

Providing news and information for the Parish of Jacobstow

Issue No. 45

April/May 2018



Delivery free to every household in the Parish otherwise 50p www.jacobstowvillage.co.uk

Editorial by Sarah

Well, have we, or haven't we? According to the BT engineer I spoke to, the whole village should have access to Super Fast Broadband. But, it seems as though the mechanics have been sorted but we are waiting for the administration wheels to grind their way to completion. You will have to check with the super fast Cornwall website, if you can actually order it. Having spent a most enjoyable hour with Ann Adey, getting caught in the good old BT loop of clicking from one screen to another, good luck with that one.

Fingers crossed by the time we publish this, you should all be a bit further down the line to being able to stream your edition of Keeping up With the Kardasians rather than having to watch it live. It's been a long time coming and largely down to Norman Osborne and his sheer determination to hound BT into submission, well done Norman.

It is so important to the School that they have access to this facility and no doubt anyone who runs a business or works from home will also be so much better off. It does beggar belief that it has taken so long for this service to be available in the village, and also the inconsistencies were particularly vexing. I've had fibre optic for about the last two years, but it stopped at the junction of Ferrets Cross (the T junction going into the village from Wainhouse). Hopefully, I will no longer be a social outcast whom people grumbled at about her broadband speed, so all's well that ends well!

Enquiries, Articles and Letters

email to: jacobstowjournal@gmail.com or in writing to the Editor. Sarah Smith Almar, Jacobstow, EX23 0BN

Advertising Rates The current Rate for 6 issues is £30 for a half-page advert. Contact Sarah on 01840-230565, or via e-mail, for further information.

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The deadline for adverts, letters or articles for the June/July 2018 edition will be 15th May. Please note this does not guarantee that the item will be published due to possible limitations on space. Contributions received will be included at the Editorial Team's discretion.

The Journal is printed by Parish Magazine Printing. Contact Phil Tucker on 01288 341617

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 totally independent of the Jacobstow Parish Council. E&OE. © 2011

	Jac	obstow Parish Cou	ıncil
	Chairman:	Mr. Norman Osborne	01840-230592
	Parish Clerk:	Mrs D. Turner	01566-781269
Members:	Mrs Charmaine Smit	h Mr Dennis Adey	Mrs Caroline Pallett
	Mrs Ilona Franklyn	Mr Ray Fox	Mr Peter Chapman

The Parish Council meets in the Parish Hall on the 1st Tuesday of every month (except for August). Meetings commence at 7.30 pm. 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. We have omitted certain minor items for brevity but a full version of the Minutes is displayed on the Parish Hall Notice Board (after formal approval) at the following month's Parish Council meeting also the Agenda and Minutes of previous meetings are on the village website www.jacobstowvillage.co.uk

Summary of Minutes of Meeting held on 6th February, 2018

Cllr. Osborne chaired the monthly meeting of the Parish council with Cllrs.P Chapman, C Smith, D Adey, C Pallett, I Franklyn, County Cllr. Nicky Chopak and six members of the public attending. Cornwall Council had approved planning at Glebe Farm Jacobstow.

Yearly donations to local charities were discussed and it was decided to give the following amounts:-

Jacobstow Church £150. Eden Graveyard Fund £150 Cornwall Air Ambulance £200. Bude Memory Café £50 Children's Hospice SW £200

Payments were made to:-

ICO Data Protection £35.00.

D Swinburn Footpaths A/C £540.00.

A notice for people to apply to be a Co-Opted Councillor had been displayed in Notice Boards and on the Website. A secret ballot for Councillors will be held at the March meeting if more than one person applies.



Nicky Chopak, your County Councillor contact details mobile no: 07810 302061 Email: nickychopak@gmail.com. Mail: The Post House, Tresmeer, Launceston, PL15 8QU

Summary of Minutes of Meeting held on 6th March, 2018

Cllr. Osborne chaired the monthly meeting of the Parish Council with a full attendance of Councillors, County Cllr.

Nicky Chopak, eight members of the Public and four Speakers for the Parish Meeting which was held first.

Mrs Marion McDonald spoke about the Children's Hospice SW, Mrs Sue Russell gave a yearly report on the School, Mr John Andrews gave a talk on Coast Watch and Cllr.Chopak talked on her work as a County Councillor.

Planning Application PA18/01443 – Well Cottage, Broad Langdon. Condition 2 (occupancy condition) to be modified to allow self contained holiday letting. Councillors supported this.

Councillors discussed the Co-Opting of a new Councillor and this was decided by a secret vote. The person they chose was Mr Andrew Vogel of Langdon, Jacobstow.

The Website monthly charge was discussed and it was agreed to pay this annually in the future.



