

Jacobstow Journal

Providing news and information for the Parish of Jacobstow
www.jacobstowvillage.co.uk



Our local postman is running the London Marathon

Issue 87 April / May 2025

Delivery free to every household in the Parish - otherwise £1.00

Editorial by Sarah

Spring has officially sprung, and I don't know about you, but it couldn't come quick enough for me. I am not a fan of February at all, the only good thing about that month is that it's short. Some people might say "But it's got Valentines Day in it."I've been married waaay too long for that to be a good point!.

I love gardening and the thought of getting back out there, sowing some seeds and starting to enjoy my garden once again is a really good thing for my general well being - who knows, I might even have to order a skip!. The only problem is as the evenings get lighter, the standards of meals in the Smith household start to suffer, I'm just too busy in the garden to think about coming in and starting on tea, "Beans on toast anyone?" I think everyone's mood lifts, you start to see people out and about more, planning trips out and just enjoying the moment. It's a bit like seeing little mice emerging from their burrows after hibernation. Whatever you have in mind, make the most of the weather and get out there (as long as it's not lashing down with an April shower!)

All the best, Sarah

Enquiries, Articles and Letters

email to:

jacobstowjournal@gmail.com

or in writing to the Editor.

Sarah Smith

Almar, Jacobstow, EX23 0BN

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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.

The deadline for adverts, letters or articles for the June/July edition will be 10th 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.

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Jacobstow Parish Council

Chairman: Mrs Charmaine Smith

Parish Clerk: Mrs D. Turner 01566-781269

Members: Mr Norman Osborne Mr John Shepherd Mr Andy Vogel
Mrs Ilona Franklyn Mrs Sarah Smith 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 4th Februry, 2025

Cllr C Smith chaired the Ordinary meeting with five Councillors, County Cllr Nicky Chopak and the Clerk attending.

Goldfinch Close - Clerk to write to the Housing Assoc. to confirm they would like a couple of benches for Goldfinch Close and the positioning of them. It was decided to get the plastic benches. Also find out if we could put a concrete base for them.

Planning Application No PA24/09796 – Proposed erection of a horse barn with loafing areas and track, parking area and assoc. works – Land South West of Lower Blagdon, Jacobstow. Councillors unanimously supported this Application.

Planning Application No PA24/09727 – Proposed temporary rural workers dwelling – Land South west of Lower Blagdon, Jacobstow. Councillors unanimously support this Application.

Councillor matters – A complaint was received regarding the water pressure round the Wainhouse Corner/Langdon Cross area. At times the pressure is very low and when there is a power cut there is no water at all. Clerk to write to SWW regarding this.



Nicky Chopak, your County Councillor contact details -
Mobile: 07810 302061 **Email:** nickychopak@gmail.com.
Mail: The Post House, Tresmeer, Launceston, PL15 8QU

Council Minutes (continued)

Appeal - Witheven Meadows, Jacobstow - The appeal was dismissed and enforcement notice upheld. The enforcement notice is varied by the deletion of "twelve months and substituted with "24 months".

Summary of Minutes of meeting held on 4th March, 2025

Cllr. Charmaine Smith chaired the meeting which began with the Annual Parish Meeting. There were three Speakers. PC Craig Lang talked about Cyber Protection, Mrs Michelle Jones gave a yearly report on Jacobstow School and County Cllr. Nicky Chopak gave an annual report on Cornwall Council.

Goldfinch Close - A quote was received from DCW polymers for two benches, fixing brackets and delivery. It was decided to accept this Clerk to order the benches and find out the delivery date. Cllrs.P Chapman and A Vogel will be responsible for erecting the base for the benches.

Safety of Lithium Batteries – Correspondence received on the safety of Lithium-ion batteries. There should be more testing before they are marketed also regulations should ensure the safe disposal of the batteries.



ROYAL MAIL - STAMP PRICE INCREASE



Stamp prices will rise from 7 April:

1st Class	Standard £1.70
1st Class	Large £3.15
2nd Class	Standard 87p
2nd Class	Large £1.55 (no change)

Unused Stamps and those bought before the rise continue to be valid after this change.

Older stamps without bar codes can still be exchanged



159 - Remember this number

PC Craig Lang came along to our latest AGM at the Parish Council to talk to us about Cyber Security. He mentioned the 159 telephone number and I for one had never heard of it. Basically if you have a phone call from someone claiming to be from your bank you can call 159 and it will connect you directly to your bank's fraud prevention service, allowing you to report or check on potential scams. It might be a good idea to call this number from a different phone.

How it works: When you dial 159, you'll be connected to a system that automatically redirects you to your bank.

When to use it: Dial 159 if you receive a suspicious call claiming to be from your bank or another authority, or if you feel pressured into making a payment or transferring money.

