

# *Jacobstow Journal*

*Providing news and information for the*

*Parish of Jacobstow*

*Delivered free to every household in the Parish*

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



Issue No. 26

December 2014 January 2015



Editorial by Sarah

This is our third Christmas edition, can you believe it, and I am really happy to report that we are starting to feel that the Journal has found its place in our parish. When we first started producing this magazine we knew it wasn't going to gain momentum overnight, but we are noticing more people are considering us when they need an easy way to reach everyone. Whether it's advertising an event, club business or service, or contacting us with news and information, heck, people are even starting to enter the puzzle page!. If you look at my article on page 7 you will see that we now have another way to keep everyone informed of anything going on, Jacobstow now has a web site and Facebook page. If you are on the Internet why not take a minute to peruse the site and like us on Facebook. You can even read all the previous editions of the Journal, it's really interesting to see our first edition compared to this one.

I see that the wind turbine farm application has been refused by the Planning Committee at Cornwall Council. I think I am reflecting a lot of local peoples views when I say that it was just too big a project to be accommodated within our small community. Renewable energy is definitely something that we all have to consider for the future, but surely looking around our stunning countryside we are already doing our bit for Queen and Country!

Wishing you all a very Happy Christmas and New Year Sarah

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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.

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

**Editorial Team**

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Sarah Smith  
Almar, Jacobstow  
EX23 0BN

**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.

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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.

*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 28<sup>th</sup> October, 2014***

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

**Planning** - Cornwall Council had approved Planning Applications for Mr Rick Ellicott, Single Storey bungalow at Little Beckaveans, Jacobstow and Mr & Mrs M Uglow, Agricultural Dwelling at East Langdon, Canworthy Water.

**BT Payphone Changed** – BT want to remove all phone boxes that are not regularly used and there is a 90 day consultation period. The telephone box by the Hall was only used 22 times in twelve months. Clerk to write to them asking if we can keep this one in case of an emergency happening in the Hall as there is no mobile signal in Jacobstow. Also write to Dan Rogerson.

**Jacobstow Village Website** – The Website is near to being up and running. The cost for three years is £107.57p. Prop. we pay Cllr D Adey Sec. Cllr R Fox.

**Planning Application PA/08427 – J W Shepherd & Sons** - Trefrida Farm, Jacobstow - Proposed Cattle Shed. Councillors support this application.

**Community Benefits re: Canworthy Water Solar Farm** - The Chairman met with representatives from Week St. Mary, North Petherwin and Warbstow Parish Councils to discuss Community benefits from the Solar farm. Letter being sent to Primrose Solar Holdings.

*A summary of the minutes of the meeting held on 18<sup>th</sup> November will be published in the February/March edition. There is no council meeting in December. Happy Christmas and peaceful New Year from all your Parish Councillors*

Grand Opening for a new venture, the Bude for Food Assembly... and now for something completely different.

Bude for Food Assembly is a new concept in selling exclusively local food directly to local people in a really convenient way. It looks a bit like an on-line supermarket, but concentrating on food from local farms and local producers selling directly to end customers like you. We have invited many local food producers to join us to ensure we have a large choice of everything from the basics to luxuries. Bude for Food Assembly will be offering organic beef, lamb and mutton, organic milk, yoghurt, cream and ice cream, organic vegetables, wonderful freshly baked bread, fruit, jersey milk and cream, bottled spring water, cheese, pies and cakes, beef, lamb, pork and other meat, various charcuterie products, and even cordials and beer brewed in Bude.

Take advantage of this fantastic development, simply register at 'TheFoodAssembly.com', select the Bude for Food Assembly and wait for the starting gun. There is no fee and no commitment. You can shop as often as you wish, as infrequently as you wish or not at all. Our Grand Opening will be on 3rd December and the website will go live a week before that.



I made myself a snowball,  
As perfect as could be,  
I thought I'd keep it as a pet,  
And let it sleep with me.  
I made it some pajamas,  
And a pillow for its head,  
Then last night it ran away,  
But first-- it wet the bed.



Nicky Chopak, your County Councilor 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





## SCOUTS

Some of our scouts and cubs taking their Bicycling Badge.



## Last posting dates



### Airmail

- 3/12 Asia, Far East, New Zealand
- 4/12 Australia
- 5/12 Africa, Caribbean, Central & South America, Middle East
- 8/12 Canada, Poland
- 12/12 USA
- 13/12 Western Europe

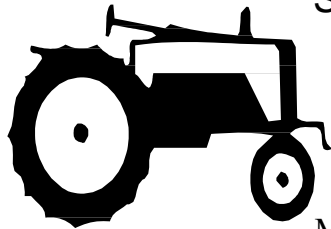
### UK

- 18/12 2<sup>nd</sup> class
- 20/12 1<sup>st</sup> Class
- 23/12 Special Delivery (AKA total panic!)

