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This month's front photo: Paul Fisher

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CHRIS RICKETTS AND THE PORT ISAAC GULLS

covers, folk, rock, shanties, 1950s to the present day

FRIDAY APRIL 11TH PORT ISAAC VILLAGE HALL DOORS 7PM FOR 7.30PM START TICKETS £8 EACH

Community Cafe every Wednesday morning, 10am-12noon

Soup & Sweet Lunches Thursday April 10th & Thursday April 24th THESE WILL BE THE LAST LUNCHES UNTIL OCTOBER EVERYBODY WELCOME

The Village Hall Summer Sessions LIVE MUSIC, BAR & BBQ

*Tuesday July 29th, Tuesday August 5th, 12th, 19th & 26th and Tuesday September 2nd … watch this space

PORT ISAAC VILLAGE HALL NEWS Who knew we were such a village of skittlers!

What a great event our Curry & Skittles night was. So in the words of our gal on the mic, "Woop Woop!!" And the winners were:

Winning Team: The Rose Hill Rabble, namely Chris, Terry, Viv & Rob

Winning Man: Miles (and Paula actually said he was always her best man!)

Winning Woman: Tara Winning Child: Charley

But you didn't have to be a winner to enjoy the night. We got lots of compliments about the food, all homemade by Sharon, Dee and Cheryl. And lots of compliments about the Skittles so it looks like its going to be annual "thing' on our Village Hall Calendar.

This month's Village Hall fundraiser is our Annual Easter Bingo on Tuesday April 22nd. As always its cash prizes so come along and try your luck. Plus a chance to take home our fabulous hamper in the raffle. As well as the chance to win it is always a very funny evening!

Saturday May 17th sees the Village Hall Quiz. Another event that will be a lot of fun! You can have six members in your team and it will be £5 a person - full details in the May Trio. In the meantime, start thinking about who your cleverest friends are and get them on your team before someone else snaps them up.

PORT ISAAC VILLAGE HALL AGM TUESDAY MAY 13TH 2025 5.30PM **EVERYONE WELCOME**







Being dropped off at the Treore turning on a crisp February morning at 8 o'clock is invigorating to say the least. As I start my walk I leave behind the sound of the early morning traffic and am welcomed into the countryside by the noise of the crows. It is so peaceful out here and all I can hear is the crunching of my shoes on the frosty road and the distant engine noise of a tractor in the field.

Along the roadside I spot some water runoffs, a couple being built with the use of breeze blocks and then there's a couple that are a lot older and have-actually got style to them, looking like whoever built them took a lot of pride in their work.

The walk down the lane takes me past the farm and down towards the farmhouse and as I walk round the corner I'm greeted by an unspoilt view of Port Isaac Bay with no sight of the village or Tintagel, just a wonderful expanse of blue water shimmering in the early morning sunshine.

It is only a 15 minute walk into Port Isaac but you feel like you're in the middle of nowhere with only the sounds of the countryside and of course the smells that wrap around you. I don't know when the road down into Port Isaac was built, but there are so many natural cambers that when you're walking, you can be almost dragged into them if you're not paying attention.

The walk along the road brings the odd toot from the work vans followed by a hearty "OI OI" from the boys as they start their day. As we enter Port Gaverne I am automatically drawn onto the Main to walk down to Castle Rock and just stand and admire our beautiful coastline. I feel extremely inconsequential as I stand alone on a little piece of rock looking out at the great expanse of water.

Then, as I trudge through the mud to get towards the beach, along the tracks which would've been there forever, I look up at the ghost hotel which stands prominent. Final push up the hill which joins both ports is made that little bit easier as I know that there will be a nice coffee or hot chocolate waiting to take the chill off my bones at the Cornish Cove.

A very happy walker

Port Isaac Rowing Club News



"we row as one"

Our racing season is well underway! We kicked things off at the 3 Rivers Race in Saltash, a gruelling 10km course where our crews put in a fantastic effort against tough competition. We've also been competing in the Roadford Lake Winter League, keeping our crews race-fit and ready for the Summer season ahead.

Closer to home, we're hosting an **Easter Cake Sale on the Platt** – Saturday April 19th, 2-4pm. Come along for delicious treats and support the club!

Save the Date! Our Port Isaac Rowing Club Regatta is set for Saturday July 6th at Port Gaverne – a highlight of the summer with thrilling racing and a great atmosphere.

You can also support us by buying tickets for our **Grand Raffle**, packed with amazing prizes! Every ticket helps keep our club rowing strong.



10 Year Service Celebration

February marked a special occasion for one of the trustees at Concern Wadebridge at The John Betjeman Centre.

Marion Larkin has dedicated 10 years as a trustee for the charity, as well as volunteering for many more. Her loyalty and her work were thanked with flowers and a card.

Centre Manager Emma Burt said: "Marion has seen many changes over the last decade but is always a kind and supportive role model to the staff and volunteers. Thank you, Marion, for all you do!"

> Marion Larkin with Chairman Elliot Osbourne





We will be meeting in April to plan our events for 2025.

Last year they included several evening talks with Malcolm, two film nights watching local old movie footage and an open weekend with a knotting workshop, which was very popular, and our own version of the Rivoli Cinema!

Already this year, due to popular demand, we have updated our award-winning book, *A Taste of Port Isaac,* first printed in 2012. Sitting alongside all of the original recipes and yarns, because they were too good to leave out, are lots of new recipes and the stories behind them. We have everything crossed that this will be for sale in *The Pottery, Secrets* and *Trevathan Farm Shop* at Easter.

Plus we have plans for some new publications during the year.

So do come along and join us on Monday April 7th at 7.30pm in the Village Hall. And of course there will be tea and cake and lots of chat!

> Our 62 Club winners

March 2025 FIRST PRIZE OF £31 ticket no: 46 Marion Larkin

SECOND PRIZE OF £20 ticket no: 20 Cheryl Kearney

THIRD PRIZE OF £11 ticket no: 17 Paula Mably

Daweland Annual Charity Tractor Run in aid of Royal Agricultural Benevolent Institution (RABI)



Sunday April 13th Arrive Pennant 9am for 9.30am*ish* departure. Route to be confirmed. £10 per tractor entry. Half way stop for cream teas at Blakes, Kiero Farm, St Minver.

Return journey passing through Port Isaac 2.30pmish

Finishing up back at Pennant for burger van and raffle. All welcome to come to Pennant and see the tractors, join in with the raffle and have a bite to eat.

Cash advisable for cream teas and burger van.

Many thanks, The Dawe Family

TWO BAYS TRUST



We are thrilled with the progress of the construction of the Two Bays Trust Coastal Centre @Trevathan Farm.

Thanks to Gavin, the interior conversion is well under way, and special mention must go to Guy from Beau Sala, who answered the call for help with the decking and has performed miracles!

We are looking forward to cladding the outside of the container, and building a large 'green' roof, any help with this would be gratefully received.

The Two Bays Trust is a new mental health and wellbeing charity hosting coastal conservation and other activities for the benefit of people and the environment. This action has become known as "Blue Health", with community projects such as Two Bays being integral to delivering preventative and ongoing mental health and wellbeing support. Practical working in the coastal environment can be particularly successful in relieving feelings of anxiety, stress and social isolation.

Website: www.twobays.org

Contact: hello@twobays.org

CORRECTION: In the March issue we announced the Two Bays Voluntary Marine Conservation Area. Following concern from fishers and other marine businesses, we have shelved this proposed designation. This does not affect any activities carried out by the Two Bays Trust. We apologise unreservedly for any distress caused.



