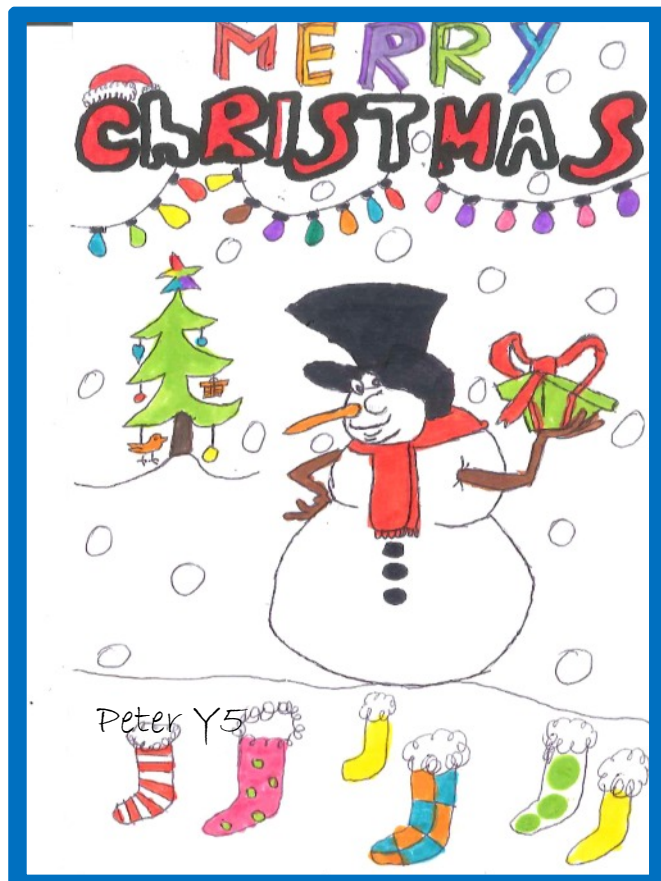


Jacobstow Journal

*Providing news and information for the
Parish of Jacobstow*

Issue No. 37

December 2016 January 2017



Peter Y5

The children,
staff and
governors of
Jacobstow
Primary
School and
Preschool
would like to
wish everyone
and very
happy
Christmas
time and a
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Year.

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Editorial by Sarah

“How fast is your broadband?” A question that always brings me out into a cold sweat. The reason for my discomfort? Fibre optic broadband is installed as far down as the T junction at the bottom of my road; past there and all the way into the village the broadband speeds are much lower.

I know this is a ‘hot potato’ subject with your Parish Council, it is mentioned at almost every council meeting. The main and most important reason is that the school is suffering; they have to log the computers on at the start of the day and try and get online as soon as possible. The government state that they will have 95 per cent of UK households on superfast speeds by December 2017.

It’s not just the school that suffers from having slow speeds, buffering whilst watching programmes or films must be a total nightmare, sorry I am not speaking from experience. My friend in another village said they have to decide what film they want to watch on Saturday night on Thursday because it takes that long to download.

If you are not caught up in the hurly burly of technology, and to be honest, that must be in a nice position to be in and one that I would often want to be in when I want to throw my computer out of the window, this must seem like a lot of fuss to you. But, if you are counting on a connection to keep up with the flow of modern life either for relaxing or more importantly for work, this is a situation we must try to get resolved as soon as possible. Maybe we should find out the details for the complaints department at BT and bombard them...maybe by post, emails might take too long!!!

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 2017 edition will be 20 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 £30 for a half-page advert. Contact Sarah on 01840-230565, or via e-mail, for further information.

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

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 Iona Franklyn Mr Ray Fox Mr Peter Chapman

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

Editor's Note The report on each month's Parish Council Meeting is a summary prepared by the Parish Clerk. We have omitted certain minor items for brevity but a full version of the Minutes is displayed on the Parish Hall Notice Board (after formal approval) at the following month's Parish Council meeting.

Summary of Minutes of Meeting held on 4th October, 2016

- 1) Cllr. Osborne chaired the monthly meeting of the Parish Council with four Councillors, County Cllr. Nicky Chopak and three members of the public attending.
- 2) Notice Board – It was agreed that a polite note should be kept in the Notice Board saying that this is for Parish Functions and not for businesses to advertise.
- 3) Tesco – Bags of Help – This is a new grant programme funded through the money raised from the 5p bag charge in Tesco stores in England. Correspondence passed to the School, Football Club, Surf Club etc.
- 4) Grant Thornton - An account was received from Grant Thornton for the Audit which had been completed amounting to £120.00. Proposed we pay Cllr.Chapman Seconded Cllr.Franklyn
- 5) Grant Letters – Letters of thanks received from Organizations that a Grant was paid to.
- 6) BT Telephone Kiosk – Clerk to write to BT asking if we can keep this Kiosk



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

Email: nickychopak@gmail.com.

