

Jacobstow Journal

*Providing news and information for the
Parish of Jacobstow*

Issue No 47

August/September 2018



Canworthy Water ponies in the summer sun. (Photo Jon Proudfoot)

Delivery free to every household in the Parish otherwise 50p

www.jacobstowvillage.co.uk



Editorial by Sarah

Well, hopefully when you read this, the glorious summer will still be with us and not a dim and distant memory. I also hope that you have all embraced the weather and made the most of it. It is so rare that we get a good run of weather, the sort of stuff where you can plan a BBQ for next weekend and not have to have your fingers crossed for the whole week.

Of course, some people will blame this, and all weather extremes on global warming, but how true is this in the scheme of things?. Is it just Mother Earth going through one of her 'hot flushes' or is it something more sinister brought on by man's (and woman's!) actions. I do sometimes think that if you look back over history you can see weather patterns. Of course, if you go right, right back we are talking ice age. But, even in more modern times you hear tales of the ice fairs held on the Thames in Elizabethan times.

One thing that we totally have to take the blame for the is single use plastics situation, we invented it and we abused it. I hear that Morrisons are changing to paper bags on fruit and veg isles; hopefully small changes will help us to focus on what is best for the planet and its future.

Enquiries, Articles and Letters

email to:

jacobstowjournal@gmail.com

or in writing to the Editor.

Sarah Smith

Almar, Jacobstow, EX23 0BN

Editorial Team

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Advertising Rates

The current Rate for 6 issues is £30 for a half-page advert.

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

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

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

The Editorial Team do not necessarily agree with the views expressed in the articles or Letters Page and accept no responsibility for transactions with advertisers. All information is believed to be correct at time of going to press. This publication is totally independent of the Jacobstow Parish Council. E&OE. © 2011

Jacobstow Parish Council

Chairman: Mr. Norman Osborne 01840-230592

Parish Clerk: Mrs D. Turner 01566-781269

Members: Mrs Charmaine Smith Mr Dennis Adey Mrs Caroline Pallett
Mrs Ilona Franklyn Mr Ray Fox Mr Peter Chapman

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

Editor's Note The report on each month's Parish Council Meeting is a summary prepared by the Parish Clerk. We have omitted certain minor items for brevity but a full version of the Minutes is displayed on the Parish Hall Notice Board (after formal approval) at the following month's Parish Council meeting also the Agenda and Minutes of previous meetings are on the village website www.jacobstovvillage.co.uk

Summary of Meeting held on 5th June, 2018

Cllr. Osborne chaired the monthly meeting with a full attendance of Councillors, County Cllr. Nicky Chopak and three members of the public.

Community Network Highways Scheme – Clerk to fill out form for Minor Improvement Scheme. It was suggested we ask for “Slow” signs to be painted on the road at Eden

Chapel. Also a triangular warning sign affixed to the existing “Bend in Road” sign indicating that the road narrows.

Planning Application – Westcott, Jacobstow – Proposed Double Garage. Councillors have no objection but feel there should be Conditions. First that it cannot be converted to residential use and Secondly that it cannot be sold separately to the main dwelling.

Planning Application – New Witheven, Jacobstow Variation of condition 3 in relation to decision notice

PA11/04956 Occupancy. Councillors feel that the units should stay with the business and not be sold off separately.

Planning Application PA18/03356 – Dimma Farm – Outline planning permission with all matters reserved. Agricultural dwelling. Councillors have no objection.

The Parish Council have funding available, provided by a grant from the Primrose Solar Farm, for community groups.

Please contact Doreen Turner on 01566 781269 for further details

Jacobstow Parish Council - Summary of Minutes of

Meeting held on 3rd July, 2018

Cllr. Norman Osborne chaired the monthly meeting of the Parish Council with a full attendance of Councillors, Cllr. Nicky Chopak and no members of the public.

It was reported that the bridge at Week Ford was now open.

It was also reported that Summercourt will run a bus service to Bude on a Friday which will go through the village of Jacobstow. Times to be confirmed. Also Age Concern have a "Dial A Ride" system which could cover Jacobstow and Week St. Mary.

The Post Box at Ferretts Cross has been taken away. Clerk to write to the Post Office to find out the reason for this.

Clerk to contact Oliver Jones regarding a missing sign at Plymwood Cross which should show "Jacobstow" to the right. Also a missing sign at Certificate Hill which should say "Steep Hill" or the gradient.