Benefits: 159 is easy to remember, secure, and designed to help you quickly access your bank's fraud prevention services.

Banks participating: Many major UK banks, including NatWest, Santander, Lloyds, and others, participate in the 159 initiative.



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WEEK ST MARY BONAVENTURES WI

If you see a marine animal on the beach STOP! That was the key message from our speakers from the British Divers Marine Life Rescue (BDMLR), Michelle Clement and Michaela Gilbert-Smith, both volunteer Marine Mammal Medics, working along the North Cornwall/Devon coastline. BDMLR began in 1988 and later formed a national volunteer response network, with trained Marine Mammal Medics for sick and injured seals, porpoises, dolphins, whales and turtles. The teams have specialist equipment and seal rescue continues to be a major part of the charity's work with more than 3,000 calls to the BDMLR in 2021. The charity created the UK's first Mobile Seal Rescue Unit (in a converted horse box!) and in 2021 opened its first seal hospital in Cornwall to deal with the high numbers of seal casualties affected by storms linked to climate change.

Advice when finding marine animals on the beach:

Seals: Do NOT approach, it is normal for a seal not to be in the water.
Do NOT make a noise, seals are easily disturbed
Do NOT let dogs near even on a lead, they will alarm the seal.
DO watch for signs of mum, she may be feeding & will return.
DO call BDMLR with location if it is ill, injured or separated from mum and stay if you can to help Medics locate the seal.

Dolphins/Whales:

Do NOT put back in the sea – it needs to be checked by Medics.
Do NOT pull, stand over or next to its tail, the tail will hurt if it hits you.
Do NOT attempt to interact, it may be distressed.
DO call BDMLR immediately, every second is critical.
DO keep it upright - if you can turn it on its belly, being careful with fins.
DO keep it wet with water (not in blowhole) or seaweed.
DO stay quiet and keep crowds and people away.

Turtles: Do NOT put back in the sea, it can be fatal due to hypothermia.
Do NOT warm it up immediately, it needs specialist care.
DO call BDMLR immediately to organise care and transport.
DO wrap it up (e.g. dry towel) to maintain its temperature.

EMERGENCY HELPLINE: 01825 765546
– why not put in your mobile now?

**Congratulations to Week St Mary Bonaventures WI
which celebrated its 80th Birthday on 15th March**

Anyone interested in finding out more about our WI can contact
Roberta Jones, Secretary on 07788-548875.

Weathering the Storm

Weathering the Storm is a brand-new exhibition at The Castle Heritage Centre. The exhibition tells the story of lifesaving at Bude and how it has shaped the community. Visitors will learn about the early days of rescuing those in peril on the sea as maritime trade increased, as well as the history of Bude's lifeboat, from the first boat with no organised crew, to the inshore lifeboat we have today.

There are stories of heroism, such as that of George Bate, who bravely rescued a woman from drowning in 1857. On display is a bible given to George by the women he saved in thanks for his actions. Also on display is the medal for bravery awarded to George by the Royal Humane Society, by kind permission of the Bate family.

The exhibition also includes the history of the Bude Surf Lifesaving Club, the first of its kind in the UK. Stories are brought to life with many original artefacts, some kindly on loan from the Bude branch of the RNLI and Bude Surf Life Saving Club. Exhibits also include an original breeches buoy, used to haul sailors off stricken vessels and an original lifesaving reel, used by the Bude Surf Lifesaving Club.

The Exhibition is open from Friday 21st March, free entry, 7 days a week.



CHURCH AND CHAPEL SERVICES

Living Water Methodist Church, Canworthy Water

Sunday 6th April	led by Mr Peter Daniel 10.30am
Sunday 13th April	PALM SUNDAY Service led by Mrs J Swann 10.30
Sunday 20th April	EASTER DAY Service led by Worship Team 10.30
Sunday 27th April	No service at Living Water – Circuit service at Delabole Methodist Church 11.00am
Sunday 4th May	led by Rev Bryan Ede 10.30am
Sunday 11th May	led by Worship Team 10.30am
Sunday 18th May	led by Rev Steve Swann inc Holy Communion 10.30am
Sunday 25th May	led by local worship team 10.30am

Jacobstow Church Services

April

13 Palm Sunday Morning Prayer 10.30

20 Easter Sunday Holy Communion 11.00

May

11 Morning Prayer 10.30

For all services across the Benefice and extra Easter week services please see notice board at the church



Church Lottery Results

	1st	2nd	3rd
January	Mrs J Cowling	Ms D Pratt	Mrs S Smith
February	Mrs M Cowling	Mr Z Loader	Mr T Smith
March	Mrs S Moutine	Mrs L Dodd	Mr K Fuller
April	Mr W Smith	Mrs N Osborne	Mr P Smith

Helping Hedgehogs



By the time you read this article, hedgehogs will just be coming out of hibernation, weighing only half their pre-hibernation weight. In Jacobstow we are lucky to have a population of hedgehogs, but like so many other parts of the country, they are in serious decline. So much so, that the Wildlife Trust has classed hedgehogs as vulnerable to extinction. So what can be done to help them?