**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.

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**AA \*\*\***

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 Sunday carvery served from 12 to 4pm.  
 Try one of our take away meals

# Computer Concerns **Big news!**

By Sarah Smith



We are proud to announce the launch of the Jacobstow web site. The address is [www.jacobstowvillage.co.uk](http://www.jacobstowvillage.co.uk). We were approached by Mitchell Wensley who is a website designer and runs a company called Ballynet. If you would like more details, he has placed an advertisement with us on page 34. His mum, Yvonne Wensley has recently moved to the village and loves living here so much she wanted to do something to help us.

If you visit the website you will see that it is very thoughtfully laid out and really easy to use. For example, on the local information pages you will find all the details of our local doctors surgeries, if you click on one of them it is linked to their website, really clever.

Also, we have linked the website to our new Facebook page, with a live feed from Facebook on the home page. If you are a Facebook user why not "Like us" and then you will get up to the minute information. You can then also "post" onto the Facebook page if there is anything you think we should all be in the know about



A little security tip Mitchell gave me whilst setting up the new website, when you are making up a password change obvious letters to numbers. So o becomes 0, e becomes 3 so for example ; Jacobstow would change to Jac0bst0w. Easy to remember

## TIMES OF CHURCH AND CHAPEL SERVICES

### Jacobstow Church



#### December

4<sup>th</sup> Induction of new rector at Week St Mary  
 7<sup>th</sup> Jacobstow Church Carol Service 7pm  
 14<sup>th</sup> Morning Prayer 9.30am  
 21<sup>st</sup> USB Poundstock 10.30  
 25<sup>th</sup> Christmas Day Holy Communion 9.30am  
 28<sup>th</sup> UBS Poundstock 10.30

#### January

4<sup>th</sup> Evensong 4.00pm  
 11<sup>th</sup> Morning Prayer 9.30  
 18<sup>th</sup> UBS service W'mouth  
 25<sup>th</sup> Holy communion 9.30

### Eden Chapel -



All services 10.30  
 unless otherwise  
 stated.

#### December

7<sup>th</sup> 9 carols and lessons 3pm to  
 coincide with Christmas tree and  
 wreath festival

14<sup>th</sup> No service at Eden

21<sup>st</sup> Family service with Peter Parsons  
 Christmas Eve service at Canworthy  
 Water

#### January

4 Covenant service prov booked contact  
 Rev Doreen to confirm details  
 11 No service at Eden  
 18 Family service  
 25 Tea time service 5.30 with  
 refreshments



### Canworthy Water Chapel

All Sunday  
 Services 11am  
 Rev Doreen  
 01566 781854



Dimma Chapel  
 For full details  
 Please contact  
 Audrey Wicket  
 01840 230268

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 Carol Service**

**Sunday 7pm**

**7- December**

**With St Gennys  
Brass Band**

**Followed by  
supper in the Parish  
Hall**



Eden Methodist Chapel  
(between Canworthy Water  
and Wainhouse Corner)  
are holding a



Festival of

### **Christmas Trees and Wreaths**

The theme is any Christmas Carol, and we ask, please,  
that all the trees have lights.

You are invited to come and view on:

Thursday 4th December from 2.00p.m.—8.00p.m.

Friday 5th December from 2.00p.m.—8.00p.m.

Saturday 6th December from 2.00 p.m.—6.00 p.m.

Sunday 7th December from 2.00p.m.—4.00p.m. followed  
by a service of 9 Carols and Readings to close the festival.

Refreshments will be available at all times.

If you would like to display a tree  
and/or a wreath, please contact  
Alison on 01566 781418.

Set up on Tuesday 4th from 1.30-  
3.30 p.m. or by arrangement.

Proceeds to the Salvation Army and  
Chapel Funds



### **Church Lottery Results**

	1st	2nd	3rd
September	Mrs E Thain	Mrs J Smith	Miss S Cowling
October	Mrs S St Johns	Mrs M Carter	Mr B Marshall
November	Mrs L Dodd	Mrs I Webster	Mrs F Franklyn



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## What's on



Some events taking place a little further afield in December, nothing really to report for January at the time of going to press

