

# *Jacobstow Journal*

*Providing news and information for the  
Parish of Jacobstow*

Issue No. 35

August/September 2016



**Grants now available for local businesses and organizations, thanks to the Parish Benefit Fund from the Canworthy water Solar Farm. Please contact Jacobstow Parish Council to Apply**

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[www.jacobstowvillage.co.uk](http://www.jacobstowvillage.co.uk)



## Editorial by Sarah

As our thoughts turn to swimsuits and lovely little strappy things to wear, we realise that the winter body has not had the memo and things are still looking a bit “Big plate of stew and dumplings!”

I really do wonder about the amount of information that is pushed onto us about our diet and lifestyle. A lot of this, I have noticed is done by the supermarkets, you know, the ones who sell the cream cakes! Does this mean that they can back away from the responsibility of the brewing obesity problem, or should we really be the grown ups anyway and admit that “I put it in my mouth, so it is therefore my fault.” Information is available in the form of labelling on products, but how many of us have stood in a supermarket trying to compare; it’s a minefield. Also, all the supermarkets have Healthy Eating ranges, well let me tell you, Morrisons low fat humus has more fat in it than the normal one, and it’s more expensive.

Also, while I am on my especially reinforced soap box, if Weight Watchers, Slimming World and all the others really worked, why are they multi million pound industries? And another thing, if they really are trying to help us loose weight and eat healthily, why do they sell cakes, biscuits and crisps? Well, when I say crisps, bags of air with a few crisps knocking around in the bottom. Anyone who has been on a diet or tried to follow a healthy eating plan knows full well that if you eat a Mars Bar things are going to go horribly wrong, while if you tuck into an apple...all good. But don’t eat too much fruit as it contains a lot of natural sugars .. Sigh.

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### **Enquiries, Articles and Letters**

*email to:*

jacobstowjournal@gmail.com

*or in writing to the Editor.*

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

### **Editorial Team**

Sarah Smith	Editor	01840-230565
Sue Burrows	Tec.Support	01566-781292
Celia Proudfoot	Articles	01566-781473

**Jacobstow Journal**  
**Almar, Jacobstow**  
**EX23 0BN**

**The deadline for adverts, letters or articles for the October/November edition will be 20 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 £30 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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## Jacobstow Parish Council

Chairman: Mr. Norman Osborne 01840-230592

Parish Clerk: Mrs D. Turner 01566-781269

Members: Mrs Charmaine Smith Mr Dennis Adey Mr. Bob Reason  
Mrs Iona Franklyn Mr Ray Fox Mr Peter Chapman

The Parish Council meets in the Parish Hall on the 1st Tuesday of every month (except for August). Meetings commence at 7.30 pm. Members of the Public are welcome to attend but any items for inclusion on the Agenda should be submitted to the Parish Clerk at least 10 days before the meeting. There is an opportunity to raise questions at the beginning and end of the Council meeting but questions (and answers) raised at these times are not recorded in the Minutes. Agenda and Minutes of previous meetings on the village website [www.jacobstowvillage.co.uk](http://www.jacobstowvillage.co.uk)

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.

### *Summary of Minutes of Meeting held on 7<sup>th</sup> June 2016*

*Cllr. Norman Osborne chaired the monthly meeting of the Parish Council with four Councillors, County Cllr. Nicky Chopak and two members of the public attending.*

*Week Ford Bridge – Ground Investigation – Following inspection of the bridge it has been identified as substandard as a result of scour damage and will be replaced. The bridge will be closed on 6<sup>th</sup> June for no more than five days to carry out a geotechnical investigation of the site*

*Dog Bins - Cllr. Adey reported that all the dog bins in the area had been checked and the area around trimmed.*

*Certificate of Lawfulness PA/02444 – Mrs Claire Read - This was discussed by Councillors and decided to reply to Cornwall Council that they wish to make "No Comment."*

*Burial Ground Survey - CALC require some general information about the way in which burials and cemeteries are managed in the area. Clerk to fill out the form on line. After discussion Councillors feel that local burial grounds have an estimated 10 years of spaces remaining.*

*SLCC - Annual renewal fee due, this amounted to £65. Proposed we pay Cllr. Chapman, Seconded Cllr. Fox.*

*Meeting Night – It was decided to keep the same meeting night, the first Tuesday in the month and discuss this again in May 2017*

**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.

## **Summary of Jacobstow Parish Council Meeting**

**held on 5<sup>th</sup> July, 2016**

Cllr. Osborne chaired the monthly meeting of the Parish Council with all Councillors and two members of the public attending. Apologies received from County Cllr Nicky Chopak.