1) Include wild areas in your garden... hedgehogs eat beetles, slugs, and other invertebrates, so having piles of leaves, log piles or longer areas of grass where these creatures live, is great for hedgehogs. They also build temporary day nests in rough grass, loose grass piles or rough vegetation, so having these wild areas is doubly important. If you know a hedgehog visits your garden and want to support feed it, put out some meat based wet or dry cat food, or some broken up peanuts at dusk.

2) Let them get in (and out of) your garden!...Hedgehogs travel up to 1 km a night looking for food, so access is important to them. If you have a fence, dig a small hole underneath it in a few places, so they can squeeze underneath, or cut out a cd- sized hole for them to get in and out.

3) Keep them safe ... Please don't use slug pellets which will poison a hedgehog if they have eaten slugs which have eaten slug pellets.

Before strimming or cutting long grass, please swish a stick around to check there are no hedgehogs nesting. Lots of hedgehogs get injured each year by strimmers or mowers. Make sure hedgehogs can get out of a pond, drain or cattle grid if they accidentally fall in. Hedgehogs are good swimmers and climbers but they need a gentle slope to get out. If a ramp or wire netting is put into anything with steep sides, this enables the hedgehog to escape. Roll up any type of netting a few inches above ground level to stop hedgehogs getting tangled up in it.



Hedgehogs are out and about on our roads from dusk through to dawn. If you drive slowly through the village, you will be able to spot them trotting down the road.

4) And finally...hedgehogs are nocturnal, (although occasionally a female will go looking for a new nest in the daytime) but generally if you see a hedgehog out during the day, or you find an injured one, it needs your help. If you take it to one of the Bude vets, they have a duty of care to look after it at no cost to yourself. Hopefully our population of hedgehogs will start increasing, but by only doing one of the things above, you will be helping to make that happen."

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Bude, Cornwall



Musings – Happy Easter!

Camelford and Week St Mary Methodist Circuit

Spring is the season of many Saints Days: St Piran, St David, and St Patrick, when people celebrate in their own unique ways. But perhaps the greatest springtime celebration is that of Easter, which for Christians is both the high, and low point of their year. It starts in earnest with “Holy Week” on Palm Sunday, when we recall Jesus’ triumphal entry into Jerusalem and ends on Easter Sunday with the joy of Jesus’ resurrection. In between there are the sombre days of the Last Supper with his friends, where he gave symbols of bread and wine, still used today as a remembrance when we celebrate Holy Communion, and Good Friday when Jesus paid the ultimate sacrifice by dying a cruel and inhumane death on a cross, alongside the criminals in society, instigated by the jealousy of powerful faith leaders who wanted him out of the way. Easter shows us that even in the darkest times there is hope. For Christians, that hope is found in Jesus, who is the only person throughout history who is documented to have been resurrected from death, which today is still relevant as it offers us forgiveness and freedom from the sinfulness of life and abundant and eternal life starting here and now.

This year is maybe a time to think about the hope that God offers us through the events of Easter, the hope that we see springing up in the daffodils and tulips as our gardens fill with colour once more, and we remember that life is for living, to its fullest. However you celebrate Easter, may you experience, love, joy and hope in all its fullness.



“May the God of hope fill you with all joy and peace as you trust in him.”
Romans Chapter 15 Verse 13

Julie Swann

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THE JOURNAL VISIT TO JACOBSTOW SCHOOL

Journal editor Sarah and I went to visit the school on World Book Day. We were there by kind invitation of new head, Michelle Jones who gave us a tour round the whole school. The main thing I was struck by was the atmosphere of calm but also enthusiasm and engagement in all classrooms. As a retired teacher myself, I know this is no mean feat and cannot be just laid on because people are visiting. Michelle also showed us the new under cover outdoor space. This was built using local businesses and keeping costs minimal. The school had put a



clever twist on World Book Day, saying the children could come in fancy dress but mainly they should come as a word that

was new to them in order to increase vocabulary throughout the school. The word was pinned to their front. One teacher came as the word “procrastinate” and a boy came dressed in red as the word “crimson.” This idea also took the pressure off families struggling to provide book costumes. We are looking forward to the school sending in their news and photos in future issues of the Journal. Photos shown are not children from the school.