Cornwall Council have approved planning for Westcott, Jacobstow, Eden Farm, Jacobstow and Broom Park, Week St. Mary. Also approved, with Conditions, Outline permission for proposed residential development on Land East of Edgar Road, Wainhouse Corner

Scott Mann - Your MP

One of the main reasons I advocated Brexit and why people voted for Brexit was for the UK to have independence in setting its own laws and having its own trade and customs policies, with our courts no longer having to adhere to European courts. Over the coming weeks and months, I fear that elements of these new Brexit proposals will inevitably put me in direct conflict with the views expressed by a large section of my constituents. I was not prepared to compromise their wishes by delivering a watered down Brexit. The residents of North Cornwall made it very clear that they want to have control of our fisheries, our agriculture, our money, our laws, our judiciary and our borders, and I will evaluate those core principles against the Government's new Brexit white paper and ensure that I vote in line with their wishes



Nicky Chopak, your County Councillor contact details -
mobile no: 07810 302061

Email: nickychopak@gmail.com.

Mail: The Post House, Tresmeer, Launceston, PL15 8QU



Jacobstow Neighbourhood Watch

Rogue Traders - Cornwall



This is a message for residents to make you aware that we have received reports in the Redruth and Truro area of rogue traders cold calling offering gardening work.

Excessive amounts have been charged for little or no work. Please do not agree to work offered by unsolicited doorstep callers, the risks are high. Take time to get recommendations from friends/family, get quotes from reputable businesses you trust and make your decision on who to use in your own time. If you are concerned someone is at risk, always call the police.

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



Scott Mann MP

Surgery - Launceston

Friday 14th September 2-4pm
01208 74337 to book, which is recommended, drop in is first come first served

www.devonandcornwall-pcc.gov.uk

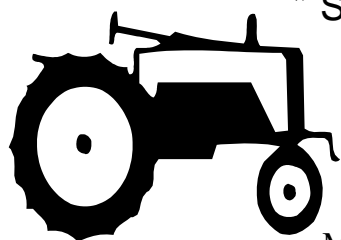
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the Police
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Try one of our take away meals

Jacobstow Community Mid Summer Celebration.

Mary Carter suggested a couple of months ago, that the school might like to support the introduction of a village festival to celebrate the Holy Well. And so, on June 21st, after a pasty picnic on the school field, we set off up to the well, with a banner designed by the school children, to dress the well.



The sun was shining, the breeze blowing, we walked through the woods, across the fields, a cheerful chattering accompanying the party of children and adults. At the Holy Well, waters, from wells around the world and locally, were poured into the Jacobstow Well and the banner was placed over the water. A bottle of water, with memories of the day, was taken from the well to be return next year when we revisit.

Mary then lead everyone in a Tai Chi exercise; planting a forest of ourselves to celebrate our roots in the village community and the trees which depend so much upon the water which gives life to all.

The year 3 / 4 children then read a poem they had written.

**Caterpillars slowly on branches crawling
Crows and rooks squawking noisily in the trees
Squirrels leaping quickly through the leaves
Butterflies gently fluttering beside the flowers
Grass snakes slithering stealthily through the meadows
Tabby cat's pouncing silently on its prey
Beetles secretly creeping amongst the leaves
Seagulls squalling viciously above a cliff
Ginger Toms purring peacefully beneath the shade
Woodpeckers loudly knocking in the trees
Hedgehogs naughtily snuffling through the leaves
Spiders skilfully spinning under a log
Dragonflies slowly hovering over ponds.**

It was a lovely afternoon and a real celebration of our community it its many parts.



CHURCH AND CHAPEL SERVICES

August

5th Evensong 6.30

12th Morning Prayer
9.30

19th UBS Week st Mary
10.30

26th Holy communion
9.30

September

2nd Evensong 6.30

9th Morning Prayer
9.30

16th UBS Poundstock
10.30

23rd Holy communion
9.30

30th UBS Whitstone 10.30



Jacobstow Church



Messy Church
Meets at the
Canworthy Water
Sunday School room



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

CHURCH AND CHAPEL NEWS & EVENTS

Jacobstow Church Lunch

Wednesday 26th September

12 for 12.30 £8.00 per person



Fish/chips and pudding
Sausage/chips and pudding
Fishcake/chips and pudding



Please book by Friday 21st September
by ringing Pat Lane on 01840 230743

Church Lottery Results

	1st	2nd	3rd
May	Mrs D Rudd	Mr D Adey	Mrs C Smith
June	Mr K Shelley	Mrs F Franklin	Mr J Lewis

JUBILEE CLUB

No destination in August but in September

Tuesday 11 September Tiverton Barge trip

Contact: Mo and Fern Chambers-1840230428

Or Eve Thain 01566 781292



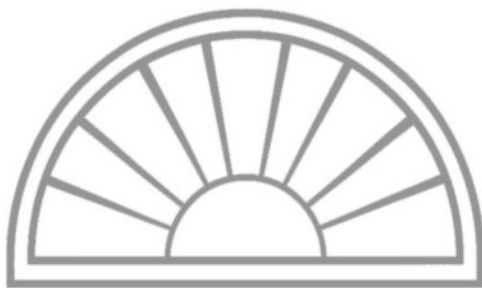
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Bude, Cornwall

Bob's Gardening Spot

August is the ideal time to trim hedges, so it at the end of the month and hopefully, they will not need doing again!