Andy Vogel - your new Parish Councillor

Andy was voted onto the Parish Council at the March meeting. He was born in Jacobstow and went to our Primary School before going onto Budehaven school. On leaving school he worked as a cabinet maker at the Old Jacobstow School for Zoeftig & Co. He lives at Higher Langdon with his wife, Liz and feels it's time he put something back into the Parish, so decided to put himself forward as a Parish Councillor. We all welcome him.

Jacobstow Parish Council donates to Children's Hospice |South West



A delighted Marion McDonald accepts a cheque for £200 from Council Chairman, Norman Osborne, on behalf of Little Harbour Children's Hospice. The money will be used for the specialist care of children with life-limiting conditions and support for their families.



Jacobstow Neighbourhood Watch



Devon and Cornwall Alert keep your communities in the know. Register on-line at "alerts.dcpolice.uk"

Any urgent information will be posted on the jacobstow village facebook page, don't worry if you do not use Facebook, go to the jacobstow village web page and follow the link from there

www.devonandcornwall-pcc.gov.uk This is your link to the Police Commissioner's Report

Your MP Scott Mann - - For full version of this letter follow the link on www.jacobstowvillage.co.uk

Readers will be aware of the efforts to clamp down on plastic waste that washes up on our beaches. I'm very proud of Cornwall and in particular the people of Bude who are working very hard to reduce plastic usage and I was delighted to attend the recent launch of the Greener Bude campaign. The campaign is made up of local organisations, including the Bude Cleaner Seas Project and the Refill Bude initiative who encourage local people to use more environmentally friendly products. Surfers Against Sewage group have also asked Parliament to become plastic free.

Even with the heavy snow, strong winds, sub-zero temperatures and impassable roads, many people still made it to work to run our vital public services and businesses which support the Cornish economy. Just recently I was given a written assurance from the Transport Secretary that making the line at Dawlish more resilient is his number one national priority, and Network Rail is already conducting work to do just that. Fortunately the snow melted in time for St Piran's Day festivities, and in Parliament the six Cornish MPs held a Taste of Cornwall event to celebrate our patron saint and to herald our fantastic food and drink sector. Eleven producers travelled up

from Cornwall to show off their products. Many MPs and government ministers attended to taste the fantastic produce on offer and to speak with business representatives. Cornwall has a thriving food and drink sector which has huge potential to tap into domestic and global markets.



SurgeriesBude ParkhouseFriday 13th April 10am - 12pmWadebridge Friday 4th May 2 - 4pm01208 74337 to book is recommended, drop in is first come first served







Towards the mill restoration

ake and riverside walks, wildflower mead Sorry, no dogs admitted (except for guide dogs)

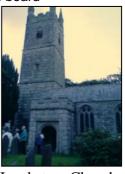
Directions from :-www.thebridgemill.org.uk

www.thebridgemill.org.uk

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CHURCH AND CHAPEL SERVICES

These arrangements may change - please check notice board April 1 - Easter Sunday 9.30am Holy Communion 8 - Morning Prayer 9.30am 15 - UBS 10.30am Warbstow 22 - Holy Communion 9.30am 29 - UBS 10.30am Jacobstow May 6 - Evensong 6.30pm 13 - Morning Prayer 9.30am 20 - UBS 10.30am Whitstone 27 - Holy Communion 9.30am



Jacobstow Church



Living Water Chapel

<u>Messy Church</u> is happening at Living Water Sunday school room (Canworthy) Saturday 17th March, 21st April, 19th May, 16th June and 21st July 3.30pm – 5pm. This is church for all the family. Learn about God and Jesus through stories, crafts, activities, singing and refreshments.



Eden Chapel



Dimma Chapel For full details Audrey Wicket 01840 230268

See Page 9

Coast Church Family Church Sunday Services 11am Jacobstow Village Hall Come and join us, all are welcome. Non-denominational



JACOBSTOW CHURCH Afternoon Concert

With the Melody Makers

Sunday 29 April 4pm

Refreshments in the Parish Hall afterwards

Eden Chapel/Living Water Canworthy Water News

<u>Living Water Kids' Club</u> (Canworthy) – Wednesdays 4.30 – 5.30pm (term time)

Kids' Club is for primary aged children. We started in the Sunday School room in January. We meet for 1hr, play games, make things and have a snack. Come and join us. £1 towards costs

<u>Living Water Youth Club</u> (Canworthy) - 2nd and 4th Friday 7pm – 8.30pm (term time)

Sadly this hasn't had a great start as so far only 2 young people have attended. Youth club is for senior school young people who want to meet for a social evening. We will meet on 9th and 23rd March and then review if we will continue with Youth Club after Easter. £1 towards the costs. <u>Young At Heart social group</u> is moving from Eden Chapel to Living Water Sunday School room (Canworthy). We meet on alternative Tuesdays 1.30 –

3.30 for chat, games and refreshments. All are very welcome. The next

meeting will be Tuesday 13th March. £1 towards costs.

