

Jacobstow Journal

Providing news and information for the

Parish of Jacobstow

Delivered free to every household in the Parish

www.jacobstowvillage.co.uk



Issue No.

31

December 2015 January 2016



The Children, Staff and Governors of Jacobstow Primary School and Preschool would like to wish Everyone and very Happy Christmas Time and a Peaceful New Year.

Callum Year 5

Editorial by Sarah

‘Tis the season of goodwill...apparently. I am writing this editorial at the end of November, just after the awful events in Paris. There is no point in getting into the whole debate about terrorists, refugees, government retaliation or social media..this space just isn't big enough and everyone has a different and emotional opinion on this subject.

Let’s just take a minute to reflect on all the good people in the world, whatever their race, religion or beliefs. These problems are caused by a small amount of people in relation to the world’s population. You don't have to go far to find someone who is willing to help in times of trouble; this is especially true of this time of year. Closer to home, I am sure you know of a lonely person who would really appreciate a visit or maybe an invitation to your celebrations, come on, you've got more than enough food to cover an extra mouth and I’m sure they won’t mind sitting on the odd chair. Or maybe you could give a contribution to charity to help with problems that seem highlighted at Christmas. While we are all running around trying to get last minute shopping done, just take a breath and have a little think about how you can achieve that lovely warm glow that comes with knowing you have done some good!

Whatever you do have a lovely time -Sarah

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

**Sarah Smith
Almar, Jacobstow
EX23 0BN**

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

Advertising Rates

The current Rate for 6 issues is £20 for a half-page advert. Contact Sarah on 01840-230565, or via e-mail, for further information.

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

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 Mr. Bob Reason
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. Agenda and Minutes of previous meetings on the village website 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 held on 6th October 2015

Cllr. Charmaine Smith chaired the monthly meeting of the Parish Council with four Councillors, Cllr. Nicky Chopak and four members of the public. Apologies received from two Councillors.

1) Public Question Time - *Members of the public were complaining about the noise from the turbine that has recently been erected on land at Beckaveans. Cllr. Nicky Chopak said she is dealing with this matter and it has been referred to the Planning Enforcement Officer. Cornwall Council will put in their own box to record the noise level for 28 days. People should send their concerns in writing to the Enforcement Officer, Chris Cooper-Young. Clerk also to write on behalf of the Parish Council.*

2) Paperless Planning Grant - *Cornwall Council advised that there will be a grant of £700 for each Parish Council to facilitate the move to paperless planning applications. Clerk to reply saying we will be ready for paperless planning by 1st April, 2016. Also noted there will be workshops for this.*

3) Planning Application PA15/06961 – Mr A Piper - *Outline Planning – Proposed residential dwellings at Oakdene, Edgar Road, Wainhouse Corner. Clerk to reply saying Councillors have a number of concerns regarding this application. Firstly the planning is outside the building line. They are concerned about the access on this very narrow road. Also drainage and sewage. They would mention that there is a burial mound in the adjacent field.*

Summary of Minutes of Meeting held on 3rd November, 2015

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

- 1) Canworthy Water Solar Farm - Thanks were expressed to Cllr. Nicky Chopak for all her hard work in helping to negotiate the community benefits for the four parishes from Primrose Solar the current owners of the Canworthy Water Solar Farm. It was decided a committee should be formed to discuss ideas on how the money should be spent.***
- 2) Paperless Planning - It was noted that the grant of £700 had been received from Cornwall Council to cover the extra costs involved to deal with paperless planning.***
- 3) ACTIVE PLUS - Active Plus Communities is a 4 year fully funded project that will encourage and support older people to become active in their communities. This will take place in the Parkhouse Centre on Wednesdays 9.30am – 12.30pm. Details on the Parish Notice Boards.***
- 4) Pot Holes - Cllr. Nicky Chopak reported that Cormac will be patching the worst (category one) pot holes in this area within the next couple of weeks.***
- 5) The Planning Inspectorate – Appeal Decision – Sudcott Farm, Week St. Mary.***

The Appeal is dismissed. The planning obligation dated 28th June, 2002 between North Cornwall District Council and Richard Gilbert Coulter Hancock shall continue to have effect.

Phil Tucker, our printer, has invested in some new equipment, which has lead to a much clearer, sharper copy of the Journal, I'm sure you will agree.



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

email nickychopak@gmail.com.

Or The Post House, Tresmeer, Launceston, Cornwall
PL15 8QU

Message from your Member of Parliament

In November I brought my first Bill into Parliament which is to give parish and town councils the ability to hold referendums in tandem with national and local elections to alter speed limits. Through a Ten Minute Rule Motion, I gave a speech about why it is important we give communities the power and ability manage their speed limits.