EVENTS IN APRIL & MAY

Reduced listing due to Bude Literary Festival - See page 19

1st May - Local council elections

3rd May - Juliotter Gdn Club Otterham Hall 10-12

9th May 10.30 - 12 Gildhouse “Out & About Session”

11th May Bude Rugby Club - Bude Motor Show

17th May 10.30 - 12.30 Gildhouse Poundstock plant sale

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BEN MAGUIRE - YOUR LOCAL MP

A popular bus stop which was penned for closure has been saved following local concern. Back in November, Go Cornwall Bus announced that eight of Launceston's bus services will no longer be dropping off or picking up passengers from the town's Tesco supermarket. Users of the transport were met with a message from the provider stating that the 78, 78A, 97, 220, 223, 371, 425, and 426, would no longer be using the stop. A spokesperson from Go Cornwall Bus explained: "The issue is that there is a new, very well used parcel drop off / pick up locker unit been installed right next to the bus bay outside the store. The bus bay is being used by delivery vans and customers cars who are using the facility." "This means that it is currently not deemed safe for the bus to use." However, the area's MP, Ben Maguire, has today confirmed that the stop will remain open. In a statement, he said: "After a constituent got in touch with me about the removal of the bus stop at Tesco's, I have now received confirmation that the stop will be back in service starting next Monday, February 10." "Thanks to all of those who got in touch to raise the issue!" (Extract from Cornish & Devon Post)



New Banking hub for Bude

As the one remaining bank in Bude is due to close in May this year, it has been announced that a Banking Hub will be opened in the Parkhouse Centre, Bude.

The new Banking Hub will feature:
Counter service for everyday cash

transactions such as withdrawals and deposits. A Community banker service, where customers can book appointments to speak face-to-face with representatives from their own bank or building society.

Also, don't forget that you can use the Post Office at Wainhouse Stores for your everyday banking needs. Just nice to know that someone will be available in Bude if you have a complicated enquiry about your specific Bank.

Community Banker Availability

Monday

Tuesday

Wednesday

Thursday

Friday

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NatWest

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Claire Neate, *DIP FHP* 07968 232 344

PUZZLE PAGE

Welcome to your “tea break” puzzle page. This edition’s winner is Sarah Brown. If you would like a chance to win a £10 voucher to spend at Wainhouse Stores, just solve the quiz and return the completed page to Sarah Smith, Almar Jacobstow EX23 0BN by 10th May 2025 Thank you to Wainhouse Stores for sponsoring this page.

Can you name these famous women?



Last edition’s answers: Bridges 1. Golden Gate 2. Tower Bridge 3. Rialto Bridge 4. Danyany Kunshan Grand Bridge 5. Sydney Harbour Bridge 6. Forth Bridge 7. Tamar Bridge



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GARDENS TEL 01840 230385



MAY 13th Charlie & the Chocolate Factory, Budehaven Community School, doors open 6.30. Start 7pm
Tickets unreserved first come, first served basis.



May 14th -18th Bude Literary Festival, Bude Castle and other locations.

14th May 10.30-12 Lyric writing workshop, Bude Castle with Gary McCausland. Age 14+

14th May Berries Community Cafe 11am -12 The Fun History Quiz with Paul Wreyford based on his book "When Henry VIII Came to Dinner"

14th May 7.30 Bude House of Chaplin "Words-Work" Poetry open mic event, 18+ slots 5 mins

14th May 8pm Marcus Brigstocke comedy at The Parkhouse Centre

15th May 10.30-12 James Dixon lyric writing workshop Bude Wild Spirits Wellness Studio & Cafe

15th May Jaqueline Wilson "The Seaside Sleepover" Parkhouse Centre 6pm all ages. Q & A with audience. Tickets £11, under 18s £6.50

15th May Play "The End is in the Beginning" 7.15 (80 mins +interval) Falcon Hotel Bar/food/accommodation available. £13.20,

16th May Bude Literary Walk The Bandstand 10.15 All ages

16th May 12.45 Parkhouse Centre Folksy Theatre "Angelica Sprocket's Pockets" by Quentin Blake. Age 3-11 Tickets £8.80

16th May Bude library 3.15 The Bedtime Book of Even More Impossible Questions. Free 7+ and adults. Guardian Best Book 2022.

