

# *Jacobstow Journal*

*Providing news and information for the  
Parish of Jacobstow*

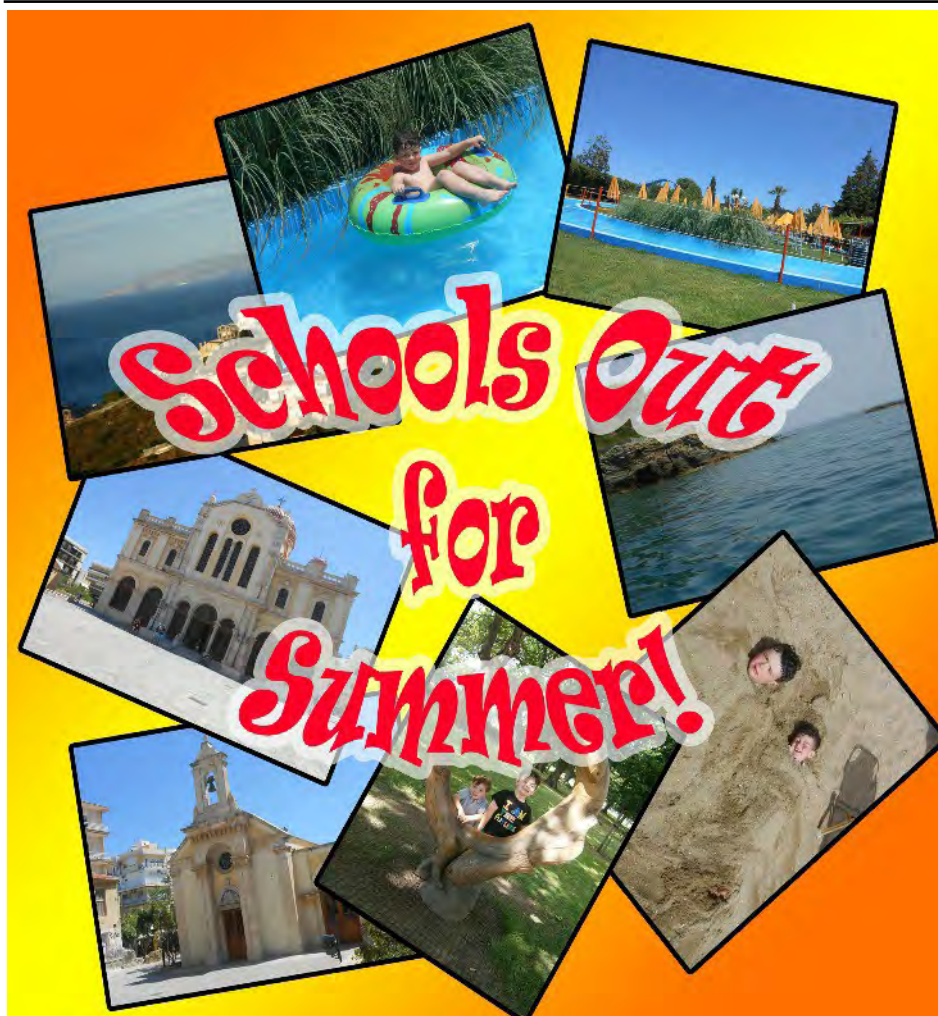
Delivered free to every household in the Parish

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Issue No. 24

August/September 2014

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## Editorial by Sarah

I was listening to a very interesting discussion on the radio about modern life and how it affects our day to day living. One of the guests raised a very interesting point, which had never occurred to me, but made perfect sense. In the 1950's , 60's and 70's we had no computers, mobile phones or internet and only limited radio or TV. This meant that when we went home after work and shut the door, we had our own world of family and relaxation. Now, we go home and in the house we have all the department stores, Ebay, Amazon, and all the other internet sites at the touch of a button, mobile phones are constantly pinging with text messages. We have endless TV channels, catch up TV and Sky plus to watch recorded TV. Emails are never ending and I know people who still check their work emails at home in the evening and weekends.

This means that we never have any “down time” to quote an Americanism, there is no time when we just sit and relax. Families are spending more and more time in separate rooms as children have TV's, play stations and computers in their rooms. I remember when we had one TV in our house, in the lounge and so if you wanted to watch one of the three channels available we watched as a family, which also meant that we had interesting family debates about who wanted to watch which channel. I don't know what the answer is to this problem, but then again is it a problem or is it just old people who hark back to “the good old days” who can see this situation. Maybe we should be looking forward instead of backwards, after all time marches on!

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### Enquiries, Articles and Letters

email to: [jacobstowjournal@gmail.com](mailto:jacobstowjournal@gmail.com)

*or in writing to the Editor:*

All contributions received will be included at the Editorial Team's discretion.

### Editorial Team

<b>Sarah Smith</b>	Editor	01840-230565
<b>Jo Afford</b>	Admin	01566-781656
<b>Sue Burrows</b>	Tec.Support	01566 -781292

Sarah Smith  
Almar, Jacobstow  
EX23 0BN

The deadline for adverts, letters or articles for the October/November edition will be 20<sup>th</sup> September. Please note this does not guarantee that the item will be published due to possible limitations on space.

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

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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

## Jacobstow Parish Council

<u>Chairman:</u>	Mr. Norman Osborne	01840-230592
<u>Parish Clerk:</u>	Mrs D. Turner	01566-781269

<u>Members:</u>	Mrs Charmaine Smith	Mr Dennis Adey	Mr. Bob Reason
	Mrs Ilona Franklyn	Mr Ray Fox	Mr Peter Chapman

The Parish Council meets in the Parish Hall on the 4th Tuesday of every month (except, 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.

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*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.*

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### ***Summary of Minutes of Meeting held on 17<sup>th</sup> June 2014***

*Mrs Charmaine Smith chaired the monthly meeting of the Parish Council with five Councillors, Cllr. Nicky Chopak and three members of the public attending.*

***Planning*** - Cornwall Council had approved planning applications for Mr N R Osborne and Mr A Mills.

***Insurance Premium*** – It had previously been decided to take out a new Insurance policy with the Zurich. The premium amounted to £241.00. Proposed we pay Mr P Chapman Seconded Mrs I Franklyn.