Ice Skating at Eden all month

- 2 Christmas with Causley St Thomas Church Newport Launceston
- 4-7 Padstow Christmas Festival
- 5 Christmas Dance and Fashion Show Penstow Manor Kilkhampton
- 5 Bude Late night shopping
- 5 Morwenstow players - Turn again Whittington, community centre  
8 til late £12 per ticket
- 6 Santa run series - Padstow
- 6 Christmas Fair - Wadebridge Town Hall 10am
- 6 The Magic Beanstalk - Tresmeor Village Hall
- 6 Christmas market and Lights switch on Polperro 2.30pm
- 6&7 A Victorian Christmas - Lanhydrock 11am - 4pm
- 6&7 Santa by steam Bodmin & Wenford Railway
- 7 Bude Town Band present Tank Sherman at the Falcon 7pm £5.00
- 13 Bude Jive Club Dance at the Parkhouse £10 per ticket
- 13 Christmas Wine and Wisdom Tresmeor Village Hall 7pm
- 13 - 3 Jan Mousehole Christmas Lights
- 14 Hengar Manor Christmas Market 10.30am
- 20-24 Father Christmas at Lanhydrock
- 21 Polperro Fishermans Choir Quayside 7pm
- 25 Christmas Day Swim - Crooklets Beach, Bude



### It wasn't stolen!

Do not worry, the bench is back. Dereck Smith has done a wonderful job of sprucing the bench up. The green algae was so embedded that he had to take a pressure washer to it. Well done Dereck!

## **Wainhouse Country Store**

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Fruit and vegetables, fresh flowers  
Newspapers and Magazines



### Off Licence

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National and Healthcare lottery now available

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## BOB'S GARDENING SPOT



Now is the time to sit indoors with a nice hot cup of tea and think about next year in your garden. I always grow 1<sup>st</sup> early potatoes because any later potatoes get badly eaten by slugs and later still destroyed by blight.

You should cover any bare ground with weed suppressant or a thick mulch of compost or better still a compost under the suppressant.

Any frost tender plants need to be taken in doors if possible, but if not then wrapped in bubble wrap or any suitable material.

Try potting lilies in deep pots to grow on and plant out next Spring. The bulbs need to be covered by 6 inches of compost and put into a cold frame until you are ready to plant them out. Any sweet pea seeds from last year can be sown now and kept under cover until it is a bit warmer.

In January you should buying your seed potatoes and chitting them ready to plant out in late February/early March depending on the ground conditions. Any strawberries you potted up last year should be brought in doors and they will soon start blooming, but you might have to pollinate them yourself, this is easily done with a small paint brush rubbed into each flower in turn. If growing onions from seed sow them under glass now and you should get lots of seedlings to plant out into small pots when big enough to handle.

That's the end of another gardening year, hope you get lots of lovely gardening presents and a happy New Year to you all.

Bob



## CANWORTHY WATER BOOK CLUB

### CERTAIN GIRLS by Jennifer Weiner

Based around a Jewish family, the mother Carrie had written a risqué book (allegedly about her life). This follow up book is about how it affected her 13 year old daughter. The book seemed to run out of steam, with later plot lines arriving and departing suddenly.



We were divided about the quality of the book from waste of tree to beach read. Certainly the proof reading was poor.

### A STUDY IN SCARLET by Arthur Conan Doyle

We all enjoyed this early Sherlock Holmes when he meets Dr Watson and starts his forensic investigations. The writing was a little old fashioned, not surprising when it was written in 1887. There were some interesting words which we had fun with.



## JACOBSTOW WALKING GROUP by Celia Proudfoot

**Please note: The next walk takes place on Tuesday 6<sup>th</sup> Jan meeting at 10.30 at Canceave, Millook for mince pies and mulled wine.**

**There is no walk on December 29<sup>th</sup>**



The Jacobstow to Ash walk took place on Thursday 23<sup>rd</sup> October. The walkers were Steve, Ann, Jeanne (group leader), Yvonne, Barbara and myself. The weather was mild and overcast with only slight Cornish mizzle from time to time. We set off along a leafy lane and conversation was easy and jolly. One of the

pleasures of walking with others is there is no pressure to make conversation so as a result it flows naturally. At the same time you are still able to take in the peace and quiet of the countryside. At the end of our 2 hour walk, Steve and Ann kindly invited us for a cup of coffee.

The next walk took place on Thursday 13<sup>th</sup> November at 10am. Lucky 13! It was pouring with rain and a gale was blowing. Undeterred a few hardy walkers met at Penhallam car park, Week St Mary. They were Sue, Ann, Jill, Mary, Val, Jeanne and myself, together with dogs Buster and Indie. Sue had forgotten her raincoat but improvised impressively by fashioning a stylish gilet from not just any old polythene bag but from a North Cornwall District Council recycling bag. Mary lead the group, kindly lending us walking sticks. The woods sheltered us from the wind and most of the rain. The autumn colours were beautiful. Sue's dog Buster leaped puddles like a prize show jumper, while Indie took the more traditional Labrador approach and waded through them. We named a small but very deep puddle the "Dawn French Vicar of Dibley puddle." The walk lasted two hours and finished in the grounds of the magical 13<sup>th</sup> century Penhallam Manor.



We would love you to join us on our next walk!

Phone **Celia 01566781473** if you need a lift.