Greetings all

The funeral of dear Liz Rowe on February 27th was a sad day but also a celebration of a life so well lived by a wonderful human being. Many people from Port Isaac and the surrounding area attended the funeral at Bodmin Crematorium and the wake at Trevathan Farm, include members of the Port Isaac Chorale and fellow musicians from the many groups which Liz was involved in. Here we was able to share with others happy memories of our colleague and friend.

A reminder there will be a memorial service for Liz on Friday May 16th at St Endellion Church. The Chorale will be singing a number of Liz's favourite pieces along with performances by *Atlantic Strings* and the *Simply Awful Symphonia*.

On March 6th the Chorale competed in the Large Mixed Choir Competition section of the Wadebridge Festival of Music. Yet again, Janet Townsend led us to victory and we retained the cup from last year. It was also good news for Wadebridge Male Voice Choir who won their section. So good news all round for our local choirs.

I will give dates of future concerts in the next *Trio* and on the *What's on* page.

Best wishes to all



52nd St Endellion Easter Festival April 12th-April 20th

for booking enquiries or ticket info contact <u>tickets@endellionfestivals.org.uk</u> or call Janet Morley on 07564 232390

LOOK GROUPS

A FUN AND INFORMAL WAY TO MEET NEW PEOPLE AND TALK ABOUT ART, ARTISTS AND IDEAS

You don't need any knowledge of art to get involved and enjoy exhibitions and events. Your local Look Group is open to new members.

Port Isaac 'Talks and Trips'

Meets in both Port Isaac Village Hall and St Endellion Hall. It is linked to Tate St Ives through their **Look Group** programme initiated in 2009. This enables Cornwall-based Look Groups to connect with each other and enjoy regular visits to exhibitions and special events and activities - <u>tate.org.uk</u> For a fee of £5 and proof of your local address you have access to a locals pass which also gives you admission to other exhibitions in the future.

The **Port Isaac Group** meets regularly and its aim is to invite speakers to talk about their specialist subject and connect with current exhibitions both locally and nationally.

TALK - April 3rd, 7pm in Port Isaac Village Hall OLIVE MAGGS

Lee Miller: Surrealist

CORNWALL

OPEN

TUDIOS

Vogue model, Surrealist, Photographer, War Correspondent, Gourmet Cook, focus of the recent film 'LEE' and a 20th century artistic giant.

Unaware of his mother's great achievements until her death, Olive Maggs, freelance art historian, recounts her first meetings with Lee's son, Anthony Penrose, to celebrate this great woman artist.



Plus on April 8th at 7pm the Lee Miller film will be shown in the Hall



Open Studios

'An artist's studio is an intimate space or room, a place where art is born ...'

This talk will look at studios past and present.

With the annual opening of the Cornwall Open Studios 2025, this talk is well timed as Caroline will share the history and relevance of this event whilst also sharing the importance of her studio and what influences her work.

Catalogues for all the Open Studios in Cornwall will be available at the talk.

TALK - June 12th, 7pm in Port Isaac Village Hall RUTH PROUDFOOT OP ART

JP ART

Alan

During. this talk we will look at what the term 'Op Art' means. We will trace examples thoughout the ages, considering things like Egyptian art and textile banners, all precursors of the later movements. It will show a. range of artists work, illustraing how they excelled in 'tricking' the viewers brain in different ways. The use of perspective and drawn rules will be considered, using the work of Hogarth, Escher and the optical artists Bridget Riley and Victor Vasarely. It will also touch on

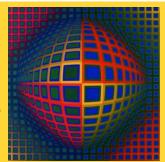


Image: Victor Vasarely, Vega Nor 1969 Albrigh

the style Trompe-l'oeil "to deceive the eye", a similar art historical tradition which fools the viewer and is often seen in street art nowadays.

To find out more information or be added to our What'sApp group please contact Carolin Cleave 07966 501156



Thursday April 17_{th} **Port Isaac Village Hall - 7**_{pm}

Bar and Refreshments by invitation of Sharp's Brewery and the Port Isaac RNLI committee

The presentation of the Accounts and the Election of Officers will be followed by our guest speaker giving an extremely interesting talk about the security of our UK waters

ALL WELCOME



Volunteers wanted to join our RNLI Shop Crew in Port Isaac and support this amazing charity in our community Flexible hours and full training given. Interested? Please call into the shop for an application form or contact Julia-newland@outlook.com.

Port Isaac RNLI

with White Goose

SPRING

FASHION SHOW

Thursday April 24th

PORT ISAAC VILLAGE HALL

TICKETS £12 - includes a

glass of Prosecco

available from RNLI Shop,

Secrets or on the door

RNLI DIARY DATES

Easter Sunday April 20th -Bacon Baps in the Boathouse and meet the crew - 10.30am-12.30pm

Sunday June 8th - RNLI Service on the Platt -12.30pm

Friday June 20th - RNLI Golf Day at Bowood

Sunday August 10th -Lifeboat Larks on and around the Platt and beach

Saturday October 11th -Murder Mystery Evening

Saturday November 29th RNLI Christmas Market in the Village Hall



We're incredibly proud that Port Isaac RNLI were represented at this year's Women in Search and Rescue (SAR) Training Week at the RNLI College in Poole.

While this event is designed to bring together women from across the RNLI, this year Richard Hambly had the unique opportunity to attend on behalf of our station. With so many female volunteers that include crew, shore crew, committee and shop volunteers at Port Isaac RNLI, he was keen to take part, learn as much as possible, and bring back valuable insights to support and empower our team.

The course involved Sea Survival Pool training, afloat exercises on both inshore and allweather lifeboats, shore-based training, and various workshops, all designed to help improve skills, share experiences and build connections in the SAR community.

The RNLI is committed to creating opportunities for women in maritime, and we're looking forward to hearing all of the feedback to help ensure our female volunteers have the best training and support possible.

BAR

OPEN

FPM

HANDS ON HOOKS FUN PALACE

Spring has definitely sprung in Port Isaac and wandering, perhaps through Pine Awn or maybe down the Valley Path or just along Port Isaac Bay, you may have come upon the hosts of golden daffodils fluttering in our strong Port Isaac breeze. In this spirit, HoH have continued creating an array of multi coloured daffodils ready to bring our Port Isaac Community Spring Garland to life. We're sure you'll agree that the variety of combinations of yellows, oranges, white and cream create a vivid array of natural springtime blooms.

When we met at the Golden Lion last month, we put together the first part of our garland, which was a bit of trial and error as not one of us was an expert florist - perhaps we ought to plan a floristry skill-share. Anyway, it seemed to turn out quite well and all daffodils remained in place when we held it up. When the garland is finished, we hope to have a 30 metre display, which will give pleasure to everyone who sees it.

Our next skill-share on Thursday April 17th, 2-4pm in the Village Hall will be a little bit different. Everyone is welcome to drop in and be inspired by the floral display at our Afternoon Tea, where the Port Isaac Community Spring Garland will be complemented by a garland handmade by the children of Port Isaac School, the daffodil wreaths made at the Wednesday Community Café and many artistic interpretations of daffodils. There will be a delicious spread of homemade tea-time treats, a raffle and an opportunity to make a silent bid for the artwork. We will be supporting Macmillan Support. As well as previewing the displays destined for St Peter's Church, we'll be able to tell you all about HoH and show you how to crochet a small flower that you can add to the garland. You could make your own vibrant flowers from the pattern below and take it along too. We would be very grateful for any home baked cake donations.