- 1) **Small Grant Applications – Three applications for grants were received from Week St. Mary Football Club, Friends of Jacobstow School and Jacobstow Parish Hall. These were all approved by Councillors. (Councillors N Osborne, R Fox, R Reason & I Franklyn declared an interest in the Parish Hall and left the room while this item was discussed. It was also agreed to donate a further £1,000 to the Parish Hall towards the cost of repairs to the porch. Proposed Cllr. Chapman and seconded by Cllr. Adey.**
- 2) **Certificate of Lawfulness PA/02444 – Mrs Claire Read - This was granted by Cornwall Council (CAADs & LUs only)**
- 3) **Cornwall Council Car Parks Blue Badge holders - It was noted that from 1st July, 2016 Blue Badge holders with an adapted vehicle or a registered disabled vehicle that qualifies for free tax are able to register their vehicle to park for free in Cornwall Council car parks.**
- 4) **Councillor matters – It was reported that the Defibrillator meeting was a success and maybe another meeting could be arranged in the Spring for those who couldn't attend this time.**
- 5) **Sea Sanctuary (a Local Charity) – Sea Sanctuary a mental health Charity, have been short listed to receive a National Lottery Award. Councillors asked to vote on line for them.**



Well Done - John Osborne with the Dairy Shorthorn Champion at this year's Royal Cornwall Show and Champion Sheep at Stithians Show



Nicky Chopak, your County Councillor contact details -  
mobile no 07810 302061  
email [nickychopak@gmail.com](mailto:nickychopak@gmail.com).  
Or The Post House, Tresmeer, Launceston,



## Jacobstow Neighbourhood Watch



Fraudsters are impersonating telephone service providers and contacting their clients offering a phone upgrade on a low monthly payment contract. The fraudsters will glean all your personal and financial details which will then be used to contact the genuine phone provider and order a new mobile phone handset. The fraudsters will either intercept delivery before it reaches the victim's address or order the handset to a different address.

To protect yourself:

Never provide your personal information to a third party from an unsolicited communication.

Obtain the genuine number of the organisation being represented and verify the legitimacy of the communication.

If the offer is too good to be true then it probably is.

If you have provided personal information and you are concerned that your identity may be compromised consider Cifas Protection.

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

[www.devonandcornwall-pcc.gov.uk](http://www.devonandcornwall-pcc.gov.uk) - police commissioner

## Friends of Jacobstow Parish Hall Annual Christmas Dinner.

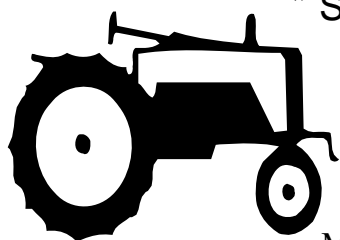
Those of you who attended last year will already know we are doing things a little differently this year. As many people have left and joined the community it is hard to keep our records up to date so we have decided to make this year a booking system on a first come first served basis, for those eligible. This includes all parishioners over the age of 65 and their partners. This year's dinner is on Tuesday 6th December. Look out in the next edition of the Jacobstow Journal for details on booking your place. Thank you.



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Try one of our take away meals

## Juliotter Gardening Club

Tuesday 26 July Talk by Pat Thorne on What to do with Gluts

Venue: Otterham & St Juliot Hall, (just off the A39 at

Marshgate) 7.30pm Tea/Coffee & Raffle. Friendly monthly meeting on topical subjects and advice on how to make your garden grow! Membership only £12 annually or guests £3.

For more information 01566 781559



## Week St Mary Football Club



Under 8's

Week St Mary Youth Football Club would like to say a massive thank you to Jacobstow Parish Council for the money they gave us to buy our new goals. We had a great season this year and with this new equipment we will hopefully continue to improve our skills and do well in the seasons to come. (Photos at Pyworthy

Tournament,

Under 8s winning

their age group and Under 10s coming second in theirs) We would also like to put together an Under 10s team for next year as ours move up to Under 11s. If you are interested please come to Week St Mary football pitch, Wednesdays at 5.30 for training.



Under 10's

*So, the Football team got their new goals paid for under the funding your Parish Council has obtained from Primrose Energy. If you are involved in a group that would benefit from a grant please contact the Parish Council.*

## Congratulations



Amy Osborne awarded Top Apprentice in Agriculture at Dutchy College, Sheild presented by UKF Agriculture.

# TIMES OF CHURCH AND CHAPEL SERVICES

## August

7<sup>th</sup> Evensong 6.30pm

14<sup>th</sup> Morning Prayer 9.30am

21<sup>st</sup> UBS service 10.30am  
at Jacobstow

28<sup>th</sup> Holy Communion 9.30

## September

4<sup>th</sup> Evensong 6.30pm

11<sup>th</sup> Morning Prayer

18<sup>th</sup> UBS at Whitsone  
10.30

25<sup>th</sup> Holy Communion  
9.30



Jacobstow Church



Eden Chapel

Services on the 2<sup>nd</sup> and 4<sup>th</sup>  
Sunday of the month at 5pm.

Refreshments provided  
afterwards

Young at Heart

1<sup>st</sup> and 3<sup>rd</sup> Wednesday 1.30



Canworthy Water  
Chapel

Sunday Services  
11am

Rev Doreen

01566 781854

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



Dimma Chapel  
For full details  
Please contact  
Audrey Wicket  
01840 230268





# CHURCH AND CHAPEL NEWS & EVENTS

## Jacobstow Church

Gift Aid day was a great success bringing in over £600. During the day at the church, we appealed for help to record the names on the gravestones in the churchyard and the response was so good we got the names on every grave recorded in the one day! I would like to thank everyone who came to help and got aching knees and crick in the neck while doing it! I have collated about half the names now (5 pages) and by September I hope to be able to produce an alphabetical list of everyone who has a headstone in the churchyard which will be available in the church and perhaps on line via the Jacobstow web site.