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

Jacobstow Parish Council

Summary of Minutes of Meeting held on 1st November, 2016

- 1) *Cllr. Osborne chaired the monthly meeting of the Parish Council with a full attendance of Councillors, County Cllr. Nicky Chopak and two members of the Public.*
- 2) **School Broadband** – *The School Broadband speed was again discussed. The School pay the line rental to BT but they don't do the security the school need so the Broadband is not with BT. Clerk to write to MP Scott Mann asking again what can be done.*
- 3) **Kernow Matters to You – Say No to Devonwall** – *Correspondence e mailed to Councillors to read before the meeting. It was decided not to object as a Council but individuals can object if they so wish.*
- 4) **Parish Footpaths** - *Cllrs. Osborne & Chapman had met with Mrs Mary Carter regarding the proposed Kissing Gates to replace the stiles. The owners permission is required for this. Cornwall Council will pay for the equipment needed.*
- 5) **Bude Community Network Meeting** – *Cllr. Osborne reported on the recent Network meeting he had attended. We need a representative to attend each meeting.*



Jacobstow Neighbourhood Watch



Feeling safe in your home? Bogus callers – sometimes called distraction burglars – usually prey on elderly or vulnerable households and the effect of their deception can be devastating. Some of the most common ruses used is for someone to turn up uninvited on your doorstep and claim to be from a utility company or someone who needs to check your property. Often you don't want to appear rude by asking them to leave but it is your home and you have every right to ask people to leave. The following advice applies: Not sure? Don't open the door! Ask them to leave and then call the police on 999. Before you answer the door go to the back door and make sure it's locked. Never leave someone inside your house while you go to check any claim they've made to you.

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.

Your MP Scott Mann - - For full version of this letter follow the link on www.jacobstovvillage.co.uk



I was delighted to welcome the Prime Minister to Cornwall in October to discuss the county's future. Theresa May recognises the challenges facing Cornwall, such as transport links, education funding and economic development, and her visit was a great opportunity for elected representatives and the business community to constructively discuss how we can address these issues. Hot off the decision to choose Heathrow for airport expansion, Theresa May wanted to highlight how such a big project would benefit Cornwall. It would serve more destinations, and Newquay Airport is on that list. Shortly afterwards I wrote to both the Chancellor and the Transport Secretary urging them to address transport funding in the South West. The region currently receives the second lowest in the country, and I highlighted the need for a second railway line in Devon. Although it's vital that we make Dawlish more resilient, we also need a more resilient rail network, and having only one main route feeding Cornwall isn't good enough. By creating a through line between Exeter and Plymouth via Okehampton, this would open up more rural communities in Devon and North Cornwall and would also serve as an additional line should the mainline at Dawlish ever be closed because of storms or maintenance. During the autumn I sat on the Public Bill Committee for the Digital Economy Bill which will introduce a Universal Service Obligation of at least 10Mbps for broadband and a reformed Electronic Communications Code which will make it easier for phone operators to increase and enhance their mobile coverage across rural areas. In November I had a meeting with former Fisheries Minister and representatives of the Coastal Producer Organisation to discuss the future of our fishing industry post-Brexit. Small-scale fisherman have been hardest hit by the EU's quota system. They represent 77% of Britain's fishing fleet, yet they have access to just 4% of the quota. The CPO has been set up as a result to give small-scale fisherman with boats under 10 metres a louder voice in Europe.

Surgery - Launceston Royal British Legion, Saturday 10th December from 9.30 am 01208 74337 to book which is recommended, drop in is first come first served

www.devonandcornwall-pcc.gov.uk - police commissioner

Use this link to access information

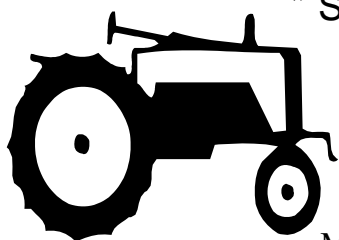
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AA ***

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to a Three Course Dinner.

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Relax and enjoy local ales, fine wines and a log fire

Sunday carvery served from 12 to 4pm.