At HoH's second skill-share on April 19th, we'll be installing our Port Isaac Community Spring Garland in St Peter's Church, where it will remain on display until the end of May. Believe it or not, this is our third arty installation, so our



mounting skills are improving. In keeping with our aims, we would like to invite everyone along to help, including any florists who might share their skills with us. Please send the final finished crocheted or knitted flowers to the Port Isaac RNLI shop, to arrive by Tuesday April 15th.

Shall our daffodils out-do the sparkling waves in glee in our village by the sea?



WOULD YOU LIKE TO CONTRIBUTE TO MACMILLAN CANCER SUPPORT AND PREVIEW OUR PORT ISAAC COMMUNITY SPRING GARLAND?

WHAT? Hand on Hooks Afternoon Tea WHERE? Port Isaac Village Hall on Trewetha Lane WHEN? Thursday April 17th, 2pm-4pm

WHAT? Hand on Hooks Installing our Garland

WHERE? St Peter's Church WHEN? Saturday April 19th, 10am-12noon

DROP IN FOR AN HOUR OR TWO, TOGETHER WE CAN CREATE!

For more information, to join our WhatsApp group, or with questions about our grand project, please email Alison Mann on handsonhooks@gmail.com or call 07817 873968



SIMPLE CROCHET FLOWER PATTERN

With a 4.5mm hook, use a single strand of DK yarn in any vibrant spring colours that contrast with the daffodils. Groups of 3 could be stitched together to form a cluster.

Yarn: Colour A, Colour B Using Colour A: Foundation Round: 5 chain, slip stitch into first chain to form a loop.

Round 1: 3 chain (counts as first treble), 9 treble into the loop, slip stitch into 3rd chain, fasten off (10 stitches).

Change to Colour B: Round 2: Attach yarn anywhere in the circle, *(3 chain, 2 treble into next space, 3 chain, slip stitch into next space), repeat * four more times, fasten off and sew in yarn ends (5 petals).



PORT ISAAC COMMUNITY

SPRING GARLAND

Our older generation remember the really lovely tradition of walking to Pine Awn to see the primroses and the wild spring flowers. Hopefully this year the Port Isaac Community Spring Garland, which will be on display in St Peter's Church from Saturday April 19th-April 27th, will be a beautiful reference to this old tradition whilst also celebrating Easter.

The project has drawn together Port Isaac School, the Stay & Play Group, Hands on Hooks, the Community Cafe and various art groups and individual artists to share, sell and display their skills in the Church.

AFTERNOON TEA & FLOWER MAKING PORT ISAAC VILLAGE HALL Thursday April 17th, 2pm-4pm

Join us to make your flower to add to the garland. See the artwork and enjoy homemade cakes and a raffle supporting Macmillan Cancer Support (cake donations gratefully received)

COMMUNITY CAFE in PORT ISAAC VILLAGE HALL Wednesday April 16th, 10.30am-12noon

Everyone is welcome to help the cafe members create fresh flower wreaths to decorate St Peter's Church windowsills (all materials provided)

GOOD FRIDAY WALK

Meet at the Peapod at 10.30am to walk to Port Gaverne to see the wild flowers. Coffee can be purchased from the Port Gaverne Hotel afterwards.

ST PETER'S CHURCH

Our Spring Garland will be on display along with community artwork in Church on Easter Saturday, Sunday and Monday. The wreaths will be on display until Ascension Day.

Wadebridge Choral Society will be singing Handel's much loved 'Messiah'at St Endellion on Saturday 26 April at 7pm. It is many years since its last appearance on the Choir's programme and



Musical Director Nick Danks promises an approach combining the traditional with a fresh look at the score.

Tickets price £18 or £16 if bought in advance, and £5 for under 16s are available from the Wadebridge Bookshop, members of the Choir, and on the door on the day of the performance. Contact Jill McCombie for details and tickets jillmccombie50@gmail.



St Peter's Church is looking forward to hosting "Daffodils" in original paintings, drawings, collage, lino or mono prints .

"Hands on Hooks" group is making daffodil garlands to dress the windows for the exhibition in church which is on Easter Saturday, Sunday and Monday.

On Palm Sunday, April 13th, during the service for Holy Communion, the Passion according to St Luke will be read by members of the congregation led by Rev Craig Ruddock.

St Peter's is holding the Maundy Thursday, April 17th, service for the Cluster at 6pm.

The following Sunday, Easter Day, chocolate nests of Easter eggs ,will be given to the children .

We look forward to welcoming anyone who can join usat our services.

CALLING ALL CREATIVES TO RESPOND TO THE THEME OF

DAFFODILS

original paintings, drawings, collage,

lino or monoprints

your work will be displayed in St Peter's Church alongside the Community Garland from Saturday April 19th-April 27th

Size: A4 portrait on paper or board

(no mounts or frames as difficult to display in Church)

Please put your name, address and mobile number on the reverse and leave in the **Daffodils Art Box**

1nside the Church doors by Thursday April 17th PLEASE INDICATE IF YOU WOULD



St Endellion Parish Council Contract & Maintenance Supervisor Report

With the days being lighter for longer and Easter about three weeks later than last year there's definitely an air of expectation for the season ahead, or is that just me?

Carrying on with the litter picking which I started a few weeks ago, on the road through Port Gaverne to China Downs I collected 15 black bags full. They were taken, in two trips, to Bowithick Recycling Centre for disposal. I've been to Lower Trefreock for a couple of things recently and on one occasion walked there. On the way back via Church Hill I collected the litter and it saddened me how much there was in a relatively quite quiet corner of the parish.

Most of the footpaths have been muddy, but walkable, although on three of the more heavily used paths there are big trees down. As mentioned in March's *Trio*, Cornwall Council have agreed to remove the remains of a large trunk and bigger boughs in the woods on Roscarrock Farm, on the inland walk from Port Isaac to Port Quin. This hasn't been done yet (Dee's deadline day of 22/3/25!) The other two paths are Port Gaverne valley towards St Kew and from Port Isaac to Tresungers Farm. Maybe by the time you get to read this there will be more progress on these.

While walking to Tresungers I saw a couple of Roe Deer. Lucy, the little terrier, thought it would be a good idea to give chase even though her legs are tiny. She came back panting, covered in mud, one ear bleeding, but very smug, although the deer managed to get away!

I often check the Leat in Middle street where the sluice gate is. Usually it's okay, but recently I had to climb in to remove a large chunk of ivy and other vegetation which was blocking the water flow. It was fairly easy to do, except my wellies were only just long enough and I was in danger of getting cold wet feet the whole time I was in there!

Another task Cornwall Council agreed to do was to clear the drainage channels along the track from New Road car park towards the top of Fore Street, where water pools badly across the whole path, sometimes for weeks. Good news and bad news about this; the good is the work's been completed and they did a great job. The bad news is that there's now a gap along the underside of the chainlink fence, so if you're walking your dog along this section, over 50 metres of it, please make sure you have them under control, on a lead if necessary, as the fence is the last defence before the cliff edge and there are many species of birds who will be nesting at this time of year, which shouldn't be disturbed.

Gary, the new tenant in the kiosk at the Main car park, which has a new name, you might've seen the advert in *Trio* for 'G J Ices', has made some alterations to the front of the building in the hope it'll provide some shelter for his racks of vegetables. Gary, briefly opened at the beginning of March for a few days, but felt that he should wait until a bit nearer to Easter before properly committing to this endeavour. We wish him 'good luck' and hope everyone will be able to utilise the facility offering takeaway drinks, cakes, ice creams and fresh fruit and veg.

