mixture into muffin cases and bake for 15mins or until golden and risen.

these muffins freeze well and don't take long to defrost - mmmm

Sesame crusted Chicken Kiev

serves 2

2 skinless, boneless chicken thighs
3 tbsp sesame seeds
2 tbsp garlic Boursin (soft cheese)
1½ tbsp olive oil
½ lemon, sliced in half

Method

Preheat oven to 200°c/fan and line a baking sheet with parchment paper

Place chicken thighs between 2 pieces of on stick baking paper and bash with a rolling pin until they are half their thickness.

Divide Boursin between the thigh meat spreading it over one half of each piece. Season with salt and ground black pepper, then fold chicken in half to cover Boursin and press the edges to seal.

Tip sesame seeds onto a plate and dip each thigh into them ensuring both sides are covered.

Place oil in a non stick frying pan over a medium heat. When hot add chicken and fry for 2 minutes on each side or until golden. Transfer to the baking sheet and roast for 25 mins.

Garnish with lemon wedge and serve with steamed veg or a mixed salad.



Healthy Mac N Cheese with chicken and kale

Yes, it is the New Year and the weight loss struggle has begun again and I am already bored with the healthy choices. This one is trying to give you a creamy texture without all the calories. If you are at the stage where you need more flavour, add some chilli flakes.

2 tsp olive oil
1lb boneless chicken cut into bitesize pieces
Pinch of salt
Pinch of pepper
1 cup of semi skimmed milk
1 small onion finely chopped
1 bay leaf
3 cups of baby Kale (you can leave this out if it's a step too far I would add sweetcorn to get children to eat it)
2 cups of chicken stock
10oz butternut squash, peeled and cut into small chunks
2 teaspoon mustard powder
1¼ cup strong cheddar cheese
2¼ cup wholewheat elbow macaroni

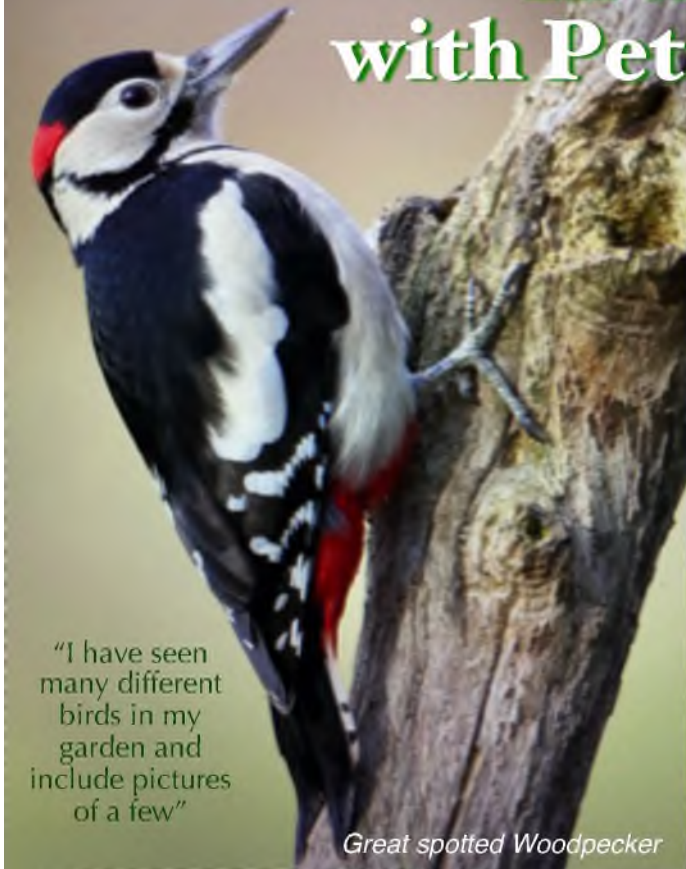
Put the chunks of butternut squash on a baking tray and bake in the oven for 20 minutes until just beginning to colour. Mash or liquidise ¾ of the butternut keeping back some chunks for later.

Heat the oil in a large pan set over a medium heat. When the pan is hot add the olive oil and the chicken seasoned with the salt and pepper and cook for 2 minutes. Add the onions, stir and continue to cook until the chicken is no longer pink in the centre (should be about 3 minutes depending on how big your bitesize is). Transfer to a bowl.

Add the stock, milk, liquid squash, mustard and bay leaf to the saucepan and bring to the boil over a medium-high heat. Add the pasta and stir, cover, reduce the heat to low and cook for 6 minutes stirring once. Fold in the chicken/onion mix, the butternut chunks and kale, cover and cook until the kale has wilted (about 2 minutes). Remove from the heat and stir the cheese into the pasta and serve immediately.