I've met with school, parish councils, and constituents who have expressed their concern about the speed of cars travelling through their communities. This Bill, then, would give them the power to change that on the ballot paper.



The Bill was passed by MPs in its first reading, and its next reading will take place in February. It's fantastic to get my first piece of draft legislation into the Commons to represent the needs of North Cornwall.

SOME NEWS FROM JACOBSTOW SCHOOL

The Year 5/6 children at Jacobstow Primary School and Preschool, enjoyed 2 fabulous days of Falconry run by Sharon Bindon. She brought a small owl, barn owl, Harris falcon, Peregrine falcon and Goshawk into school. The children learned all about the birds and used the experience as the starting point for some great work about the ancient art of falconry.



The children collected sponsors and raised an amazing total of £700+ for Pudsey. The walk was about 3 miles long, slightly shortened for the pre-schoolers, muddy and very puddled and they loved it; the deeper the puddles the better! We had to pour water out of wellies when we got back. Thanks to all the mums and dads who joined us to support their children, it was a lovely afternoon.

ROB HOADLEY

AGRICULTURAL CONTRACTOR

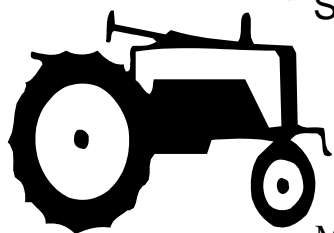
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Warbstow, Eden & District Youth Club



Members of Warbstow, Eden and District Youth Club have had a very successful few days enjoying the sights and sounds of our capital city, London, including museums, the Tower of London, river, bus and underground trips, Houses of Parliament, The Bomber Command Memorial, where Sarah was able to lay crosses in remembrance of her family member, who lost his life. We have also enjoyed our time at the theatre watching War Horse, a very moving story with

amazing puppetry. Then experiencing Harrods, Selfridges, Hamleys Toy Shop and M & M world. Whilst walking around the Museum of London everyone was impressed with the London Cauldron, flame of the 2012 Olympic Games. This is certainly a place to visit if you ever have the chance. Eating has always been a highlight of any Youth Club outing and we weren't disappointed this time. The Pizza Hut experience will be remembered for a long time to come by us and the staff at Leicester Square! We even managed to follow in our tradition of a final meal from McDonalds which we ate on the train home.

We are truly grateful to all our supporters who have enabled us to fund a very busy, fun and educational trip. We have enjoyed the hospitality of the team at Wesley Chapel, especially Jennifer, who have enabled us to do so much more by offering us a place to stay. On Sunday members of Eden Chapel were welcomed as we joined in a



communion service which felt very special as it was conducted in John Wesley's foundry chapel. Before we left to travel home we had the opportunity to explore the museum, Wesley's House and the foundry toilets made of beautiful porcelain. A highlight for some especially as they are still used by gentlemen! Sending the boys in first seemed very appropriate at this point. We have concluded that Youth Club must go on. Joining together as a group to visit places of interest, especially London, is top of our list of future events. As Youth Club leader, to witness young people grow in confidence, and learn

about things that really matter whilst having fun has been truly satisfying and encouraging to keep going. In the words of some of our young people this trip has been "All good" and "Sweeeeeet" Thank you.

TIMES OF CHURCH AND CHAPEL SERVICES

Jacobstow Church

6 December Carol Service with St Gennys Band and Supper 7pm

13 December Morning Prayer 9.30am

20 December UBS St Gennys 10.30am

25 December Christmas Day 9.30am Holy Communion

27 December UBS Week St Mary 10.30am

3 January Evensong 4pm

10 January Morning Prayer 9.30am

17 January UBS Widemouth Bay 9.30am

24 January Holy Communion 9.30am

31 January UBS TBA

Arrangements may change - please check notice board



Canworthy Water Chapel

All Sunday Services 11am

Rev Doreen 01566 781854

23 December 6pm **"Come to the Stable"**
at the Manse, CW - dress up (opt),
listen, sing - Light Refreshments

24 December Xmas Eve Midnight Mass
11.30pm

25 December Xmas Day 10.30am

10 January Plough Sunday 11am at
Warbstow Church



Eden Chapel

Youth Club
Services tba

Sarah Feltham-Clarke 01840 230796



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

November Fair



On a wet and blustery
Saturday 14th
November a well
attended



November Fair
raised a total of £250 for church
funds. Thank you to everyone who
donned their waterproofs and
supported us.