I would also like to thank Tony for his work in providing a plan of the churchyard for us to work with.

### **Camelford Surgery -**

Drs Nash and Uglow

Please note that from 1<sup>st</sup> September 2016 **NO** repeat prescriptions will be taken over the phone. These must be written requests or on line.

This should ease the congestion on the phone lines making it easier for patients with medical problems to get help.

## Doctors update's

### **BOSCASTLE SURGERY**

The Surgery Dispensary will be closed on Tuesday and Thursday between 1 and 3pm

## Church Lottery Results

	1st	2nd	3rd
May	Mrs A Atkins	Mr N Osborne	Mr J Lewis
June	Mr S Cobbledick	Mrs E Twain	Mrs Ian St John Hollies

# Bude for Food Assembly



Join the award winning 'click & collect' on-line food service exclusively for local food where customers in Bude & North Cornwall parishes buy on a single website directly from local farmers, growers & food producers. Home delivery option available

**Best for customers, best for producers, best for the Environment**

**[www.FoodAssembly.com](http://www.FoodAssembly.com)**

## **Best Food Initiative in Britain**

(BBC Food & Farming Awards)

email: [PaulTNC@gmail.com](mailto:PaulTNC@gmail.com)

**As seen on Countryfile!**

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# What's on?

## August

- 26/7-7/8 St Endellion Summer Music Festival, Port Isaac  
1-25 Swim safe at Bude Sea Pool 11am to 4pm free  
2 every Tues, Weds & Sun 3 hr carriage Tour Dep the Castle £35 adult £25 child **includes** meal and drinks at Bay View Inn  
3 & every Weds Guided tour of St Swithins Church, Stratton 2 - 5  
4 Free guided estate walk, Lanhydrock 2-3.30  
5 Friday market, St Giles on the Heath, 10-1  
5 Bude Farmers' market, The Wharf, Bude 10-3 & **Every Friday**  
6-12 Creation Fest, Christian festival, Wadebridge  
6-7 Clovelly Lifeboats Weekend  
10 Round the world on two wheels- Talk by Julia Hobday, Poundstock Gildhouse 7.30  
10-14 Boardmasters - Newquay  
10 Camelford Agricultural show  
13 Launceston Market in the Square  
14 Archaeology of Roughtor - Guided walk, Roughtor car park 10-1  
14 Open Garden at Manaton, Dunheved Road, Launceston 2-5  
17 Big Breakfast, Poundstock Gildhouse 9-2  
17 Rag Rug Workshop, Tintagel Old Post Office 11-3  
19 Music for a Summers evening, Poundstock Gildhouse 7.30  
20 Bude Carnival [www.budecarnival.org.uk](http://www.budecarnival.org.uk)  
25 Holsworthy & Stratton Agricultural show  
26-29 Cornwall Folk Festival, Wadebridge  
28 Boscastle Church Fete  
29 Bude Lifeboat Day. Live music 7.30 - 10.30pm with "High Tide"  
30-2/9 Bude Jazz Festival

## September

- 2 Bude Farmers' Market, The Wharf , Bude 10-3 & Every Friday  
2 Friday Market, St Giles on the Heath  
4 Clovelly Lobster & Crab Feast 10-5  
10 Tintagel Old Post Office, Heritage open day 10.30 - 5  
10 Launceston Market in the Square  
10-11 Newquay Ladies Open County Pilot Gig Championships, Newquay  
11 Open Garden at Lewtrenchard Manor, Lewdown 12-4 £5 in aid of St Lukes Hospice  
12-25 Tintagel Old Post Office, Story of the Garden  
14 Life in an Independent Pharmacy, talk at Poundstock Gildhouse 7.30  
16-17 Newquay Fish Festival  
17 Quiz night at Poundstock Gildhouse contact Alan Creen 01566 781559  
17-18 Bude for Food festival, The Castle Bude  
19 Awesome Foursome Quadrathlon 12.30 Lower Wharf, Bude  
23 Launceston Male Voice Choir Poundstock 7.30  
25 Penny Royal Jazz Band 7.30-10.30 Falcon Hotel, Bude

## **Wainhouse Country Store**

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## Bob's Gardening Spot

If you had some seeds of half hardy annuals left from sowing in the spring, sow them now to get some late colour in your garden. You could save time by pruning your rambling roses and wisteria hard back to about a couple of inches of the stem, but try to cut out flowered stems.

If you are planning a new lawn you should start now by digging the area about a spade deep and removing any weeds. Then apply about a barrow of course grit per square metre to improve drainage, then cover with compost or manure and let it settle for a few week's. After this time you should rake it level, breaking up any lumps with the back of a fork, then walk all over it so that the seed or turf can get a good root system going.

Spring cabbage sown in August should be ready to plant out come September. Plant them about 12 inches apart. If your main crop onions are dying back just insert a fork under them to loosen them but do not break the roots or bend over the tops, let them do it naturally. You can plant next year's onions to over winter, ready to harvest next June-July. Happy Summer gardening - Bob

## THE FUTURE OF THE LIBRARIES

At the moment the future of the Library is uncertain, however final decisions should be next Spring.