Messy Church is happening at Living Water Sunday School room

(Canworthy) Saturday 17th March, 21st April, 19th May, 16th June and 21st July 3.30pm – 5pm. This is church for all the family. Learn about God and Jesus through stories, crafts, activities, singing and refreshments.

Church Lottery Results

	1st	2nd	3rd
January	Mrs M Carter	Mrs N Osborne	Mrs M Trotman
February	Mrs A Bennett	Mr & Mrs J Ward	Mr J Penfound

Donations to

Church Funds



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.



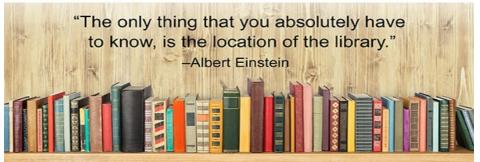


A well supported quiz night on 10th March put £350.00 in the fund raising kitty to help repair your village hall. Thank you to everyone for making it such a successful evening

Library Tickets

Library tickets are necessary so that Cornwall Council can keep a record of number and popularity of books. It will also show how often a micro, mobile or static library is used. So use it or loose it.

You can obtain a ticket by applying on-line by going to "www.cornwallcouncil" then "library", then click on "joining form" and fill this in making sure you select your local library then submit it. Alternatively go to your local static Library (Bude) and they will sort one out for you either by a paper form or on-line on one of their public computers It is also possible to click and receive at the micro library (in this case Wainhouse Inn) any book or books you require. There is an obvious advantage in that Wainhouse is open 7 days a week and from morning to late at night. And they do a nice coffee or something stronger!





Bob's Gardening Spot

April is the ideal time to plant evergreen hedges, especially wind break hedges, as it gives them a good chance to establish well. If you have a pot grown shrub, now is also a good time to transfer it to the garden. Deadhead any daffy's that have gone over, break the head behind the swollen flower head to just leave the stalk on the plant.

Plant bulbs this month such as dahlias, cannas and gladioli. Sow your salad seeds such as lettuce, beetroot and radish little and often to ensure a good continuous crop, its also time to plant your tomato seeds indoors.

May is a good time to start mowing and weeding your lawn and give them a feed to perk them up.

If your sweet peas are starting to grow away make them go where you want them to by training and tying them. Runner and French bean seeds can be sown outside now. If you have grown sweetcorn indoors now is the time to plant them out......Happy Spring Gardening, Bob



BOOK CLUB

OUR ENDLESS NUMBERED DAYS by Claire Fuller

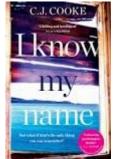
Peggy's father is a survivalist. This story is about the experiences of her, aged 8-14 and how two stories coincide and the consequences of growing up.

We enjoyed this well written book which drew you in. We had an excellent discussion on the pros and cons and the likelihood of them not being discovered among other issues.

I KNOW MY NAME by C J Cooke

This was not in the Book Club but from Bude Library. The recommendations on the book said "Utterly compelling and unnervingly twisty" and "Chilling and intelligent." Either way it was a well written and thought out book which I enjoyed and found compulsive.

Eloise wakes with complete amnesia amid strangers who may or may not know her. Her husband suddenly finds himself with a toddler and a new born and has no idea what has happened.





January from the word go was a very stormy month. Wind gusts in excess of 45 mph were commonly recorded here at Canworthy Water in the garden, and doubtless were considerably exceeded on any high ground locally. Whist no days saw any particular rain events, the 18th gave a very wet morning with 0.6" falling in less than hour to 11 that day. The total amount collected for the month was 5.83" which is pretty much what one would expect for January.

Rather unusually five thunderstorms were observed, some with large hail and some impressive squalls. A couple of these formed into straight-line gust fronts, which although not uncommon in the winter, were noted as producing very strong winds of short duration.

February started on a similar vein, 43 mph being recorded on the 1st, early in the morning, with light snow observed in the first week, but nothing amounting to much.

Conditions in this month were variable, to say the least, very mild mid-month with extensive hill fog to the surface here on the 14th.

By the 22nd, matters had changed considerably. Virtually overnight upper-air conditions had started to be influenced by an extension of Continental Arctic air towards the western area of Europe bringing the intensely cold polar air-stream with it. By the 28th, a severe frost of -6C was recorded here, and the following day the temperature did not rise above 1 degree centigrade in an increasing easterly wind.

Storm "Emma" as named by the Portuguese Met. Office was now approaching from the Bay of Biscay and this was to produce severe winter conditions over the next few days.

February was, however a fairly dry month, with a total of 1.72" being collected here.