JACOBSTOW CHURCH CAROL SERVICE

Sunday 6th Dec 7pm
with St Gennys Silver Band



Followed by supper in the Parish Hall

Church Lottery Results

	1st	2nd	3rd
September	Mr A Smith	Mr M Cobbledick	Mr P Smith
October	Mrs W Smith	Mrs G Cowling	Mrs N Osborne



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JO & STEVEN'S RESCUE PONIES

Last January, Jo Marriot's New Year's resolution was to rescue two ponies after reading about their plight on the RSPCA website. Jo lives with her partner Steve Turner who runs a farm in Canworthy Water. They have two young sons, both of whom were very excited at the prospect of owning a pony. The pony Jo wanted to rescue was a beautiful 5 year old Welsh Mountain pony called Sarum. He had been found starving with other ponies already dead in a field. Jo contacted the RSPCA and they recommended that she should also adopt a 20 year old Miniature Shetland pony called Dinky to keep Sarum company. Dinky had also been found starving and had worms and lice. The RSPCA arranged for one of their officers to visit Jo and Steven to make sure that Sarum and Dinky would be going to a good home where they would be well looked after by people who both cared about them and knew how to look after horses in a suitable environment. A month later, the next step was to collect the ponies, which involved a lengthy journey to Surrey. Jo and Steve stayed overnight with Steve's sister in Surrey and caused some amusement when they parked their cattle lorry overnight in a leafy suburban cul de sac! Next day they drove both ponies back to their new home in Cornwall. Sarum had been recovering for 9 months with the RSPCA but Dinky had only been with the organisation for 10 weeks so needed more care from Jo and Steve. Sarum is now being prepared to be a ridden pony. He and Dinky are inseparable with Dinky playing the role of annoying little brother from time to time!



Go to www.rspca.org.uk for more information

Or go to Facebook: Lockwood RSPCA

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Bob's Gardening Spot

Now is the time to plan for next year. Sow spring cabbage and garlic before the ground gets too cold. Dig your vegetable area over so that the frost can break down the soil to a good tilth. Any apple or pear trees should have grease bands around them and spray for pests when the leaves have all gone. Give your greenhouse a good clean inside and out and remember to brush all the frames down for bugs hiding in the nooks and crannies. If you have lots of leaves in your garden you should be bagging them up for leaf mulch. Rake the leaves up, put them in a black plastic bag, water them and tie the bag up with string. Make holes in the bottom of the bag with a fork and put them in a corner out of the weather.



In January on the vegetable front, start chitting early potatoes in a frost free place and get lovely early spuds in about 10 - 12 weeks after planting. Start sowing next year's cabbage and any other early produce. If you want early strawberries, pot some runners up and taken them where they will be kept warm and dry. Cover them with fleece if frost is forecast.

Any tender plants should be taken under cover or wrapped with fleece around the top and the pot wrapped in bubble wrap, but try to stuff the crown with straw to stop the top becoming wet and rotting away.

I hope you have enjoyed your gardening year and here's to the next one,
Happy Christmas everyone.

Bob

JACOBSTOW HARVEST FESTIVAL in the Parish Hall

An amazing array of produce was donated, from marrows to cakes, wine to chocolates. After an excellent supper Moses Andrew auctioned off the items to the great amusement of everyone. Loads of money was raised.



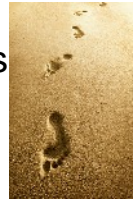
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7 December - Carol Singing and Draw - All Welcome

SCOUTS

1 December - Countdown to Christmas

15 December - Party - Bring food to share

CUBS

14 December - Party - Bring food to share

BEAVERS

2 December - Say "Hello" in another language

9 December - Party - Bring food to share

January programme to be arranged

Good Wishes to Josie, hoping she will soon be dancing like a gazelle.



The Guides have been really busy since starting back after the summer holidays. We started the term by re-organising the patrols that the girls work in; patrols are groups of 4-6 girls who work together during the meetings led by a Patrol Leader

and Seconded who are voted for by the girls in the patrol. The patrols have been working on a "Go for It!" Each "Go for It's" is a programme that the groups follow for 4 weeks, planning and completing the activities independently in their patrols. We have the Caterpillar Patrol working on Go for It Glamourama, Penguin Patrol completing Go for It parties and Dolphin Patrol working on Go for It Show Time.

We are delighted that we have recently been able to reopen our Rainbow Unit, so if you have a daughter aged 5-7 years who is interested in joining please get in contact with either Mary on 01840 230006 or Helena on 07966484690. Alternatively register her interest in joining at http://www.girlguiding.org.uk/get_involved.aspx.

We would love to be able to reopen our Brownie Unit (for girls aged 7 – 10 years), so if you are interested in volunteering to enable this to happen please do get in touch!

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PUZZLE PAGE

Welcome to your "tea break" puzzle page, a winning entry for the last edition, from Claire Retallick was pulled from the hat, she 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 20th February. Thank you to Wainhouse Stores for sponsoring this page.

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

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

CANDYTRIM
COAT
FROZEN
HAT
IVY
REINDEER
SANTA
STAR
TINSEL

CHRISTMAS
ELSA
HAPPY
ICE
OLAF
SACK
SNOWMAN
STOCKING
TOYS



Christmas Film Quiz can you name them all?



