

Jacobstow Journal

Providing news and information for the Parish of Jacobstow

Delivered free to every household in the Parish

Issue No. 5 April/May 2011



*Filling station and Post Office
Wainhouse Corner*

Editorial

At the Journal the task of editing is shared, so that we have a good spread of knowledge and experience, so once again my turn has come round to be responsible for editing this edition.

I don't know if it is just me, but I have noticed lately that there seems to be a move towards a more basic way of living our day to day lives. As technology moves on and introduces us to more and more innovations, they seem, in a way, to make our lives more hectic, do you really need to be contactable "24/7"?

People seem to be getting interested in growing their own fruit and vegetables, and if you do have to buy them at the supermarket, more aware of how far they have had to travel. I am sure you found the article in our last edition about Freecycle interesting and maybe have signed up for it, I know I have, and was totally amazed at what some people are just giving away.

Also, with the ever raising fuel costs, people are starting to question their journeys, do we need to go?, could we offer a lift and car share?. I know public transport or Shanks's pony is not such a good option in our village, but, if the price of petrol continues to raise, I think more people will start to think outside of the box.

Well, that's me climbing down off of my soap box, have a lovely Easter Sarah

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The deadline for adverts, letters or articles for the June/July edition will be 12 May. Please note this does not guarantee that the item will be published due to possible limitations on space.

Enquiries, Articles and Letters

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 Jacobstow Journal
 Lodestone Edge
 Jacobstow EX23 0BP

Advertising Rates

The current Rate for 6 issues is £20 for a half-page advert.

Contact Sarah on 01840-230565, or via e-mail, for further information.

The Editorial Team do not necessarily agree with the views expressed in the articles or Letters Page and accept no responsibility for transactions with advertisers. All information is believed to be correct at time of going to press. This publication is independent of the Jacobstow Parish Council.

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Jacobstow Parish Council

Chairman:	Mr. Norman Osborne	01840-230592
Parish Clerk:	Mrs D. Turner	01566-781269
Members:	Mr. Dennis Adey	Mr. Bob Reason
	Mr. Jim Cory	Mrs. June Rose
	Mrs. Ilona Franklyn	Mrs. Charmaine Smith

The Parish Council meets in the Parish Hall on the 3rd Tuesday of every month (except, usually, for August). Meetings commence at 7.30 in Winter months and 8 pm in the Summer. Members of the Public are welcome to attend but any items for inclusion on the Agenda should be submitted to the Parish Clerk at least 10 days before the meeting. There is an opportunity to raise questions at the beginning and end of the Council meeting but questions (and answers) raised at these times are not recorded in the Minutes.

Editor's Note The report on each month's Parish Council Meeting is a summary prepared by the Parish Clerk . A full version of the Minutes is displayed on the Parish Hall Notice Board (after formal approval) at the following month's Council meeting.

Jacobstow Parish Council

Summary of Minutes of Meeting held on 22nd February 2011

Planning – Cornwall Council had approved Planning Applications received from Mrs. Ashley Clemens and Miss Andrea Powell.

Cornwall Council - Libraries – All Libraries in Cornwall are being kept open.

Donations – Donations this year were sent to Jacobstow Church, Eden Graveyard Fund, Stratton Hospital, Cornwall Air Ambulance, Citizens Advice Bureau, Samaritans & Children's Hospice South West.

Parish Plan – Updates – Most Important concerns were 1) Improved Telecommunications/Internet Facilities 2) Public Transport 3) Traffic & Roads 4) Local Amenities – Dog Bins 5) Parish Council to display information inside the Parish Hall 6) Local Amenities – Post Office Hours.

Don't forget - if you want to see what your Parish Council is doing then you are more than welcome to attend the regular monthly meeting which is normally the 3rd Tuesday of the month.

Jacobstow Parish Council

Summary of Minutes of Meeting held on 15th March, 2011

The meeting started with the Annual Parish Meeting. The speakers for this were Nick Jessop (Neighbourhood Beat Manager), Jo Sillifant (Jacobstow School) and Cllr Phil Tucker. Six Councillors and seven members of the public attended.

This was followed by the monthly Parish Council meeting.

CATS Awards - *The Bude Area Annual CATS Awards is being held on 4th May, 2011 and any young people who have been volunteering positively in the area and making a difference to the community can be nominated for an award.*

Planning Application - *Mr. Adrian Human, Penhallym, Week St. Mary, construction of single storey extension to provide sunroom. Councillors supported this.*

Times of Church Services



April 3rd	6.30 pm	Evensong
10th	9.45 am	Holy Communion
17th	9.45 am	Morning Prayer
Easter Sunday	24th	
	9.45 am	Holy Communion
May 1st	6.30 pm	Evensong
8th	9.45 am	Holy Communion
15th	9.45 am	Morning Prayer
22nd	9.45 am	Holy Communion
29th		Benefice Service TBA



All Services at 11 am on:

April 3rd 10th 17th & Easter
Sunday 24th

May 1st 8th 15th 22nd &
29th

April 3rd	11.00 am
10th	9.30 am
17th	9.30 am
24th	9.30 am



May 1st	11.00 am
8th	9.30 am
15th	9.30 am
22nd	9.30 am

WINTER BUS TIMETABLE

208 Warbstow – Canworthy Water – Bude – Launceston - Holsworthy

Mondays, Wednesdays, Thursdays and Fridays only
(except Public Holidays)

Webbers Coaches 01208 74711

	MTh	W	F
Warbstow Cross	0935	0935	0935
Canworthy Water	0940	0940	0940
Week St Mary	1000	1000	1000
Whitstone	--	1008	1008
Titson	--	--	1015
Marhamchurch	--	--	1020
Bude Strand	--	--	1030
North Tamerton	1015	1015	--
Boyton	1025	--	--
Launceston Westgate	1040	--	--
Launceston Tesco	1050	--	--
Holsworthy	--	1030	--