It is a bit fatty but would make a nice weekend dinner when you have the time and you will feel a bit healthier for not having a really heavy cheese sauce.

In the garden with Pete the gardener



"I have seen many different birds in my garden and include pictures of a few"

Great spotted Woodpecker

Coal tit

Jobs to do in February

A garden and greenhouse tidy up at this stage of the year can make a huge difference to pest and disease problems later in the year. Choose a mild day and clear out all unnecessary items, ie old flowerpots, seed trays, general rubbish etc out of the greenhouse, give it a good sweep, mildly disinfect all staging and wipe all glazing. In the garden, give a quick check and remove dead and damaged plants.

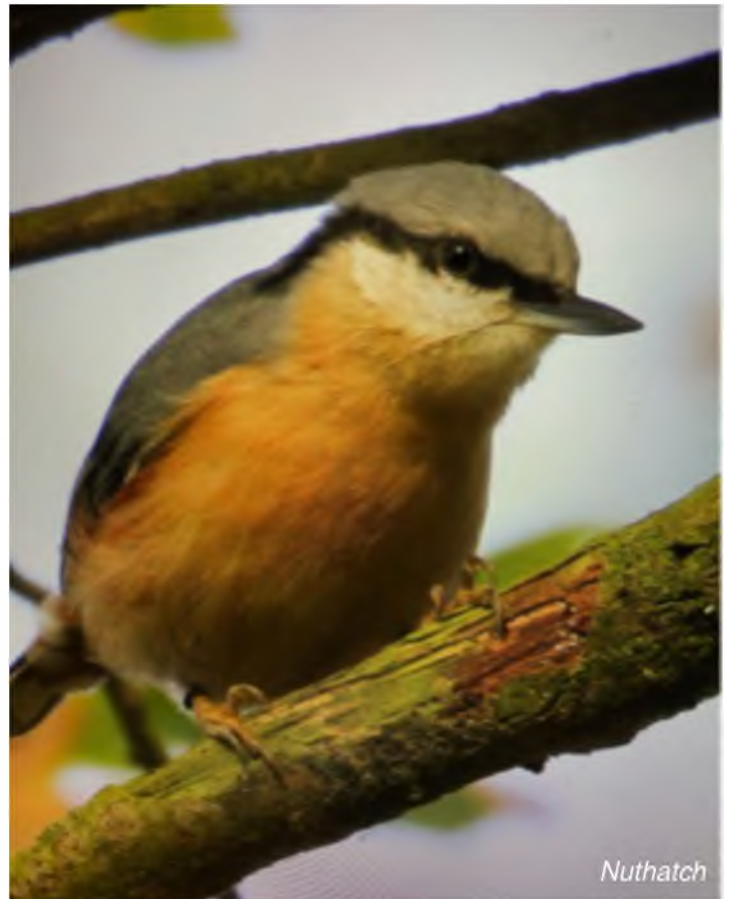
Did you know?

Robins and Wrens prefer their nest box placed 1.5 to 2 metres from ground level surrounded by foliage (but with a clear entrance to the nest), whilst Sparrows and tits prefer theirs a little bit more open and placed 2-4 metres high.

If you have long established clumps of snowdrops that no longer flower profusely, they would benefit from being split and replanted in smaller clumps to other areas of the garden.



Continue to keep garden birds well fed and put up bird boxes. It may be too early for nesting, but boxes put up now are more likely to be used later in the year (small birds especially can be on the housing market lookout even as late as May and June) and in the meantime could be used as roosting places that will provide some protection from the bitter cold. Position them well out of the way of cats and other predators, in a sheltered spot ideally facing north east (they are less likely to get too hot later in the year). It is also a good idea to tilt the box slightly forward to keep the worst of the rain out.



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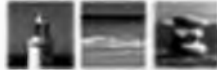
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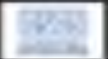