2



3



4



5



6

Last edition answers: Word search missing word, Skeleton. Halloween Quiz 1. Bram Stoker 2. Clowns 3. Banshee 4. Michael Jackson 5. Jamie Leigh Curtis 6. Ghosts 7. Halloween 8. Long Legged Beasties 9.

Apples 10. 31st October 11. A Coven 12. North & South America

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Letters Page

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



A warm Cornish Welcome to Jacobstow, Anne and Keith



Dear Journal.

Is this wind turbine, that now dominates, here to profit the community? Or is it a legacy of personal gain to generate ill will? Mary and Michael Carter.

Photo en route to The Holy Well.



Noisy Turbine - Enforcement Number
EN. 5/01988 29/9

Chris Cooper-Young

Enforcement Officer

Cornwall Council, Bodmin

Details if you wish to complain

Fancy something different in the New Year... what about volunteering to help with the Parish Hall Committee? They are looking for enthusiastic people with good ideas for maintaining and improving the Village Hall.

Please contact Bob Reason for more details

Mobile Library - Enquiries phone 0800 0322345 or 01872 272702

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

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

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.

Events in our Village - December

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
Coast Family Church 10.30	Every Monday Cubs 6.30-8.00 Scout Hall Wainhouse Corner	Every Tuesday Scouts 6.30-8.00 Scout Hall Wainhouse Corner Guides Parish Hall	Every Wednesday Beavers 6-7 Scout Hut	Coffee Morning 10.30 - noon	Youth Club Eden Chapel Every Friday during term time 7-9pm	
6	7	8	9	10	11	12
Coast Family Church 10.30 Carol Service 7pm details p 9	Scouting Carols and Draw 6pm	Arts and Crafts 2-4pm		WI 7.30 Happy Crafters Eden Chapel 1.30 - 3.30		
13	14	15	16	17	18	19
Coast Family Church 10.30		Pritt stick and prayer Eden Chapel 1.30	Last day for CARE Auction Bids page 23			
20	21	22	23	24	25	26
Coast Family Church 10.30			Come to the /stable Carols and Refresh- ments 6pm	Happy Crafters Eden Chapel 1.30 - 3.30	CHRISTMAS DAY	BOXING DAY
27	28	29	30	31		
Coast Family Church 10.30		Parish Council				

Note: Events in Parish Hall unless stated otherwise

Events in our Village - January

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31					1	2
Coast Family Church 10.30	Every Monday Cubs 6.30-8.00 Scout Hall Wainhouse Corner	Every Tuesday Scouts 6.30-8.00 Scout Hall Wainhouse Corner Guides Parish Hall	Every Wednesday Beavers 5-7 Scout Hut		Youth Club Eden Chapel Every Friday during term time 7-9pm	
3	4	5	6	7	8	9
Coast Family Church 10.30		Parish Council 7.30		Coffee morning 10.30-12.00 Happy Crafters Eden Chapel 1.30 - 3.30		
10	11	12	13	14	15	16
Plough Sunday 11am Warbstow Church Coast Family Church 10.30		Arts & Crafts 2-4 Pritt stick and prayer Eden Chapel 1.30		WI 7.30		CARE Race Nite 7.30 Week SM Hall
17	18	19	20	21	22	23
Coast Family Church 10.30				Coffee Morning 10.30-12.00 Happy Crafters Eden Chapel 1.30 - 3.30		
24	25	26	27	28	29	30
Coast Family Church 10.30 Music Soc Minstrels Music Can- worthy 3pm		Arts & Crafts 2-4				

Note: Events in Parish Hall unless stated otherwise



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What's On - Things Happening Further Afield

December

- 3-6 Padstow Christmas Festival
- 4 Late Night Shopping Bude 6.30pm - 10.00pm Launceston 5 - 9.
- 4-5 Cornish Carols at Pencarrow 7pm
- 5 Bude Choral Society - Christmas Oratorio 7.30pm - 10.30 St Michael's Church
- 5 Christmas Party for charity at Eagle House Hotel Launceston 7 - 12
- 5 Santa Fun Run & Cycle Santa V Rudolphs cycle Wadebridge 10am
- Run Padstow 1pm 0172666868 for details
- 5 Christmas Jumble Sale Bude Town Band Hall Lynstone Rd 2.30
- 6 Clovelly Christmas Lights in aid of RNLI 5pm
- 7 Wine and Wisdom at the Weir, Marhamchurch 7.30 - 10.30
- 11- 12 Wadebridge Christmas Weekend
- 12 Launceston Choral Society Christmas Concert
- 12 Handel,s Messiah - Truro Cathedral 7.30pm
- 12 Launceston Market in the Square
- 12 Young Farmers' Snow Ball Launceston Town Hall 7 pm- 12.45
- 13 Santa Run for Fun Launceston - fun run for Childrens Hospice
- 19 Launceston Live Christmas Show - Town Hall 7pm - 12
- 25 Christmas Day Swin - Crooklets Beach 11am
- 26 Boxing Day Barbecue, Clovelly 12.30 - 3.00
- 30 Organ Recital with Nigel Wicken 5pm St Endellion Church