	MTh	W	F
Holsworthy	--	1300	--
Launceston Tesco	1250	--	--
Launceston Westgate	1300	--	--
Boyton	1315	--	--
North Tamerton	1325	1315	--
Bude Strand	-----	-----	1300
Marhamchurch	--	--	1310
Titson	-----	-----	1315
Whitstone	--	1322	1322
Week St Mary	1340	1330	1330
Canworthy Water	1400	1350	1350
Warbstow Cross	1405	1355	1355

220 Higher Crackington – Launceston

(Partial listing of stops only)

Tuesdays only (except Public Holidays)

Webbers Coaches 01208 74711

Higher Crackington	0910
Wainhouse Corner	0925
Jacobstow	0930
Week St Mary	0945
Canworthy Water	1005
Warbstow Cross	1010
Canworthy Water	1015
Launceston Westgate	1040
Launceston Tesco	1050

Launceston Westgate	1245
Launceston Tesco	1255
Launceston Westgate dep	1305
Canworthy Water	1330
Warbstow Cross	1335
Canworthy Water	1340
Week St Mary	1400
Jacobstow	1415
Wainhouse Corner	1420
Higher Crackington	1435

595 Boscastle – Bude

(a = Schooldays only)

(Partial listing of stops only)

Western Greyhound 01637 871871

Monday to Saturday

Boscastle	0755	0955	1155	1355	1555	1755
Crackington Haven	0807	--	1207	1407	1607	1807
Wainhouse Corner	0815	1010	1215	1415	1615	1815
Jacobstow School	--	1013	--	--	--	--
Treskinnick Cross	0818	1018	1218	1418	1618	1818
Widemouth Bay	0821	1021	1221	1421	1621	1821
Budehaven School	0828a	--	--	--	--	--
Bude Strand	0830	1030	1230	1430	1630	1830

Sunday - No service in winter

Bude – Boscastle

(Partial listing of stops only)

Bude Strand	0725	0925	1125	1325	1525	1725
Budehaven School	--	--	--	--	1528a	--
Widemouth Bay	0733	0933	1133	1333	1533	1733
Treskinnick Cross	0737	0937	1137	1337	1537	1737
Jacobstow School	--	--	--	1342	--	--
Wainhouse Corner	0742	0942	1142	1347	1542	1742
Crackington Haven	--	0950	1150	--	1550	1750
Boscastle	0752	1002	1202	1402	1602	1802

Sunday - No service in winter

Timetable changes to summer at the end of May, look out for changes in the next edition of the Journal

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Church and Chapel News



In aid of Church funds the following events will be held
in the Parish Hall

April 9th 7.30pm Fish and Chip Supper

May 30th Cream teas, Plant Stall, Books, Produce etc.



A **“Musical Evening”** by John Heard and friends will

be held at DIMMA CHAPEL

On Sunday May 1st at 7.0p.m.

Chairman Mr. John Bennallick

ALL WELCOME!

Calling all ex-Servicemen (and women!)



Do you have any unwanted memorabilia cluttering up your loft or shed? The **Cornwall at War Museum** (located on the site of the old RAF Davidstow Moor airfield on the A39) would welcome any items you might like to donate so that others can appreciate them (rather than having them remain unseen and almost forgotten). Photos, documents, clothing, equipment - in fact almost anything. The museum covers all three Services (including the Royal Marines and Royal Naval Air Service) and also has displays covering Civilians at War - Home Guard, Land Army, WRVS, Nursing Services etc. - so anything would be welcome. The museum is privately owned and is not funded by the Government or Cornwall Council. If you would like to donate something (or simply to ask for more information about the museum) please phone either Mike Quance on 01840-230113 or the owner, Steve Perry, on 07799194918.

Interesting web sites

Here are some interesting and different websites you may want to explore when you are surfing the net and want a distraction!.

Cornwalltour.co.uk - An illustrated guide to Cornwall

Walkingbritain.co.uk - over 11,500 pages of information on walks

Thinkbroadband.co.uk - UK broad band speed tester

Onlineconversion.com - convert just about anything to anything

Oxforddictionaries.com - oxford university press experts offer advice on grammar and word useage

Interestingfacts.org - weird and inevitably true facts in a few words

Howstuffworks.com - learn how everything works

Mobile Library (for enquiries phone 0800-032-2345)

A mobile library service stops at Wainhouse Corner every two weeks on a Monday from 11.05 to 11.20. It also stops at Canworthy Water every two weeks on a Wednesday from 10.20 to 10.40.

CHURCH '100 CLUB' LOTTERY DRAW

The 100 Club (which started in 1994) continues to raise funds each year. If anyone would like to join this very worthwhile cause, the fee is £12 per year. Of this amount half is for church funds and half is for the three prizes given each month. If you are interested in joining then contact either Brian Marshall on 01840-230526 or Ray Fox on 01840-230153 or any PCC Member.

COMMUNITY NOTICE BOARD

Announcements, appeals and forthcoming events

The Friends of Jacobstow Parish Hall invite you to a big breakfast on Good Friday 22nd April, anytime between 9am and 2pm.

Suggested donation is £5.50 in aid of the Parish Hall refurbishment

Knitting volunteers

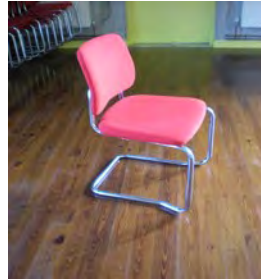
Could you help the Community Service Volunteers to provide jumpers, hats, gloves and blankets to people in need

Please contact Assistant editor Sarah Smith on 01840 230565 for further details

Make it a date

Don't forget coffee mornings in the village hall, every recycling Wednesday. Meet up for a chat and catch up!