***Donation to Jacobstow Journal*** - It was unanimously agreed to give the Jacobstow Journal a donation of £500. Proposed Mr P Chapman Seconded Mr R Fox.

***Cornwall Council – Fire Fighters Strike*** - Details of the proposed fire fighters strikes received with a list of safety measures to be taken.

***Free Dog Chipping*** - Information received saying the Dogs Trust have kindly agreed to supply Cornwall Council with free dog chips for a year. As from 2016 the Government are proposing to make it compulsory to have all dogs chipped. Cornwall Council are proposing to come to a venue of our choice on a mutually agreed date to chip any dogs.

***Speedwatch*** – Mr Adey reported that a Speedwatch had been carried out with the Cubs and the Police. Police pulled several high speed motorists over and children were given the opportunity to talk to drivers regarding the dangers of speeding.

## *Summary of Minutes of Meeting held on 15<sup>th</sup> July, 2014*

- 1) *Mr Norman Osborne chaired the monthly meeting of the Parish Council with four Councillors and one member of the public. Apologies received from two Councillors and Cllr Nicky Chopak.*
- 2) **Traffic Survey** – *Mr Osborne reported on the traffic survey which recently took place at Wainhouse Corner.*
- 3) **Big Field Wind Farm** – *It was noted that the Planning Application has now been postponed until September.*
- 4) **Day of Council Meetings** – *It was discussed and agreed to hold Council Meetings on the fourth Tuesday. This to be tried for twelve months.*
- 5) **Audit** – *It was noted that the Audit had been carried out successfully and there would be no charge this year.*
- 6) **Councils and other local bodies** – *Filming and reporting their meetings. Literature given to all Councillors to read.*
- 7) **CALC** – *It was agreed to pay account for £24. Proposed Mr P Chapman Sec. Mr R Reason*
- 8) **Notice Boards** – *Mr Adey to get estimates for re-varnishing the two Notice Boards.*

*Please note: from the next Parish Council meeting on 23<sup>rd</sup> September they will be on the fourth Tuesday of the month. This will be for a twelve month trial.*



Nicky Chopak, your County Councillor can be contacted on mobile no 07810 302061, email [nicky chopak@gmail.com](mailto:nicky chopak@gmail.com). Her address is The Post House, Tresmeer, Launceston, Cornwall PL15 8QU

### SOUPNSWEETLUNCH

Saturday 27 September 12 - 2pm

Parish Hall

£5 and Raffle

Proceeds to Air Ambulance and  
Jacobstow WI

Buff your Vegetables and Produce

HARVEST FESTIVAL

Monday 6 October 7pm

Parish Hall

Below is a letter received by our Parish Council Clerk, Doreen Turner. Posters are being put up in the village and she will arrange a visit from Allan.

Free Dog Chipping in conjunction with Dogs Trust

As a result of the large number of dogs that were chipped at the recent “Free Dog Chipping Week” the Dogs Trust have very kindly agreed to supply Cornwall Council with free dog chips for a year. During the twelve month period each Dog Welfare Officer will be chipping dogs in their areas to give owners a chance to have their dogs chipped before **2016 when the Government are proposing to make it compulsory to have all dogs chipped.**



What I am proposing with the Parish and Town Councils in my area is to come to a venue of your choice on a date mutually agreed to chip dogs of owners who have contacted you.

Hopefully you will get a good response to this very good offer made by the Dog's Trust and you will be helping your parishioners to save what can be a significant amount.

If you have any queries please contact Doreen Turner 01566 781269

Allan Rathbone - Dog Welfare and Enforcement officer  
Cornwall Council

#### JUBILEE CLUB



**Monday 18<sup>th</sup> August - Mystery Tour**

**Monday 22<sup>nd</sup> September - St Ives (train from St Erth)**

**To Book please ring Olive on 01566 781373,**

**Bev 01566 781761 or Eve 01566 781452**

**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.



# **ROB HOADLEY**

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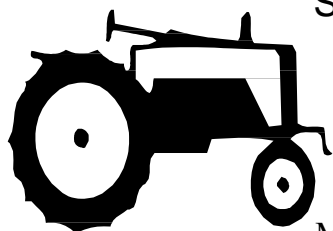
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# Computer Concerns



If you have come across any useful tips or information - why not share it with everyone email or write to us.

How do I make it go backwards?

Realised you've made a mistake..how can you get back to where you were before the big mess up?

If you look at the top of the screen, at the "tool bar" you will see the word edit, click on this and a list will drop down. One of the commands on the list is undo, just click on this and you will go back one stage. The speed key for this command is Ctrl and Z, this will perform the same function.

Coffee break surfing Got two minutes to spare?, Why not check out these time waster sites!

**Mentalfloss.com** - Random and interesting facts **qi.com** - the website from the television show **world.time.com** - watch how a place has changed over three years with satellite images **io9.com** - science fiction entertainment blog



## ARE COOKIES BAD FOR YOUR COMPUTER?

New law has highlighted Cookie use by asking us to allow their use. Most Cookies are Good and help a website to run smoothly and are not the nasty (possible virus) which we are led to believe.

With this highlighting we are distracted by the real nasties which for example can be slipped in when you agree Terms and Conditions when downloading an App. You could find you have divulged your entire contacts list, emails, pictures and GPS location to people you've never heard of. Compared to these dangers, dealing with Cookies is a piece of cake.