## REPORT on GUIDE JAMBOREE by Louise, Senora and Sarah

On the 2<sup>nd</sup> of August 2014 I met at Bodmin Parkway station with 25 other guide leaders, guides and senior section members all wearing the same bright pink jumpers, we were off to WINGS 2014 an international scout and guide camp in Windsor Great Park, Berkshire, the others were going as participants where as I was attending as staff, volunteering to help for the week.

When we arrived at Windsor I was overwhelmed by the size of the camp, it was huge! But then again it was going to be home to 7000 people for the coming week.

I then went to the staff camping area known as 'Legends' alone, leaving the others to set up camp together. In 'Legends' I pitched my tent asking for help from some people who became friends as I had never been camping before!

The following morning I started work, helping to set up the zone I was allocated to (the camp had a number of different zones, each with different activities for the participants to take part in). The zone I was in was for the older participants (aged 13 – 17) and taught life skills. The zone was separated into 3 areas, a DIY area that included tiling, wallpapering, block paving and plumbing, a second area that included car maintenance, assembly of flat pack furniture, first aid, internet safety, budgeting, icing biscuits and ironing, and a final area that had a driving simulator. During the week I had a go at teaching all of the activities, even if I had never done them before myself and required a lesson before teaching others!

All in all I had a fantastic week with great weather (it only rained on the final night), meeting lots of new people and trying things I had never done before and I can't wait to do something similar again, although I'm not sure if I would be so keen if it had rained all the time!

*The Guides were all put into groups and all had jobs to do around the camp like cooking our own meals for the group and washing up. We did various activities throughout the week such as water activities, crafts, discos, sports, fancy dress parties, movies, and a day out to Windsor, and Windsor Castle. I really enjoyed Wings especially the water activities. We swapped badges with other guides and scouts from other countries and spoke on the Wings radio too. The week finished with a closing ceremony with fireworks.*

WINGS was a great experience, I am glad that I went. It was hard staying away from our families for a whole week. I enjoyed the 'Splash It' zone and going shopping in Windsor and visiting Windsor Castle too. We also enjoyed going to the Sqricle which was a zone within the camp where we could buy sweets (yummy!)

**We are all looking forward to WINGS 2019**



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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 edition's voucher, just solve the puzzles and return the completed page to

Sarah Smith, Almar Jacobstow EX23 0BN by 20<sup>th</sup> January 2015  
Thank you to Wainhouse Stores and Mrs V Davies for sponsoring this page.

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

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

<b>BERRY</b>	<b>CHRISTMAS</b>
<b>EVENT</b>	<b>FROST</b>
<b>HOLLY</b>	<b>ICE</b>
<b>IVY</b>	<b>LIGHTS</b>
<b>MARKET</b>	<b>NEW YEAR</b>
<b>PRESENTS</b>	<b>PUDDING</b>
<b>RED ROBIN</b>	<b>SNOW</b>
<b>SNOWFLAKE</b>	<b>SPECIAL</b>
<b>TREE</b>	



## Boxing Day Bumper Quiz.....Sit back and exercise your grey matter

1. London's Trafalgar Square Christmas tree is given by which country ?
2. In the song The Twelve Days of Christmas 'my true love brought to me nine ....?'
3. Which Christmas carol includes the lyrics 'To save us all from Satan's power, when we were gone astray'?
4. The character Jack Skellington appears in which 1993 Tim Burton film?
5. What is New Years Eve called in Scotland?
6. Who wrote How the Grinch stole Christmas ?
7. From which country does the poinsettia plant originate?
8. Who is officially credited as the author of Auld Lang Syne ?
9. How many points does a snowflake have ?
10. What is the chemical formula of snow ?
11. What was the name of the cyclone that hit Darwin, Australia in Christmas 1974
12. What drink invented by Francis Showering has a fawn mascot



Last edition answers: Word search missing word Hedgerow Board games 1. Cluedo 2. Monopoly  
3. Buckaroo 4. Chess 5. Operation 6. Trivial Pursuit

## Stay and Play Jacobstow



We offer an opportunity for any parents of preschool children, 0 to 4, to use our preschool facilities when the preschool is closed on a Monday to run an informal playgroup/stay and play session. All we ask is that you make a small 50p contribution towards utilities



## Wine & wisdom

Saturday 7 FEBRUARY 2015

7pm for a 7.30 start

VILLAGE HALL

£4 per person includes Refreshments

Come along with your family and friends to support your Parish Hall

Tickets only from Bob 018402320173 or Frankie 01840 230350



## WINTER WORRIES

Here we are with autumn and winter on the horizon. With this in mind here are a few seasonal tips.

Arthritis - look out for any joint stiffness when your pet is getting up and about.



Can you pinch more than an inch? In winter pets spend more time indoors and get less exercise and need less food. Weight gain can worsen a range of health problems including heart disease, diabetes and also worsen arthritis.