Take cuttings from flowering plants e.g. fuchsias and pelargoniums.

Harvest your onions by easing the roots and leave them to dry on the soil. If rain is forecast cover them with polythene. To check if apples are ready to harvest just lift them with your hand and try to twist them; if they are ready they will come off easily.

September is the best time to airate your grass; just dig with a fork all over the lawn, and rake it over with a metal rake to remove the dead thatch. Feed it with winter grass feed and sprinkle seed onto bare patches.

Any questions or suggestions? Please email me at the Journal

Happy summer gardening

Bob

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Bude Tourist Attraction Hits New Highs



I don't know if it's common knowledge amongst our loyal readers, but the tunnel leading from the car park to Sainsbury's in Bude has become a Trip Advisor success.

"I may not get out much, but this tunnel just blew me away. I literally spent minutes here, spending the time between being in awe at how such a structure had come to Bude and imagining myself stepping through to the Challenger Space Shuttle or something. If you happen to be in this lovely Cornwall town, make sure you do not give this a miss."

HH

There are 65 reviews of the tunnel on the website and 54 reviews have rated it as excellent!

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Canworthy Water Book Club

Another Life by Sara MacDonald



A beautifully written novel, set in Cornwall and Canada. Marine historian Mark Hannah finds a beautiful figurehead in Newfoundland. He traces her ship, The Lady Isabella, back to a small port in Cornwall where he meets Gabrielle Ellis, the woman who is going to restore her. Together they begin to trace the lives of the carver, Tom Welland and the real Lady Isabella. As Gabrielle's own life becomes involved with Mark's, her story runs parallel with the life of Isabella. Two women, living more than a hundreds years apart, make a rash bid for freedom to live another life. But for both of them, that choice means a loss which will greatly affect the next generation

Britt-Marie was Here by Fredrik Backman

Britt-Marie can't stand mess. She is not one to judge others. It's just that sometimes people interpret her helpful suggestions as criticisms. When Britt-Marie walks out on her cheating husband and has to fend for herself in the miserable backwater town of Borg she finds work as the caretaker of a soon-to-be demolished recreation centre. She soon finds herself being drawn into the daily doings of her fellow citizens, an odd assortment of miscreants, drunkards, layabouts. Most alarming of all, she's given the impossible task of leading the supremely untalented children's soccer



Mobile Library - Enquiries phone 0800 0322345 or 01872 272702
The Mobile Library Service stops at Canworthy Water monthly on a Wednesday from 11.15ish - Coffee and Chat.
The Wainhouse Inn has a good Library of books supplied from Truro which are changed regularly. Enter by backdoor to avoid drinkers!!
Note that **Bude Library** will be closed on Tuesday and Friday

**GOLD SIGNET RING FOUND IN DRAIN ON
THE CORNER OPPOSITE
MEDLANDS, JACOBSTOW.**

ANY IDEAS? PLEASE RING 01840230 216



May did very much what one would expect this year, with a slow improvement through to the last week which was really quite warm - 24 C on some days by early afternoon.

Of note was a moderate thunderstorm on the 26th, this came within heard thunder by late afternoon and was quite intense for an hour or so but kept well to the east of our area. The storm was multi-celled and slow moving and it wasn't until evening until it cleared through. Further isolated storms were observed in the area late pm, and the whole of Southern England had widespread activity by this time. Rainfall for the month was 1.46" which is pretty much the average for May generally. It was above average for sunshine, however.

June was hot! Many days got to the middle twenties with 29.3C observed on the 28th, the whole of that week seeing mid-twenties with many days seeing continuous sunshine during the long daylight hours.

Rainfall collected was very light, only 0.37" collected for the month. This is a very low figure for the West Country. Also notable was the lack of on-shore sea-breezes which often bring sea-fog well inland, a function of a well-established easterly flow from the the very firmly blocked high pressure to the east generally. There seems to be a pattern of good summers coming in pairs over 21 year cycles. This doesn't mean that all others are bad, but there has been a marked trend for recent ones to be very wet, with persistent Atlantic winds keeping matters quite cool for long periods.

I have looked at any correlation to these patterns with the sun-spot counts over the past 40 years, and there is some evidence that weaker cycles give warmer summers but it is by no means certain.

Let's hope that the good weather continues, but I can see matters getting a little more unsettled with the humidity increasing the risk of thunderstorms is conditions remain similar through July and August.