Try one of our take away meals

Bird Watching at "Springwood"



Goldfinch

We have had an ever increasing number of birds visiting our feeders over the past 15 years of living here at Jacobstow. The largest increase in visitors being Goldfinches-28 at any one time!! (During last midwinter 21 were still feeding daily). Siskins are the next group we have seen increase dramatically. Bullfinches visited us in

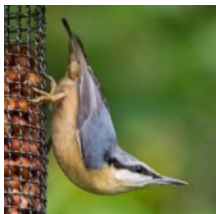
July and families of Woodpeckers, Nuthatches, Coal tits, Marsh Tits, Robins and of course the usual Blue Tits, Great Tits, Sparrows, Blackbirds, Jackdaws, Crows and Rooks were raised. We also had regular visits from Buzzards hunting and soaring over the Paddock.

But, our 'Piece de Resistance' having for the past 15 years enjoyed the arrival and breeding of swallows in our next door neighbours' barns (they breed horses, so have a perfect situation for nesting - some 4-6 pairs.) After all of our efforts, joy of joy, this July a pair inspected our covered sideways, picking the best spot to nest and rear 4 chicks.



Marsh Tit

On the 26th July they fledged, but were still roosting overnight. At present our pair are on their second brood, busy feeding 4 hungry mouths. We have a close up view of their progress



Nut Hatch

from one of our kitchen windows. We hope that after their 6,000 plus miles, they will fly this October to their wintering grounds and will return to us next year; we have a place for them! We accept that with all this good there must be bad - regular visits from Mr and Mrs Sparrow Hawk with funny antics when a strike proves unsuccessful. In July this year, a local Heron

stopped by on its morning trip to its feeding lake and returning in the evening to its nighttime lake but our fish managed to survive (as our pond is netted to safe guard the fish after two visits from otters we had some 10 years ago).

We are only 'armchair' watchers, but being involved with bird counts for British Trust Ornithology is interesting.

Ann & Dennis

TIMES OF CHURCH AND CHAPEL SERVICES

December

4th Evensong 4pm

11th Morning Prayer 9.30

also Carol Service 7pm

18th UBS St Gennys 10.30

25th Holy Communion 9.30

January

1st UBS Widemouth Bay
10.30

8th Morning Prayer 9.30

16th UBS Jacobstow 10.30

22nd Holy Communion 9.30

29th UBS Poundstock 10.30



Jacobstow Church



Eden Chapel

Services on the 2nd and 4th
Sunday of the month at 5pm.

Refreshments provided
afterwards

Young at Heart



Canworthy Water
Chapel

Sunday Services
11am

Rev Doreen

01566 781854

Coast Church

Family Church

Sunday Services 11am

Jacobstow Village Hall

Come and Join us,
all are welcome.

Non-denominational



Dimma Chapel

For full details

Please contact

Audrey Wicket

01840 230268



CHURCH AND CHAPEL NEWS & EVENTS



Sunday 11th December

Carol Service 7pm Jacobstow Church with St Gennys Silver Band
followed by supper in the Parish Hall



J is for Jacobstow - Campanologist Style

Andrew Holland and his team of Campanologists were busy in 2016 ringing themselves round the alphabet. They had managed to ring a full peal of bells at places beginning with most letters of the alphabet but still needed J,V,Z and they had to travel all the way from their home town of Egremont in Cumbria to Cornwall, to find those!



On Saturday 8th October they rang their last full peal to complete the alphabet, here at Jacobstow, having the previous day rung at Veryan and Zenna. We are pleased to have been able to help their efforts.

Many thanks to Nigel for mowing the grass around the Village Hall

Best wishes *Bob Reason*

Church Lottery Results

	1st	2nd	3rd
September	Mrs A Atkins	Mr M Cobbledick	Mr P Smith
October	Mr W Smith	Mrs R Braund	Mrs A Bennet

Food Assembly in Jacobstow



Come and join our award winning community initiative, which enables us all to buy most of our food directly from over 30 local farmers, growers and food producers
on-line through a single website Home delivery option available
**Best for customers, best for producers,
best for the Environment**

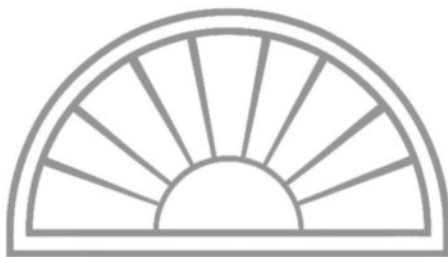
www.FoodAssembly.com

Best Food Initiative in Britain (BBC Food & Farming Awards)

As seen on Countryfile!

email: PaulTNC@gmail.com

facebook/BudeForFoodAssembly



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Bude, Cornwall

Ever since I moved to Cornwall 31 years ago, I have sent a present* each Christmas to a child staying at the Women's Refuge. (*See Kids' Page) This simple act of giving has been both thought provoking and rewarding. I began by giving lovely cuddly toys but then I started to worry about all the teenagers who also needed love and attention and I tried to get things that they would like.