January

- 4 Wine and Wisdom at the Weir, Marhamchurch 7.30 -10.30
- 9 Launceston Market in the Square
- 10 Two Counties Jazz Band - 7.30 - 10.30 Falcon Hotel Bude



CARE QUIZ NIGHT

An excellent evening was held in the Parish Hall to raise funds to fight the wind turbines which will seriously overlook our valley. Jeanne with the aid of Mike tested our brains with some seriously lateral thinking questions. Several hundred pounds were raised for this cause.



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After a very busy year celebrating the 100 year Anniversary of the National WI, things have quietened down. In October we had a very interesting talk about life on board the QE2, from Helen Brockley who was a crew member looking after passengers.

Our talk for November was given by Michelle Clements, who gave a very inspiring talk about the hedgehogs and birds that are found in a wildlife reserve.

Upcoming events

Thursday 10th December - Christmas Party

Thursday 14th January Talk on Kayaking around the Coast

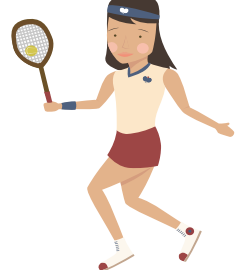
The W.I. always welcomes new members and if you are interested in joining why not come along to a meeting at Jacobstow or
Contact the President, Mrs Pat Lane 01840 230743



HERE IS DATE FOR YOU
CAROLS IN THE MARKET
HALLWORTHY
17 DECEMBER 7 FOR 7.30PM



Are you over 50 years young?
Join us for Badminton 2-4 pm
£2 per session
Every Wednesday at
Stratton Community Hall,
Union Hill



Jill : 01288 352884 or Sue : 781292



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Mob: 07737 533 392**

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Launceston
Cornwall PL15 8RP

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JACOBSTOW WALKING GROUP



Next walks: Thurs 3rd Dec. WED 6th Jan
Mince pies, mulled wine for Jan walk. Meet
10 am St Gennys Church. Both walks

The October walk was well attended and took place in beautiful Indian Summer weather. Mary took us on the Jacobstow to Ash walk but this time cutting across fields and making use of the footpaths. There were more styles to climb than in any previous walk and this presented quite a challenge, especially with three dogs who had to be lifted and then dropped on the styles they couldn't crawl through! We are very grateful to Dave (pictured with shovels) for doing spade loads of work on the styles and stepping in to help clear the footpaths. He is doing a great job! I did think for a moment that Mary had discovered a new species of animal when she told me she had seen a "Notter." "What's a Notter?" I enquired....No "AN OTTER" What a muppet I am! For the November walk we met in Crackington car park and walked through the woods and up towards High Cliff and then along the cliff tops and down into Crackington Haven. Although it was blustery, it was mild and the steely colours of sea and sky were beautiful. We saw parasol mushrooms and discussed the risks of foraging. Buddy the dog loved playing in the streams. The next two walks will be cliff tops which are less muddy at this time of year!



Phone Mary: 01840 230 656
All welcome

Celia: 01566 781 473

Sue: 01566 781 292



Busy Beryl



01288 341187 Mobile 07542 168957

Could you do with someone to call on a regular basis to do housework, gardening or little DIY jobs you can't cope with anymore.

I am police checked and can offer personal and employment references. My charges are £10 per hour Why not give me a call to have a chat.

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to book your place on: **07967017687**



JUBILEE CLUB



14 December Christmas Lunch Fingles Glen Hotel

Details re menu and booking please ring

Olive - 781373

Bev - 781761

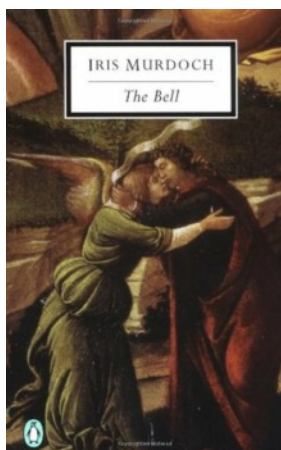
Eve - 781452

18 January AGM 2 - 5pm Crackington institute - all welcome
New Organisers urgently needed or sadly club may fold
Membership fee £5 per year which gives discount on trips

Members & Non-members Welcome



Save the Date - Wine and Wisdom
Saturday 13th February, Jacobstow Parish
Hall ...more details in next edition



CANWORTHY WATER BOOK CLUB

THE BELL by IRIS MURDOCH

A novel about a religious retreat next to an enclosed nunnery. The interaction between the dysfunctional residents and visitors and their wish to be "saved".