The Main car park has received a little TLC too, with new road markings to clearly show the areas where no parking is permitted and to outline the spaces more clearly. The enforcement company are in the process of ordering some new signage for the site, so I'm hoping by Easter that will have been upgraded too.

In the play area the monthly inspection was carried out. A couple of minor maintenance jobs were completed and the football field goalposts had a much needed lick of white paint. Just in time for the independent annual examination, which is due to take place sometime this month.

In Trelights work on the grass verge near 'Laburnums' has started in order to create a better space and surface for parking. The boundary at the top of the verge had a major trim and looks much tidier. We were careful not to remove too many of the plants here as it provides shielding for the garden behind, but BT will now be able to access their green boxes. I didn't even know they were there until



we started to take a proper look at the area! The next step, is the front edge being levelled and a grass reinforcing mesh laid. This will provide a suitable surface for car wheels to park on without damaging the ground and allowing grass to grow through it.

There's a few benches which have had some attention recently. A couple on the Main at Port Gaverne; one had come loose from it's brackets that hold it down, which is vital as it's the bench right out on the Gut. The other had suffered from storms and old age, but with a little attention they are both ready to support sitters for a long time to come! Generally the benches on the Main are in pretty good condition. They've been fortunate to be looked after over the years by a property owner in Port Gaverne.

One other bench was taken off the cliff path near New Road car park in January with wobbly legs and other injuries! Now it's back in position and offers people the chance to sit and take in the view up to Tintagel.

A meeting with Cornwall Council's Highway's steward was really productive. We discussed a number of issues around the parish. He was able to follow up on some and giving explanations for others. The visit resulted in ditches between St Endellion and Church Hill to Port Isaac turning being cleared in an attempt to prevent water collecting when it rains heavily. It may not cure the problem, but it might help. Also the lane to Lower Trefreock has received some much overdue attention, with worn tarmac and potholes repaired. The highways drains have been checked there too and I hope will be inspected more regularly.



With the occasional sunny day we have been having recently, the sunsets have been spectacular. The light on the trees shows up the little forests of mosses and lichen which find a home on the branches - see photo - and their related cousins, liverworts and ferns. They differ from flowering plants that are currently another beautiful display in that the mosses, liverworts and ferns have two distinct forms, and lichens are not one plant but two that live together.

A good place to find out about the life cycles of these plants is a YouTube video given by "Professor Dave". I couldn't find one specifically about Cornish plants life cycles, but this gives a comprehensive overview of mosses, liverworts and ferns <u>https://tinyurl.com/mosses-lichens</u>. Each of these types of plants has a sporophyte generation which produces the spores and a gametophyte generation which have male and female plants - which can look quite different. For ferns, the stage we are familiar with, which may have large green leaves, is the sporophyte stage, and on the back of the leaves you can generally find the places where the spores come from. The common polypody (see picture) has very pretty spores on the back. The gametophyte stage generally looks more like a liverwort, quite small and usually likes damp conditions. This sort of life cycle is also found in the mosses and liverworts.

Lichens have what is known as a "symbiotic relationship" between a fungus and a 'photosynthetic partner', usually a species of algae or a variety of bacteria. Their life cycle can involve the fungus sending out spores that germinate and it then seeks out a partner to team up with; alternatively, if a part of a plant breaks away and then lodges somewhere favourable it will grow there. As you can see these plants growing on rocks by the seaside, they clearly are pretty self-sufficient and hardy and survive where there is no soil.

If you want to know about the ones in Cornwall there is a great website called Cornish Hedges. <u>https://www.cornishhedges.co.uk/PDF/mosses.pdf</u> which you can download. It has been recently updated and explains about the importance of mosses, fungi, lichen, liverworts and ferns to the natural ecosystem. The article is from a website that focusses on Cornish hedges more generally and has been going for just on 30 years. Each of the sections of the website covers a different aspect of Cornish hedges, ranging from their history and construction, to their importance as havens for wildlife.

A nice story of a lichen that travelled from Cornwall to Norfolk is told on another great website called "Plantlife" <u>https://www.plantlife.org.uk</u>. This describes the way the scrambled egg lichen which is found in Cornwall but has been lost in Norfolk has been re-introduced there (<u>https://tinyurl.com/scrambled-egg-lichen</u>)

Let's hope we have a few more sunny days.

Tony Wainwright

continued from opposite page ...

Other meetings that I've attended over the last month include, the groundwork team and with the full Parish Council. A meeting with Dan an insurance man, our Parish Clerk and Chairman of the Parish Council, David Raynor to update the info for the parish insurance. Electrician and others who are still working on Roscarrock Hill WCs and Gary at the kiosk (aka G J Ices). I've reported 2 broken footpath signs near Homer Park, a broken wall adjacent to steps between Mayfield Road and Silvershell View and about a dozen bollards left in New Road car park, to by now.

As for the loos! Well! Roscarrock is inching very slowly to being finished. Just a couple of things to get sorted and we should be good to start getting some 20p's back into the parish coffers. The cleaning contact for the public toilets is going into the second year without an increase in the costs. This will apply for next year too, which is good news.

If you'd like to contact me about any parish issues my mobile is: 07494 589 638 or email: <u>clare.jon@stendellionparish.gov.uk</u>. This is a new email address, but I'll still be checking the old one.

David Blakemore chats to Gina Rowe

A GLIMPSE INTO THE LIFE AND INTERESTS OF GINA ROWE (NEE OCKING)

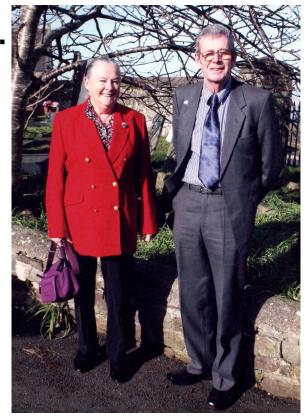
Gina was born in 1938 in Mithian near St Agnes where she lived with her parents, George and Jessie, on the family smallholding. Gina was seven years old when her mother gave birth to her young brother who they named Jim. Tragically her mother died with TB when Jim was just three months old.

It was a long walk to school Gina recalls, which involved going down country lanes towards Perranporth. On some occasions during the war time, lorry loads of American soldiers would pass by and throw sweets to the children. After losing her mother, her country village life underwent frequent disruptions. She sometimes stayed with Gran and Granddad Roberts, her mother's parents, in St Agnes and became very attached to her grandfather in particular. However, she was not there long before her father and stepmother wanted her to live with them in Port Isaac. To complicate matters further, she was sometimes sent to live with Gran Lobb and Aunt Marion who also lived in Port Isaac. Finally she spent most of her time there and her life stabilised so that she could remain at Port Isaac School until she left at the age of 15.

Gina was an outdoor girl who loved being in the countryside or on the beach, and she also enjoyed painting, sewing, knitting and embroidery at home. After leaving school, she had several jobs, most notably one at a lively cafe in Port Gaverne, which was housed in a green wooden shed and much cherished by villagers and holidaymakers. She also recalls time at Bashford's General Stores and Philp & Couch in Polzeath.