HIGH TIDES and SUNSET - August-September 2018

Date	3 Aug	10 Aug	17 Aug	24 Aug	31 Aug	7 Sept	14 Sept	21 Sept	28 Sept
AM	9.48	4.48	10.13	4.52	8.41	3.41	8.56	3.43	7.43
PM	22.13	17.13	22.34	17.10	21.01	16.09	21.15	16.04	20.02
Sun set	21.00	20.47	20.34	20.20	20.05	19.50	19.34	19.19	19.03



FRIDAY 31ST AUG, 6.30PM WALK @ EAST DIZZARD, ST GENNYS

Walk @ East Dizzard followed with a Pasty supper, Donations for New Scout Hut at Wainhouse for 2nd Bude Jacobstow Scouts, Cubs and Beavers

Coastal walk

Amazing views

Pasty Supper

Raffle

**Could you please
RSVP using the
details below**

EAST DIZZARD

ST GENNYS

BUDE

EX23 0NX

01840 230701

Sharonmnorthcott@gmail.com

Friday 31st Aug , 6.30pm



Daphne Dowling - 01288 352786 - Cubs

Robert Medland - 07842084971 - Scouts

Josie Shepherd - 07855001284 - Beavers

Fund raising for a new Scout Hut still goes on.

After a summer rest we look forward to seeing you all in September.

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PUZZLE PAGE



Welcome to your "tea break" puzzle page, Thank you for the many entries, Claire Retallick was pulled from the hat, They win 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 15th September 2018.

Thank you to Wainhouse Stores for sponsoring this page.

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

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

**BEACH
BUCKET
CREAM
HAT
HOT
PICNIC
SAND
SPADE
SUN
TIDE**

**BLUE
CORNET
GAME
HOLIDAYS
LOLLY
PADDLE
SIX WEEKS
SUMMERTIME
SUNSHINE**



Thank you to Marion McDonald for setting last months picture puzzle

See how you do with this Summer based general knowledge quiz:

1. Can you give the first line of Grease's 'Summer Nights' lyrics?
2. Which Feast Day falls on 15th July every year?
3. Which singer is know as the 'Queen of Disco'?
4. What term is given to a period of hot weather in the autumn?
5. What was the first name of Clegg in the sitcom Last of the Summer Wine?
6. 'In the Summertime' was a hit single for which British rock band?
7. Name the fictional seaside town is the Australian sitcom Home and Away?
8. Castel Gandolfo is famous for being whose summer residence?
9. What is the Italian word for summer?
10. The Summer Palace is a vast ensemble of palaces & gardens in which world city?

Last edition answers Word search missing word Summer Picture Puzzle 1. Nicola Sturgeon 2. Emilia Fox 3. Michael Fish 4. Larry Lamb 5. Robin Wright 6. Sheryl Crow



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THE ROYAL CORNWALL SHOW

The 2018 Royal Cornwall Show was enjoyed by crowds of competitors and members of the public with its usual mix of Agricultural Show favourites, trade stands, demonstrations and attractions for all ages. The low cloud base prevented the Falcons performing their parachute displays but the weather was otherwise good for the majority of the show.



A Tribute to the War Horses of the First World War.

The Police Dogs behaved well (most of the time!) and gave a good show, bravely chasing and stopping the criminals in their tracks.



Lifton Farm Shop had another impressive display with Peter Rabbit.





Jacobstow Guides have been very busy this term completing lots of badges to give the girls. As this year celebrates 100 years since women first got the vote, we have learned lots about this, even holding an election on whether school uniform should be worn! We celebrated the Royal



Wedding by making a card to send to the happy couple and making beautiful brides out of two of our members using bin bags and items in our cupboard. We've also been out and about a lot geocaching, walking to Millook, going for a penny hike, or the beach and having cookouts. If anyone would like to find out more about what we, The Rainbows or Brownies get up to, or would like to volunteer to help us (if not with the girls, admin help would also be appreciated.)



Please either contact Mary Andrew or email Louise on launceston-dc@girlguidingcornwall.org.uk.

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Regular Events In the Parish Hall unless stated otherwise

Monday Cubs 6.30 - 8.00 Scout Hall Wainhouse Corner
Brownies 4.30 - 5.30 Canworthy Water Sunday School

Tuesday Scouts 6.30 - 8.00 Scout Hall
Rainbows 5.45 - 7.00
Guides 7.00 - 8.30

Check these events with
the organisers, may be
cancelled for the
summer months

Wednesday Beavers 6.00 - 7.00 Scout Hall
Living Water Kids Club 4.30 - 5.30 Canworthy Water