In the mean time make full use of your local

library Bude or Launceston and if all else fails there is always the "PUB is the HUB" at the Old Wainhouse Inn which has a good selection of fiction. You can also order any book on-line and it can be delivered to the pub.



**Mobile Library** - Enquiries phone 0800 0322345 or 01872 272702

The Mobile Library Service stops at Canworthy Water monthly on a Wednesday from 11-11.15 am.

The Wainhouse Inn - The Pub is the Hub has a good Library of books supplied from Truro. Enter by backdoor to avoid drinkers!!

Note that **Bude Library** will be closed on Tuesday and Friday



## **NEATE FEET**

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The Scout Annual Dog Show was well supported and the weather remained good. There were many different classes, ranging from The Dog with the Waggliest Tail to The Dog the Judge would like to take Home. Josie was a fair judge, she even awarded my dog a First! There were refreshments and a good time was had by all.



We have had a very busy summer term, involving lots of outdoor activities including litter picking, geocaching, walking Rough Tor and a cook out. We have also had a patrol cooking competition and sports evening that have been planned and run by 3 of the girls who are completing their Baden Powell Award, which is the highest award that a girl can achieve whilst they are a guide.

By the time you read this article, we hope to have had a hot and sunny last weekend of July for our Back to Basics camp.

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## PUZZLE PAGE

Welcome to your "tea break" puzzle page, a winning entry for the last edition, from Mike Clay was pulled from the hat, he wins a £10 voucher for Wainhouse Stores. If you would like a chance to win this edition's voucher, just solve the puzzles and return the completed page to Sarah Smith, Almar Jacobstow EX23 0BN by 20 September 2016.

Thank you to Wainhouse Stores for sponsoring this page.

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

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

BAT	CRICKET
CYCLING	DOUBLES
FINAL	FOOTBALL
FORMULA ONE	GOLF
GRID	LEAGUE
NET	OPEN
PICK	RACING
RUGBY	SNOOKER
STAGE	TENNIS
WIN	



### Sport's Roundup - test your knowledge

- Who did Andy Murray beat in this year's Wimbledon Final?
- What round were England knocked out of Euro 2016 and by whom?
- Which Irish golfer has refused to go to the Rio Olympics this year?
- Who did England beat 3-0 in Rugby Union this year?
- Which country did the England Women's Cricket team beat in a 3-0 Twenty 20 whitewash?
- How many times has Lewis Hamilton won the British Grand Prix?
- Who did Portugal beat to win Euro 2016?
- Who is the new Chelsea Football manager?



Last edition answers Word search missing word remote. Location quiz 1. Alice in Wonderland  
2 James Bond, Die another day 3. Doc Martin 4 Poldark Rebecca



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## Dog Poo. Apologies to Pam Ayres

Treading on some dog poo!  
YUK! That doesn't bring a smile  
When unsuspecting you walk it home  
All over your Wilton pile

It doesn't take long to work it out  
As your nose goes into mode 'sniff'  
It rises above the pot pourri  
That awful ghastly wiff

Then Granny 'zimms' into the room  
Warbling a Dean Martin hit  
Age hasn't dampened the canny conk  
"Cor blimey I smell dog ....."

Then vapours rise and tempers too  
As everyone stands accused  
"Who was last out?" "Where've you been?"  
"Then go and check your shoes!"

The pong now reaches choking stage  
As the search intensifies  
"It's suppose to be lucky" Gran chirps in  
We could win money or a prize"

At last the culprit has been found!  
Sheepish grin, Dad holds up his pumps  
Stuck in the grooves and spread about  
That disgustingly smelly lump

You idiot, you stupid fool!"  
Angry, Mum's now lost the plot  
She throws Dad a bucket and a cloth  
"YOU can clean the blinking lot"

1001 and Dettol wipes  
Febreze is sloshed around  
The kids help Dad with rubber gloves  
Mum is nowhere to be found

So the moral of this little tale  
Is surely clear to read  
Just be thoughtful and think of Dad  
Next time your dog's on its lead

We love our rural country lanes  
Wildflowers, trees, gorgeous views  
But remember when walking Fido  
next  
Take a bag .... PLEASE PICK UP  
HIS POO!

P.S. And  
take it home

P.P.S. Dad's  
still in the  
doghouse!



Not a bunny but a large hare in a field behind Jacobstow. If you have any local wildlife photos why not email them through to us so that everyone can enjoy them.

All the Journal Team would like to say "thank you" for the anonymous donation, it is much appreciated.