She married Bertram Melville whose family owned two businesses in Polzeath. One was the village fish and chip shop, and the other was a dairy products business including making the village milk deliveries. It also provided other dairy products and, of course, cream teas. Gina and her husband moved first to Pityme, and then to Highcliffe near Polzeath. They had three sons but unfortunately the marriage broke down. She and two of her sons then moved to a flat in the Windrush Apartments which was owned by her ex-husband. It was while living here that Gina had the chance to start horse riding, a new interest in life. Tony White, a local farmer, owned a horse called Violetta which he rode to go hunting, but at other times Gina was free to ride and exercise the horse whenever she wanted to. Gina took full advantage of this and rode Violetta along country lanes, over fields and, best of all, galloping across the sandy beaches at Daymer, Rock or Polzeath.

Just across the road from her apartment was the Lingham Social Club, with its bar, darts and pool facilities. Gina was able to see the entrance to the club from her window and watch people coming and going. Ted, with his dry sense of humour, joked that Gina used to watch for him to arrive and then follow him in. Ted, a self employed builder, and Gina became friends and this friendship led to romance resulting in the couple marrying in 1988 at the chapel in Polzeath. Gina knew she had married the love of her life and absolutely adored Ted, and of course, still does. The couple were lucky enough to get a mortgage on their present bungalow in Polzeath, during what were difficult times and have continued to live there together with Gina's two sons ever since. The bungalow occupies a wonderful spot with a view to the sea and surrounding hills. Coincidentally, the bungalow used to



be owned by the village postman, a job which Gina took over later on. She describes how she trudged up and down the steep hills between the extremities of the village with a heavy sack of mail. She and Ted love where they live with wonderful neightbours, although very few true village residents remain. The bungalow is adorned with an incredible collection of thousands of ceramic ornaments which Gina has accumulated during her life, together with a display of small badges. Also sharing their home are Jack Russell, Toby, Willow, a rescue tabby cat and Bluebell a wandering stray cat with only one eye (might Bluebell have been on a pirate ship before?).

In more recent years, Ted and Gina have developed a passion for travel having visited many European countries including Austria, Lake Garda in Italy, Switzerland, Germany and France as well as Scotland, Ireland and Wales. Gina talks fondly about their holidays in Majorca, a destination which remains her favourite. Unfortunately, foreign travel is no longer possible because Ted suffers from the early stages of Parkinsons disease.

Gina is soon to have another big birthday which her sons will help her to celebrate by taking her back to Mithian where she was born, to bring back memories of her early childhood

Gina and Ted are devoted to each other and both have an unmistakable twinkle in the eye which perhaps indicates a deep contentment.



Cooking with Chris

Ed: Cups conversions

1 cup buttermilk - 227ml

1 cup flour - 120g

1/4 cup sugar - 50g

First stop this month is Canada for one of its most iconic recipes

The Buttermilk Pancake

for many years this has been a staple breakfast dish enjoyed around the world

Cultured buttermilk has a deep tangy flavour but a quick substitute can be made by mixing fresh milk with vinegar and lemon juice or cream of tartar. Unfortunately it won't have the complex flavours of the cultured stuff but it will let you make this recipe on a whim.

The main trick to get fluffy buttermilk pancakes is don't overmix as a few lumps won't make any difference and they encourage the fluffiness. Let the pancake batter sit for about 30 minutes before you start scooping it out to cook. The reason for this is that it gives the flour time to absorb the liquid ingredients.

Ingredients:

- 4 cups of plain flour
- 1/4 of a cup of sugar
- 2 tsp bicarb soda
- 2 tsp salt
- 1½ teaspoons of baking powder
- 4 large eggs at room temperature
- 4 cups of buttermilk

Method:

In a large bowl combine the flour, sugar, bicarb, salt and baking powder. In another bowl whisk the eggs and the butter milk until blended and then stir it into the dry ingredients just until they are moist and remember do not overmix.

Heat a frying pan over a medium heat and pour the batter to form individual pancakes. When the pancakes start to form bubbles on the top it's time to flip them over and you cook until the second side is golden brown.

There are several ways that the Canadians like to eat their pancakes with the most common one being dotted with butter and drenched with pure maple syrup. Other ways to eat them include serving with fruit syrup or fresh fruit and you can also top them with granola and yoghurt or whipped cream and toasted nuts if you fancy something sweeter. If you're feeling very adventurous why not try ricotta and lemon curd. Time to jump on a plane and fly off to the Far East ... next stop Cambodia, where we have a bash at what is widely regarded as a national dish

Fish Amok

This dish is very aromatic with a silky texture that comes from the paste blend and coconut cream. Steam it slowly to achieve a delicate mousse-like consistency and with the harmonious mix of lemongrass you get a unique taste and a golden colour embodying the soul of Cambodian cuisine.

Ingredients

500g of white fish fillets 2 cups of coconut milk (Ed: 237ml) 1tbsp fish sauce 1tsp sugar Kroeung paste (lemongrass, Galangal, turmeric, garlic and shallots) 2 Kaffir lime leaves finely sliced One egg Salt to taste Banana leaves for steaming(optional)

Method

Prepare the paste by blending lemongrass, Galingal, turmeric, garlic and shallots making sure it is a fine smooth paste

Combine the fish fillets with the paste, the coconut milk, fish sauce, sugar, lime leaves and egg and season with salt.

If you're using the banana leaves spoon the mixture into the leaves and fold and then steam for about 20 minutes until the curry is firm and fragrant - just steam in your usual pots that you use for general steaming.

The best way to serve this dish is with a bowl of steamed rice

Thank you Canada

Ronald James, the founding conductor of the Port Isaac Choral Society, left in March 1936, and less than two years later it had folded. It was to be over 30 years before Port Isaac had a choir of similar distinction, winning county and national events and singing on radio and television. In 1970, Janet Townsend put posters round the village advising her intention to set up a village choir and inviting those interested to attend a meeting in the Wesleyan Chapel. Janet had hoped to start a mixed choir but, in the event, only two men turned up, so it became a ladies choir.

The earliest newspaper reports were for their local concerts. The Cornish Guardian of 22nd July 1971 had this article –

Port Isaac's carnival queen and her four attendants were chosen at a concert in aid of the Cancer Research Campaign given by the Port Isaac Singers, conducted by Mrs. Janet Townsend and supported by baritone Lloyd Johns, guitarists: Geoffrey Provis and Chester Raye, and the Treforest Quartet. With 29 beautiful girls entering the contest for carnival queen it was a hard choice for the Judges. However, the chosen carnival queen for 1971 was Angela Rowe and her four attendants were Karen Arnold, Sarah Gifford, Abigail Joliffe and Suzanne Richards. The queen was crowned by Mrs. Barron. wife of the president of the Port Isaac branch of the Cancer Research Campaign, and her duties as Carnival Queen will commence with Port Isaac Carnival Day on Tuesday August 10.

Later that year, Port Isaac Singers entered its first competition at the Wadebridge Music Festival, and they won the Championship Trophy. The festival report in the Cornish Guardian of 18 November quoted the adjudicator, Mr Richard Graves from Weston-Super-Mare -

'judging by their bearing the winning choir had considerable experience'.

He was surprised to be told that they had been formed for less than two years.