17th May Calligraphy taster workshop. Parkhouse Centre 9.45 12+ £13.20

1pm Morris dancing free. The Bandstand

1.30 The Pearl Exchange Beach writing creative workshop 14+ Free

Bethel Methodist Church (Trelash/Warbstow)

invites you to

BEETLE DRIVE

Friday 25th April



All-age Challenge

and QUIZ Night



Friday 23rd May

Both events 6.30pm – 8.30pm

All ages welcome

No booking required

For further info please call

01840 269094

Jacobstow Girl Guiding

Invites you to

A big Breakfast



Good Friday 18th April

Jacobstow village hall

9.30 to 2.00

£10 per person



Jubilee Club

The Jubilee Club have organised a coach trip

TRELISSICK GARDENS

Monday 12th May

You are very welcome to join us

Pick up at Wainhouse

Please contact Diana on 01840 261366 for more details

January is never a settled month anywhere especially down west. It started with the usual post winter solstice cold spells, some moderate frosts observed in the first week. The 5th saw a temperature rise from overnight, with an exceptional rain event that gave 1.46" collected by late morning since 1800 the previous evening. This got The Ottery going nicely here at Canworthy with it over-topping in the usual places by late morning. 14.4° was recorded by early afternoon that day. The following day had gusty west to northwesterly winds peaking 37 knots and somewhat colder by evening. I noted some small hail showers during that day. The following weeks were uneventful with some overnight frosts, early fog patches with light variable winds around east. Some days were reasonably mild during the day, hazy sun lifted temperatures with 10°C quite typical.

By the 20th, conditions were similar locally, but forecasters were watching a developing storm "Eowyn" that rapidly deepened to around 944 Bailey by the following day. This didn't really affect us, however a squall line down through the Celtic Sea associated with a marked cold front from the northerly storm set a thunderstorm off the west of our north coast around 0900 which persisted with local thunder by 10:00 here. A nasty tight band of very bright radar echo returns were observed inland which had torrential downpours tracking NNE and there were a number of tornado reports from the affected area. A holiday park near Newquay suffered quite severe damage with static caravans overturned or destroyed. A further thunderstorm was noted late morning on the 26th, which was quite wet with 0.94" collected. A total of 5.02", 127.5mm was collected for the month as against my 10 year average of 7.16", 182mm. February was a quiet dry month this year. No notable weather was observed with some very mild days, 14.8°C on the 20th, and only a couple of wet days with 23/24th seeing a total of 1.14" by morning. Apart from this, rainfall was less than what one would expect for February. A total of 3.06", 78mm was collected, as against my 10 year average of 4.38", 111mm. February can be a very wet month, last year saw 8.5" and 2020 9.19".

HIGH TIDES and SUNSET April/May

Date	Apr 5	Apr 12	Apr 19	Apr 26	May 3	May 10	May 17	May 24	May 31
AM	3.02	8.21	3.18	7.13	1.18	7.16	1.13	6.17	*****
PM	15.38	20.36	15.47	19.30	14.02	19.35	13.55	18.35	12.15
Sunset	20.01	20.12	20.24	20.35	20.46	20.56	21.06	21.15	21.23

2nd Bude (Jacobstow) Scout Group

The new Scout hut has created a warm and cosy space for our young members over the winter months, with everything we have needed to continue our varied programme of activities.



What a joy it is to see signs of spring & lighter evenings. Beavers this term are working towards their 'my world' and 'disability awareness' badges. The Beavers will be helping to make a raised vegetable bed and will then till seeds and fingers crossed watch the veg grow throughout the season. Cubs are working on their scientist, musician and entertainer badges and will finish the term with a camp fire sing song.

Scouts are working towards their model making badge and are in training for the forthcoming 'Camel Run'. By the time you read this update 2nd Bude (Jacobstow) Scout Group will have hosted the annual 'Camel Run'. This is a North Cornwall district event where Scouts and Explorer groups from the area are invited to take part in a night walk with 8 challenges along the way. We start at the Scout hut and finish the event at Warbstow Village Hall, where all the participants will have been rewarded with a hot breakfast.

This a busy time for the Scouts as the annual 'Coast 2 Coast' takes place in April and members will have the opportunity to take part.

New members are always welcome, for any further details please contact Robert Medland –

robert.medland1988@gmail.com / 07842084971.

2nd BUDE (JACOBSTOW)

SCOUT GROUP

**SATURDAY 5TH APRIL 2025
6PM FOR EYES DOWN AT 6.30**



**AT THE SCOUT HUT GRATTONS FARM,
ROSECARE, EX23 0BE**

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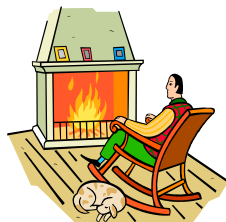
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Despite our silence on the journal front Jacobstow Rainbows, Brownies and Guides have been busy since Christmas.

January's first job was to clean the windows and take down the Christmas decorations , we had such fun making those!

All three sections have been busy, Rainbows making bug habitats, Brownies working on planting beans and celebrating Burns night, and the Guides have been learning how to deal with emergencies and celebrating Chinese New Year... not both together though!