If anyone who has seen the "new" chairs in the Parish Hall and knows where we can obtain some more of the same type could they please call Bob Reason on 01840 230173



Which Local Village newsletter has organised a quiz night?

When is it? Where is it?

Answers: The Jacobstow Journal

Friday 30th September

Jacobstow Village Hall.

More details in the next edition, keep this date free in your diary!!

CHURCH 100 LOTTERY DRAW RESULTS

January 2011

February 2011

1st Mrs S. Osbourn

1st Mr R. Fox

2nd Mr R. Wimshurst

2nd Mrs E. Harringdine

3rd Mrs J. Smith

3rd Mrs J. Onions

INTRODUCING YOUR

RURAL NEIGHBOURHOOD BEAT MANAGER



My name is Nick Jessop and I am the Bude Rural Neighbourhood Beat Manager, having taken over from PC Gary Luxton. I have been a police officer for 6 and a half years. My career so far has involved 2 and a half years as a patrol officer in Bude followed by 3 and a half years on the Crime Investigation Department (CID) at Launceston. I have lived in the Bude area for 21 years now and currently live in a rural community

I am really looking forward to working as the neighbourhood beat manager for the Bude rural area and working with community members to keep this beautiful area of Cornwall a safe and peaceful place to live in. If you see me in your village either on foot, in police vehicle or on a cycle, please feel free to stop me and have a chat.

A lot of good work is already being carried out in our communities, such as community speed watch and farm watch, and crime levels are low. My aim is to maintain this good work, focusing on anti-social behaviour and increasing public confidence in the service we provide.

PCSO Lester Marland continues to be the community support officer for Bude rural and you can contact us at Bude police station on 01288 357502, email us at bude@devonandcornwall.pnn.police.uk and keep up to date with our events, news stories and activities on our Facebook page (Bude Police) or www.devon-cornwall.police.uk. Please remember however that these are not monitored 24hrs a day and should only be used for non-urgent enquiries. In other instances continue to use the force enquiry centre on 08452 777444 or dial 999 in an emergency.

Neighbourhood Watch announcement

We would like to make you aware of the following incidents that have been reported to us. We have received reports of persons attending addresses, purporting to be from a bank or on behalf of the residents bank, to collect their bank cards.

Various reasons have been given for collecting these cards and the courier has handed over a very convincing fake new card. Prior to the visit the residents were contacted by telephone from persons purporting to be from their bank/building society to arrange the collection.

Please make you neighbours aware of this scam and do not give your bank/credit cards or the details on them to anyone, whether they attend in person, telephone or ask you to post. Investigations are ongoing to locate the suspect, so far the reports received have been from elderly residents, at this time we cannot say whether the courier is genuine or not but ask for you to phone 999 if you have persons with a similar story at your door. Or if you have information, please phone 08452 777 444.



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County Councillor Report by Cllr Phil Tucker

I thought it may be useful to produce an annual update of my work at Cornwall Council. I am very lucky to have been involved in issues which I, and I know some others, consider vital to the peace, wellbeing and moral structure of our communities.

Combined Sewage Outlets

I have been lead member in a study of cleaner beaches and the reduction of sewage outfall discharges onto our beaches. The outcome of this, and something I feel I must pass onto the reader is that the problem (and by default blame) is not that solely of the water companies. Every new home, every changed road junction and every patio which we lay puts a huge strain on the sewage handling systems. The extra runoff in times of heavy rain means the water treatment works have a choice either to contain the influx and risk backflow into properties or release backflow into the combined sewage outlets. The sewage works simply cannot be expected to handle whatever volume of combined runoff and sewage comes to them, responsibility has to lay also with the planning dept, the highways and home owners. A group consisting these groups and the Environment Agency, Surfers Against Sewage, some health agencies and others is now in place to reduce outfall emissions by increasing bunds and water retention systems to slow down rainwater runoff further. The planning dept will be recommending using special paving which hold water for a time and communication of outfall emissions will be better communicated. There is great understanding and cooperation between the agencies and user groups and fantastic progress has come from this work. The results are that the beaches will be cleaner and users will be better informed.

Housing

I am a member of a housing group which seeks to improve the quality, insulation and standards of provision of both owned and rented properties in Cornwall. The lead member is Derris Watson from St Cleer and we have made good progress in rectifying a criticism of the old County Council. We have looked at and made recommendations of extra care provision, bringing empty homes back into use, helping people stay in the community with help from supporting people and alleviating fuel poverty which is being suffered by so many with the huge increases in oil and other fuel prices. I am very pleased to be part of this group but the workload is huge as the remit covers just about every facet of living in a house.

Leisure

I was very concerned about the issues raised during the budget process regarding leisure, sport and wellbeing. It was evident that the council needed a more robust strategy for working with sports groups, communities and partners such as doctors surgeries and primary care trusts. I am therefore now the lead member of a group of three looking at a leisure strategy which will be as inclusive as possible to all ages of the community and work better with partners and sports clubs. The group was formed last Friday and we will identify better how more people can be involved in leisure pursuits and gain fitness through doing things they enjoy.

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OUR MOVE TO THE WEST COUNTRY. By Jo Afford

Our four children all grown up and flown the nest, John made redundant and us both ready for a change of life, we decided to have a life change and move to the country. We spent months looking for the right property and eventually found OUR HOUSE.

It is a Cornish stone farmhouse over 200 years old and needing complete refurbishment, right from the roof to the foundations (not that it has any!!!!). There was so much damp we had more water down the walls than came out of the taps!!!