### Quick Tip.....

When printing from the internet if you only want one small piece of information from the screen, simply highlight the part you want to print, right click the mouse, select print from the dialogue box and it should show you a preview of just the part you have selected, then just select print

# TIMES OF CHURCH AND CHAPEL SERVICES

## Jacobstow Church

3 <sup>rd</sup> August	Evensong	6.30	DP	
10 <sup>th</sup> August	Morning Prayer	9.30	CE	
17 <sup>th</sup> August	USB Service Warbstow	10.30	with Archdeacon Audrey	
24 <sup>th</sup> August	Holy Communion	9.30		
31 <sup>st</sup> August	UBS Service	10.30	St Gennys	
7 <sup>th</sup> Sept	Evensong	6.30		
14 <sup>th</sup> Sept	Morning Prayer	9.30		
21 <sup>st</sup> Sept	UBS at Whitstone	10.30		
28 <sup>th</sup> Sept	Holy Communion	6.30		
6 <sup>th</sup> Oct	Harvest Festival Parish Hall	7.00		



## Eden Chapel -



3 <sup>rd</sup> August	Creation Fest Wadebridge Show Ground
10 <sup>th</sup> August	11.0 am Joint Service at Bethel
17 <sup>th</sup> August	10.45 am Service lead by Eva Paynter
24 <sup>th</sup> August	5.30 pm Teat Time Service
7 <sup>th</sup> Sept	9.30am Communion led by Rev Doreen
14 <sup>th</sup> Sept	11.00am Joint service at Canworthy Water

unless otherwise



Canworthy Water  
Chapel  
All Sunday  
Services 11am  
Rev Doreen  
01566 781854

## Coast Church Family Church

Sunday Services 11am  
Jacobstow village hall  
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Dimma Chapel  
For full details  
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Audrey Wicket  
01840 230268



# CHURCH AND CHAPEL NEWS & EVENTS

## Eden Chapel

Here at Eden we are very happy with our new audio visual system and the update electrics. We are learning to use our new equipment and look forward to hosting future events that encourage the wider community to come and join us.

The Youth Club hosted a 'Thank You' supper for all those who contributed to the skateboard half pipe. We are more than happy for people to come and share.

At Eden we have started to have an evening service on the 4<sup>th</sup> Sunday of the month. This is to enable people who are not free to attend the morning services to attend service at least once a month. We start at 5.30pm and bring and share supper.

2014 has proved to be quite interesting in the life of Eden Chapel with the completion of the skateboard ramp and installation of the audio visual equipment. During Bible Study the other Sunday morning I watched with interest how various members of our congregation were studying the bible. Several were looking at books, one was looking at a small hand held electronic tablet and one was looking at a Bible app on a mobile phone. This has caused me to give thought to the changes that Eden Chapel must have seen since the day it was built. Having discussed this with other members of the Chapel we have concluded that it would be great to find out more about the people who have been associated with Eden Chapel throughout its history. Can anyone help us with stories, photos or other memorabilia. We would love to put together an exhibition later on. Finally, is there anyone who can teach a few of us at Eden how to make simple flower arrangements?. Thank you in anticipation

## Remember

**Happy Crafters** 2<sup>nd</sup> and 4<sup>th</sup> Thursday 1.30 - 3.30pm

**Youth Club** on every Friday evening during Term Time 7 - 9 pm

## ~~Church Lottery Results~~

	June	July
1st	Mrs L Dodd	Mr D Addey
2nd	Mr Andrews (Moses)	Miss L Cowling
3rd	Mr D Braunton	Mrs C Smith



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## Bob's Gardening Spot

If you are going on holiday this month move all of your container grown plants into the shade and water them well so they will survive being left. Dead head roses to stop them producing seed and you may get a second show of flowers. Prune them down to an outward facing bud. Hedges can be trimmed this month and should be ready for winter except for conifers which will need a good trim next month. This is the ideal time to take cuttings of tender perennials so they develop good roots while it is still warm.

On the veg front your onions should be getting ready for harvest, try to let the top leaves bend over, then fork them out and leave them to dry in the sun or spread them out on the greenhouse bench.

September is the ideal time to plant a new tree or shrub, because the soil is still warm, allowing them to get well rooted and growing away. Prune climbing roses if they are growing strong or wait till next month but cut out dead or diseased wood. Stop feeding container plants or they will put on soft growth and will be damaged by the cold.

## TRANSPORT ACCESS PATIENT or TAP

Finding it difficult to attend hospital for clinics, treatments or admission (but not visiting)?

You may well be able to get help from the above service which is arranged by hospitals as needed. The drivers themselves will then contact you to make final arrangements.

There is a very reasonable charge for each month that the service is used.

To find out more ring them on 0845 0539100 or

I also found information on their website :

[www.rdehospital/nhs/patients/where/car\\_service](http://www.rdehospital/nhs/patients/where/car_service)

Area contact numbers:

North Devon - 01271 314332

Plymouth - 01752 439954

Cornwall - 01872 223388





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## SCOUTS NEWS



In June, the Scouts held a Boxes and Bivvies Camp. The first night was spent at the Scout Hut, sleeping in cardboard boxes, which some of the taller Scouts found somewhat claustrophobic! Then on Saturday they walked down to Crackington (via not quite the intended route!) where they built chariots, played in the river, made

a plant survey and cooked all their own food. Finally they created their own shelters and slept out under the stars. Great fun was had by all!

In July, ten Scouts and five adults rode the Camel Trail, from Wenford Bridge via Bodmin to Wadebridge where they stopped for lunch. Then on to Padstow, with time for an ice cream before riding back to Wadebridge to complete the 25 miles required to earn their Cyclists Badge.

### CUBS ACTIVITIES

After their weekend camp at Crealy Adventure Park the Cubs visited the War Museum at Davidstow which was a great outing, had athletics at Warbstow and enjoyed beach activities and games in the fields at Jacobstow. In addition they worked with PCSO Sarah Ross using the Speed Watch cameras at Wainhouse Corner, and questioning those who broke the 40 mph speed limit.

Also at Wainhouse, 34 members of the Group provided a Fancy Dress Parade around the community returning with some of the residents to enjoy tea and biscuits at the HQ. That was a great evening and much enjoyed by all.

### MORE JOINT EFFORTS

Cubs and Scouts raised over £300 in June for The British Heart Foundation. They did this by skipping with short ropes, long ropes and elastic for an hour. Our very warm thanks to all sponsors! The summer term ended with a joint river event at Trengune – this involves sliding down soapy plastic and splashing about in the river..... and the fun all starts again on 8<sup>th</sup> September!!!!