Together with Launceston Girlguiding we all had a fabulous day in half term doing all kinds of science and engineering challenges, including building and programming robots, making ice ream with no freezer -only using physics and building balloon powered cars



On Thinking Day we all learned about guiding and scouting across the world and did crafts and activities from Brazil, Mexico, Finland and Dorset!

Of course we all made (and ate) a large number of pancakes on Shrove Tuesday!

All three units are thriving, and with the warmer weather (we hope) on its way we hope to see you around the area as we are out and about, exploring the area, the world about us, and having fun

We hope to see you on Good Friday (April 18th) at the annual Jacobstow BIG Breakfast



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Readers Letters

In the previous Journal, walkers were sensibly urged to wear hi -viz clothing in order to be more visible to motorists.

As a daily walker , can I also put out a plea to all motorists, to really slow down when they are driving through the village - including the roads leading out of the village.

To a pedestrian on a narrow rural road ,cars coming towards you , then driving past, even at what may seem a reasonable speed to the motorist, feels much much faster when you are a walker. On our roads where there are bends, it's even more disconcerting to find a car coming at you at what feels like a high speed. Most people in Jacobstow are both motorists and pedestrians and it would be great if when you are a motorist you think like a pedestrian and vice versa!

Anne Connolly

David's Random Ramblings

I have to say, dear reader, that it came as something of a revelation to discover that you reach a point in life where you start to worry more about your parents than you do about your children. However, I've found myself in that position since last Christmas when somebody gave my dad a pair of skis. Since that moment he has just been going steadily downhill. And with respect to my own wellbeing, I am sorry to report that recently I somehow managed to break my left arm in three different places. I certainly won't be visiting any of those places again. Finally, and on a slightly brighter note, I was pleased to recently discover why our French neighbours enjoy eating snails so much. Apparently their keen appetite for the gastropod is simply a result of their total aversion to all fast food.



Thank you to David Cawley for sending in this lovely picture of a post box topper celebrating World Book Day

Julian Trick

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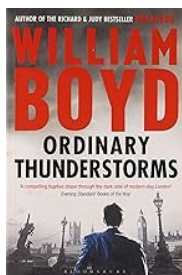
This issue we are recommending North Cornwall Pilates. These have been attended by two members of the Journal team. They are run by Martin Brooks. The groups are 12 people, men and women, all retirement age! Anyone of any age can attend however! You fill out a detailed form when you enrol which means Martin has a good knowledge of any injuries or weaknesses. I



I was having problems with my right knee and was immediately impressed how Martin would set a general task and then tailor it to individual needs. He knew all our names. Martin has been teaching for 14 years and trained in London for a Level 3 accreditation. He has to do 3 days training every year in order to continue to teach and be up to date with all the latest medical updates. Martin took up Pilates after a back injury which had him going to a Chiropractor every 3 months. Once he did Pilates, he never had to go back to the Chiropractor again. The sessions last for an hour each week in school term time. To enrol or find out more, phone Martin on 07812 959 879 or email martin@northcornwallpilates.co.uk

Book Club

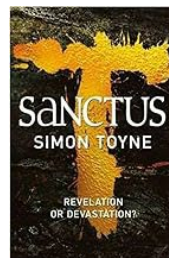
'Ordinary Thunderstorms' by William Boyd



Following a promising job interview in London, a young climatologist has a chance encounter and makes a split second decision, which causes him to lose everything. With no money, phone, nor bank cards and with both the police and a vicious assassin hunting him, he also has to lose his identity and find another way of existing. He is forced to join the ranks of London's numerous 'disappeared', as he discovers new ways of hiding and surviving, whilst trying to prove his innocence. A fast paced tale, with some very interesting and believable characters. Enjoyed by most of the group.

'Sanctus' by Simon Toyne

The city of Ruin, in southern Turkey is a place of pilgrimage, where the Citadel, an ancient monastery, carved out of the mountain, guards a terrible secret. Then suddenly a young, newly sanctified monk, escapes through a window, climbs the mountain and throws himself to his death, using his robes to help him 'fly' beyond the walls of the city to land in the public domain. He has sacrificed himself to help reveal clues to the awful secret, hidden within his body. However, there are far-reaching powers determined that this will not happen. This is a story full of suspense, intrigue and plenty of violence, almost a meeting of Dan Brown and 'The Name of the Rose' and we all loved it





Working Watermill open day

Sunday 11th May - adult £5 children free

Mammoth plant sale, Refreshments all day.

Lots of stalls, children's activities, puppet show

Farm walks, live music and Lodestone Border Morris dancing

More details at www.thebridgemill.org.uk

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Retiring Collection



JACOBSTOW AMBLERS By Mary Ash

Through the kissing gate, the copse is waking up. I say hello to Brian. The trail with the wild daffodils, the snow drops on the further bank. Are they going over? Or I have a feeling they are a later variety. What a show they put on each year. I give the big ash tree my customary hug.