				-					
Date	6 Apr	13 Apr	20 Apr	27 Apr	4 May	11 May	18 May	25 May	1 June
AM	9.32	4.21	8.50	4.05	8.29	2.47	7.53	5.09	7.31
PM	21.52	16.42	21.09	16.33	20.45	15.16	20.12	15.13	19.49
Sun set	20.22	20.13	20.24	20.35	20.46	20.57	21.07	21.16	21.24

HIGH TIDES and SUNSET - April and May 2018



The new term starts in April on Monday 16th - Cubs, Tuesday 17th - Scouts and Wednesday 18th - Beavers.

The scouts are training for a Coast to Coast yomp on 27/28 April. This will be a total of 30 miles with an overnight stay at Lanhydrock.

There is going to be a site meeting by the planners on the possible site of the new Scout Hut in April.

Any information : Daphne Dowling-01288 352786, Robert Medland-07842084971 or Josie Shepherd 07855001284



At the beginning of February we had a (battery) candle lit presentation evening on a cold and windy Crackington Beach. One of our newest members was enrolled by saying her promise. Other members were awarded their

 1^{st} and 2^{nd} year challenge

badges being part of our unit for 1 and 2 years respectively and completing the necessary badges and community action needed for these badges. Two

further members were presented with their 4th year challenge badges, being part of our unit for 4 years and now moving on to the next step of their guiding journey at rangers. Finally, 3 members were awarded their Baden-Powell award which was the culmination of 2 years hard work, completing various evenings with different themes ending in their Baden-Powell adventure which included a sleepover in the Mediterranean biome at the Eden Project. As this is a very special award that few girls achieve (it being the highest award for a guide) Jill Jeffs our county commissioner came and presented the award to them. After the presentations were complete we all retired to the pub for some chips, games and to warm up! Dereck A Smith

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PUZZLE PAGE

Velcome to your "tea break" puzzle page, Thank you for the many entries, McDonald was pulled from the hat they win a £10 voucher for Wainhouse Stores. you would like a chance to win this edition's voucher, just solve the puzzles and return the completed page to Sarah Smith, Almar Jacobstow EX23 0BN by 15th May 2018. Thank you to Wainhouse Stores for sponsoring this page.



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WORDSEARCH - one of the film titles listed below do NOT appear in the grid above, which one?

APRIL	DAFFODIL
DAPHNE	GARDENERS
JADE	LOBELIA
PETUNIA	PRIMULA
RAIN	ROSES
SHOWER	SPRING
SUN	TULIP
VERBENA	WIND 🛹
XINKA	A ANA KAN
AND ALL PROPERTY N	

Spring has sprung... can you name the baby animals?





Last edition answers Word search missing word Widemouth Famous Cornish Landmarks 1. Minack Theatre 2. Launceston Castle 3 Pendennis Castle 4. Lanyon Quoit 5. St Micheals Mount 6. Eden Project Page 17



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Jacobstow School



15 children from years 3,4,5,6 performed in a concert of song at the Parkhouse Centre in Bude on Friday March 16th.

The concert was part of the Cornish Music Hub 'Songfest 2018' which invites children of all ages to be involved in singing at a range of concerts across the county. This year the theme was West Country folk songs.

The children had to learn, not only the music and harmonies but also the words for 11 folk songs based around the months of the year. They practised hard, with some support from Georgina Bridle from the Music Hub, and they and we were justifiably proud of their efforts singing with children from 5 other local schools.

Some of our musicians were also part of an instrumental piece performed as art of the concert.



Well Done Jacobstow School at 'Cornwall Songfest 2018"



Jacobstow School children also celebrated **World Book Day** – a slightly delayed event this year as there was a snow day on March 1st! But, what a fantastic assortment of book characters we had; there was a smile on everyone's face.



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SNOW IN JACOBSTOW! Although it's April, please e mail us your snow photos so we can put them on the village website.



Above: Steve & Reggie.





Snowman built by Robin Jones using his digger and helped by Jay & Eloise. Left are Reggie, Jo & Alfie Turner. Below Jay & Eloise Jones.



LAMBING TIME. At West Witheven Farm there is a very special lamb this year. He has one black leg. When I asked farmer Steven Turner what the lamb was called, he said it didn't have a name. I suggested a good old pirate name, Black Leg but later that day I received a text saying the family had decided to call the lamb Guinness. What a great name for a lovely lamb.