We had a good discussion about this book - about the views and ethics of 1950s and the 2010s, how it was well written, how it flowed.

However most of us found it "tiresome"!



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North Cornwall

EX23 8BH



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Crackington Haven £169,950

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m : 07760238756

e : jftrick@hotmail.co.uk





Jacobstow Neighbourhood Watch



In 2010, in association with Bude Police, a parish Neighbourhood Watch scheme was set up. The idea being that any suspicious activity noticed within the

Parish was passed on direct to the police. Similarly, whenever the Police has reports they would pass them to co-ordinators. On the formation of the scheme several persons volunteered as co-ordinators, acting as centres where information would be passed by either email or phone, enabling them to inform their listed members of any problems.

During the last year or so, everything has been quiet with the scheme, somewhat due to the lack of local policing (with drastic cutbacks in the Police Force) but mainly because there has been no adverse activity in our area.

As even more cut backs are expected within our Police Force, you, by becoming a member of this scheme, would be helping to make our Parish an even safer place to live in.



Devon & Cornwall Police
Building safer communities together

Please drop me a line if you are interested

Scheme Co-ordinator

Dennis Adey, Springwood
Jacobstow EX23 0BR



ChristmasHumour



At a monastery high in the mountains, the monks have a rigid vow of silence. Only at Christmas and by one monk, and only with one sentence, is the vow allowed to be broken.

One Christmas, Brother Thomas is allowed to speak and he says "I like the mashed potatoes we have with the Christmas Turkey" and he sits down. Silence ensues for 365 days.

The next Christmas, Brother Michael gets his turn, and he says "I think the mashed potatoes are lumpy and I hate them."

Once again, silence for 365 days. The following Christmas, Brother Paul rises and says, "I'm fed up with this constant bickering!"

Two young boys are spending the night at their Grandparents. At bedtime the boys knelt beside their beds to say their prayers, when the youngest one starts praying at the top of his lungs "I pray for a new bicycle, I pray for a new Bicycle. His elder brother leaned over and said "Why are you shouting your prayers? God isn't deaf." To which his little brother replied "No, but grandma is!"



WEATHERWISE

by Monitor

In September, 3.75" of rain was collected at Canworthy Water, with a very wet 2 days 14/15th of the month, as the remnant of tropical storm "Henri" passed to the North-West of this country. A slow-moving affair, 2.5" rain was collected during those 2 days. Otherwise the month would have been below what one would normally expect for rain, but which can be a dry time - last year, for instance, only 0.14" was collected all month.



October was certainly below average, only 2.83" was collected here of which 1.1" fell on the 27th up to mid-day, again as the result of post-tropical storm remnants. Some days were really quite warm, 18°C on the 31st, the second year running the last day of October gave record temperatures. No really windy days were observed, and only the 15th gave a slight ground frost here. Hill fog was persistent on a number of days, however.

Far away in the Tropical Atlantic, there have been 10 tropical storms, of which only one became a major hurricane. Nearly all of these kept away from any land, and of note, most were very small storms. Over the past 30 years or so, the number of cyclones has been steadily decreasing. Although some have been savage events, in particular in the Pacific. Cyclones, I consider, are a very good indication of what the atmosphere is up to - it would appear that far from going out of control it seems to be becoming more balanced, which I would assume if due to climate-change, was not what we were led to believe would be the case.

HIGH TIDES and SUNSET- December and January

Date	4 Dec	11 Dec	18 Dec	25 Dec	1 Jan	8 Jan	15 Jan	22 Jan	29 Jan
AM	11.19	4.47	9.55	4.4	9.26	3.45	8.43	3.42	8.1
PM	**	17.04	22.26	17.04	21.53	16.05	21.06	16.08	20.29
Sun set	16.18	16.16	16.18	16.22	16.28	16.36	16.46	16.57	17.09

Fruity Turkey Tagine

A change from Turkey curry and a good left overs recipe

1 tbsp olive oil 2 tsp ras el hanout (North African Spice Mix)
1 red onion, thickly sliced 3 parsnips, thickly sliced
3 carrots, thickly sliced 2 garlic cloves, crushed
500ml turkey or chicken stock 400g can chopped tomatoes
300g leftover turkey, cut into chunks Good drizzle of clear honey
400g can chickpeas, drained and rinsed 1 tbsp flaked almonds
½ small bunch coriander, roughly chopped
140g mixture of dried apricots and prunes, roughly chopped
Couscous and Greek yogurt to serve



- Heat the oil in a large saucepan, add the onion and cook gently for 8 mins or until softened. Add the carrots and parsnips, and cook for 8 mins until starting to soften and brown a little. Stir in the garlic and ras el hanout, and cook for a further 30 secs. Tip in the stock, tomatoes, chickpeas, dried fruit and 150ml water. Season, bring to a simmer and cook for 25-30 mins until the vegetables are tender.
- Add the turkey and simmer for 5 mins to warm through. Stir in the honey, then scatter over the coriander and almonds just before serving with couscous and Greek yogurt.