For information about Scouts, Cubs & Beavers phone Daphne Dowling 01288 352786

#### **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.

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## PUZZLE PAGE

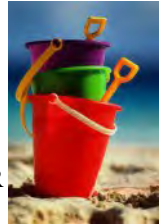
Welcome to your "tea break" puzzle page, a winning entry for the last edition, from Joyce Heard was pulled from the hat, she wins a **£20 voucher for Wainhouse Stores**. If you would like a chance to win this editions voucher, just solve the puzzles and return the completed page to Sarah Smith, Almar Jacobstow EX23 0BN by 20th September 2014  
Thank you to Wainhouse Stores and Mrs V Davies for sponsoring this page.

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

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

AUGUST  
CAR  
DUNE  
HOLIDAYS  
MORNING  
POSTCARD  
SEASIDE  
SHOWERS  
SUNSHINE  
TRAVEL

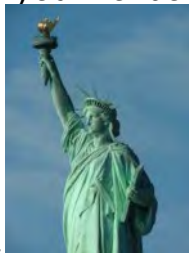
BEACH  
COACH  
GARDENS  
JUNE  
OUTDOOR  
SAND  
SEND  
SUMMERTIME  
TOUR



Travel Quiz...going on your holibobs? Can you name the famous monument country it belongs to?



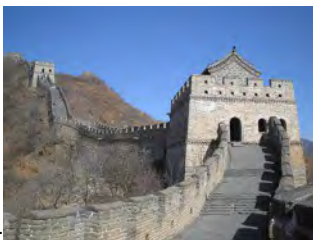
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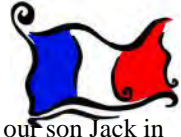
6

Last edition answers: Word search missing word Muddy Wild Flowers : 1. Foxglove 2. Poppy 3. Bluebell  
4. Cowslips 5. Thrift 6. Gorse

# Adventuring Again!!!!



Jottings by Mary & Mick Carter



We've been adventuring had driven across France and Spain. to join our son Jack in Palma to sail across to Mahon . The yacht that Jack works on was entered in the Menorca Maxi regatta.

It was time to find somewhere to stay Mick, just put in the sat nav a random nearish town out side of Agen.{very good prunes} and asked the cosmos for somewhere near a river. Very shortly we came across a sign of Chambres d'Hotes. Went up this amazing avenue of Plane trees.

A beautiful chateau awaited us by a river. I banged on the ancient knocker, no answer so pulled on this tatty cord that was attached to this old bell. Suddenly we heard this screeching 'Arret, Arret!'.

This old girl in dressing gown opens the shutters, then the window. We wondering what was going on. One minute she wasn't taking visitors because she had recently been in a car accident and was getting over it , we were about to leave, then next, 'Attends!' I thought she had gone to get some-one. Then she pulled back this enormous door . We entered the most fantastic space. She lives all alone. So she said we would need to help. We followed her upstairs, she using a crutch.and wearing Aladdin slippers into an enormous bedroom with the bed looking like someone had just got out of it. She goes to the biggest cupboard I've ever seen and brings out a pile of fresh linen smelling of moth balls, after we all 3 make up the bed, she grabbing the pillow case off Mick, he wasn't putting it on correctly! Sort the bathroom out, we make our slow decent down stairs and are invited to have some orange juice.

We are led into this tiny kitchen, first she goes for a carton, plonks it down and decides she going to do it properly. With an electric juicer. Well she has me cutting up the oranges and Mick has to keep up handing Vinca,{we are on first name terms by now} the halved oranges. As Vinca's trying to stop the flimsy juicer taking off and grappling with it, her whole body vibrating and calling to me to cut more. This is all going on in French.. Mick and I are trying to contain ourselves like it's just how things are done! We give up on the silver tray with the beautifully ironed cloth and go into this elegant drawing room. Where we make conversation. She keeps going into giggles as she tells us her tales. of her varied and interesting life. She's such a dear, offers us the use of her kitchen if we want to cook up some supper. We go back to Agen to find a restaurant. She entrusts us with this huge ancient key threatening us with hell and damnation if we lose it. We have to lock her in as we go out. And then when we come back in, lock up and leave the precious Key hanging on its peg, she is very proud of the fact she lives all alone but next morning ,we meet her 'domestic' Fatama. A weary French peasant. Madam now dressed in a lovely gellaybad sits with us as we eat our breakfast. Encouraging us to try all her home made jams and the prunes the area is famous for. Calling on Fatama from the kitchen, from looking for her glasses, to explaining a finer point in the conversation. I realized by the end of breakfast I really hadn't had a chance to eat very much as I was too busy concentrating on my French. Promising to keep in touch and return we set off.





# Letters Page

Something you want us all to know about? Email and address for letters is on page 2

Dear Editor,

I would just like to say a big thanks to everyone who has contacted me after my heart by-pass operation. The telephone calls, cards and well wishes have really helped me on my road to recovery.

Fr???

I just wanted to thank you for including our advert in your newsletter for our Cream Tea and Cakes fundraiser held at the Crackington Haven Institute on 20th July. This event is now in it's 6th year and this year we matched last years amazing total of just over £1000. This charity is an important one for us and your support is most appreciated. We haven't set a date for next year but watch this space!!

Thanks again      Geoff Morris

Dear Editorial team.

We have now lived at Chynoweth Jacobstow for seven weeks or so.

Dogl (Pronounced Dougle) Julie and Tony would like to thank all for such a warm welcome to your beautiful Hamlet. You have all given such a great welcome and we feel so lucky to live in such a beautiful place with such friendly people. Should you see us about make sure to stop us and say hello. Dogl loves all four legged or two legged friends!

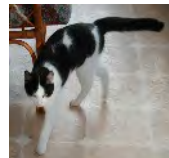
Tony Julie and Dogl.



Dear Editor

## Cats are curious - but so are humans!

One of our cats, Percy, has developed the habit of going "walkabout" for 2-3 days. He has been neutered so that isn't the reason for his disappearance. We live at Lower Kents (which is between Ferrets Cross and the Parish Hall) and often wonder where he goes. He is about 2 yrs old and the most noticeable feature is his long white legs. If he has taken up residence with you we would appreciate if you could phone either Jeanne or Mike on 01840-230113 to let us know. Thank you.