With modern central heating fleas are no longer a seasonal summer problem! Use Spot-on treatments on your pets and larvicide house sprays to prevent them from developing in your home.

Pets find ribbon and tinsel attractive but if they are swallowed can lead to intestinal blockages. Similarly make sure poultry carcasses are safely disposed of as they can cause serious problems.



Like us, dogs, love chocolate, Christmas cake and pudding. All are non beneficial to your pet, especially as the higher the cocoa content the higher the toxic effect.

In the coldest months pets kept outdoors have a tough time of it. Make sure that your hutches are warm and dry and that water bottles are regularly checked to ensure they are not frozen.

Go on [www.lockeandprestonveterinarysurgery.co.uk](http://www.lockeandprestonveterinarysurgery.co.uk) for more

## December Events in our Village

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
Coast Family Church 10.30	Every Monday Beavers 5-6 Cubs 6.30-8.00 Scout Hall Wainhouse Corner	OAP Lunch Every Tuesday Scouts 6.30-8.00 Scout Hall Wainhouse Corner		Coffee club 10.30 to noon	Youth Club Eden Chapel Every Friday during term time 7-9pm	
7	8	9	10	11	12	13
Coast Family Church 10.30 Carol Concert Jacobstow church + supper in hall 7pm		Jacobstow Art Group Exhibition 12 - 4 Eden Chapel pritt stick and prayer 1.30		Happy Crafters Eden Chapel 1.30 - 3.30		
14	15	16	17	18	19	20
Coast Family Church 10.30				WI 7.30 W'house Inn Charity Quiz 8pm	School Holidays commence	
21	22	23	24	25	26	27
Coast Family Church 10.30  Shortest Day				 Christmas Day	 Boxing Day 	
28	29	30	31			
Coast Family Church 10.30						

Note: Events in Parish Hall unless stated otherwise

## January Events in our Village

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
Coast Family Church 10.30	Every Monday Beavers 5-6 Cubs 6.30-8.00 Scout Hall Wainhouse Corner	Every Tuesday Scouts 6.30-8.00 Scout Hall Wainhouse Corner		New Years Day	Youth Club Eden Chapel Every Friday during term time 7-9pm	
4	5	6	7	8	9	10
Coast Family Church 10.30		Walking Group Meet Canceave 10.30		WI Happy Crafters Eden Chapel 1.30 - 3.30 Coffee club 10.30- 12.00		
11	12	13	14	15	16	17
Coast Family Church 10.30		Arts and Crafts 2pm Parish Hall Pritt Stick and prayer Eden Chapel 1.30				
18	19	20	21	22	23	24
Coast Family Church 10.30		Guides 7pm		Coffee Club 10.30 Happy Crafters Eden Chapel 1.30 - 3.30 W'house Inn Charity Quiz 8pm		
25	26	27	28	29	30	31
Coast Family Church 10.30		Arts and crafts 2pm Parish Council				

Note: Events in Parish Hall unless stated otherwise



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



### **Update from Dan Rogerson MP**

I have been speaking with residents about proposals to remove 40 public telephone boxes across North Cornwall, including the kiosk outside Jacobstow Village Hall. I understand why BT want to get rid of call boxes that aren't used very often, but I am concerned that if the telephone boxes go then it could be difficult to make an emergency telephone call, especially where there is poor or no mobile phone signal, or if there is a fault with the mobile phone networks. I am lobbying BT to keep as many telephone kiosks as possible.

Not only are mobile phone 'not-spots' a huge inconvenience to local residents but they have an impact on businesses and our local economy too. As both local MP and as Government Minister for Rural Affairs I have been working to improve reception in rural areas to make sure that mobile phone customers in our area get the decent service we deserve and that we are paying for. The Government recently announced plans to change the law to make sure that mobile phone companies work together to improve mobile phone and mobile 3G internet signal in rural areas like ours.

As well as keeping up with my campaign to get mobile phone companies to improve their reception in rural North Cornwall, I am also taking up people's concerns about slow internet speeds and unreliable telephone connections. If you're having problems with telephone connections or access to Superfast Cornwall broadband do let me know about it, and I will see what can be done to help.

Community hospitals like the one in Stratton are going to benefit from an extra £1.2 million that the Coalition has given Cornwall to improve access to Primary Health Care Services. The money will be used to expand Minor Injury Units to include a minor illness service at Stratton Hospital that will operate 24 hours a day, 7 days a week. I am also campaigning to bring more health services to community hospitals and local GP surgeries to save people having to travel to Treliske, Barnstaple or Derriford.

NHS Kernow have announced that they are asking for bids to run Cornwall's out of hours GP contract from 31<sup>st</sup> May 2015, when the current contract with Serco ends. I want to make sure that the new contract delivers a decent weekend and out of hours GP service for residents in rural communities, as well as avoiding some of the problems we have experienced in the Bude area over the past few years. If you have used the out of hours GP service and have any comments, good or bad, or have any ideas about how the service could be improved, please contact me using the details below.