Well, we didn't know what we were taking on, one job just lead to another and, whilst still living and working up North, we commenced this tremendous task. Starting with the roof, this is where we brought in the experts. We then started taking off every piece of plaster so that the walls can be damp proofed breathing in heavens know what and really enjoying setting to with a big hammer.

We had to camp in the house for the first three months, sleeping on camp beds and putting more clothes on to go to bed as it was so so cold and my imagination was running wild knowing that there was so many spiders!!!. Eventually a good neighbour of ours offered us her caravan which was very gratefully received, it was clean and warm and a sanctuary after a hard day's work. John is an engineer and each night he would write a list of jobs we had to achieve the following day and "woe be tied" if we didn't!!

Many little stories come to mind during our time renovating the house, like when we were re-wiring it, John sending me to Travis Perkins for 20 meters of cable, they didn't have 20 meters so I bought two 10 meter rolls. John had a fit when I returned asking me how did I think he was going to join electricity cable!!!!. Also when I dropped the end of a large piece of wood which nearly split a central heating pipe, I shouted 'I am going home', John replied 'you are home, get used to it'. Many times I was on my way back up the M5!!

On finally moving down here eight months later we then started the part that I like which is the interior design and then the house was complete and we opened our Bed & Breakfast.

After over twelve months of very hard work, we looked over to a little agricultural store in the garden and, yes you've guessed it, we started all over again.



MENTION US PLEASE! If you respond to any of the advertisers shown in the Journal it would be very helpful to us if you mentioned that you saw their advert here in these pages. Thank you.

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JAF

(Jesus and Fun)

Jesus is the Name we Honour

Eden, Headon Cross, Jacobstow, Bude.

Every Sunday at 10.30am - Refreshments at close 11.15am

April 3rd - JAF Trip to Lanhydrock, Cornwall

April 10th - Launceston Community Church Young People

April 17th - Palm Sunday - John Bailey from Launceston

April 24th - Easter Sunday - Mrs Jean Heywood

May 1st - Membership service - Rev Doreen Sparey-Delacassa

May 8th - Celebration - Peter

May 15th - Something different - Light Band

May 22nd - Pauline Burdett, Church & Community Worker

May 29th - Miss N Sparey

Come and join a modern 21st Century Church that is interested in people and their needs. A Church for all ages. Average age of congregation - 24 years, average no of people who attend 25. Meet other families and make new friends in a welcoming, none-threatening and relaxed environment. Be part of an enthusiastic group who want others to share the happiness that they have found here.

Flower Power.

Spring is just around the corner and I am sure we are all enjoying the lovely daffodils and other spring flowers in the hedgerows. Please do not pick the flowers, leave them for everyone to enjoy. Also, some wild flowers can have an up to 7 year life cycle, so if you do pick them it could be seven years before they are seen in that spot again!



Focus on Taxis By Bob Reason

(Licence Hackney driver 40+ years)



It has come to my attention that a young lady of our village was charged £68.00 for a taxi trip from Jacobstow to Launceston.

On reading this it may seem like a very high charge indeed, but then I investigated further. I found that a Bude based vehicle was hired, which means that the journey to and from Bude would have been factored into the overall fare.

If you are planning to use a taxi for a journey to Wadebridge, Camelford or any point west then use a taxi company based at your final destination. Likewise, if you are travelling to Lanson then contact a Lanson based company for the trip, thereby saving on the dead mileage.

Also, when ordering a taxi, first agree a price with the driver, as meters are conspicuous in their absence. It is a point of law that if a driver is not using a meter, then they must tell the passenger the cost of the journey before commencement.

WAINHOUSE CORNER MARKET

Two very lively cattle markets used to be held at Wainhouse Corner for many years and played a very important part in the lives of the villagers and farmers. It is rumoured they were first held on the “common” on the St. Gennys side of the A39 and were later moved across the road to their new sites, now part of Tregunna Close and the rear yard of Saunders Garage and the other on the site of Cox’s garage

The two Markets were originally held on the first Monday of the month in direct competition with each other. The market on the site of Cox’s garage was conducted by Button and Mutton and closed just after the 2nd World War In a recent reference the Bude and Stratton newspaper reported on the annual meeting and dinner in the Wainhouse Inn of the auctioneers and farmers 80 years ago. The report on this market in the Cornish and Devon Post dated 3rd May 1930 stated that “Entries 16 cows and calves, 60 fat and store cattle and a few sheep and pigs on Friday last. Trade was good for cows and calves. Best cows made up to £30/7s/6d, Heifers and calves £25, Yearlings from £11/5s, to £14, store cattle £15/21s/6d to £21/5s, Fat Cattle from £24 to £36/17s/6d and Farrows from 26s to 30s”

The market, conducted by Kivells of Holsworthy Auctioneers was later changed to fortnightly on a Friday and sadly closed in the late fifties.

Farmers, dealers and buyers for nearby abattoirs would join in the bidding and dealing, beside it being a social occasion meeting up with old friends and acquaintances.

Various corn merchants’ agents would be in attendance and rooms in the Bank House on the corner were also opened up and used, there being a National Provincial Bank in one, Perthericks Corn Merchants from Bude in another and Lloyds Bank in the room on the corner. The farmers etc. would come in to conduct their business and old mats were laid on the floors to protect against their muddy boots!

In those days transport was a problem, many cattle were transported in open lorries without ramps, the lorry would be backed up to a hedge and the cattle walked on across the hedge. Several nearby farmers walked their stock to the market along the roads, including the A39, from farms such as Trelay, Trefrida, Trencreek, Mile End, Eden etc. while others would bring sheep and pigs in horse drawn carts covered by a net. The main hauliers with cattle lorries were Masons from Marshgate and Glover and Uglow from Stoke Climsland.