The primroses are giving delight, with the promise of so many more. The robin that had welcomed me at the beginning is still giving song and now the babble and gurgling of the stream cascading beside the path adds to the music. Very exciting, there's the dragon head frutilla coming up again even stronger than last year, with a branch of catkins catching the light. There are more snowdrops of a different variety in the next little copse before the big field. The well enclosure has a mass of primroses, primulas, snow drops and other interesting vegetation about to be revealed. The riverlet sparkling as it makes its way to the sea. I sit a while enjoying the sun on my face, thinking of planetary and earth alignments. Then, returning in the lane, there is a gorgeous dandelion, first visited by an iridescent fly, then, a bee takes its turn to collect nectar. I wander through the church yard munching on the very tender wild garlic. Delicious. Sit on the seat listening to the village sounds before returning home. **NEXT WALK: Thursday 27th March to Boscastle. Phone Mary 01840 230 656**



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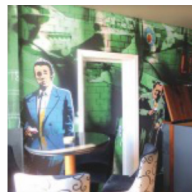
Our charges are £30 a year for 6 Bi-Monthly editions, that's only £2.50 per month.

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KIDS PAGE - Paint your own Easter egg rocks.

SUPPLIES:

Egg shaped rocks, acrylic paint in pastel colours, a paint palette, 1 big paintbrush, 1 small, Q tips, paint palette, PVA sealer.



INSTRUCTIONS: Make sure your rocks are clean and dry. Choose a colour to paint your entire rock. (You may need more than 1 coat.) Let the paint dry thoroughly.

Use Q tips to make dots and a thin brush for lines and zig zags.

Once the colours are dry, seal them with PVA to keep them nice and bright.



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GARDENING

April and May are busy months with new plants appearing in the garden, seeds to sow and soil preparation needed for plants to go out. Bulbs that lie dormant may need some attention and if some of your daffodils, tulips and crocus are no longer producing flowers, act now whilst they remain in leaf. Deadhead flowers regularly so that the plants' energy feeds the bulb rather than producing seed. Feed the plants while they are still in leaf with a granular feed for those in the ground. In pots use tomato feed weekly until the foliage fades. If bulbs have become overcrowded, lift them when the leaves are dying back and separate into smaller clumps for replanting. Light levels also affect flowering so re-plant in full sun or light shade for the best display and water during dry periods whilst in leaf.



Summer flowering bulbs can be planted outdoors along with seeds for hardy vegetables such as carrot, beetroot, lettuce and spring onions. Small, regular sowings provide an ongoing supply of tasty crops throughout the summer. In seed trays sow colourful summer annuals for your pots and beds as well as tender vegetables that will be planted out later and provide a harvest in late summer and autumn.

Compost bins will benefit from emptying and turning, using the well rotted contents for mulching on garden borders and adding nutrients to spent potting compost. Return un-rotted material back into the bin and continue to add grass cuttings and a good mixture of green material for later in the year.

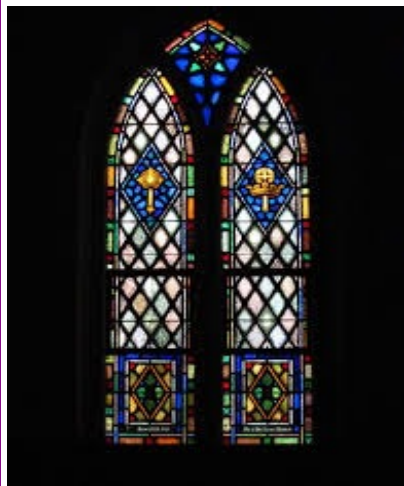
Enjoy spotting wild flowers in the hedgerows, banks and fields. In addition to your garden plants and flowers. The National Garden Scheme enables us to visit local gardens where we can be inspired to try new ways of planting or just enjoy looking!



Find more information at: ngs.org.uk

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TO LET - VACANT POSSESSION (article by Mike Quance)



This “new-build” property is located in the rural village of Jacobstow and consists of 41 individual apartments and three additional communal areas. The property has a Westerly aspect such that it catches the late afternoon and evening sun. Each self-contained apartment has a garden view and is sheltered on three sides whilst also allowing for moisture and good air circulation. Recently decorated the property is conveniently situated within easy flying distance of the facilities at Wainhouse Corner.

Seriously this, as I’m sure you realise, is a “bee-hotel”. We purchased it as a kit from Lidl but it can also be bought from garden-centres or ordered on-line as either a kit or a finished product. Prices start at about £7 depending on type of construction.