Best wishes, Dan Rogerson

**Office Address:** 4 Tower Street, Launceston, Cornwall. PL15 8BQ

**E-mail:** [contact@danrogerson.org](mailto:contact@danrogerson.org)

**Telephone:** 01566 777123



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01840 250568 (Roger)



We had a great talk by Zuma Jay Surf about how they have been working in conjunction with ex-military personnel who are coping with injuries and post traumatic stress disorder

On 8<sup>th</sup> January Eva Paynter talks about her holiday in India



As part of the WI 100 years Birthday celebrations the Baton will be coming through Jacobstow on 21 February with tea to follow.

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

#### MOBILE LIBRARY REMINDER

Please note that the Mobile Library will not be coming to Wainhouse Corner in future - use Pub Library.

Canworthy Water will now be MONTHLY - next visits are at usual time on Wednesday November 26 and December will be **Monday** 22.

January is to be arranged.

Peter has gone on to pastures new and Moses will be at Bude Library part-time.



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to book your place on: **07971783597**

## Ploughing Match

Launceston & Callington Ploughing Association held their 39<sup>th</sup> Annual Ploughing Match on a cool but sunny day in October at Lamorna Farm by kind permission of the Harvey Bros, in fact they were blest with the best weather for about 30 years.



The large crowd enjoyed an impromptu working vintage display by S and R Medland. A good time was had by all.

Local competitors Anthony Retallick, Peter Pink,

Leo Vanstone, and Chris Orchard all had a successful day.

The recent Country Social Evening was held at Trethorne where everyone had a tremendous evening which included Skittles.



Homeward Bound

## Members of the Jacobstow Art and Craft Group

Invite you to an  
Exhibition of their work  
at the Parish Hall

on Tuesday 9<sup>th</sup> December  
open from 12 Noon to 4.00pm  
Everyone welcome





## Jubilee Club



The AGM is on Monday 19<sup>th</sup> January at the  
Crackington Institute.

At approx 12 noon we shall have soup and  
pasties followed by the AGM  
We shall then have a social afternoon  
(to be arranged )



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## IDENTITY THEFT

Excuse me if I go on about this subject but there is so much of it about, according to recent statistics Identity Theft, "Vishing" and such like is on the increase. ID theft is up from 62% to 76% of all bank card fraud according to Cifas, the fraud

prevention service and database.

So what does one do about it? Well for a start never give any details. Banks, Paypal, Microsoft et al will ask for details. If you are contacted, ring confirmation from ~~another~~ **another** phone and on **YOUR OWN** contact number.

One I had recently said that the local court needed me to respond immediately. Of course they didn't, they would have written ..... What's more it should immediately be **DELETED** ~~unopened~~ there is quite likely a Trojan or Virus embedded.

Telephone calls - try making a list with their name and number. At least you can tell them that they rang ex number of times in the last couple of days. Tell them your number is a **Telephone Preference** number.

It does little good but makes you feel better.

Check your bank statements regularly on line as well if you can and guard your email as you would protect the contents of your bag or purse.



While I'm on about scams my next door neighbour had a letter with a postage stamp offering her shares in a multi million estate he managed..... I also had an email from our revered Parish Clerk, Doreen Turner saying her passport and money had been stolen while she was on holiday in Romania and that I, as a friend, should send her some money.....

The Police force have a web site that contains advice, guidance, video clips and downloadable literature. Web site address is [www.devon-cornwall.police.uk](http://www.devon-cornwall.police.uk)

There is a new, quick and easy way of reporting lost property on line. The ReportMyloss web site allows people to log their lost items using an on line form, which will register the item on a Police Approved National Database. Police all over the UK will be able to review the database, which will be available from 3<sup>rd</sup> November. For more information visit [www.ReportMyloss.com](http://www.ReportMyloss.com)

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## Marion's Cookery Corner

### Panna Cotta

#### Ingredients

200mls whole milk  
3oz caster sugar  
200 mls single cream  
300 mls double cream  
3 geletine leaves  
1 vanilla pod or 1 tsp vanilla bean paste



#### Method

1. Put gelatine in a bowl and cover with cold water, set aside for at least 10 minutes.
2. Put vanilla pod (split pod long ways and scrape seeds out using the tip of a knife). Then put seeds and pod together with the milk and sugar into a saucepan bring to the boil on medium heat. Stir occasionally to prevent the sugar from burning.
3. As the mixture comes to the boil remove from the heat, take the gelatine out of the water and whisk into the milk mixture.
4. Mix in the single and double cream, then strain through a sieve into a jug or bowl and put in the fridge.
5. Give the mixture a stir every half hour and when the vanilla seeds stay suspended and do not sink to the bottom, put out into small dishes and leave to set.