Lunches for those attending the market were originally served in the Wainhouse Inn but later Gert Cowling and her sister-in-law May took over the catering in their home in the kitchen of the Bank House. The farmers sat around a large table, about a dozen at a time, and were served a roast beef dinner and dessert, mainly rice pudding, and for this were charged 4/6d! It is not difficult to imagine the debates and banter that took place around that table! Lunches were served at 12.15p.m. until Gert and May had no food left.

WAINHOUSE CORNER MARKET (Cont)

Every year at the end of April, Kivells would hold a Spring Show judging the best pair of steers or heifers etc. and the 1st, 2nd and 3rd winners were awarded a certificate and a money prize. The one below was one of several awarded to Rodney Cowling, how many farmers still have them pinned up on their barn doors I wonder. As many as 90 to 100 cattle and 100+ sheep would be offered for sale at these shows.

In the evening after market was finished it was cleaned up by Jim Westlake and in later years Sam Read snr, Sam jnr and Ken Sutton ably assisted by young Mark Chambers with his wheelbarrow after school. Water for washing down came from a well at the top of the market but Kivells were forced to put in the mains when it ran dry due to the holes being dug nearby for new petrol pumps at the garage which promptly filled with water diverted naturally from the well

There were approximately thirty markets in Cornwall but gradually all have been closed leaving only three, Liskeard, Truro and Hallworthy and only the memories remain.

Thanks to Gert and Rodney Cowling, Fernley Chambers Jim Cory and J Wakeham (Kivells) for reviving these .



WANTED - BOB THE BUILDER

Building-trade volunteers, with experience in carpentry, painting or building, are needed to be part of a village "Help Team". They would provide assistance to groups trying to undertake ideas suggested in the Parish Plan and also be involved in future maintenance works. If you would be willing to assist then please either contact Dennis Adey, Springwood, Jacobstow or leave your details with the Journal and we will forward them.

April - events in the local area

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6 Coffee Morning 10.30 -Noon Guides 5 - 8pm	7 	8	9 Fish & Chips Supper 7.30pm
10	11 Art &Crafts 2-4 pm	12	13	14 WI Jacobstow 7.30pm	15	16 Whist Drive 7.30
17 -	18	19 Parish Council Meeting 8pm	20 Coffee Morning 10.30 -Noon	21 Produce Market 10.30-Noon	22 Big Breakfast 9.00am - 2.00pm Good Friday	23 St George's Day
24 Easter Sunday	25 Easter Monday	26	27 Guides 5 - 8pm	28	29 Royal Wedding	30

NOTE. Activities are in Parish Hall unless stated otherwise. Guides 5 - 8pm** means Rainbows/Brownies 5 - 6pm, Guides 6.30 - 8 pm

MAY - events in the local area

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Bank Holiday	3	4  Coffee morning 10.30 - noon	5 Voting on Referendum for alternative voting 0700-2200	6	7
8	9	10	11 Guides 5 - 8pm	12 W.I. Jacobstow 7.30 pm	13	14 Whist Drive 7.30 pm
15	16	17 Parish Council Meeting 8 pm	18  Coffee Morning 10.30 - noon Guides 5 - 8pm	19 Produce Market 10.30-Noon	20	21
22	23	24	25 Guides 5 - 8pm	26	27	28
29	30 Cream Teas and Plant Stall from 2pm - 4.30pm Bank Holiday	31				

NOTE. All events in Parish Hall.

Guides 5 - 8pm** means Rainbows & Brownies 5 - 6pm, Guides 6.30 - 8 pm

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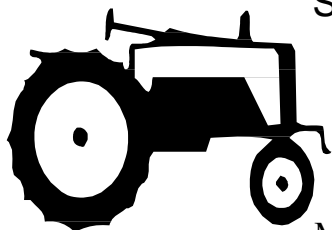
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Why I like Jacobstow.

My name is Lucy Morley Howard. I am 12 years old and live in the Parish of Jacobstow. There are many things I love about living here; my friends, my house, my pets and especially Brigade.

Brigade is like youth club, except we wear a uniform and have Parade Marches. We play a variety of games, go on outings and visit local farms, learning about the various aspects of farming. It is both entertaining and educational at the same time.

Recently, around Christmas time, my cat, Simba, went missing. We considered many options, even that he may have been attacked by a fox, and were going to make some 'lost' posters in the hope someone had found him.

We were reading this month's Jacobstow Journal and the very last article on the very last page was about a 'found' ginger cat! We knew we had found Simba from the description!



He was at Broompark, the home of John and Jan Throssel. They had looked after him very well and he's healthy and happy. We are really glad to have him back home as we missed him terribly – although I'm sure our other cats, Tigger, Lucifer and Mr Jinx didn't miss him as much as we did!



Jacobstow School Play early 1950's

Did they go onto Hollywood stardom, do you recognise anyone in this photo?

The Garden Spot by Bob Rudd

Early April is the ideal time to take cuttings of herbaceous plants, Delphiniums, Lupins and Phlox to name a few. Cut the shoots off below ground level close to the original plant, trim the base of the cutting, dip into rooting powder and plant into pots of multipurpose compost and sharp sand, place into a cold frame.

You need to sow tomatoes and peppers now to go outside and also the second early crop of potatoes need to be sown in early April, leaving the main crop potatoes until later in the month. If you sowed your globe onions earlier on they should now be ready to plant into the garden. Sweetcorn can be sown in the greenhouse or a warm window sill, that's enough about vegetables, lets turn our attention to flowers.

Half hardy annuals can be sown now and any sown earlier can be pricked out into seed trays. Sweet peas need to be planted out now about 9 inches apart up long canes. I put mine by the runner beans to attract the bees. If the threat of frost has passed you can plant out Dahlia tubers and divide them as long as a piece of stem is still attached to the tuber. In Early May you can plant out Chrysanthemums, you should place a cane in the ground and plant the Chrysanthemums next to the cane. Strawberries need straw or black polythene under the plants to protect the fruit from mud splashes, also cover the plants with netting to protect them from the birds.