Sunday Coast Family Church 10.30

1st and 3rd Tuesday of the month Young at Heart - Canworthy Water 1.30

1st Tuesday of month Parish Council 7.30

2nd and 4th Tuesday Arts and Crafts Club 2.00 - 4.00

2nd Thursday of month WI 7.30

2nd and 4th Thursday of month (recycling weeks) Coffee Club 10.30

1st Friday of the month Walking Club Parish Hall car park 10am

2nd & 4th Friday Living Water Youth Club 7 - 8.30 Canworthy Water

Local events for August

1-2 Bude Art Society Exhibition, The Castle, Bude

1 (and every Wednesday til 26th Sep) Open Day, Pounstock Gildhouse

3 Open Day, Pencarrow House, Bodmin. In aid of Marie Curie

4 Tintagel Carnival

8 Camelford Agricultural Show, Trevilla, Marshgate 8am start

11 Launceston Market in the square

8-12 Boardmasters Newquay

18 Bude Carnival. Live music. High Tide on the bandstand 2 -5pm

23 Holsworthy and Stratton Agricultural Show

27 Bude Lifeboat Day

28-31 Bude Jazz Festival

September

8 Launceston Market in the square

15 Bude Awsome Foursome Quadrathlon

23 Budelicious Food Festival

26 Jacobstow Church Lunch see page 9 for details





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Week St Mary/Canworthy Water



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Sugar Free, Egg Free, Dairy Free Carrot Cake

2 cups flour
1tsp baking powder
1tsp bicarb
1/4tsp salt
1 1/4 cups water
1 1/4 cups dates
1 cup raisins
1 tsp cinnamon
1 tsp ginger
1/2 tsp ground cloves
1/2 tsp nutmeg
1/2 cup grated carrot 1/2 cup chopped walnuts
1/3 cup orange juice

Here is the recipe, it is in cups which can be converted to pounds and ounces.



Mix flour, bicarb, baking powder in a small bowl and set aside.
Combine water, dates, raisins, cinnamon, ginger, cloves and nutmeg in a small saucepan.

Bring to the boil, reduce heat, simmer for 5 minutes stirring once or twice.

Place shredded carrot in a bowl and pour on the hot mixture, allow to cool completely.

Add chopped walnuts and orange juice, mix well.

Add dry ingredients and stir well.

Pour into a greased tin.

Bake at 375°C for 45 minutes until skewer comes out clean

As you can see it is easy to adjust amounts of spices to taste



Date, Walnut and Banana Cookies

3 ozs dates
3 ozs walnuts chopped
2 medium bananas
6ozs oats
100ml olive oil
1tsp vanilla essence
1tsp cinnamon
Honey optional

Mix everything together, place spoonfuls on baking sheet and flatten slightly with a fork.

Bake for 20 mins 180°C

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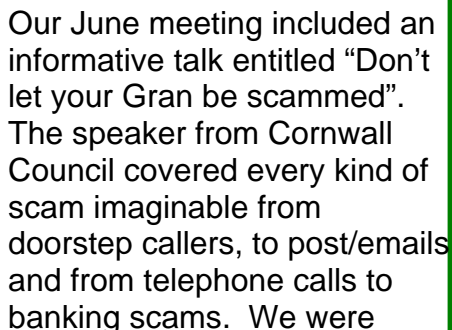
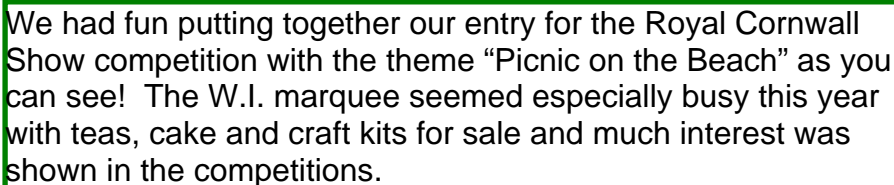
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reminded that scams can happen to anybody and we all need to be aware and vigilant at all times.

In July, Cornwall Blood Bikes visited to raise awareness of their essential role in support of the NHS. The charity is entirely funded by voluntary donations and provides a weekday service from 5pm to 7am and a 24 hour Weekend and Bank Holiday service transporting blood, breast milk and all kinds of medical supplies to where they are urgently needed. We were impressed by the commitment of the volunteer riders who in 2017 covered more than 96,300 miles providing this service.

9th August - Cream Tea at South Dinnicombe Farm 2pm

ALL WELCOME

13 September - Talk on CRY Caridac Risk in the Young

I went to the supermarket and asked to see the Manager
"I want to make a complaint...this vinegar has got lumps in
it", "that's because they are pickled onions, madam" *F*