## August - events in the local area

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 Coast Family Church 10.30					1	2
3 Coast Family Church 10.30	4	5	6	7	8	9
10 Coast Family Church 10.30	11	12	13	14 Happy Crafters Eden Chapel 1.30-3.30	15	16
17 Coast Family Church 10.30	18	19	20	21	22	23
24 Coast Family Church 10.30	25 Bank Holiday	26	27	28 Happy Crafters Eden Chapel 1.30 - 3.30	29	30

**NOTE.** Activities are in Parish Hall unless stated otherwise.

## September - events in the local area

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Coast Family Church 10.30	1 Every Monday Beavers 5-6 Cubs 6.30-8.00 Scout hall Wainhouse Corner	2 Every Tuesday Scouts 6.30 - 8.00 Scout Hall Wainhouse Corner	3	4	5 Youth Club Eden Chapel 7-9pm	6
7 Coast Family Church 10.30	8	9 Guides 5.00	10	11 W I 7.30pm Happy Crafters Eden Chapel 1.30-3.30 Coffee Morning 10.30 - noon	12 Youth Club Eden Chapel 7-9pm	13
14 Coast Family Church 10.30	15	16 Guides 5.00	17	18	19 Youth Club Eden Chapel 7-9pm	20
21 Coast Family Church 10.30	22	23 Parish Council 8.00 Guides 5.00	24	25 Happy Crafters Eden Chapel 12.30-3.30 Coffee Morning 10.30 - noon	26 Youth Club Eden Chapel 7-9pm	27 W I Soup & Sweet Lunch 12 - 2 Parish Hall
28 Coast Family Church	29	30 Guides 5.00				

**NOTE.** Events in Parish Hall unless stated.



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**[martin@northcornwallpilates.co.uk](mailto:martin@northcornwallpilates.co.uk)**

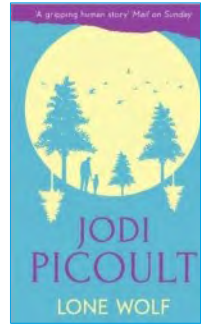
## CANWORTHY WATER BOOK CLUB

### THE WOLFMAN by Jodi Picoult

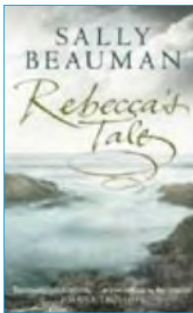
Luke Warren has lived with wolves and has fought in their corner for many years. His estranged son is summoned home after he is in a car crash with his daughter and he, Luke, is put on life support.

The story is the background for the intersection between medical science and moral choices.

We all finished and enjoyed this book but felt he was a selfish man.



### REBECCA'S TALE by Sally Beauman



It is 20 years since Rebecca died in 1951 and Manderley was destroyed by fire. The characters have aged and all been affected by Rebecca in some way.

It purports to be the answers to all the questions arising from the original book by Daphne de Maurier. I enjoyed the book which was an easy read, however I felt that as the "stories" were told by different people the style of writing should have felt different and not as the original relater, Mrs de Winter.

## Fun day fund raising

The Scout Hut at Wainhouse Corner was the location for a fund raising cream tea afternoon in aid of the Spinal Trauma Unit at Salisbury hospital. Alex Parnell was recently involved in an accident and he is currently a patient at the Spinal Trauma Unit. His family and friends wanted to organise an event and raise some funds to donate to the unit in thanks.

After a very successful and well supported afternoon, a total of £1300.00 was raised. Everyone involved is very thankful for all the local businesses and people who donated prizes for the raffle and also everyone who attended and dug deep to help the funds. Alex is doing well and is really looking forward to coming home, hopefully at the end of August.



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\*\*\*\*\*  
\* (Nicholas & Neil) \*



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01840 250568 (Roger)



\*\*\*\*\*



**Next Meeting Thursday 11<sup>th</sup> September**

**7.30 pm Parish Hall**

**Talk on Fire Safety**

**With the success of the last**

**Soup and Sweet Lunch**

**We are organising another on Saturday 27<sup>th</sup> September**

**12 - 2 pm**

**At the Parish Hall**

**£5.00 plus Raffle**

**Proceeds to Air Ambulance and Jacobstow WI**

The W.I. always welcomes new members and if you are interested in joining why not come along to a meeting at Jacobstow or contact the president,  
Mrs Pat Lane 01840 230743



**DOES THIS MEAN US OR THEM!!!**





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# Jacobstow Art and Craft Club

We will be resuming our interesting activity afternoons in the Autumn with some inspiring guest speakers and demonstrators. Look out for the next edition of the Journal for details. New members always welcome please contact Jeanne Gimblett on 230113 for details



## WELCOME TO THE VILLAGE

Just a note to say welcome to Jill & Eric Baker at Inverary, Jacobstow, Tony, Julie and Dogl at Chynoweth Jacobstow and Joe and Tessa at Bridgehouse Barn, Canworthy Water. We hope that they settle into their new homes happily



## Scam Warning from Police

The Devon and Cornwall Police would like to make you aware of the following countryside telephone scam.

The scam involves a person claiming to be a Police officer phoning claiming a bank card has been fraudulently used and that they need to phone their bank telephone number given on the back of the card. However the line will remain open by the offender so the victim will mistakenly believe they are calling the bank. They are then tricked into disclosing bank information and be instructed to attend the local branch of their bank and withdraw a sum of money and pass it to either a local taxi firm or to a courier sent by the fraudsters to collect the funds or bank cards. These people are very convincing.

Genuine police officers and bank staff will never ask for your PIN number, bank card or cash over the phone. Never give out any personal or bank details to anyone. Please hang up on any similar calls you may receive. Please pass this message on to others especially elderly or vulnerable persons. Thank you

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## JAM MAKING

We are coming to the time of the year when everyone is harvesting their soft fruit, below are some tips for successful jam making

### **Fruit**

Always use undamaged fruit. Fruit with too much damage will spoil the result

### **Pectin**

Pectin makes jams set and occurs naturally in fruit. When cooked with sugar the naturally occurring acid in the fruit, thickens and sets the preserve. Fruits have different levels of pectin, so check which fruits you are using, sometimes a squeeze of lemon will help

### **Sugar**

Use granulated or preserving sugar. Granulated is fine for high-pectin fruits. Preserving sugar is more expensive but will help set low-pectin fruits without the need to add lemon juice. Always make sure the sugar is completely dissolved before bringing to a boil. If not, the result will be grainy.