Do compost all of your grass cuttings, but mix them well with general garden cuttings to kick the compost bin into action. I build my compost bins from unwanted pallets wired together at the corners.

Dont forget, any questions or queries drop me a line at the Journal or just call into see me at Almar. Happy gardening!



JACOBSTOW ART and CRAFT GROUP

Meetings are held every two weeks at:

The Jacobstow Parish Hall

This is an opportunity to follow your own Craft
in a friendly and sociable atmosphere.

Painting, Needlework, Patchwork, Mosaic, Glass-painting, Collage & Modelling

Whatever you enjoy, even if you have never done any craft work before do come along. There is always someone ready to pass on their skills.

Spring Sessions begin Monday 31st January at 2 pm

For more information contact:

Jeanne 01840-230113 or Judy 01840-230900



PUZZLE PAGE

Welcome to your “tea break” puzzle page, the winner of the last puzzle page is Ray Fox who is the lucky winner of £20 in vouchers for Morrisons supermarket!. We are grateful for the sponsorship from Mrs V Davies and Wainhouse stores and the prize is now **£20 in vouchers to spend at Wainhouse Stores.**

Solve the puzzles and return the completed page to Sarah Smith, Assistant Editor, Almar Jacobstow EX23 0BN. In the event of a tie the winner will be drawn from a hat by the Editorial Team. The editor’s decision is final.

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

EASTER QUIZ

1. With which day where simnel cakes originally associated?
2. Pentecost derives its name from being how many days after Easter?
3. Who wrote the words and music of this song
I could write a sonnet
about your easter bonnet
and of the girl I’m taking to the Easter Parade
4. The rolling of eggs down slopes is sometimes called “Pace-egging” what is the derivation of the word Pace



WORDSEARCH - one of the words listed below does NOT appear in the grid, which one?

BIRD
BUNS
BUNNY
CHURCH
DATE
EASTER EGGS
GOOD FRIDAY
HOLIDAY
HOT CROSS
LAMB
NOTICE
PALM
PRIMROSE
SNOWDROPS
STAY
SUNDAY
TUNE
VISITORS



Last edition answers

Word search missing word

Rake

Quiz

1. Valentine Tereshkova
2. Two Gentlemen of Verona
3. Aphrodite
4. Anthony Valentine

JACOBSTOW FOOD MARKET

The February Jacobstow Food Market was another success. We had food from seven local food producers, incl. Cottage Farm, Wooda Farm, Bangors Organic, Sooz jams and chutneys, Whalesborough cheeses, Deli Charcuterie ham and salami, Tintagel honey and also lots of cakes, veg and other goodies from the flourishing Community Stall, where private sellers offer their excess produce to their friends and neighbours.

The Market will be held on every third Thursday between 10a.m and 12noon. Refreshments will be available, entry and music is free!
Everyone is welcome!

More information at www.TransitionNC.org (click on Individual Parishes, Jacobstow and Events). Any questions, or to book a stall just email Cottage.Farm@tiscali.co.uk or phone Celia on 01840 230 548.



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Canworthy & Jacobstow W.I.

Mr Terry Jenkins enlightened members of **JACOBSTOW W.I** on the evening of February 10th with a very entertaining and humorous talk on handmade soap and gave members samples of his own efforts. The competition, a hand carved tablet of soap, was won by Gill Curtis, it was brilliantly carved into a fish!

The Annual General meeting was held on March 10th after the usual business meeting. The members were sorry to hear that Ruth Fox had resigned from the committee and her position as treasurer after many years of commitment. Due to pressure of her other voluntary work the President, Mrs Jen Spettigue did not wish to be reelected and Mrs Pat Lane was then appointed as President. Congratulations to Mrs. Jen Spettigue winning the Competition Cup.

Members have an interesting and varied programme of speakers for the next year as outlined by Jen Cowling and Sandy Dingle.

An outing to the canal barge Museum at Hele Brige and talk by Mr. Chris Jewell is being arranged for April 14th and on May 12th the speaker will be Mrs Quinn from the "Exercising for Mobility" organization

Mrs Hilda Hicks agreed to continue as President of the **CANWORTHY WATER W.I** at the A.G.M held in February and in future meetings will be held on the third Weds afternoon in the Sunday School at Bethal Chapel.

A visit to Launceston refurbished Town Hall and Guildhall has been arranged for the April meeting and in May members are visiting Truro.



Non Denominational

EASTER



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1st EDEN BRIGADE NEWS

In March, each Section has undertaken a three-week First Aid Course organised by St John Ambulance Brigade and everyone will have been presented with a certificate at the end of the course.

This term, the Company Section (11 plus age group) has studied a career in farming, which has included two farm visits. The first visit was to George their Warrant Officer's pig farm at Trengune. The young people were very lucky to see some piglets born. The second visit was to Mr John Osborne's dairy farm; John kindly gave up his evening to show the young people around. Everyone really enjoyed both farm visits and they are looking forward to the third visit, at the end of March, to see the lambing at Mr W Griggs's farm at Trengune. This group is now busy making a wooden tractor and had great fun using the electric planer. This week they will be painting it.

The Junior Section has been busy learning life skills new to many of the children such as ironing, sewing on a button, learning figure marching, as well as cooking. We had a beautiful January evening outside lighting fires, we all had a great time and enjoyed a toasted split each.

The Anchor section had a wonderful evening building Lego models, also they have been learning new life skills like cleaning and polishing shoes and making pizzas.