Events in our Village - August

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Regular Events</b> Coast Family Church 10.30						
1	2	3	4	5	6	
		No Parish Council Meeting this month				
7	8	9	10	11	12	13
			Camelford Agricultural Show			
14	15	16	17	18	19	20
			Big Breakfast Poundstock Guildhouse	Happy Crafters Eden Chapel 1.30 - 3.30		Bude Carnival
21	22	23	24	25	26	27
				Holworthy and Stratton Agricultural show		
28	29	30	31			
	BANK HOLIDAY Bude Lifeboat Day					

Note: Events in Parish Hall unless stated otherwise

# Events in our Village - September

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Regular Events</b> Coast Family Church 10.30	Every Monday Cubs 6.30-8.00	Every Tuesday Scouts 6.30-8.00 Guides 7.30	Every Wednesday Beavers 6-7			
			1	2	3	
4	5	6	7	8	9	10
		Parish Council 7.30		Coffee Morning 10.30 - noon WI 7.30		
11	12	13	14	15	16	17
				Happy Crafters Eden Chapel 1.30 - 3.30		WI Soup and Sweet Lunch 12 -2
18	19	20	21	22	23	24
				Coffee Morning 10.30 to noon		
25	26	27	28	29	30	
		Arts and Crafts 2-4				

Note: Events in Parish Hall unless stated otherwise



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Week St Mary/Canworthy Water



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## JACOBSTOW CHURCH FUN DOG SHOW

Judge Mrs Josie Shepherd. Sponsered by Skinner's Dog Foods and Josie's Boarding Kennels. Prettiest Bitch - Maisie. Most Handsome Dog - Harry. Waggliest Tail - Pepper. Best Condition - Mist. Best Child Handler - Brandy. Most Appealing Eyes - Ellie. Best Trick - Kiera. Most Well Behaved Dog - Raffle. Dog Most Like It's Owner - Millie & Val. Dog The Judge Would Like To Take Home - 1<sup>st</sup> Pip, 2<sup>nd</sup> Mojo, 3<sup>rd</sup> Mist. Total money raised for the church was just over £240.





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At this year's Cornwall Show, the Jacobstow WI were very pleased to achieve a joint 4<sup>th</sup> place in the WI Competition (just 2½ points away from 1<sup>st</sup>) on the theme of "Re-use and Recycle – too good to waste".

In August we have no meeting but are holding a Coffee Morning at the home of Ann and George Wilton, South Dinnicombe Farm on August 11<sup>th</sup> 10.30 - 12. 00. **ALL WELCOME.**

The Holsworthy Show is on August 25<sup>th</sup> with the competition theme of "Alice in Wonderland".

Our next meeting is planned for September 8<sup>th</sup> with a talk on St Petrocs.

Also do come along to our Soup and Sweet Lunch in the Parish Hall on Saturday.

September 17<sup>th</sup> 12-2pm. £6 and a Raffle – no need to book.

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

## Swim Safe @ Bude Sea Pool until 25/8 11am to 4pm



Swim Safe, is a FREE programme of outdoor swimming and water safety sessions for children which will be returning to Bude this summer. This will be the fourth year Swim Safe has

been held at Bude, the project having so far taught almost 4,500 children how to stay safe in and near open water. Practical, interactive, educational and fun, each session includes a land-based safety lesson with a lifeguard, followed by in-water tuition with a swimming teacher. Wetsuits, swimming hats and a free goody bag with t-shirt are all provided.



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## JACOBSTOW WALKING GROUP



**Next walks: We are on holidays so the next walk will be in September. All welcome. Phone Mary to find out where to meet.**

The May walk was on a fine day, Thursday 19<sup>th</sup> meeting at the Parish Hall and then driving on to Treworgie Cross. From there we took the footpath and walked across fields making our way to Tamps and Landy Woods which are owned by the Woodland Trust. We saw an amazing gnarled tree stump which looked just like the face of a Tolkein character. With Mary leading us this time we did not get lost and stopped to admire the incredible old line of beeches which had originally been a hedge. The canopy above was breathtaking and all the better to see after a long winter. The bluebells were also out. Our walk took us to Millook where we walked for a little up the road and then got a lift in Mary's husband's car up the hill and back to Treworgie. As luck would have it, we just missed the rain!



**Mary: 01840 230656**

**Celia: 01566 781473**

**Sue: 01566 781292**



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# Jubilee Club

We had a really special trip on 20th June. The weather when we left Wainhouse Corner was awful, heavy mist and rain and it didn't bode well for the day but as we reached our destination, the sun was shining. We travelled to Exmouth for a cream tea cruise on the river Ex but before we embarked we had a little trip around the new build housing estate by the Marina as our driver Jane got confused by it all and couldn't find the marina entrance, but the houses had such lovely gardens nobody minded!



The cream tea cruise was booked for the afternoon so in the morning we had a ride around Exmouth on the little land train with an amusing guide and much banter about where the jam should go on a jam and cream scone, under the cream if you're Cornish

on top of the cream for Devon. ( When we got our cream tea later the jam was on the top!)



No trip in August but in September we are visiting the Miniature Pony Centre at Newton Abbott and probably another venue for tea and cake on our way home.

## Defibrillator Demonstration

A well attended meeting in the village hall on Thursday 16<sup>th</sup> June enjoyed the demonstration by Norman Trebilcock.

The first half of the afternoon was dedicated to very in depth resuscitation training, which involved Ann Connelly and Jill Baker getting very friendly with the rhesus dummy. Norman was a font of knowledge who managed to get the very important message across in a friendly jovial way, which I think helps you absorb the information much more easily.



In the second half, after tea and biscuits, Norman moved on to how to operate the defibrillator. After you see what's involved it definitely becomes a lot less intimidating. We have asked Norman to come back again one evening to give the demonstration again, to cover people who were unable to attend because of daytime commitments. He is more than happy to come back, maybe it was the biscuits. We will let you know the date in the

Journal nearer the time.