National exposure came on ITV's 'Opportunity Knocks' presented by Hughie 'I mean than most sincerely' Green. The format was devised by Hughie Green and was one of the earliest talent shows. It began as a short radio series on the BBC Light Programme in 1949, then another short run on ITV in 1955, to become a big hit for ITV from 1964 to 1978, attracting 20 million viewers. The winner was actually decided by a postal vote, but at the end of programme, all of the acts, including the previous week's winner, were reprised with the level of the studio audience's applause to each act being measured using the infamous 'clap-o-meter' where viewers could see the needle moving across as the applause increased. Another Hughie Green catch-phrase emphasised this was 'just a bit of fun'. In 1974, after being nominated by Mrs Cleave at St Kew Station, and auditioning in Plymouth, Port Isaac Singers were on the programme which aired on 18th November 1974. In the studio, they scored the highest level on the clap-o-meter, but the previous week's winner was the 10 year old child singer, Lena Zavaroni, who received a record five wins in the postal vote.

In 1980 they won the Advanced Ladies Choir category at the Camborne Music Festival, where they sang "Three Hungarian Songs" by Matyas Seiber. The adjudicator Murray Brown said the singing was

> 'First rate and we owe you a debt of gratitude for coming and entertaining us so splendidly. The blend of sound was quite lovely, and there is sweet music here'.

They also attended the prestigious Cheltenham Music Festival that year, where they took on the might of women's choirs from all over the country to gain first place in the advanced ladies choir class and won the Champion Trophy. In May 1983 they returned to Cheltenham, repeating their success by winning the P.J. Taylor Challenge Cup.



At the County Music Festival in March 1982, with just 29 singers and being the smallest choir at the festival, Port Isaac Singers became the first recipient of the Edgar Kessell Gold Cup for being the most outstanding choir in the festival. Returning to the Camborne Music Festival in November 1982, they won again, where the Adjudicator's summing up described the Singers as having

'beautiful blend and tone, excellent diction, great discipline and musicality'. This was the report in the West Briton and Cornwall Advertiser of 25th November –

PORT ISAAC Singers confirmed their leading place in the county by winning the advanced ladies' choir cup for the second time in three years on Wednesday. One of their pieces had 90 marks. Laurels so far won by musical director Janet Townsend, and, on Wednesday, her 27 singers included the trophy for their outstanding County Festival performance and being best advanced ladies choir at St Austell and Wadebridge.



Port Isaac singers at Lorient, 1985

The following year they won the Bassett Shield for a Ladies Choir in the Advanced Class at the County Music Festival but just lost out to the Holman-Climax Male Voice Choir in the sing-off to retain the Edgar Kessell Gold Cup. In September, they decided to concentrate on their busy schedule of concerts, including an invitation to sing at the Theatre Royal in Plymouth in March 1984. On 13th November 1983 there was a 30 minute programme on Radio Cornwall all about the singers. They were also invited to the first Sainsbury's Choir of the Year in 1984, where they reached stage 1 of the televised rounds, and competed again at the second Choir of the Year in 1986. It was not just county and national events for the Port Isaac Singers, as in 1985 they were selected to represent Cornwall in the Interceltic Festival in France, where they spent ten days at Lorient. As Janet recalls

'The highlight for all of us was the grand procession on the last day. It had been rained off in the morning, but by 6pm it all began in earnest. 2,000 dancers, pipers, musicians, drummers, and the Port Isaac Singers singing all the way! Our new yellow dresses with a Cornish tartan sash made an impressive splash of colour. We did Cornwall proud! Everywhere we went we encountered friendliness and a marvellously enthusiastic reception. The song everyone wanted to

Musical Past Port Isaac Singers

hear again and again was 'Amazing Grace'! It will never be sung by us again without bringing back lovely memories of Lorient.'

At the second Cornish Eisteddfod, Port Isaac Singers was one of five county choirs invited to sing in Truro Methodist Church on 2nd March 1986, with Loveny, Newquay, and Treviscoe Male Voice Choirs plus Camborne Circuit Ladies Choir. Each choir had their own repertoire, with the five choirs combining to end with Handel's 'Hallelujah Chorus'.

In August 1987 the Port Isaac Singers had another national TV appearance when they were invited to the Padstow 'Songs of Praise', where they sang 'Put your Hand in the Hand'.

Janet still wished to form that mixed choir she originally wanted. In September 1992, after an earlier 'try-



out' in the Village Hall, those who wished to join such a choir were invited to attend an open rehearsal at the Green Door in Port Gaverne. This was to become Port Isaac Chorale. The pressures of running two choirs became too much and the Port Isaac Singers was wound up in spring 1993. The residual funds of £220 were donated to the Parish Council for a seat on the Platt with a plaque recalling the many performances by the choir there over the years.

For over 20 years, Janet Townsend's Port Isaac Singers was clearly recognised as a choir of great distinction which laid a solid foundation on which later groups of singers from our small village could build.

Malcolm Lee, Port Isaac Heritage



Cornish Tartan sash



The Port Isaac Singers in the Wesleyan Chapel c1974 Back row: Joan Murray, Merle Arnold, Ann Irons, Joyce Hambly, Ida Brown, Pauline Stephens, Yvonne Cleave, Chris Saundry, Jean Batten Front row: Clarinda Truscott, Josie Provis, Sylvia Kemp, Shirley Gladwin, Elaine Found, Joan Orchard, Avi Grills, Velma Knight, Chris Hawkey, Barbara Richards Sitting in front: Janet Townsend, musical director, with accompanist Joyce Granger

St Endellion Parish Council Report

MEETING HELD ON MARCH 10th

Organisations and Reports

a. Parish Council Chair - Cllr Raynor reports on the ongoing situation with a parish resident and associated dwelling. The refuse/rubble which had been left outside a nearby property has been cleared. Cllr Williams highlights Cllr Mould's efforts of forwarding emails regarding the situation, but the recipients are the same ones contacted by the PC previously. Suggests contacting the local MP. There are concerns around safeguarding members of the public from injury if any temporary structures should fall.

Proposed by Cllr Williams and Seconded by Cllr Raynor to the Resolve that the PC makes contact with its local MP in relation to the ongoing concerns.

b. Divisional Members Report - Cllr Mould absent, no report.

c. Playing Field Development Working Party - Cllr Button absent, no report.

d. STEND_HWG - Members to receive an update in the closed session.

The PC must make a decision regarding the HWG request, from April 2024, for a £30,000 reserve to be made available over a two-year period once CC provide the necessary information relating to costs and Heads of Terms. Planned for the April meeting.

e. Camel Valley Community Area Partnership – Next meeting 24th March in Bodmin at 6:30pm. Cllr Raynor is unable to attend. Ms Jon will be attending on behalf of the PC.

f. Planning Applications

a. PA25/00133/PREAPP Sea Glimpse Back Hill Port Isaac Cornwall PL29 3RE Pre application advice for alterations and extension to existing dwelling. PA25/00133/PREAPP | Pre application advice for alterations and extension to existing dwelling | Sea Glimpse Back Hill Port Isaac Cornwall PL29 3RE

Proposed by Cllr Symons and Seconded by Cllr Cleave to Resolve that the PC returns comment on pre app as the property is in the Conservation Area and covered by the St Endellion NDP. The surrounding properties all have hipped roofs and significantly less glazing.

b. PA25/01061 48 Fore Street Port Isaac Cornwall PL29 3RD Listed Building Consent for partial remodelling of the first floor to facilitate the introduction of a shower room and refurbishment of the timber windows on the front facing elevation.

https://planning.cornwall.gov.uk/online-applications/applicationDetails.do? keyVal=SRHCSWFGMAN00&activeTab=summary

Proposed by Cllr Hills and Seconded by Cllr Pierpoint to Resolve that the PC support PA25/01061.