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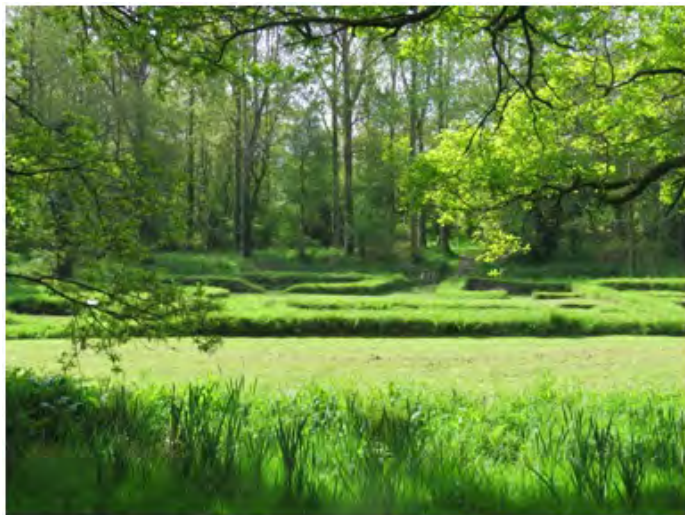
www.denisewellingtonfunerals.co.uk

enquiries@denisewellingtonfunerals.co.uk

JACOBSTOW AMBLERS - All welcome.

Call Mary: 01840 230656 or Celia 01566 781473

The photographs say it all! On 17th May, the Amblers enjoyed a beautiful walk around Penahllam on a bright, sunny day. The abundance of wild flowers was breathtaking and Penhallam was looking at its best.



At the start of the walk we were able to look at progress of the bridge works being carried out. The footpaths towards Penhallam had dried out significantly after all the rain and we were able to negotiate the muddier parts without too much difficulty. The bluebells were stunning.

Thank you to Helen for these stunning photographs.

Julian Trick

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&
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m : 07760238756

e : jftrick@hotmail.co.uk



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CRIME SPREE CONTINUES IN JACOBSTOW!



Following last month's "theft" of the Jubilee Bench, now the post box on Edgar Road has disappeared!

Mark - The Postie - has reported that it has been removed for repair and will be returned in due course.

Meanwhile - Mike Quance has contacted the Royal Mail direct; this is the response he received, "Thank you for your further contact with Royal Mail. I am sorry to learn that the post box located at Ferrets Cross has been removed and understand the concern and inconvenience this can cause. We are currently investigating your complaint and we'll be back in touch with you as soon as our enquiries are complete. We aim to complete all enquiries within 10 working days."

Could you give the gift of time?

Cornish charity the Merlin MS Centre is looking for volunteers to support the organisation in a variety of roles.



The positions include drivers/escorts, administration, café, and general fundraising duties. Most positions require a maximum of 4-8 hours a week, although fundraising volunteers are just needed occasionally for store collections, to help at events and to work at fetes and fayres.

The Charity provides therapies, support and information for anyone living with a long-term neurological condition at the Centre near St. Austell and through its Outreach services. Last year 90 volunteers dedicated 11,000 hours to support its work.

Anyone interested in the following positions, please call Caroline on 01726 885530 or e-mail caroline@merlinmscentre.org.uk

Jacobstow Art and Craft Group.

We can't believe that we are starting our 11th year of local craft meetings. Time passes so quickly! In the past decade we have explored all sorts of crafts, and also passed on our skills to each other. We've had two felt making days, created pottery and mosaics and had demonstrations of many things including batik, willow-craft and silk painting. We are presently a group of eleven who meet every other Tuesday afternoon usually in the village hall, throughout the Autumn and Winter. All our decisions are taken as a group and we welcome new members. Members use the time to work on their own craft or to join in that week's project. Because of the rising costs our fees for 2018/19 are £20 for six sessions; we were sad to have to make this small increase but consider it to be very good value for our productive and enjoyable afternoons.

Dates and Programme for 20 18:-



25th September- Working with Marbling Ink - Organised By Sally

9th October – Outside at Witheven- Hosted by Hilary, working with wood and found objects, sketching.

23rd October – Silk Painting and own work self- directed. (Materials will be ready in the hall.)

6th November – Demo and talk by water colour artist Brian Littlejohn (to be confirmed)

20th November – Full day session- Felting- led by Mary.

11th December - Making Christmas wreaths and decorations:- Rag work wreaths: Celia,
Willow: Hilary



Dates and suggestions for 2019

9th Jan: Batik self- led

23rd Jan , 6th Feb. Tiles, pots and mosaics. Jeanne, Mary.

20th February Papier-mache

BUDE SEA POOL

The Sea Pool at Bude was created in the 1930s to provide a haven for swimming for the people of the town and continues to provide a safe environment for both local people and the thousands of people who visit it each year. It is open 24/7



Bude Sea Pool is host to many local events and activities such as Bude Water Polo, Bude Open Water Swimmers, SLCS Nippers and Juniors, Adventure International and Shoreline Junior Triathlon to name a few. The pool nestles under the cliffs on the north Cornwall coast and is topped up twice a day by the waves off the Atlantic. Bude Sea Pool is approx 91m long and 45m wide, The sea washes in twice a day, refreshing the water, It is hard to say the depth in a given area, so please don't dive into the water. The temperature varies from around 11C in April through to 18C in August and September. Following funding cutbacks in 2010 the Sea Pool faced an uncertain future. The Friends of Bude Sea Pool Charity was formed in early 2011 to secure the Pool's future under local management and is now run by an army of dedicated volunteers. There are significant costs in keeping the pool open and free for the public. The main expenditure is always in May during the three week maintenance period which comes in at around £43,000. None of this would be possible without the generosity of the public, our members and volunteers, whether that be donations of cash, or membership fees. A huge amount of effort goes in to this annual project in terms of organisation, research, wielding a paint brush, cleaning algae or removing wheelbarrow loads of rocks from the pool bottom. We are lucky to have our volunteers; each and every one bring different skills.