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## COMMUNITY FANCY DRESS EVENING



Everyone gathered for the Parade at the Scout Hut. There was a wide selection of costumes from Bilbo, The Boy in the Dress to Abba and a lady pirate. A really good turn out...Well done!

# FEELING UNWELL - WHERE SHOULD YOU GO?

**YOUR MEDICINE CABINET** - for common coughs, colds, upset stomach, aches and pains, also sleep is a great healer.

A well stocked Cabinet should have

1. Paracetamol and/or ibuprofen
2. Anti-diarrhoeal mixtures
3. Re-hydration mixtures
4. Indigestion or heartburn remedies
5. Plasters

**NHS 111** - has good medical advice and helps you access how urgent it is and who should deal with it. They will guide you to out-of-hours doctor, minor injury unit, urgent care centre, emergency dentist etc

**NOT A 999 CALL**

**PHARMACY** - provides local confidential, expert advice and treatment for a range of common illnesses and advice on any prescription drugs.

**GP** - for expert advice if illness or fever won't go away, not life threatening? Make an appointment.

**MINOR INJURY UNIT/URGENT CARE CENTRE** - offer a wide range of treatment for minor illnesses, injuries. **Without an appointment you can see an experienced nurse.** Mind you an appointment through NHS 111 is better.

Deep Cuts, sprains, burns, minor illness or injury. There may be X-ray facilities at these units

**EMERGENCY DEPT or 999 only emergency - critical or life threatening**

Possible stroke, chest pain, serious injury, choking **999** or visit Emergency Dept at Treliske, Derriford or Barnstaple Hospital

**PRESCRIPTIONS** - don't run out - order extra - the above units will

**NOT** give you a prescription



**DIARRHOEA and VOMITING** - treat at home and keep hydrated unless symptoms worsen do **NOT** visit Dr's Surgery or Hospital as you may be **CONTAGIOUS!**





May generally was warm, rainfall limited, and only a few days saw any extensive hill or sea fog events which in recent years have been quite a feature. The first significant thunderstorm developed well to the south of the area during the afternoon of the 28<sup>th</sup>. This quickly intensified and passed to the east of the region by early evening. Little rainfall from this was observed locally, but flash-flooding was reported in the Holsworthy area. Total rainfall at Canworthy Water for the month was 1.82", the past 3 years saw nearly twice this amount.

June rainfall was well above what one would expect. The 15<sup>th</sup> was exceptional, a total of 1.4" fell overnight until early morning, and 1" of rain in 1 hour was reported in Bude. Several roads were flooded around the area, and the river Ottery here, was over its normal banks until late morning. The 17<sup>th</sup> had a maximum day temperature of only 13°C, and a thunderstorm was noted well to the east of the area during the afternoon. A total of 4.27" of rain was collected for the month of June, most of which was after the 12<sup>th</sup>. This is very much more than average, and may well be a record for North Cornwall.

A significant number of thunderstorms were observed in the SE of the UK, some of which were severe even by tropical standards.

### **HIGH TIDES and SUNSET- August and September**

Date	5 Aug	12 Aug	19 Aug	26 Aug	2 Sept	9 Sept	16 Sept	23 Sept	30 Sept
AM	7.32	****	60.28	****	6.34	10.33	5.25	10.42	5.35
PM	19.49	12.36	18.47	12.12	18.48	22.58	17.45	23.18	17.51
Sun set	20.55	20.43	20.29	20.15	20.00	19.44	19.29	19.13	18.58

# KIDS' PAGE



**DALMATIONS!** Did you know our editor has a dalmation called Zola? (Also known as Zola Pola) At the Dog Show in May, visitors were asked to guess the number of spots on Zola. If you didn't go to the dog show, how many spots do you think she has? We have printed some photos to help you guess. Answer in next issue.



Before the days of cars, dalmatians were used to run for miles alongside horse drawn carriages to ward off highwaymen, and because they looked elegant and had lots of energy.



The film 101 Dalmatians has been made twice by Walt Disney, the first time as a cartoon in the 1960s. You could collect the dogs in tiny boxes at toy shops for about 10p, that's 2 shillings in old money then. The original book was by Dodie Smith.