Cornwall Council Planning Decisions

a. PA24/09596 Pennti Ros Lower Trefreock Port Isaac Cornwall PL29 3SR Proposed studio extension to garden shed.

PA24/09596 | Proposed studio extension to garden shed | Pennti Ros Lower Trefreock Port Isaac Cornwall PL29 3SR. Withdrawn

b. PA24/09735 42 Church Hill Port Isaac Cornwall PL29 3RQ

Submission of details to discharge condition 9 in relation to Decision notice c. PA23/02665 dated 23.01.2024

https://planning.cornwall.gov.uk/online-applications/applicationDetails.do? keyVal=SOSU5YFGGGQ00&activeTab=summary

S52/S106 and discharge of condition apps

c. PA24/09603 Land North Of Queens Land Trelights Cornwall PL29 3TF Formation of new access to field.

https://planning.cornwall.gov.uk/online-applications/applicationDetails.do? keyVal=SOND9LFGKGK00&activeTab=summary Approved with Conditions

Environmental / Amenity Matters

a. Roscarrock Update – The turnstiles are now in place with the validators for coin and card payments. The card readers require an internet connection to function. It has been established that this was set up in 2021 with EE but due to incorrect contact details the amount owing is outstanding. The PC will need to settle the balance before starting a new account.

b. The PC to fund a £100 consultation fee re arboriculturist Steve Evans/The Main CP – Cllr Williams

Proposed by Cllr Williams and Seconded by Cllr Smith to Resolve that the PC agrees to the costs of the consultation.

Documentation / Correspondence

a. Trelights Community Land – Cllr Smith. There has been significant interest in the land. The auction has been pushed back for a second time to April. At a recent meeting with the Trelights Village Green Committee the potential purchase of a piece of land was proposed and supported. The PC would be required to purchase the plot with members of the committee agreeing to apply for any grants/ funding to develop the land.

b. Internal Audit 2025 – Members agreement required for Aalgaard Renshaw Business Solutions Ltd costs to carry out the internal audit for 2025.

c. Concession Contract -

Members agreement required for Sproulls costs to complete the contract between the PC and the tenant.

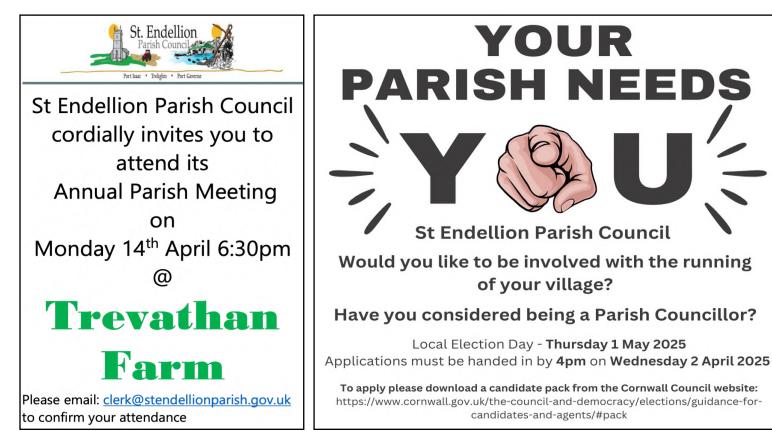
d. Rashleigh Cellars - The PC is due to renew its contract with the National Trust regarding the management of the Port Gaverne toilet block at Rashleigh Cellars. Ms Jon asks Members to decide if they want to commit for another year.

Diary Dates

a. Annual Parish Council
Meeting, Monday 14th April
2025, 6:30pm
b. Ordinary Council Meeting,
Monday 14th April 2025, 7pm

Rolling Meeting Date, Thursday 24th April 2025

D Harrison, Parish Council Clerk



to confirm your attendance The Survey is Complete: PORTISAAC Patient Participation Group (PPG)

As promised last month we have now completed our patient survey and discussed the results with the practice. I can give you the promised feedback.

We distributed a questionnaire to patients attending the vaccine days on the 12th and 26th October 2024 and also made them available at Port Isaac and Wadebridge surgeries reception during November and December, for patients to collect and return. We wanted to know what you thought of the services of the practice and the quality of the care you receive.

We asked questions on all aspects of the care the practice provides including contacting the practice, how you rate reception and telephone service, how you book appointments, if you are given sufficient time, the quality of clinical care, and opening times. We had almost 400 responses which is a representative sample and is approximately three times the number of responses the annual CQC survey receives.

Quality of care was rated good or very good by a large majority, similarly reception and the telephone system. Clinical treatment received was also highly rated.

People felt that the dispensary service had improved a great deal and the text alerts when prescriptions are ready for collection were much appreciated. There is concern that items on prescriptions are sometimes delayed but this is due to a national problem of drug shortages which has been very much in the news over the last few months.

The online booking system through Klinik was well rated by half of those replying whilst half the patients used more than one method of contact

The triage of appointments which Klinik delivers helps the practice to select which clinician has the best skills and experience to help and delivers the best care in the shortest time. The PPG intends to set up walk in sessions for patients for help with the online services during next few months. About 50% of patients used more than one method of contacting the practice and patients without

smartphone or internet access should call reception and can access all services.

We included a section on the survey form for patient comments and all have been recorded and submitted in our final report to the practice so nothing has been overlooked.

Over the next months we'll give you more information on our progress and we will be planning a follow up survey in the autumn of this year.

I'd like to sincerely thank all patients who took the time to fill in the questionnaires and we will as soon as possible have a summary report available for collection at both surgeries.

We still have some vacancies on our PPG so if you'd like to help please get in contact through the website – click on the "About the Surgery" tab and you will find our section and the "Contact the PPG" link.

If you have comments or further questions of the PPG you can use this same link to contact us and we will hope to include them in future articles - anonymously of course!

> John Quilter Chair, Port Isaac Practice PPG

Do you have anything you want to say, an event you want to publicise, a photograph you want to show off, a story or poem you have written? If so please email to Trio at triopi@mac.com

Black Cap

the male is a stocky, grey-bodied warbler with a distinctive black cap, whilst the female has a reddish-brown cap. They are not very social birds and are usually seen alone rather than in groups. Their diet consists mainly of insects but will also eat worms and snails. They are very partial to sunflower hearts.



April quiz

The plants listed on the left are all commonly grown the world over, but can you match them to their original country or region of origin?

Plants

- 1. Petunia.
- 2. Pelargonium/geranium.
- 3. Garden sage.
- 4. Zinnia.
- 5. Bougainvillea.
- 6. Phormium.
- 7. Rhubarb.
- 8. Apple.
- 9. Houseleek.
- 10. Aspidistra.

- Country or region of origin
- A. South East Asia
 - B. The Americas, particularly Mexico
 - C. Central Asia D. Middle East
 - E. South America
 - F. Mediterranean
 - G. Brazil/Argentina
 - H. Southern Africa and Australia
- I. New Zealand
- J. China

Jobs to do in April

April is the month for planting potatoes, onion sets, shallots and garlic. Many vegetables can be grown in pots, including carrots, salads and radish.

Prune hydrangeas - remove old flower heads to just above a pair of strong emerging buds on a section of reasonably thick stem.

Check for aphids on roses and rub them off before they develop into major infestations.

Give your greenhouse a thorough scrub if you haven't already done so with hot, soapy water.

Check your patio plants aren't drying out. Top dress patio fruit trees with fresh compost and a slow release fertiliser.

Top up bird baths and feeding stations to encourage birds into your garden.