Every evening the groups enjoy various games and challenges to encourage them to work with other children in a team. This simple skill is so important in adulthood; to be able to work with and get on with others.

The Company Section will be going to Felden Lodge in Hertfordshire for their week's camp/holiday in August and will be joining the 7th Plymouth Boys Brigade and the 2nd Plymouth Girls Brigade, which will mean even more fun and adventure. Also, this means there will be more trained adults there as leaders. The week will include an educational day in London and will be a fun and action-packed week for all.

The Junior Section is going to Haytor in Devon for a two night, three day holiday which will include a day trip to Woodlands Adventure Park at Totnes.

To make it possible for all the children and young people to be able to go on these trips we are holding a 10 mile Sponsored Cycle Ride on the Camel Trail on April 2nd 2011. Please support the young people if they ask you to sponsor them.

All the children in the company went to see Cinderella at HATS theatre in Holsworthy as a treat, everyone had a great afternoon.

1st Eden Brigade meet every Thursday at Eden 6.15pm – 7.45pm and is for boys and girls aged 5 – 18 years. For more details call the Captain on 01566 781346

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Invited Speakers at the Parish Council AGM

A report by Jeanne Gimlett

This was a very interesting evening. We had three invited Speakers Phil Tucker, our area County Councillor, P.C Nick Jessop, who is the new Community Beat Manager and Jo Sillifant who teaches at Jacobstow School.

Phil Tucker updated us on his work for the County Council, he has had particular input within a group working on methods to reduce surface water drainage which can pollute the coastal waters. He is also part of a sub-committee working on new strategies to ensure the continued use of leisure facilities within the county. Phil will be keeping us informed about all his council work activities through the Journal.

Jo Sillifant is presently teacher in charge of the Reception class, but she explained that her job title would change to include her new role in co-ordinating those working with the children in the re-established pre-school facility. This is being developed because of the closure of Happy Days Nursery. Jacobstow school has been successful in their application for grant funding to begin a pre-school unit for 3 to 4 year olds. In consultation with parents, the school plans to offer two and a half days per week during term time. These hours are within current government funding of fifteen hours per week. It is hoped that the Crackington play group will also use the building on a Tuesday afternoon, thus giving three full days of pre-school facility for those who can use it. The unit hopes to open after the Easter holidays. Jo told us of the importance of this early relationship with children who tend to move on to starting full time school with a greater familiarity.

School numbers have increased by 8 to 83 pupils, and they anticipate a further increase to 89 in September! We learned that the last year had been very busy for all the school and they were visited by OFSTED during the summer term. The school was judged overall as a Good School, hopefully making all the hard work worthwhile.

A group of Children went on a residential trip to Bristol this year, often this is the first time children have been away from home and family and although daunting it helps them to build confidence. The school has completed their Healthy School Accreditation and is now working towards a Healthy School Plus award. I was surprised to learn that as well as the PE we all know and love, the children have had opportunities to sail at Tamar Lakes and to learn about playing golf. To top the lot they had so much produce in their own garden last summer that they were able to make Pickles and preserves. This year a greenhouse has been donated and the children are excited about sowing seeds and raising their own plants. I have only been able to touch on a small amount of the interesting information which Jo was able to give us. Listening to the varied activities and schemes which the staff and children have undertaken in the last year I think that we are very lucky to have such a good school in our Parish.

Invited Speakers at the Parish Council AGM (Contd)

We certainly appreciated PC Jessop's visit as he had come in especially, on what was the last day of his leave! I was interested to learn that despite the police cutbacks, Bude and Launceston had retained their response officers and central hub status. There are eleven such areas in Cornwall. So we are lucky to retain both Bude and Launceston. He confirmed that there were staff cuts and indecision regarding pension and salary arrangements. While he thought this could affect morale within the police force, he assured us that he and his colleagues retained their team spirit and professional approach to the job. He noted that while a relatively safe area we should be aware of an increased risk of having fuel oil stolen. He advised shielding tanks from open view and securing them as far as possible. He also said that the increased price of scrap metal, e.g. copper pipes, had turned this into a target for theft, he urged us to keep such material out of view. He reminded us that there were contact numbers for community police service and that these contact details were going to be published regularly in the Journal. The communication box for sending mail to the police remains outside the Parish Hall although PC Jessop had not as yet received any mail, anonymous or otherwise, through this channel. Norman Osborne, Parish Council Chairman, thanked the speakers, who had given up their evenings to come and speak to us. It was sad that there were only seven residents of the Parish present to enjoy the presentation and gain this new information.

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Letters to the editor

Dear Editor,

People blame dear old Doctor Beaching for the demise of the railways. Never, the railwaymen themselves did it!. Go back to the 1950's, virtually every summer they went on strike, holding the country to ransom.

You could not get about, the manufacturing industries ground to a halt. The first major industry to use road transport was the breweries and the rest soon followed their example.

The government later removed "the common carrier" from the railways.

Thus bringing in the huge number of small haulage companies. The result of all this was that the overall cost of goods increased and so did passenger travel!

Regards Bob Reason

An invitation from the Editor.

If you would like to see a letter in print then email jacobstowjournal@gmail.com. Don't worry if you don't have access to the internet, just write the letter by hand and post it to us (address on the inside cover page) and we will do the rest.

*Did you know that you can hire Jacobstow Parish Hall for parties and Meetings?
For further details speak to any Committee Member or ring the Secretary on 01840 230173*

LOCAL HISTORY

There must be so much local history in Jacobstow and Wainhouse Corner and yet no one seems to have written it down. So many old photographs must be lost every day and so many memories need recording. The archives of the local papers need researching to extract Jacobstow news from past years and a photographic record of all future changes could be made.