Vegans and vegetarians both believe that animals exist to share the planet with humans, not to be exploited by them. The difference between a vegan and a vegetarian is that vegetarians abstain from any product that can only be obtained from the death of the animal, such as meat, fur and leather. Vegans avoid as far as possible, anything that originates from animals, thus we consume no meat, dairy or eggs and do not wear silk, wool or even eat honey. As a child I remember there seemed to me to be a disconnect between loving and caring for our various domestic pets and then being told to eat creatures that were no different in my eyes to dogs and cats. I believe that animals feel pain and fear as humans do. Animals ask only to be allowed to rear their young and live out their lives, just as humans do. Humans are healthier on a meat-free diet. I read a book called 'Animal Liberation' by the philosopher Peter Singer and have not eaten meat since that day. I found it was surprisingly easy sticking largely to fruits and veggies, nuts berries, seeds, bread and dairy. My good health was not to last, however and I discovered I, along with many other people, was lactose intolerant. Giving up milk products was very beneficial, although I personally found it very hard to give up cheese, which I loved! I can't say I was particularly strict about the dairy thing. Every now and then I would allow myself some dairy products (particularly when eating out) and not worry too much. Then about five years ago I discovered the internet. The internet is a very unforgiving thing. It is one thing knowing that globally 90% of all animals live in factory farms – some of them never feeling the sun on their backs except when they are sent to the slaughterhouse. It is quite another watching videos of the conditions they are kept in. In the UK animal welfare standards are relatively high, but in the USA, the world's biggest consumer of meat, the suffering of animals is heartbreaking. No one would ever consider doing to a dog what humans do to pigs and yet pigs are as intelligent if not more so, than dogs. If you eat eggs, did you know that as soon as the male chicks hatch, even as they are looking around for their mothers, they are removed, gassed and ground up in macerators? Male calves are removed shortly after birth and usually sent to slaughter. Some are used for veal. It seems that the male of the species of most farm animals are considered trash by the industry. Numerous studies have been published on the benefits of vegan and vegetarian diets. An extensive report published in 2012 by Oxford University concluded that humans are almost 40% more likely to get cancer and almost 30% more likely to suffer a heart attack if they eat red meat. Generally in the UK, those who do not consume meat live on average 6 – 10 years longer than those who do. There is, however, I believe, a far more pressing reason to turn away from animal products. Animal agriculture has by far the biggest carbon footprint of all man-made activities – and that includes the entire global transport industry. This is according to a United Nations report into Climate Change published in 2010. 91% of rainforest deforestation is to make way for plants (usually GM soya) grown to feed cattle. Cows produce methane which is 30 times more powerful a greenhouse gas than carbon dioxide and nitrous oxide. Eating meat is causing world hunger.

Cont...

How is it that humans can find enough food to feed the 60 billion food animals that exist on the planet, but not the 1 billion (out of 7 billion) hungry and starving people with whom they share this Earth? Farm animals use vast quantities of water. Producing one pound of grain takes 25 gallons of water from start to finish. Producing one pound of meat uses 2,400 gallons of water. Though lack of water is not exactly a problem in Cornwall (or indeed Cumbria), just about everywhere else in the world it is. For example one single burger uses in its production the same amount of water that you would use if you showered every day for three months. We live in a farming community and I realise there may be those who perceive all of this to be an attack on farmers. Nothing could be further from the truth. Farmers feed the nation. They rise in the morning at ungodly hours and work harder than anyone. For this they should be lauded. Farmers provide the answer to the issues I have outlined. There is a historical precedent to this answer and then as well as now it will be the farmers who solve it. At the start of World War Two a potential mass starvation looked likely. 70% of all of Britain's food came from abroad, but this came to an abrupt halt with the torpedoing of merchant ships by German submarines. Unless something was done, the Nation would have starved to death. Britain's farmers came to the rescue. If a piece of land is used to grow crops to eat, at least 10 times as much food is produced than if the same piece of land is used for meat production. Recognising this, the Ministry of Food recommended turning most pasture land over to arable and the population was told to 'Dig for Victory'. Vegetables and fruit could be eaten freely but animal products such as meat, eggs and butter were heavily rationed and sometimes not available at all. Cookbooks on meat-free cooking were produced by the Government and the Drummond Diet (as it was called) implemented. By the end of the War, Britain, far from starving, was never healthier, slimmer or more vibrant health-wise. This all came about remarkably swiftly and efficiently and could happen again just as swiftly. With the concerns about Climate Change, starvation in humans and water shortages in the news, now is the time to act. If anyone reading this thinks that a vegan diet is 'boring' or 'difficult', this is what my family usually have for Christmas dinner: Roast potatoes, a vegan substitute for meat such as a vegetable and mushroom pie, sprouts, peas, mashed potato, swede, carrots, cauliflower cheese (made with vegan cheese – yes, you can buy it in Tesco), sage and onion stuffing, onion gravy and horseradish sauce. There are so many vegan foods recipes available on line, just about any type of cake has a tasty vegan alternative (thank goodness!) Including chocolate cake!

**The Journal has had to reduce Caroline's article to make space for other articles but we have tried to remain true to the original text.**



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## SCOTT MANN

I know that people in Cornwall will be concerned about EU funding following the Referendum, and this was top of my list when talking with party leader candidates about what they planned for our country. Although EU funding in Cornwall is set to end by 2020 anyway, all of Cornwall's MPs want to see a replacement implemented which will see less hoop-jumping. The Growth Deal 3 project which will see millions of pounds invested in Cornwall by central government will continue until 2020. Cornwall has already secured £198m from Growth Deals 1 and 2 which have been implemented in the last few years which aim to create 4,000 jobs and 6,000 new homes in the county.



In June I went to Stepper Point to meet with the Coastwatch organisation who monitor the Camel Estuary. During the watch, we observed kayakers, sail boats and fishing vessels, all of whom are kept safe by this fantastic organisation. They are looking for volunteers to join the group, and I cannot recommend it enough for those who want give something back to the community and enjoy the fantastic views on offer from their HQ.