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Regular Events In the Parish hall unless stated otherwise

Cubs 6.30 - 8.00 Scout Hall Wainhouse Corner Monday Brownies 4.30 - 5.30 Canworthy Water Sunday School Young at Heart Alternate Tuesdays 1.30 - 3,30 Canworthy Water Tuesday Scouts 6.30 - 8.00 Scout Hall Rainbows 5.45 - 7.00 Guides 7.00 - 8.30 Wednesday Beavers 6.00 - 7.00 Scout Hall Living Water Kids Club 4.30 - 5.30 Canworthy Water Living Water Youth Club 2nd and 4th Friday Canworthy Water Friday Coast Family Church 10.30 Sunday 1st and 3rd Tuesday of the month Young at Heart - Eden Chapel 1.30 1st Tuesday of month Parish Council 7.30 2nd and 4th Tuesday Arts and Crafts Club 2.00 - 4.00

2nd Thursday of month W I 7.30

Special Events in and around Jacobstow April

2 Trigg Morris Men 10.30 to 11.30 Launceston Town Square 7/8th Sat/Sun - A History of Scouting Exhibition 10-5/10-4 The Castle 7 South West coast path repair day 10am-3pm Epphaven Cove 11th Health and Wellness Day 1pm to 7pm Falcon Hotel, Bude 13th Friday - Fund raising concert -Keith Donnely -Widemouth Task Force -Beach House Hotel £6 13th Friday -Quiz Night. Contact Alan Green 01566781559 17th U3A Annual Speakers Day 12.30 Launceston Town Hall 19th Thursday - Wainhouse Inn - Quiz 29th Afternoon concert Jacobstow Church 4pm May 5th Sat 2 - Poundstock Revel 12th Family Fun Dog Show 1.30 Jacobstow School 12th May Jolly Good Sing St Gennys Church 2-4.30pm £5 inc refreshments 13th Open Water Mill Page 7 for details 14th Henning Wehn Live Launceston Town Hall 7.30 24th Thursday - Wainhouse Inn Quiz 26 May Sat 10-12.30 = Plant Sale Poundstock Gildhouse



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- Classes limited to 12 people
- All equipment required is provided.



Martin Brooks 07812 959 879 www.northcornwallpilates.co.uk martin@northcornwallpilates.co.uk



NOW IS THE MONTH OF MAYING - MAY FACTS

• MAYDAY! MAYDAY! Mayday got its start as an international distress call in 1923. It was made official in 1948. It was the idea of Frederick Mockford, a senior radio officer at Croydon Airport. He came up with the idea for "Mayday" because it sounded like the French word m'aider, which

means "Help me."

• THE MAYFLOWER. The Mayflower was an English ship that trans-



ported the first English Puritans, known today as the Pil-

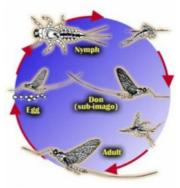


grims, from Plymouth, to the New World in 1620.

•MAYFLY. There are 51 species of mayfly in Britain. They live in fast-

flowing rivers & still lakes, where the larvae spend their lives underwater. The adults hatch out in summer, and have very short lives (just hours) during which they display and breed; their sole purpose is to repro-

duce and once they have mated, they die.





•MAYHEM. Mayhem,

meaning active disorder intended to cause harm or damage, came to English from the Old French "mahaigne," meaning intentional injury. It is also the title of a song by 43 year old Imelda MAY, Irish singer song writer, inspired by Billie Holiday.



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In February, members enjoyed an entertaining and informative talk about Lundy Island with slides of Lundy's varied and beautiful scenery. Our AGM was held in March combined with a members' evening. We have a varied programme of talks and activities to look forward to in the coming year and we'll be celebrating our 80th birthday! Each year we bring our members' craft, floral art and cookery skills together for the local show season which challenges us to try new things and stretches the imagination to find something different. This year is no exception and we'll soon be planning our group entry for the Royal Cornwall Show (7 - 9 June) with the theme "A Picnic on the Beach" and also for the Holsworthy and Stratton Show (23 Aug) where the theme is " All the Fun of the Fair" Forthcoming meetings: April: We will be visiting Davidstow Milk Factory.

May 10th will be a members' evening.

The W.I. always welcomes new members so do come along to a meeting at Jacobstow Parish Hall or contact the president, Mrs Jill Baker 01840 239829. We meet on the 2nd Thursday of each month at 7..30 and you can be sure of a warm welcome.

From Jeremy re Good Energy's latest antics Update on Big Field Planning Review

GE's judicial review, known in this context as a Planning Review, is being heard in the Royal Courts of Justice, London, on 19 April. This is NOT deciding whether they get planning permission. It is deciding whether the process itself was lawful,



specifically on whether the Sec. of State/Planning Inspector took sufficient account of the community benefits!!!!! I'm sure you share my incredulity at that one. GE's others grounds for Review have fallen away. True to form, their lawyers have submitted 100's of pages of evidence I'm told. The planning decision is being defended by lawyers for the Sec.of State. CARE is an interested party but doesn't take part. Cornwall Council could have taken part but elected not to. The decision is not expected for a couple months after the hearing.