### **Clean Equipment**

Ensure all equipment you use is sparkling clean.

### **Quantity**

Don't make too large a quantity at one time. Large volumes of fruit and sugar will take a long time to reach setting point causing the fruit to break up and may dissolve in the jam.

### **Setting Point**

To test for setting: Place a small plate or saucer in to the fridge for 15 mins. Pour a spoonful of the hot jam, jelly or marmalade on to the plate and return to the fridge for 5 mins. Push the edges of the jam with your index finger, it is set when it is all wrinkly and crinkly. Always test for setting point at the time the recipe suggests, if not set continue to cook checking every 5 minutes. Don't overcook. A slightly looser jam is preferable than one over cooked.

### **Skimming**

Skim any scum that rises to the surface only when setting point is reached. Skim with a ladle or add a tiny piece of butter and stir. This will dissolve the scum instantly.

### **Settling Time**

Always leave the jam to settle off the heat for 15 mins once setting point is reached to prevent the fruit rising to the surface when poured into the jars.

### **Jars**

Always use clean, sterilized jars. To sterilize, wash in hot soapy water, rinse well and place upside-down in a cool oven for at least half an hour.

### **Sealing and Storing**

Cover the surface of the jam in the jar with a wax disc. This helps prevent mould forming during storage. Seal the jar with a tight-fitting lid or cellophane disc secured with an elastic band. Store in a cool, preferably dark place. Only store in the refrigerator once opened.





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# ROCK POOLING

A rock pool is a specialised habitat in which plants and animals live together. They are generally found on the shoreline and are created by waves, which wear down areas of rock over many years to form small pools. When the tide is low, these pools become a haven for wildlife.

To go rock pooling you will need:

- Sensible clothing and footwear
- A white or pale coloured bucket or plastic tray.
- A small net
- A magnifying glass

There is a web site that you can go to and download your own identification poster so that you know what to look for.

The website is:

[www.cornwallwildlifetrust.org.uk/foxclubspeciesidsheets](http://www.cornwallwildlifetrust.org.uk/foxclubspeciesidsheets)

Follow a few simple steps so that you protect yourselves and the small creatures:

Make sure that the tide is low, in fact, the lower the better.

Choose a pool small enough for you to reach into the middle with your arm or net.

Take care when moving any small stones or seaweed, do this gently so as not to disturb any little creatures.



Only put one creature into your bucket at any one time so as not to stress them as they are very delicate.

When you have finished please ensure that every creature you have studied is replaced back in the pool.

## ENJOY YOUR DAY AT THE SEASIDE

## WEATHERWISE by Monitor

Of note in May, there were two weather events. On the evening of the 19<sup>th</sup>, the first significant thunderstorm of the year was observed, and then the heavy downpour also in the evening of the 22<sup>nd</sup>.



On the 19<sup>th</sup>, warm air at the surface became over-run by somewhat cooler air approaching from the south. This resulted in this air being lifted to around 12,000' and a quite spectacular storm resulted at this elevated level. Moving quite quickly, all the activity was at this height and as a result, there was very little cloud to ground the lightening. Not much rain was collected during this storm and the storm passed by 21.30 A heavy downpour was noted here on the 22<sup>nd</sup>, giving nearly 1" of rain in a couple of hours or so. The total collected for May was 3.73".

June was, for once, much as it should be! The first week was, however, quite cool, I noted only 14°C being reached on the 3<sup>rd</sup>, and a very wet day following, giving 0.93" in only a few hours. Thunder was heard 6<sup>th</sup>/7<sup>th</sup>, but not really very locally. The 26<sup>th</sup> and 27<sup>th</sup> were both wet days with thunder, again nearly 1" of rain collected over a 24 hour period. The total for the month was 2.57".

Far away in the tropical Atlantic, "Hurricane Arthur", the first of the season, was a nice present for North Carolina on Independence Day, passing quite quickly having first formed off the east coast of Florida

## HIGH TIDES and SUNSET- August and September

Date	1 Aug	8 Aug	15 Aug	22 Aug	29 Aug	5 Sept	12 Sept	19 Sept	26 Sept
AM	8.58	3.26	9.09	3.57	7.57	1.55	7.59	2.27	6.58
PM	21.13	15.57	21.32	16.21	20.11	14.36	20.21	15.02	19.13
Sun set	21.03	20.51	20.38	20.24	20.1	19.54	19.39	19.23	19.08

## Recipe of the Month by Marion Reason

# Summer Pudding

### Ingredients

8oz Blackcurrants  
8oz Raspberries  
3  $\frac{1}{2}$  oz Redcurrants  
8oz Raspberries  
1/3 loaf white bread  
5 oz sugar



### Method

1 Lightly simmer all the fruits in 3 tbsp water with sugar until the juices run but the shape of the fruit is retained.

2. Cut the crusts off the bread and line a 1  $\frac{1}{2}$  pint lightly greased pudding basin with two thirds of the bread slices. Fill in the gaps with extra pieces.

3. Spoon the fruit and juices into the bowl and cover with remaining bread.

4. Put a saucer with a weight on top of the bowl, stand the bowl on a large dish and refrigerate overnight. Turn out on to a plate to serve.