Would anyone like to join Pat Cottell and myself (Ruth Fox) in forming a Local History Research Group for Jacobstow and Wainhouse Corner? Even if history is not your thing, we would like to hear from you if you have photographs of the village and village events such as weddings and also from anyone who has kept a diary in the village.

We can be contacted by email on bothfoxes@btinternet.com or phone 01840-230153



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Recipe of the Month by Marion Reason

EASY KEBABS

500g Minced Lamb	2 cloves garlic-crushed
1 onion finely chopped	2tsp ground cumin
2tsp paprika	1tsp cayenne pepper
Handfull roughly chopped	salt and pepper
Parsley and coriander	small amount olive oil



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Put a small amount of olive oil into a heavy pan and sweat the onion for 4-5 minutes until soft. Add the garlic, cumin paprika and cayenne, heat for 1-2 minutes. Remove from the heat and place in a bowl, allow to cool then add the mince, parsley, coriander, salt and pepper and mix thoroughly. With a wet hand form the mixture into little patties or mould onto presoaked bamboo skewers. Fry until golden brown and cooked right through.

Serve with salad, in pitta bread with tzatiki - dice a 6-7cm piece of cucumber, finely chop 4 spring onions 3 tbsp of fresh chopped mint and 1 crushed garlic clove, mix in 7 fl oz plain Greek yogurt and add salt and pepper to taste.

Just as good with minced beef or chicken

THEATRE ROYAL, PLYMOUTH

Are you interested in an entertaining evening out with plenty of laughter? If so why not join our coach party on **Tuesday 19th April** to see the play

CANCELLED

which has been brought up to date from the television series. For further details please contact Bella Forsyth 01840-230197 no later than 17th March.

Rather disappointingly I did not receive enough demand to go ahead with the above outing, so have now reserved tickets for the musical

“Jeckyll & Hyde”.

It is described as glamorous, sexy and deliciously wicked and the lead role will be played by Marti Pelow (Wet, wet wet).

The show is at the Plymouth Pavilions, 7.30 July 19th

If you are interested in joining our coach party, please contact Bella Forsyth on 01840 230197, no later than **20th May 20**

EXERCISE

HAS YOUR “GET UP AND GO” GOT UP AND GONE?

For many the word exercise is synonymous with pain and sweat - Horror!!!
It needn't be, and, is a necessity in all our lives regardless of our age or sex.
The benefits of exercise hugely outweigh the negatives.

- * It has been biologically proven that keeping fit can keep you younger
- * Alongside a healthy diet it can help you lose weight or remain slim and trim. (In women, particularly after about the age of 40 the metabolic system slows down so, women need to eat less to burn the same amount of calories or the dreaded middle age spread appears. An easy way to help burn calories and banish the spread is to exercise.)
- * Bone density is lost after about the age of 35, after menopause 1 in 3 women has osteoporosis making bones fracture more easily. Weight bearing exercise such as walking, and gentle weight (resistance) training can help keep this at bay.
- * Muscle mass begins to decline after the age of 40 so it is important if we wish to keep toned to weight train and exercise.
- * Your heart is a muscle which will get stronger with exercise, therefore helping to maintain a healthy life.
- * Exercise can reduce high blood pressure, lower your cholesterol and help reduce the risk of diabetes (Type 2).
- * Most importantly, exercise actually makes you feel GREAT. It raises the natural endorphins (happy brain cells) and you genuinely feel your mood uplifted and more energised.
- * Just 30 minutes a day 5 times a week of an exercise that raises your heart rate (i.e fast walking, cycling or swimming) is all you need to do to make a start on a healthier you...for a longer healthier, fitter life, to enable yourself to have more energy for your children, grand children, partner, friends AND most importantly for yourself.



START TODAY

Sarah Ruscombe-King

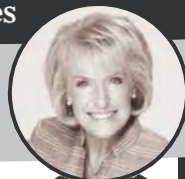
NEW BOOK CLUB



Are you interested in joining a new book club meeting locally?
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her at: yvonne@littlebroadlangdon.net

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Marhamchurch, Bude, EX23 0HY
Thursday 5:30 - 7:00 pm

BUDE

Bude Central Methodist Church Hall,
Leven Road, Bude, EX23 8LA

Call Sarah on 01566 880331

email: sarah.martin@rosemaryconley.com

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Local Authority

Cornwall County Council	03001 234100
Bude "One Stop Shop"	03001 234111
Cornwall Library Service	03001 234111
North Cornwall MP Dan Rogerson	01566 777123
Phil Tucker (Local County Councillor)	01288 341617
Police-Local Beat Manager Nick Jessop	01288 357502
Crimestoppers (Anonymous)	0800 555111
Floodline	0845 9881188
Sita Recycling Centre, Tiscott Wood	01288 355131
Dog Warden	01208 893407
Cats Protection Mary Chudleigh	01566 773814

Healthcare

NHS Direct	0845 4647
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Hospitals

Derriford, Plymouth	0845 1558155
Treliske, Truro	01872 250000
Barnstaple	01271 322577
Bodmin	01208 251300
Launceston	01566 765650
Stratton	01288287700

Doctors Surgerv's

Boscastle	01840 250209
Neetside, Bude	0844 8151358
Medical Centre, Stratton	01288 352133
Camelford	01840-213894

Jacobstow Organisations

Infants School	01840 230337
Women's Institute Mrs J Spettigue	01288 361525
Jacobstow church Mrs R Fox	01840 230153
Art Group	01840 230113
Parish Hall Bookings Mr R Reason	01840 230173
Scout and Cub Groups Mrs D Dowling	01288 352786
Guides and Brownies Mrs G Skinner	01566 781234
Brigade Mr & Mrs G Jose	01566 781346
Wainhouse Post Office and Stores	01840 230554

Other Numbers

National Rail Enquiries	08457 484950
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