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Jacobstow Amblers set off for their walk on February 28th from the Parish Hall to St James's Well. After weeks of dull days and rain, it was sunny, cold, crisp and fresh - a real treat. Mary led Rachel, Celia and Sally past the church and left onto the footpath through the Rectory and field into the small wood. The frost had made the snow drops droop but they were

still flowering across the stream, daffodils were just showing and the ramsons beginning to push through. The path and field were still firm after the frost unlike the mud in previous weeks. All the kissing gates have engraved plaques with a delightful verse on each, thanks to Mary who also ensures the path stays clear. The gate leading into the well area had broken but we were delighted to see it repaired and stones laid on the approach thanks to Walter Shepherd – much appreciated. The well was looking lovely

in the sun – a very peaceful spot. Mary kindly invited us back for hot chocolate and showed us an album of how the well had evolved from a muddy hollow to the stone alcove and protected area it is now, thanks to the school,



village and her own efforts. It remains



an important ancient location and local haven which we are fortunate to enjoy. Many thanks to John Penfound who met us half way at Widemouth with hot chocolates in the January walk.





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11th April - Rosemoor





2 May- Totnes and Dartmoor

Please note of each month

that trips are now on the first Wednesday except for April and October. There will

be a 42 seater coach and places will be on a first come first served basis. Bookings to Mo & Fern 01840 230428 or Eve 01566 781452

BLANQUETTE OF LAMB or Cheesy Lamb

This has been one of my family's favourite cold lamb rehashes.

Cold cooked lamb remains and veg from Sunday joint perhaps.

1 diced carrot and/or mixed roots or any cold vegetables you have left over. 2 medium sliced onions Clove of garlic Herbs and/or gravy cube Tin chopped tomatoes to taste Salt to taste Flour/cornflour to thicken

Preparation

Prepare and dice vegetables and cook. 10-15 mins

Slice and fry onions and garlic

Cut the remaining cooked, cold lamb from the bone, and cut into neat pieces

Drain off most the water from vegetables and add tomatoes, onions, garlic and seasoning etc and thicken.

Stir in cold lamb to the mix

Put mixture into a heat-proof dish

Grate cheese over the top and put in the oven for 30 mins or until the cheese is nice and crispy.

We usually serve with mashed potatoes and extra vegetables.



BAND TOGETHER with BUDE METRIC BRASS AND FRIENDS

THIS WAS A GREAT PROGRAMME WITH MUSICIANS FROM



ALL OVER THE COUNTRY. SAM PARTRIDGE PLAYED A SPECTACULAR DRUM SOLO AND ONE OF THE OTHER EXCELLENT SOLOISTS INCLUDED JACOSTOW'S OWN KARINA SMITH WITH "CALLING CORNWALL," AN ARRANGEMENT BY GOFF RICHARDS. FUNDS WERE RAISED FOR FRIENDS OF BUDE SEA POOL, CORNWALL AIR AMBULANCE AND BREAST CANCER NOW.

Birding at My Own Front Door - Dennis Adey

One of the joys of living in this wonderful area and village is the tremendous amount of wildlife and birds that are on our doorstep. Feeding birds has brought many visitors to our bird feeders. Keeping the birds fed through the unusually cold winter snap we experienced recently must have been a



Goldfich

great help. Having been a weekly recorder for the British Trust for Ornithology for over 60 years, the variety of birds seen has increased greatly, even including the rarer species of Bullfinch, Green Finch, Siskin and Goldfinch. Spending a little money on corn and bird feed can enhance your pleasure if you have time to "Watch and stare". A Buzzard regularly visits our garden. We were thrilled when after 17 years of seeing

the swallows arrive they actually chose to take up residence by our back door! . Another thrill was having the Kestrel visit us; it sat on the back wall

having just missed the opportunity of dinner, looking a bit fed up. The Sparrow Hawk is a much better hunter and rarely misses out. All species visit our garden, at the moment a group of 10 female and 3 male Pheasants have taken up residence. When fed each morning with corn, one is so tame he follows me around and feeds



Buzzard



out of my-

hand We are not so enamoured when the local Grey Heron visits our fish pond, but keeping it netted seems to deter him. The Canada Geese are flying over and a murmuration of several hundred Starlings returning each year in the winter make a stunning sight. There's always something to get excited about. Please keep feeding the birds.

The Parish Council have funding available, provided by a grant from the Primrose Solar Farm, for community groups. Please contact Doreen Turner on 01566 781269 for further details $P_{age 31}$



KID'S PAGE

Happy May Day! Did you know that on May 1st people danced around a tree or Maypole to Celebrate their Crops growing and bringing Children into the world? Maybe you would like to make a Maypole for you and your friends to dance round or you Could



make a small one for your toys to dance round? People used to skip round the Maypole so here are some dance moves you could try: Choose any music you like.