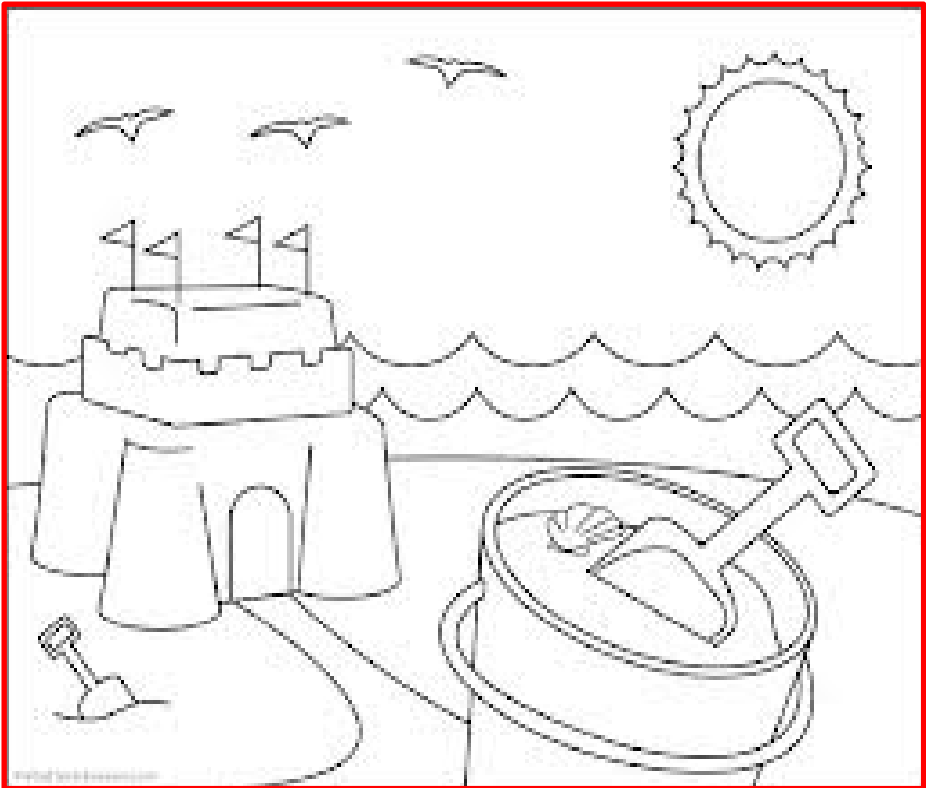
Everyone loves this easy dessert, which can use up the glut of soft fruit in the garden. You can vary the proportions of fruit and use strawberries instead of red currants. Remember, if you use more blackcurrants you will have to use more sugar. Decorate with extra fruit and serve with clotted cream or ice cream...delicious!

## KID'S PAGE

Summer holidays are upon us again and lets hope that the weather is kind so that you can get out and about and make use of the lovely beaches and countryside that surrounds us here in Cornwall.



As you will all be busy, we just thought you would like a picture to colour this edition. Maybe get inspiration for the colours when you are down on the beach this summer.



Have a great summer, before you know it September will be here and you will all be back at school!!! So enjoy it while you can.





## 100 years on our journey to the 'Front' at Ypres

(via St. Pancras, Eurostar and Bruges)

Unlike the tens of thousands of soldiers who were sent to the trenches in The Great War, Jeanne and I travelled to Belgium in the comparative luxury of a Eurostar train from St. Pancras. This was part of a 3-day mini-break which was organised by one of the companies that you often see advertising in the local newspapers. Our visit, in November 2013, was just over 100 yrs after the beginning of WW1 (which commenced on 4th August 1914). We knew that Belgium could expect to receive many visitors during the commemorative year so we intentionally went slightly before this so that we could benefit from seeing the preparations that had been made, without being overwhelmed by the expected crowds. WW1 is, quite naturally, being given extensive coverage at the present time on radio and television, together with numerous features in magazines and newspapers. This short article will therefore have just as much about our journey to Belgium and the places we saw, as about the actual battlefields themselves.



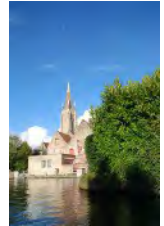
Our journey started at St Pancras which is the London terminus for Eurostar. Check-in went smoothly (much better than at an airport) and the concourse was well laid-out with information-display boards to ensure you didn't miss your train. The train was spotless, the attendants smartly dressed & helpful and it left on time! The journey time to Lille (in France) was about 1hr 30 mins and of this only 20-25 mins was actually under the Channel. This was our first trip on Eurostar and, to be honest, the 'underwater' part was a bit of an anticlimax as there was no sense of being beneath the waves - just a long gradual descent and then back up again, only this time in France. In fact there is probably more excitement when travelling on the Bakerloo Line! We soon found out that most of the people in our carriage were on the same mini-break and on arriving at Lille the Tour Manager, who was on the train with us, escorted all of us to the coach which took us to our hotel in Bruges.



Bruges is the capital and largest city of the province of West Flanders in the Flemish Region of Belgium and is often called the 'Venice of the North'. The tourist area (which is a World Heritage Site) is in the centre of the city and is surrounded by canals - hence the reference to Venice. Most of the streets were cobbled and feature a very strange 'one-way' system. Strange because the traffic regulations in Bruges give priority to horse & cart and cyclists over other vehicles. Even more strange because they are allowed to go the wrong way in a one-way system - you really do need eyes in the back of your head!



The architecture in Bruges is stunning and even more appealing when you take one of the many boat trips around the canals. As with most cities the buildings are very attractive when viewed at water-level and I think my camera was almost permanently glued to my eye. The Flemish people in Bruges are quite rightly proud of their city and I don't think we saw any graffiti at all during our visit.



Belgium is well-known for its chocolates and wherever you go you are tempted by display after display in the shop windows. Heaven for anyone who loves chocolates, but also very fattening!



The second full day of our visit saw us back on the coach again and heading out towards Ypres which is about 45 miles from Bruges. Ypres will almost certainly be forever associated with the horrors of WW1 and the total devastation that the town itself suffered. The centre part of this very lovely town was totally flattened during the war -

so much so that Winston Churchill recommended that it should be left as it was to act as a permanent reminder of the horrors of war. However, the residents of Ypres did not agree and said that they wanted their town restored - and that is precisely what they did. Based on original plans, drawings, photographs, sketches and memories they re-built every single building exactly as it used to be. Looking at the buildings now you can sometimes see that some of the stones, in terms of colouring, do not exactly match those next to them but that hardly seems to matter when you consider what has been achieved.

In preparation for the Centenary the museum at Ypres was closed and a new, permanent, exhibition prepared and to say that this was spectacular does not do it justice. We were fortunate to be able to visit and see for ourselves but if you are not able to then it is still worth visiting [www.inflandersfields.be](http://www.inflandersfields.be)

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One of the 'side-trips' from Ypres was out to one of the WW1 battlefield sites, known as Hill 62. There is a small museum there with a number of artefacts on display associated with the area. Interesting as they were, they paled into insignificance when you stepped outside and were confronted with one of the trenches that had been preserved from The Great War. It had been raining on the day that we were there and the sight of trenches with several inches of water in the bottom gave us some idea of the terrible conditions in which the soldiers (of both sides) had to live and fight for months on end.