#### Suggestions

1. Leave out the vanilla and add coffee to the hot milk to your taste
2. Put 75 to 100 grams of dark chocolate with or without the vanilla into the hot milk.
3. Any flavourings are possible but do not increase the volume too much without adding an extra  $\frac{1}{2}$  sheet of gelatine

It is approx 1 sheet to each 200mls, it should be a light set. Serve on its own or with fruit puree, fresh fruit or anything you fancy

*Marion is having a break from the cookery page, we would just like to thank her for supporting us and racking her brain for three years to give us such wonderful inspiration and guidance in the kitchen.*

*Have you a favourite recipe or way of dealing with your garden gluts?*



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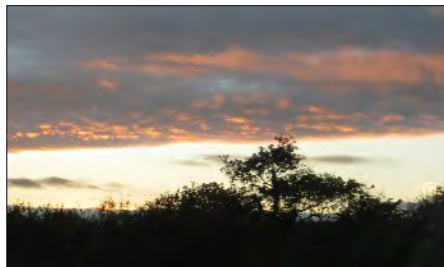
Streetworks and WRAS approved

### WEATHERWISE by Monitor

September this year must have been near-perfect for visitors and late harvests alike. Of note, was the exceptionally low rainfall, just 0.14" was collected here at Canworthy Water. A few mornings gave an early fog, and even the cooler nights, I recorded 5°C here on the 12<sup>th</sup>, didn't give enough dew to produce more than a trace in the rain gauge. Many days got to a warm 22°C by early afternoon, some days produced a moderate sea-breeze later in the day.

Humid air from the near-continent was observed increasing from the 17<sup>th</sup>, with a thunderstorm somewhere to the west of the region in the early hours of the 18<sup>th</sup>. Those conditions persisted on the 20<sup>th</sup>, but no further activity was forthcoming.

October started warm, with heavy rain on the 4<sup>th</sup>, and again on the 6<sup>th</sup>, which was by now much cooler. Thunder was heard on the 9<sup>th</sup>. The rain overnight on the 12<sup>th</sup> and into the following day was considerable, 1.6" being collected here in 15 hours. The remnant of Hurricane Gonzalo produced a gale and rain squalls on the 21<sup>st</sup>, and quite mild winds followed. With 17°C being common in the last week of the month. Rainfall collected was 5.9", which is about average for October in the South-West. The 31<sup>st</sup> was one of the warmest days on record, I recorded 19.5°C here despite quite strong southerly wind during the day



### HIGH TIDES and SUNSET- December and January

Date	5 Dec	12 Dec	19 Dec	26 Dec	2 Jan	9 Jan	16 Jan	23 Jan	30Jan
AM	3.53	8.23	2.42	7.58					
PM	16.16	20.47	15.03	20.24					
Sun set	8.01	8.09	8.15	8.19	8.2	8.18	8.14	8.08	7.59



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## CHRISTMAS KID'S PAGE



Hopefully by now you are well on your way to preparing for the Festive Season, school concerts, nativity plays and Christmas parties all organised. We here at the Journal hope you have a very merry Christmas and a Happy 2015. Have a go at our Christmas Word Search below and find the following words

manger angel star stable Mary Jesus shepherd  
donkey Joseph kings

k	s	b	c	a	n	g	e	l	u
l	m	a	n	g	e	r	j	k	t
n	y	d	r	e	h	p	e	h	s
g	r	e	p	s	v	m	j	u	u
s	v	r	k	g	u	o	d	l	x
r	c	a	g	n	s	s	b	f	u
b	t	t	l	e	o	x	e	k	v
a	z	s	p	h	j	d	u	j	x
d	v	h	l	m	a	r	y	o	p
s	r	s	t	a	b	l	e	n	l

Q: How much did Santa pay for his sleigh?

A: Nothing, it was on the house!



Q: Why does Santa have three gardens?

A: So he can go HOE HOE HOE.



Q: What Christmas carol is a favourite of parents?

A: Silent Night.



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**PET DIARIES**  
**OUR CAT**  
**By Celia Proudfoot**



Ever since our family moved to Canworthy Water over twenty nine years ago we have had a cat. Our first cat moved with us from Surrey and his name was Pi which was soon changed to Pi Pi. My husband Jon had grown up with Siamese cats and was keen to continue the family tradition. I on the other hand, was a dog person but with both of us working, dogs were not an option. As a mathematician, Jon was keen for our cat to have a mathematical name so we called our kitten Pi (as in Pi r squared). We bought Pi at huge expense and I could not believe quite how ugly he was. He was tiny (about the same size as our telephone) but his ears were the size of an adult cat's. Consequently he looked more like an anaemic bat than a Lilac Point Siamese. What I didn't know was that Siamese get their proper markings as they mature. Eventually Pi Pi grew into an affectionate and very handsome young cat with beautiful white fur and lilac grey points.