Silent Auction



***As the Curry Nite was cancelled we are having a
Silent Auction of the prizes donated.***

**To bid email : barkwind@btinternet.com or post/del
to Peter Fionnegan, Orchard House, Langdon Cross,
Jacobstow, EX23 0BZ**

PROMISES:

Home baked Xmas cake	£15-20	Portrait from print	£50-75
2hrs Gardening	£20-25	1hr Sugar Craft Demo	£15-25
2hr Classic Car Jaunt	£25-50	1hr singing lesson	£15-25
Duvet/horse rug wash	£10-15		

***Bids in by Wednesday 16 December**

***Winners told 17 December**

***Highest bid wins unless below reserve**

All Proceeds to funds to fight Turbines in Big Field Wind Project

KIDS" PAGE

REINDEER FACTS



- Reindeer are also known as Caribou
- They live in North America, Canada, Alaska, Russia, Greenland and the North Pole.
- They eat lichen, a type of moss, grass & plants, using their hooves to dig through the snow.
- A reindeer can live for up to 15 years in the wild.
- Reindeer are the only deer in which both male and females grow antlers.
- Did you know a reindeer can run up to 50 miles per hour!



"Nadelik Lowen Ha Bledhen Nowyth Da"

Merry Christmas and Happy New Year in Cornish.

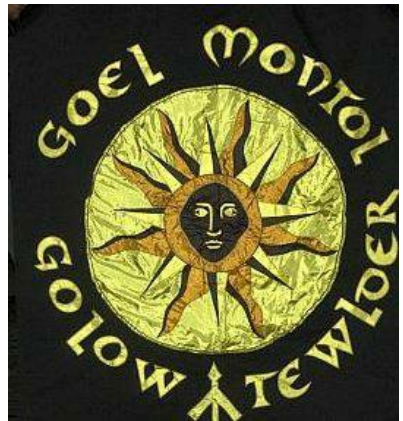
Numerous distinctive traditions and practices are associated with this time of year in Cornwall including;

- **The Cornish Christmas Bunch**
- **Cornish church towers being illuminated on Christmas Eve**
- **Candle Dancing - dancing around a basket full of sand with brightly coloured candles in it**
- It was a tradition to draw a chalk man on a Yule Log to symbolise the death of the old year and the start of the new. This was a communal activity and is still performed in public during the Montol festival in Penzance on 21st December.



The festival shares universal themes found at this time of year. Light in darkness, new from old and also encourages people to view public spaces in winter as Cornish people of the past used to, going outside in the dark and in less than perfect conditions.

The Montol Banner contains crucial imagery relating to the festival. The Sun Resplendent is the central image, the Winter Solstice marking the sun's return. The words Golow and Tewlder in Cornish meaning "Light and Darkness". Below the sun is the symbol of St Thomas the Apostle whose Saints day is also on the 21st December.

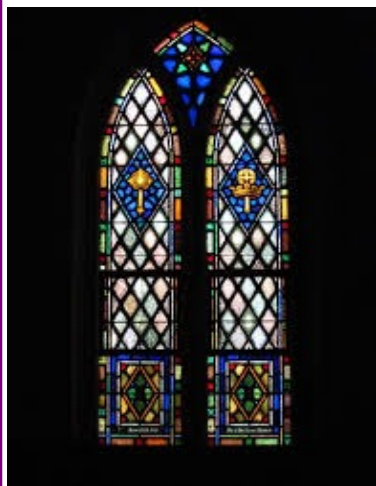


BUDE MUSIC SOCIETY at Canworthy Minstrels Music Centre

Sunday 14 January 2016 **Intriplicate** - An eclectic Programme of rediscovered masterpieces and contemporary commissions by three Musicians on Flute, Oboe and Piano

R J SARGENT & SON

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Last Posting Dates for Christmas

Surface Mail

3/11/15 Cyprus, Eastern Europe, Greece, Iceland, Malta & Turkey
17/11/15 Western Europe *any countries not mentioned have already passed

Air Mail

December

4	Africa & Middle East	7	Asia, Cyprus Far East, Eastern Europe
8	Caribbean, Central & South America	10	Australia, Greece & New Zealand
15	Canada, Finland	14	Czech Rep, Germany, Italy, Poland
17	France	16	Austria, Iceland, Ireland, Portugal, Spain
		18	Belgium, Denmark, Luxembourg, Netherlands Norway, Slovakia & Switzerland

UK Inland Services

19 2nd class 21 1st Class 23 Special Delivery G'feed

DOG AWARENESS and the POSTMAN this CHRISTMAS

I have a dog - what should I do?