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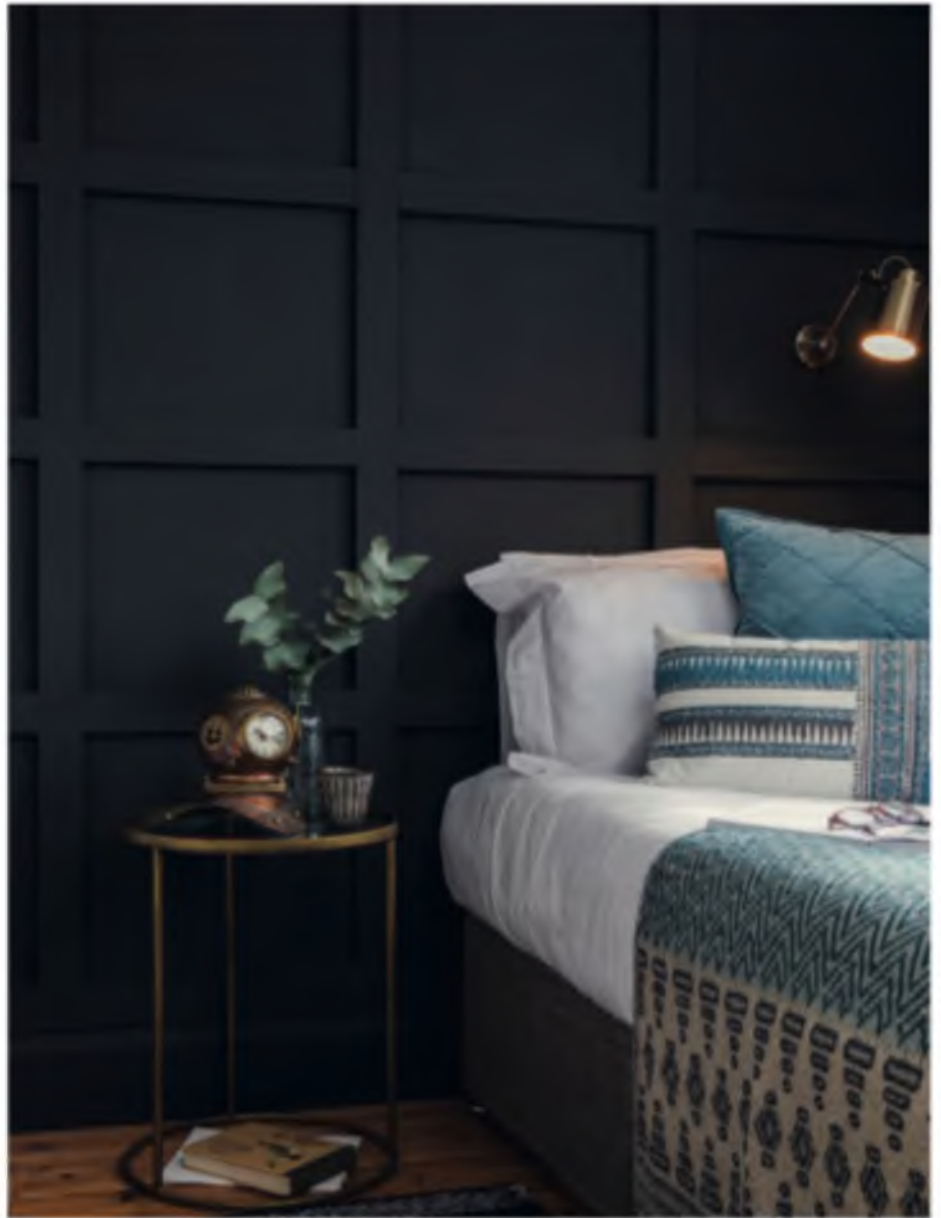
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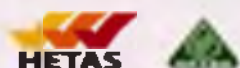
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Sound of the Sirens at St Endellion - 7.30pm

Wednesday February 2nd

Community Cafe in the Village Hall - 10am-12noon

Wednesday February 9th

Community Cafe in the Village Hall - 10am-12noon

Thursday February 10th

Community Cafe Soup & Sweet Lunch -
12.30pm - everybody welcome

Saturday February 12th

Port Isaac Rowing Club's Gig Taster Day from
the beach - 10am

Wednesday February 16th

Community Cafe in the Village Hall - 10am-12noon

Saturday February 19th

Jenny Dyson & Freddie Brown flute & piano recital
at St Endellion - 7.30pm

Wednesday February 23rd

Community Cafe in the Village Hall - 10am-12noon

Saturday February 26th

Family show - Vinland by Jack Dean & Company at St
Endellion - 2pm

Thursday March 17th

Community Cafe Soup & Sweet Lunch -
12.30pm - everybody welcome

Monday February 21st

COPY DATE FOR THE MARCH TRIO

Thursday March 24th

COPY DATE FOR THE APRIL TRIO

Sunday April 17th

Port Isaac Community Artisan Market on the hard
standing at the playing field

Wednesday April 20th

COPY DATE FOR THE MAY TRIO

Saturday April 23rd

The Magnificent AKs and Port Isaac Gulls in Port
Isaac Village Hall

Tuesday May 24th

COPY DATE FOR THE JUNE TRIO

Sunday May 29th

Port Isaac Community Artisan Market on the hard
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Thursday June 2nd

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Sunday June 5th

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July 24th-29th

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