Without bees the world will collapse. OK, that won’t be in our lifetime or even that of our children or grand-children but it will happen eventually. The world needs bees and we have to do everything we can to ensure their survival and our future. The UK’s bees are in severe decline, with habitat loss, pollution and climate change pushing them towards the edge. These tiny insects around us are an integral part of our ecosystem, but with their numbers plummeting, our natural world and even our own lives could be in serious trouble.

We have all seen bee-hives that are well looked-after and have swarms of bees in them and we associate this with the production of honey. There are though many species of solitary bee as well. Different species nest at different times of year but they usually start emerging from late-February to March and continue into autumn. Not all species nest in bee hotels of course but many common species will, if the habitat is provided for them. Whether they’re brightly striped, extravagantly fluffy or smaller than your thumbnail, bees are vital to our planet. **They’re also in big trouble.** Many of the UK’s arable crops benefit from bee pollination. While there are other methods of pollination wild bees can pollinate on a much bigger and more efficient scale. Estimates suggest it would cost UK farmers an incredible £1.8 billion a year to manually pollinate their crops as bees pollinate many of the crops used for animal feed. Without them, it would be harder to produce lots of our meat, egg and dairy products. Without bees (and thousands of other insect species that call the UK home), it wouldn’t be long before our ecosystem collapsed. Bees pollinate our wild trees and wild flowers, which then support other insects, which then support birds, bats, mammals and everything up the food chain with food and shelter.

If you are going to do just one thing this year to help the environment then you could do far worse than the simple act of making or buying a bee-hotel.

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EVENTS - In Parish Hall unless otherwise stated

Arts & Crafts Club Day courses as arranged. Check your Journal or phone Jeanne Gimblett on 01840 230113 for details.

Monday Cubs 6.30-8.00 Scout Hut Brownies 6-7.30

Jive Club Parkhouse Centre, Bude

Tuesday Scouts 6.30-8.00 Scout Hut

Rainbows 5.45-7.00 Guides 7.00-8.45

Wed'day Beavers 5.30-6.30 Scout Hut

Sunday Coast Family Church 10.30

Last Monday monthly, 7.30 - Old Cornwall at Parkhouse Centre

1st Tuesday monthly, Parish Council meeting 7.30

2nd Tuesday monthly, 7.30 WI Marhamchurch

3rd Tuesday monthly 7.30 Juliotter Garden Club, Marshgate

1st Wed'day Camelford Garden Club 2-4pm monthly Camelfd Library

2nd Thursday monthly 7.15pm WI Week St Mary

LOCAL BUSES

Please Note If you are unfamiliar with the buses - check the times. If you want to walk one-way always catch a bus **FIRST!**

95/95B and 94 These are regular buses along the coast between Bude, Crackington, Camelford and beyond. - Get the App and times of arrival are accurate. I understand.

Transport for Cornwall - 08081962632 - www.transportforcornwall.co.uk

220 - Launceston, Tues;

371 - Launceston, Mon/Thurs;

372 - Holsworthy, Wed;

373 - Bude, Fri

These buses all pick up in Jacobstow and Wainhouse Corner 9.30ish reaching Holsworthy and Bude 10.10am and Launceston 10.30am

These buses include Warbstow, Canworthy Water, Week St Mary and other way points.

Travel Cornwall - 01726 861108- www.transportforcornwall.co.uk

Local Authority

Cornwall County Council 03001 234100
Bude "One Stop Shop" and Library also) 03001 234111
Library Renewal Hotline)
North Cornwall MP Ben Maguire 01208 640995
Nicky Chopak (County Councillor) 07810302061
Police Force Enquiry Centre 101
Crimestoppers (Anonymous) 0800 555111
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USEFUL CONTACT NUMBERS

Jacobstow Organisations

Jacobstow Infants School 01840 230337
Jacobstow Church, Mr Brian Marshall 01840 230526
Art Group, Jeane Gimblett 07706927197
Happy Crafters, Eden Chapel - Alison 01566 781418
Parish Hall Bookings, J Gimblett 07706927197
Beavers, Josie Shepherd 07855001284
Cub Groups, Mrs D Dowling 01288 352786
Scouts, Robert Medland 07842084971
Guides and Rainbows Mrs M Andrew 01840 230006
Brownies - Jane Bailey 07816394966
Wainhouse Post Office and Stores 01840 230554
Jacobstow Walks, Mary 01840 230656
Jubilee Club Diana - 01840261366 or Tina 01840 230182
Juliotter Garden Club, Pat Thorne 01840 261237
WI - Week St Mary, Roberta Jones 07788 548875
Marhamchurch, Shirley Youldon 01288 354672