I was now expecting our first baby. The nursery was ready, we had a beautiful wicker crib, lined with broderie anglais and I had made a baby sized patchwork quilt. One sunny afternoon I discovered Pi Pi lounging in the cot which he obviously thought had been prepared especially for him. I was not happy with our pet at that moment and called him every name except Pi Pi. All the cot bedding was put in the washing machine, Pi Pi was banished from the room and Jon added hooks to the door and windows so that they could be left ajar whilst still being cat proof. Pi Pi was a fantastic hunter. He would crash through our hedge chasing birds, and was a good mouser. In those days we had a cat flap. One Sunday morning we heard the usual crash of the cat flap and then some rather heavy sounds of something being dragged across the kitchen floor. Pi Pi had somehow managed to go into a neighbouring house and steal an uncooked leg of lamb. You can imagine the scene can't you? "Darling, I'm sure I put the lamb out on the table, but it's not there"..... One of Pi Pi's nine lives was used up when he got shut in the fridge just before bedtime. As luck would have it, Jon decided to make himself a late night cup of tea, and was astonished when the cat walked out in a bit of a huff.



Pi Pi was an absolute nightmare in the car. Actually that is not true. He was very clean and he never threw up but he would miaow loudly for an entire journey (which is a long time if you are driving to see family in Liverpool.) In the end the vet used to prescribe some sort of tranquillizer. The effect of this was to deepen and slow down Pi Pi's miaowing so he sounded like an old 78 record being played at 33rpm. This will mean nothing to our younger readers!

When we arrived in Liverpool Pi Pi would sway like an old drunk for about five minutes and then find his balance. He loved Jon's mum and always supervised the cooking of any roast dinners, sitting attentively at the oven until the meal was ready. We had a friend, Bill, who loathed cats and Pi Pi sensed this and always took the opportunity to prove Bill's point. Jon and I always knew when a visit from Bill was imminent as Pi Pi would choose this exact moment to poop in his tray.

As soon as we moved to Cornwall we quickly got rid of the cat flap to avoid Pi Pi bringing in any number of unwanted "gifts." He loved hunting in the fields behind our house but would always come back when called. Like many pets he had a nickname. In order to call him in I would squeak in my highest voice, "Ickle Baby!" It was very effective. The only problem with this was that Jon



also had to do it. We didn't really give it much thought until one day we got a phone call from West Witheven Farm. "Your cat is in our barn and it's fallen down the hay bales. We've tried calling it but it's obviously frightened of us." Without thinking, Jon went over to the farm. At this stage, we were very new to the area and felt like townies with a stupid townie cat. Jon was met by several strapping farmers who then witnessed the humiliating sight of a grown man squeaking "Ickle Baby" several times over! Pi Pi responded, the men shook hands and had a laugh and our friendship was on its way.

I will be continuing to write about my lovely cats in the following issues of The Jacobstow Journal.

Do you have any pet stories you would like to send us?



## 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		MTh	W	F
Warbstow Cross	0935	0935	0935	Holsworthy	--	1300	--
<b>Canworthy Water</b>	<b>0940</b>	<b>0940</b>	<b>0940</b>	Launceston Tesco	1250	--	--
Week St Mary	1000	1000	1000	Launceston Westgate	1300	--	--
Whitstone	--	1008	1008	Boyton	1315	--	--
Titson	--	--	1015	North Tamerton	1325	1315	--
Marhamchurch	--	--	1020	Bude Strand -----			1300
Bude Strand	--	--	1030	Marhamchurch	--	--	1310
North Tamerton	1015	1015	--	Titson -----			1315
Boyton	1025	--	--	Whitstone	--	1322	1322
Launceston Westgate		1040	--	Week St Mary	1340	1330	1330
Launceston Tesco		1050	--	<b>Canworthy Water</b>	<b>1400</b>	<b>1350</b>	<b>1350</b>
Holsworthy	--	1030	--	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	Launceston Tesco	1230
<b>Wainhouse Corner</b>	<b>0925</b>	Launceston Westgate	1230
<b>Jacobstow</b>	<b>0930</b>	<b>Canworthy Water</b>	<b>1255</b>
Week St Mary	0945	Warbstow Cross	1300
<b>Canworthy Water</b>	<b>1005</b>	<b>Canworthy Water</b>	<b>1305</b>
Warbstow Cross	1010	Week St Mary	1325
<b>Canworthy Water</b>	<b>1015</b>	<b>Jacobstow</b>	<b>1340</b>
Launceston Westgate	1040	<b>Wainhouse Corner</b>	<b>1345</b>
Launceston Tesco	1050	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