Bude Sea Pool Office and Shop

Last year Bude Sea Pool took over the old toilets as an office and merchandise shop. The office is manned and was renovated and converted with the help of volunteers. Pop in if you are passing and browse the merchandise, renew or take out a membership - it all helps to support the pool.

Pool Voice

We welcome all comments and feedback. Contact Sarah by email at swimmers@budeseapool.org

The Hub

The Hub, which overlooks and is part of Bude Sea Pool, was completed in 2017 and now commands arguably the best view in Bude!

Fully insulated, The Hub was built for the benefit of the Community and we are keen for all to utilise it! It is available to hire and provides a unique and interesting space for both private and community use. It is ideally suited for meetings, gatherings, training sessions and children's birthday parties to name but a few.

There is NO charge for non-profit community groups and a nominal £20 suggested donation for private and commercial organisations to hire The Hub, which you can book by the half or full day. Changing rooms are also available on request.

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Kids' Page

Summer Skies ♥ Kites!

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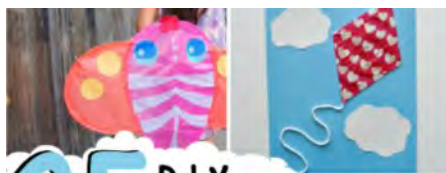
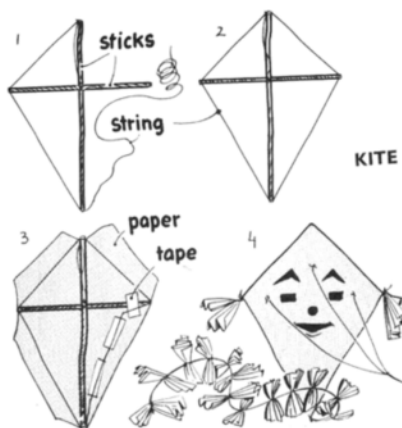


Original art by Cherlie's Arts n Crafts Co 2013

You need pencil, thick strong paper, thin dowl, string, scissors, strong tape.

The pictures will show you how to make your kite. You can add wonderful decorations of your own!

You'll feel like you're flying when you set your kite into the sky. You just need a good breeze. Don't fly your kite near pylons or overhead electricity cables.



25 DIY Kite Activities For Five Year Olds



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This is not a channel that you receive on your TV but you do see, at no charge, on your computer. The group organising it are based in N. Cornwall and produce a variety of delightful programmes on local subjects or anything of general interest.



There are currently about 15 programmes available of which these are just four examples. Some last for a few minutes and others over one hour.

If you want to see this channel just enter www.cornwallstressfreetelelevision.com into Google or any other Search Engine

Article produced by Michael Quance



BUDE CONCERT ORCHESTRA SATURDAY 29th SEPTEMBER 2018 PARKHOUSE CENTRE, BUDE 7.30pm SHADES OF RUSSIA



*Prokofiev, Tchaikovsky Rimsky Korsakow, Shostakovitch
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Adults £6 Children £2 Light Refreshments



Summer

WATER SAFETY

When Summer hits it can be tempting to look for the nearest place to cool off.
Here are our top tips if you plan on going for a paddle:



**LOOK OUT
FOR LIFEGUARDS**



**IT'S COLDER
THAN IT LOOKS**



**DON'T GO
TOO FAR**



**IT'S STRONGER
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LIZ VOGEL'S BEAUTIFUL SMALLHOLDING. By Celia Proudfoot

As I have cycled past her home over the past four years and delivered The Journal there, I have watched with growing admiration the transformation that has taken place to the surrounding land. So a few weeks ago when I bumped into Liz as she walked her dog Dexter, I asked if I could interview her. She was very friendly and only too happy to show me around. We started off in the garden which was so