Belgium has a very large number of cemeteries that are maintained by the Commonwealth War Graves Commission. One of the largest of these is at Tyne Cott and we understand that this is one of the usual destinations for coach parties. There are 11,954 burials at this cemetery and a further 34,000 names of those missing in action are recorded on the memorial wall. We took with us four



'poppy crosses' that had been given to us by the *Cornwall at War Museum*. Three of these were planted at random but the last one was saved until we found a grave of a soldier from the Duke of Cornwall Light Infantry.

I think the memory of that vast cemetery will stay with me forever.

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Back at Bruges our final day involved a visit, almost inevitably, to a small family business making hand-made chocolates. Samples were purchased and then it was back on the coach for the return journey to the UK after a very pleasant and different 3-day break.

*Michael Quance*



## Swim Safe 2014 - take part, have fun, stay safe

ASA and RNLI to offer FREE swimming and beach safety lessons for children.

The ASA, the national governing body for swimming in England, and the RNLI, the charity that saves lives at sea, are providing a unique and fun opportunity for all 7-14 year olds at Bude Sea Pool this summer.

Swim Safe will give children a practical understanding of swimming in the sea, as well as advice on how to stay safe at the beach. Each 40 minute session is completely free and includes in-water tuition in a structured and fun swimming lesson with accredited ASA teachers, as well as beach safety advice from RNLI lifeguards.

It will run six days a week (except Saturday) from 29th July until 30th August at Bude Sea Pool and will be open to both visitors and local children who are able to swim at least 25 metres unaided. Just turn up on the day or call 07760 991029 (Monday – Friday 9.30am – 5pm) to book a spot in advance. The project is also being made possible thanks to the Swimming Trust, The Friends of Bude Sea Pool and Visit Bude.

### THE BIG SWIM CORNWALL

**16<sup>th</sup> and 17<sup>th</sup> August 2014**

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**The Serious Swim** - 1 mile sea swim

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**The Little Swim** - 250 yard children's sea swim in the shelter of  
Port Isaac Bay

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Mobile - 078252 94087

Web - [www.thebigswimcornwall.co.uk](http://www.thebigswimcornwall.co.uk)

Email - [sarahcoates@thebigswimcornwall.co.uk](mailto:sarahcoates@thebigswimcornwall.co.uk)

The last Big Swim raised over £13,000 for charities

## BUS TIMETABLES

### 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
<b>Canworthy Water</b>	<b>0940</b>	<b>0940</b>	<b>0940</b>
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
<b>Canworthy Water</b>	<b>1400</b>	<b>1350</b>	<b>1350</b>
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
<b>Wainhouse Corner</b>	<b>0925</b>
<b>Jacobstow</b>	<b>0930</b>
Week St Mary	0945
<b>Canworthy Water</b>	<b>1005</b>
Warbstow Cross	1010
<b>Canworthy Water</b>	<b>1015</b>
Launceston Westgate	1040
Launceston Tesco	1050

Launceston Tesco	1230
Launceston Westgate	1230
<b>Canworthy Water</b>	<b>1255</b>
Warbstow Cross	1300
<b>Canworthy Water</b>	<b>1305</b>
Week St Mary	1325
<b>Jacobstow</b>	<b>1340</b>
<b>Wainhouse Corner</b>	<b>1345</b>
Higher Crackington	1400

### 595 Boscastle – Bude

(Partial listing of stops only)

(a = Schooldays only) (h = School holidays)

Western Greyhound 01637 871871

Monday to Saturday

				h	a	h	a	
Boscastle	0805	1035	1205	1435	1455	1605	1655	1855
Crackington Haven	--	1047	--	1447	1507	--	--	--
<b>Wainhouse Corner</b>	<b>0817</b>	<b>1055</b>	<b>1217</b>	<b>1455</b>	<b>1515</b>	<b>1617</b>	<b>1707</b>	<b>1907</b>
Treskinnick Cross	0820	1059	1221	1459	1519	1621	1711	1911
Widemouth Bay	0825	1103	1225	1503	--	1625	1715	1915
Budehaven School	--	--	--	--	1525	--	--	--
Bude Strand	0832	1110	1232	1510	1530	1632	1722	1922

**Bude – Boscastle**

(Partial listing of stops only)

	a	h				h	a	
Bude Strand	0710	0715	0840	1115	1240	1515	1530	1725
Widemouth Bay	0716	0721	0846	1121	1246	1521	1536	1731
Treskinnick Cross	0722	0727	0852	1127	1252	1527	1542	1737
<b>Wainhouse Corner</b>	<b>0727</b>	<b>0732</b>	<b>0857</b>	<b>1132</b>	<b>1257</b>	<b>1532</b>	<b>1547</b>	<b>1742</b>
Crackington Haven	--	--	0905	--	1305	--	1555	--
Boscastle	0745	0750	0920	1150	1320	1550	1605	1755

No Sunday Service

## **Useful Contact Numbers**

### **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
Nicky Chopak (County Councillor)	07810302061
Police-Local Beat Manager Nick Jessop	01288 357502
Police Force Enquiry Centre	08452 777444
Crimestoppers (Anonymous)	0800 555111
Floodline	0845 9881188
Sita Recycling Centre, Tiscott Wood	01288 355131
Dog Warden	01208 893407
Cats Protection Mary Chudleigh	01566 773814
Citizens Advice Bureau	0844 4994188

### **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 761001
Stratton	01288287700

#### **Doctors Surgery's**

Boscastle	01840 250209
Neetside, Bude	01288 272866
Medical Centre, Stratton	01288 352133
Camelford	01840-213894

### **Jacobstow Organisations**

Infants School	01840 230337
Women's Institute Mrs P Lane	01840 230743
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 M Andrew	01840 230006
Wainhouse Post Office and Stores	01840 230554

### **Other Numbers**

National Rail Enquiries	08457 484950
National Express coaches	08717818178
Farm Crisis Network	07002 326326