Circle Dance: Each dancer needs a ribbon. All skip round the Maypole. Then turn round and dance the other way to untwist



the ribbons.

Or divide the dancers into 2 groups, each with different ribbon colours. One group goes in one direction whilst the other group goes in the opposite direction.

For more ideas go to www.thedancelady.com



Don't forget skipping is one of the best sports exercises you can do. It's done by footballers, boxers and most sports people!

BUDE BRIDGE CLUB

Parkhouse Centre, Ergue Gaberic Way

NEW MEMBERS WELCOME including beginners

We meet for duplicate bridge: Tuesdays and Fridays 7pm to 10.30pm Wednesdays 2pm to 5pm

A new member's experience: "I'd always played social bridge and was nervous of playing in a club. However no-one was harsh or critical - everyone was really friendly and there were all levels of expertise."

Taster sessions & tuition available

Visit the New Members Information Area on our website: www.bridgewebs.com/Bude

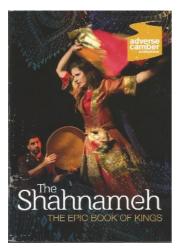




Cornish Stone Wall Specialists

News from The Old Orchard InnWeek St Mary We are pleased to announce the opening of Week St Mary's first ever snooker club, with a full size table, on the 31st March. Newly refurbished, warm, comfortable and large room with excellent facilities. All league teams welcome. Regular in-house tournaments. Everyone Welcome. For full details Membership (12 months) Please phone Jason on Adults £30 Under 18s £10 07887 614141 ^{01288 341 646} Family £40 Visitors £5 (1 week) (evenings) Or call into The Old Orchard Inn

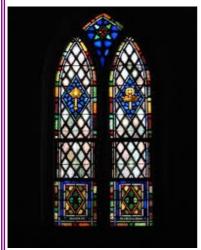
The Shahnameh – review by Celia Sousek



On a bitterly cold evening a large audience at Crackington Institute was treated to The Shahnameh, The Epic Books of Kings, performed by Xanthe Gresham Knight (storyteller) and Arash Moradi (musician). The Shahnameh is a Persian epic written over 1000 years ago and the excellent performance offered a collection of stories from the poem. The beautiful stories and music performed by Xanthe and Arash transported the

audience to the exotic world of ancient Persia, with mythical birds, horses, heroes and lovers. It was a wonderful evening.

R J SARGENT & SON FUNERAL DIRECTORS



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Tel: Terry Sargent

01288 361468

Trewithian, Poundstock Bude EX23 0DS



OUR RIVERS, THE THREATS THAT FACE THEM & HOW YOU CAN HELP Talk by Simon Browning of the Westcountry Rivers Trust – report by Celia Sousek

Having previously worked for the Environment Agency, Simon is now based in Bude working for the Westcountry Rivers Trust. Simon talked particularly about the catchment area of the Crackington streams and how threats from soil erosion, sewage overflow, pesticides and run off from farm slurry can affect the quality of the water as it enters the sea at Crackington Haven.

One of the initiatives that the Trust has introduced is Citizen Science Investigations – a growing community of citizen scientists monitoring the quality of local rivers. The aim is to record as many surveys across the region as possible, using the data

to flag up persistent, low level pollution problems or areas where habitat can be improved, and giving volunteer groups an easy way of recording their local river or stream, including good things (wildlife sightings) and bad (pollution, litter and invasive plants).



Once signed up, volunteers start by taking observational surveys, using the Westcountry CSI form - recording information on plants, wildlife, river condition and any visible pollution. Volunteers can then progress to taking some water quality measurements, using simple equipment provided by Trust. Turbidity tubes are used to measure how murky the water is, pocket-sized probes to test for dissolved solids and a simple test kit for measuring phosphates. Having completed a survey, volunteers then add their data to the Cartographer website where it appears on an interactive map alongside other surveys. It is totally flexible where and how often a volunteer does a survey. As a result of Simon's talk, it was decided to set up a local Citizen Science Investigations group in Crackington.