stunning that I assumed Liz must have trained as a gardener. She was very modest and said she had worked in various garden centres, mostly in the animal sections. We walked through a willow arch which Liz had crafted herself, leading to the vegetable plot. All the ground around the beds was made up of tree chippings laid on a membrane which Liz had bought from the tree surgeon who trims the trees on her land. Not only did it look really pretty, but it was soft to walk on and saved mowing. We then went to visit her Jacobs sheep, passing by the bantam house. Liz told me that although bantam eggs are smaller, yolks are the same size as normal egg yolks. Liz currently has 12 sheep, having recently sold another 12. Nothing goes to waste. The sheep wool is used by Liz around her plants and is a brilliant slug deterrent. She lines her hanging baskets with it. Liz salts and dries the hides and sends them to a tannery in Buckfastleigh (one of only two in the whole country.) The lambs are slaughtered at about 6 months for meat and some are kept for breeding. Liz introduced me to 2 special lambs, Fozzy and Florence (all the lambs this year were named after '70's childrens programmes.) These 2 lambs were born when the Beast of the East hit us and both their mums had triplets and could only manage to feed 2 lambs each. Fozzy and Florence were taken into the house and thought Dexter the dog was their mum and kept trying to suckle from her! They took a while to learn to be sheep but are happily settled with the flock now. The sheep have tried

and succeeded once in breaking into the new apple orchard. Apologies that I could not get a clear picture of both lambs, but Dexter the dog was keen to be the star attraction!





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LOCAL BUS TIMETABLE

Partial listing of stops
Travel Cornwall - 01726 861108 - www.summercourttravel.com

420 Higher Crackington – Launceston

480 Warbstow - Canworthy Water - Bude - Launceston - Holsworthy

These buses to/from Bude, Holsworthy and Launceston don't go to Jacobstow and Wainhouse only Week St Mary, Canworthy Water and Warbstow

Operates Monday - Fridays - NOT on Saturday, Bank or Public Holidays

	480	420	480	480
	M Th	Tu only	Wed	Fri
Hghr Crackington	~	0910	~	~
Wainhouse Cnr	~	0925	~	~
Jacobstow	~	0930	~	~
Week St Mary	~	0940	~	~
Canworthy Water	~	0955	~	~
Warbstow Cross	0935	0958	0935	0935
Canworthy Water	0938	1001	0938	0938
Week St Mary	0953	~	0953	0953
Whitstone	~	~	1001	1001
Bude Strand	~	~	~	1023
N Tamerton	~	~	1008	~
1008	~	~	~	~
Launceston Westgate	1033	1030	~	~
Launceston Tesco	1043	1040	~	~

	480	420	480	480
	M Th	Tu only	Wed	Fri
Holsworthy Library	~	~	1310	~
Launceston Tesco	1250	1235	~	~
Launceston Westgate	1300	1245	~	~
N Tamerton	~	~	1325	~
~	~	~	~	~
Bude Strand	~	~	~	1310
Whitstone	~	~	1332	1332
Week St Mary	1340	~	1340	1340
Canworthy Water	1354	1307	1354	1354
Warbstow Cross	1400	1311	1400	1400
Canworthy Water	~	1314	~	~
Week St Mary	~	1326	~	~
Jacobstow	~	~	~	~
Wainhouse Corner	~	1345	~	~

94,95,96 Buses run by First Kernow :
03456020121

95  Monday-Saturday to Bude

Camelfd	0720	0937	1144	1358	1540	1810
Boscattle	0751	0956	1215	1431	1611	1841
Crackgton	0807	1012	1231	1447	1627	~
Wainhs	0814	1019	1238	1454	1634	1854
Jacobstow	~	~	~	~	~	~
'skni Cross	0818	1029	1242	1458	1638	1858
Widmth M	0821	1032	1245	1501	1641	1901
Widmth B	0823	1032	1247	1503	1643	1903

Summer times - 2018

My advice is - if you are unfamiliar with the buses check the times. If you want to walk one-way then catch a bus **FIRST**

Google "Bude buses" or
www.traveline.info

The numbers of these buses seem to change on different days and different directions and I'm not changing them again till winter schedule!

94  Monday to Saturday from Bude

Bude	0843	1036	1301	1506	1651	1911
Widmth M	0825	1025	1250	1455	1640	1900
P'stock	0822	1022	1247	1452	1637	1857
Wainhs	0818	1018	1243	1448	1633	1853
Crackgton	0811	1011	1236	1441	1626	1848
Boscattle	0755	0955	1220	1425	1610	1840
Camelfd	0722	0922	1147	1352	1539	1809

96  Sundays and Bank Holidays

To Bude at Wainhouse

9.40; 11.40; 13.40; 15.40;
17.40

To Camelford at Bude

10.23; 12.23; 14.23; 16.23;
18.23

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

Other Numbers

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

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



Healthcare

NHS, Non-emergency

111

Hospitals

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

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

Doctors' Surgeries

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

01840 250209
01288 270580
01288 352133
01840 213894

Jacobstow Organisations

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

01840 230337
01840 230456
01840 239829
01840 230153
01840 230113
01566 781418
01840 230266
01288 352786
01840 230330
01840 230006
01566 781717
01840 230554
01840 230656
01566 781452
01840 261146