In Parliament I took part in the launch of the new All Party Parliamentary Group for Entrepreneurship, which will help with my campaign to promote small business and tourism in North Cornwall. I'm also keen to promote women in enterprise as we

have some exceptional women running small businesses in North Cornwall, and I'm confident that they will inspire young school leavers to do the same and start their own enterprises. The Federation for Small Businesses has launched a Women in Enterprise campaign and I have been championing this in the Commons.



In July, we remembered the sacrifice made by the tens of

thousands of soldiers who fell at the Battle of the Somme. I attended the Service of Commemoration at St. Petroc's Church in Bodmin and I know people throughout North Cornwall also took part in services in their local communities.

In the last few weeks I've also welcomed Windmill Hill Academy, Tregadillet Primary School and Launceston College to Westminster, the latter of whom visited 10 Downing Street and met with David Cameron which was undoubtedly a memorable experience for all. Please note there are no surgeries planned the the present time. See website for more information..

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**420** Higher Crackington – Launceston

**480** Warbstow - Canworthy Water - Bude - Launceston - Holsworthy

Operates Monday to Fridays but not on Bank or Public Holidays

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

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

## First Kernow Buses

### 95/96 Boscastle – Bude

Mon - Sat except Bank Hol

#### Monday to Friday

Boscastle	0753	1036	1223	1453	1633	1916
Crackington Haven	0808	1051	1238	1508	1648	~
Wainhouse Corner	0815	1058	1245	1515	1655	1928
Jacobstow		1103				
Treskinnick Cross	0819	1108	1249	1519	1659	1932
Widemouth Manor	0822	1111	1252	1522	1702	1935
Beach House Htl	0824	1113	1254	1524	1704	1937
Bude Strand	0831	1120	1301	1531	1711	1944

#### Monday - Friday not Bank Holidays

Bude Strand	0710	0900	1125	1319	1538	1735
Beach House Htl	0717	0907	1132	1326	1545	1742
Widemouth Manor	0719	0909	1134	1328	1547	1744
Treskinnick Cross	0722	0912	1137	1331	1550	1747
Jacobstow				1336		
Wainhouse Corner	0726	0916	1141	1341	1554	1751
Crackington Haven	~	0923	1148	1348	1601	1758
Boscastle	0738	0938	1203	1403	1616	1813

#### Sunday and Bank Holidays May - October

Boscastle	1057	1327	1557	1827
Crackington	1112	1342	1612	1842
Wainhouse	1120	1350	1620	1850
Treskinnick	1124	1354	1624	1854
Widemouth	1127	1357	1627	1857

#### Sunday and Bank Holidays May - October

Bude	0915	1145	1415	1645
Widemouth	0924	1154	1424	1654
Treskinnick	0928	1158	1428	1658
Wainhouse	0933	1203	1433	1703
Crackington	0941	1211	1441	1711
Boscastle	0956	1226	1456	1726

**NEW TIMETABLE 23rd  
July till 2nd September**

## Local Authority

Cornwall County Council  
Bude "One Stop Shop" and Library also )  
Library Renewal Hotline )  
North Cornwall MP Scott Mann  
Nicky Chopak (County Councillor)  
Police Force Enquiry Centre  
Crimestoppers (Anonymous)  
Floodline  
Power Cut-Western Power Distribution  
Sita Recycling Centre, Tiscott Wood  
Dog Warden (Environmental Health)  
Cats Protection, Mary Chudleigh  
Citizens Advice Bureau-Advice Cornwall

03001 234100  
03001 234111  
  
01208 75656  
07810302061  
101  
0800 555111  
0845 9881188  
08006783105  
01288 355131  
03001234212  
01566 773814  
03444994188

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National Express coaches  
Farming Community Network  
Rebel Cinema  
Regal Cinema, Wadebridge  
**SAMARITANS**  
**116123**

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08717818178  
07002 326326  
01288 36`442  
01208 812791

## USEFUL CONTACT NUMBERS

## Healthcare

NHS, Non-emergency 111

## Hospitals

Derriford, Plymouth  
Treliske, Truro  
Barnstaple  
Bodmin, E Cornwall  
Launceston Hospital  
Launceston Minor Injuries  
Stratton Hospital  
Stratton Minor Injuries

01752 202082  
01872 250000  
01271 322577  
01208 251300  
01566 761001  
01566 761030  
01288 320100  
01288 320101

## Doctors Surgery's

Bottreaux Surgery, Boscastle  
Neetside, Bude  
Medical Centre, Stratton  
Drs Nash & Uglow, Camelford

01840 250209  
08448151358  
01288352133  
01840-213894

## Jacobstow Organisations

Jacobstow Infants School  
Parent/Teacher Ass, contact Jenny Johnson  
Women's Institute, Mrs P Lane  
Jacobstow Church, Mrs R Fox  
Art Group, Jeane Gimblett  
Happy Crafters, Eden Chapel - Alison  
Parish Hall Bookings, Mr R Reason  
Scout and Cub Groups, Mrs D Dowling  
Beavers, Josie Shepherd  
Guides and Brownies, Mrs M Andrew  
Wainhouse Post Office and Stores  
Jacobstow Walks, Mary  
Jubilee Club, Mo 01840230428 or Eve 01566 781452  
Julietter Garden Club, Penny

01840 230337  
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01288 352786  
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