Deadhead daffodils and tulips as the flowers finish, but leave the foliage to die back naturally.

Mow your lawn more regularly, as required - lower your blades towards the end of the month.

Protect new shoots of hostas, delphiniums, lupins and other vulnerable plants from slugs and snails.

Pinch out the shoot tips of fuchsias to develop bushier plants.

Maintain good plant hygiene - picking off faded blooms and dead leaves before fungal diseases can take hold.

Get your vegetable beds ready for another season of planting by clearing them of weeds and mulching with well rotted farmyard manure or garden compost.

Sow tomato seeds in the greenhouse or on a sunny windowsill. 18

The daisy is rumoured to get its name from the Old English phrase "daes eage", or "day's eye", because the flowers bloom at the first sign of morning light. A symbol of purity, loyalty, patience and simplicity, this beautiful flower comes in so many colours and sizes than the classic white petals surrounding a yellow centre (the kind used for a daisy chain!). In fact, there are over 20,000 types of daisies and some could have existed at the time of dinosaurs. All daisies consist of a central disk of small tightly packed flowers called disk florets, surrounded by a ring of larger, more showy flowers called ray florets. This combination of disk and ray florets gives daisies their distinctive appearance. Bees love daisies too because there is plenty of room to land on the centre to collect pollen and nectar



The sweet pea is said to symbolise many things, including loyalty and friendship. The flower was first introduced to England in the late 17th century. Growing up to 2 metres high, sweet peas are climbing plants, with a sweet fragrance, that like to attach themselves to supports using their tendrils (vine-like shoots off their main stems).



East Asia

Curiz Answers: 1. E. Petunia - South America; Z. H. Geranium -Southern Africa and Australia. 3. F. Garden sage -Mediterranean; 4. B. Zinnia - The Americas, particularly Mexico; 5. G. Bougainvillea - Brazil/ Argentina; 6. I. Phormium - New Zealand; 7. J. Argentina; 6. I. Phormium - New Zealand; 7. J. Hhubarb - China; 8. C. Apple - Central Asia; 9. D. Houseleek - Middle East; 10. A. Aspidistra - South Houseleek - Middle East; 10. A. Aspidistra - South

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East Cornwall Hospital (Bodmin) - 01208 251555

Derriford Hospital (Plymouth) - 08451 558155

Police (non-emergency) - 101

Harbour Master - Tom Brown - 07837 514246 Electricity - 0800 365900. Water helpline - 0800 1691144



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> About recycling. **RECYCLING FOR CORNWALL:**

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Kickin' Chicken Nights at The Cornish Cove

Saturday 12th April kicks off the first of our "Kickin' Chicken Nights" at the Cornish Cove Tearoom in Port Isaac

We will be serving a selection of seasoned chicken delights plus Vegetarian & Vegan alternatives

Eat in or Takeaway, 5pm-9pm

choose a main plus side: Adult £12.95 Child (under 12) £7.95

MAINS:

Half a chicken marinated in medium Piri-piri sauce and roasted 4 Hot'n'Kickin' Chicken Wings * 6 Southern Fried Chicken Strips 6 Sweet Chilli Chicken Goujons * Pop'a'Loumi Popcorn (gluten friendly) Vegan Spicy Sweetcorn Fritters * 4 Fish Goujons in Panko Breadcrumbs Cheesy Chutney Bites (GF)

SIDES:

Seasoned Twisters * Crisscut Potatoes * Beer Battered Onion Rings Crunchy homemade Coleslaw * Southern Fried Popcorn Chicken Bites Mini Corn Cobs

extra sides - £4 each

limited space available - don't be disappointed - book your table / collection slot in advance - CALL LYNNE ON 07841 906179

What's on in Port Isaac

Wednesday April 2nd Community Cafe in Port Isaac Village Hall - 10am-12noon

Thursday April 3rd Art Talk in Port Isaac Village Hall -7pm

Monday April 7th Port Isaac Heritage Meeting in the Village Hall - 7.30pm - everybody welcome

Tuesday April 8th Art Talk showing of the film LEE in Port Isaac Village Hall - 7pm

Wednesday April 9th Community Cafe in Port Isaac Village Hall - 10am-12noon

Thursday April 10th Community Cafe Soup'n'Sweet Lunch in Port Isaac Village Hall -12 noon for 12.30pm

Friday April 11th Chris Ricketts and the Gulls in Port Isaac Village Hall - doors 7pm

Sunday April 13th Daweland Annual Tractor Run arrive at Pennant Farm 9am for 9.30am departure - *raising funds for RABI*

Monday April 14th Annual Parish Council Meeting at Trevathan Farm - 6.30pm - *followed by the regular Parish Council meeting*

Wednesday April 16th Community Cafe in Port Isaac Village Hall - 10am-12noon

Thursday April 17th Hands on Hooks Afternoon Tea in the Village Hall - 2pm-4pm

RNLI AGM in Port Isaac Village Hall - 7pm

Saturday April 19th Hands on Hooks Garland Installation in St Peter's Church - 10am-12noon

Port Isaac Rowing Club Easter Cake Sale on the Platt - 2pm-4pm

Easter Sunday April 20th Bacon Baps and Meet the RNLI Crew at the Boathouse - 10.30am-12.30pm

Easter Tuesday April 22nd Easter Bingo in Port Isaac Village Hall eyes down 7.30pm

Wednesday April 23rd Community Cafe in Port Isaac Village Hall - 10am-12noon

Thursday April 24th Community Cafe Soup'n'Sweet Lunch in Port Isaac Village Hall - 12 noon for 12.30pm

RNLI Spring Fashion Show in Port Isaac Village Hall - 7pm

Tuesday April 29th PICC showing **Better Man** in Port Isaac Village Hall - 7pm

Wednesday April 30th Community Cafe in Port Isaac Village Hall - 10am-12noon

Thursday May 1st Local Election Day - Port Isaac Village Hall and St Endellion Hall **Tuesday May 13th** Port Isaac Village Hall AGM - in the Hall - 5.30pm

Friday May 16th Liz Rowe Memorial Concert in St Endellion Church

Saturday May 17th Port Isaac Village Hall Quiz in the Hall - 7.30pm

Thursday May 22nd Art Talk in St Endellion Hall - 7pm

Sunday June 8th RNLI Service on the Platt -12.30pm

Thursday June 12th Art Talk in Port Isaac Village Hall -7pm

Friday June 20th RNLI Golf Day at Bowood

Saturday July 6th Port Isaac Rowing Club Regatta at Port Gaverne

Sunday August 10th RNLI Lifeboat Larks - all day

Saturday October 11th RNLI Murder Mystery Evening

Saturday November 29th RNLI Christmas Market in the Village Hall

Rubbish & Recycling Collection Dates April Monday April 7th - Recycling & Food Waste Collection Tuesday April 8th - Garden Waste collection Monday April 14th - Rubbish and Food Waste collection Monday April 21st - Recycling & Food Waste Collection Tuesday April 22nd - Garden Waste collection

Monday April 28th - Rubbish and Food Waste collection

Church Services St Peter's Church Sunday mornings at 9.30am St Endellion Church Sunday Sung Eucharist at 11am Trelights Methodist Church Sunday Service at 6pm

> MOBILE POST OFFICE Thursday mornings from 9am-10am on the hardstanding at Port Isaac Playing Field

MAY TRIO COPY DATE - APRIL 22ND PUBLICATION DATE - MAY 1ST