Further information about the Westcountry Rivers Trust can be found on their website: http://wrt.org.uk





I found visitbude.info.com an informative web-site

LOCAL BUS TIMETABLE Partial listing of stops

Travel Cornwall - 01726 861108 - www.summercourttravel.com
420 Higher Crackington – Launceston
480 Warbstow - Canworthy Water - Bude - Launceston - Holsworthy

Operates Monday to Fridays but not on Bank or Public Holidays

	480	420	480	480		480	420	480	480
	M Th	Tu only	Wed	Fri		M Th	Tu only	Wed	Fri
Hghr Crackington	~	0910	~	~	Holsworthy Library	~	~ ,	1310	~
Wainhouse Cnr	~	0925	~	~	Launceston Tesco	1250	1235	~	~
Jacobstow	~	0930	~	~	Launceston Westgate	1300	1245	~	~
Week St Mary	~	0940	~	~	N Tamerton	1325	~	1325	~
Canworthy Water	~	0955	~	~	Bude Strand	~	~	~	1310
Warbstow Cross	0935	0958	0935	0935	Whitstone	~	~	1332	1332
Canworthy Water	0938	1001	0938	0938	Week St Mary	1340	~	1340	1340
Week St Mary	0953	~	0953	0953	Canworthy Water	1354	1307	1354	1354
Whitstone	~	~	1001	1001	Warbstow Cross	1400	1311	1400	1400
Bude Strand	~	~	~	1023	Canworthy Water	~	1314	~	~
N Tamerton	1008	~	1008	~	Week St Mary	~	1326	~	~
Launceston Westgate	1033	1030	~	~	Jacobstow	~	1341	~	~
Launceston Tesco	1043	1040	~	~	Wainhouse Corner	~	1345	~	~
Holsworthy Church	~	~	1023	~	Hghr Crackinghton	~	1358	~	~

The 480 to/from Bude, Holsworthy and Launceston doesn't go to Jacobstow and Wainhouse only Week St Mary, Canworthy Water and Warbstow

95 Boscastle – Bude First Kernow! 01872 305950

Mondays to Saturdays

Monday to	Frida	v from	Bude				Monday-F	riday t	o Bude	e			
Bude	0653	•		1303	1533	1733	Boscastle	0751	0956	1215	1431	1611	1841
Widmth B	0700	0900		1310	1540	1740	Crackgton	0807	1012	1231	1447	1627	~
Widmth M	0702	0902	1102	1312	1542	1742	Wainhs	0814	1019	1238	1454	1634	1854
'ski Cross	0705	0905	1105	1315	1545	1745	Jacobstow		1024				
Jacobstow				1320			'skni Cross	0818	1029	1242	1458	1638	1858
Wainhs	0709	0909	1109	1325	1549	1749	Widmth M		1032		1501		1901
Crackgton	~	0917	1117	1332	1557	1757	Widmth B	0823	1034	1247		1643	1903
Boscastle	0723	0933	1133	1349	1613	1813	Bude Strd	0839	1043	1256	1512	1652	1912

- ** 95 Winter Schedule Correct 26 November 2017
- ** First Kernow Summer say their Summer timetable comes out end of April beginning May

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Bude "One Stop Shop"and Library also) Power Cut-Western Power Distribution Nicky Chopak (County Councillor) North Cornwall MP Scott Mann Crimestoppers (Anonymous) Police Force Enquiry Centre Cornwall County Council Library Renewal Hotline Floodline

Citizens Advice Bureau-Advice Cornwall Dog Warden (Environmental Health) Sita Recycling Centre, Tiscott Wood Cats Protection, Mary Chudleigh

Healthcare

NHS, Non-emergency
Inophicaio
Derriford, Plymouth
Treliske, Truro
Barnstaple
Bodmin, E Cornwall
Launceston Hospital
Launceston Minor Injuries
Stratton Hospital
Stratton Minor Injuries
Doctors' Surgeries
Bottreaux Surgery, Boscastle

01872 250000

01752 202082

11

01208 251300

01566 761001

01271 322577

01288 320101

Drs Nash & Uglow, Camelford Medical Centre, Stratton Neetside, Bude

0845 9881188 07810302061 01288 355131 01566 773814 01208 75656 03444994188 08006783105 03001234212 0800 555111 101

Other Numbers

Farming Community Network Regal Cinema, Wadebridge National Express coaches National Rail Enquiries Rebel Cinema SAMARITANS

08457 484950 07002 326326 08717818178 01288 36`442 01208 812791 116123



Jacobstow Organisations

Jacobstow Infants School	01840 230337
Parent/Teacher Association Jenny Johnson	01840 230456
Women's Institute, Mrs J Baker	01840 239829
Jacobstow Church, Mrs R Fox	01840 230153
Art Group, Jeane Gimblett	01840 230113
Happy Crafters, Eden Chapel - Alison	01566 781418
Parish Hall Bookings, Mrs L Harris	01840 230266
Scout and Cub Groups, Mrs D Dowling	01288 352786
Beavers, Josie Shepherd	01840 230330
Guides and Rainbows Mrs M Andrew	01840 230006
Brownies Becky Shute	01566 781717
Wainhouse Post Office and Stores	01840 230554
Jacobstow Walks, Mary	01840 230656
Jubillee Club, Mo 01840230428 or Eve 01566 781452	01566 781452
Julietter Garden Club, Penny	01840 261146