Tips for managing dogs when we deliver

If you have a dog, here are some tips on what to do to help us deliver your mail quickly, easily and safely.

Keep your dog in

- Make sure your dog is out of the way before the postman or woman arrives.
- Place your dog in the back garden or a faraway room.

If you have a back garden, make sure your dog can't get round to the front when the postman calls.

Be careful at the door

- Shut your dog into another room before you open the front door.

Make sure children don't open the door, as dogs can push past them.

Occupy your dog

- Give your dog some food or a toy to occupy them while your mail is being delivered.
- Wait 10 minutes after your mail has arrived to let your pet back into your hallway.

Keep your dog calm.

Letter box

- Consider installing a wire letter basket. It will protect your post, and your postman's fingers.
- You could fit a secure mailbox on the edge of your property.



IT'LL BE LONELY THIS CHRISTMAS

Whilst the majority of people look forward to Christmas, for some of us it can be the hardest time of year. Too often the loneliest place to be is in a crowd. Adrian Henri's poem sums this up. The Journal staff would like to wish you happiness and hope for the future. **THE SAMARITANS NUMBER is free and now on our back page Useful Contact Numbers: 0117 983 1000**

Adrian Henri's Talking After Christmas Blues

Well I woke up this mornin' it was Christmas Day
And the birds were singing the night away
I saw my stocking lying on the chair
Looked right to the bottom but you weren't there
there was apples oranges chocolates
. . . aftershave
but no you.

So I went downstairs and the dinner was fine
There was pudding and turkey and lots of wine
And I pulled those crackers with a laughing face
Till I saw there was no one in your place
there was
mincepies brandy nuts and raisins
. . . mashed potato
but no you.

Now it's New Year and it's Auld Lang Syne
And it's 12 o'clock and I'm feeling fine
Should Auld Acquaintance be Forgot?
I don't know girl, but it hurts a lot
there was
whisky
vodka dry Martini (stirred
but not shaken)
.... and 12 New Year resolutions
all of them about you.

So it's all the best for the year ahead
As I stagger upstairs and into bed
Then I looked at the pillow by my side
. . . I tell you baby I almost cried
There'll be Autumn Summer Spring
. . . . and Winter
all of them without you.

CORRECT ON 17 JULY 2015!!

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

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

Stagecoach Barnstaple 01271 329089 or Stagecoachbus.com

595 Boscastle – Bude

a = school time

h = hols and Saturday

Mon - Sat except Bank Hol

Monday to Friday

h h

Boscastle	0751	1000	1205	1425	1459	1632	1839
Crackington Haven	0807	1015	1220	1440	~	1647	~
Wainhouse Corner	0815	1023	1228	1448	1510	1655	1850
Jacobstow		1027					
Treskinnick Cross	0819	1032	1232	1452	1514	1659	1854
Widemouth Bay	0822	1035	1235	1455	1517	1702	1857
Budehaven School	0828a	~	~	~	~	~	~
Bude Strand	0831	1044	1244	1504	1525	1710	1905

Monday - Friday not Bank Holidays

Bude Strand	0705a	0910	1105	1305	1527	1725
Budehaven School	~	~	~	~	1532a	~
Widemouth Bay	0714	0919	1114	1314	1541	1734
Treskinnick Cross	0718	0923	1118	1318	1545	1738
Jacobstow				1322		
Wainhouse Corner	0722	0928	1123	1328	1550	1743
Crackington Haven	~	0936	1131	1336	1559	1751
Boscastle	0735	0951	1146	1351	1614	1806

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

Local Authority

Cornwall County Council
Bude "One Stop Shop" and Library (also)
Library Renewal Hotline)

North Cornwall MP Dan Rogerson
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

01566 777123

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

08457 484950

08717818178

07002 326326

01288 36`442

01208 812791

116123

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

Doctors Surgery's

Bottreux Surgery, Boscastle

Neetside, Bude

Medical Centre, Stratton

Drs Nash & Uglow, Camelford

01752 202082

01872 250000

01271 322577

01208 251300

01566 761001

01566 761030

01288 320100

01288 320101

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, Olive-01566 781373; Eve-781452; Bev-781761

Juliet Garden Club, Penny

01840 230337

01840 230456

01840 230743

01840 230153

01840 230113

01566 781418

01840 230173

01288 352786

01840 230330

01840 230006

01840 230554

01840 230656

01840 230656

01840 261146