The Refuge is a charity and was founded in 1979 by women from local churches who sought to provide a temporary place of safety for women and children who were experiencing domestic violence. It has a 24 hour helpline open all year and answers over 1000 calls a year. It provides emotional support, practical advice on housing and benefits and can signpost legal representation. The trust needs reliable, friendly and enthusiastic people who can help with befriending, helpline, cleaning, refuge or fundraising.

Cornwall Women's Refuge Trust

Tel: office hours (01872) 277814
24hr Helpline/fax (01872) 225629

Registered charity No: 1105270. Registered as a limited company at Companies House No: 5178212



Within the refuge there is a Child & Family Support Team which can offer support to children and young people who come to the refuge with their mothers. The team also offers "Theraplay" which helps strengthen family relationships through fun activities, as well as a parenting group which examines the impact and effects of domestic violence on children and young people. The normal phone number is 01872 277814. **The helpline is listed above.** E mail www.cwrt.org.uk You are given an option to hide your search.



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Tilley's Coach Trips

**Saturday 3rd December - Clarks Village
at Street**



**Sunday 18th December
- Truro & Mousehole Lights**

Please phone 230244 for more details

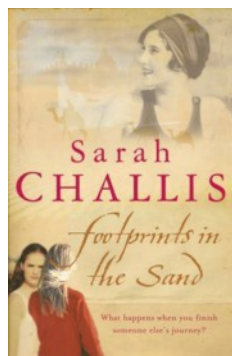
CANWORTHY BOOK CLUB

COMING HOME by Sue Gee

Will and Flo meet and marry in India but have to return to England in 1947 when India gain their independence. We join them in their trials and tribulations in post war 1950s Britain to more recent times.

Sue writes with pathos and humour.

FOOTSTEPS in the SAND by Sarah Challis



Very different in character, cousins, Emily and Clemmie are sent on a trip by their Great Aunt Mary through a clause in her will, to cast her ashes in the North Saharan Desert. This is an account of their adventure and their different view points.

A well written, well thought out story with fantastic descriptions of the Country and the political situation there. It was thoroughly enjoyed by us all.



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

Overdoing Christmas Fayre?

Try a nice sharp lemon posset

LEMON POSSET not freezable

600ml double cream
Zest 3 lemons plus 75ml juice

Shortbread

140g cold butter diced
140g plain flour
85g caster sugar plus some for dusting
50g ground rice flour or use extra flour
85g flaked almonds

1. Make posset first. Put cream in a big saucepan, heat, stirring, until sugar has melted. Turn off heat and stir in the lemon zest and juice. Divide between pots/bowls, cool and chill for at least 3 hrs or up to 24 hrs.
2. To make shortbread, heat oven to 160C/140C fan/gas 3. Whizz the butter and flour together in a food processor until no lumps of butter remain (or rub together with your finger tips). Tip into a bowl and stir in the sugar, ground rice and almonds. Line the base of a roughly 22cm square tin with parchment. Tip the mixture in and press down firmly, making it as flat as you can. Dredge with more sugar and bake for 25-30 mins until pale golden. Cool in tin.
3. Cut shortbread into shards and serve with the possets and little spoons.



LITTLE ICED LEMON MOUSSES - freezable

300g or 312g jar of lemon curd
Zest 1 lemon
300 ml double or whipping cream
25g lemon shortbread or crunchy lemon flavoured biscuits



1. Put 2/3rds of the lemon curd into a large bowl with the zest and cream, then beat with electric whisk until it just holds its shape. Dribble over the rest of the lemon curd and divide between 6 small glass pots or glasses, marbling the curd through as you go. Sit the pots on a small tray, cover the whole lot with cling film and freeze for 30-40 mins.
2. Put biscuits in a strong plastic bag and bash with the end of a rolling pin to crumbs. When you are ready for pudding, remove the pots from the freezer (they should be ice cold but still soft and creamy), and top with crumbs and serve

Thank you to the BBC Cooking website



REMEMBER

December 5th Christmas Draw, Carols and family fun.

Meet at the Scout Hut at 6.30pm

SCOUT CHRISTMAS PARTY 13th December

CUB CHRISTMAS PARTY 12th December

BEAVER CHRISTMAS PARTY 7th December

REMEMBER TO BRING A PLATE OF GOODIES to your Party



The guides have been having lots of fun completing 'Team Girl' a programme of activities leading to a badge for the International Day of the Girl (a day to promote girls' human rights and to tackle abuse and discrimination suffered by girls all over the world). 'Team Girl' is a badge that is being completed by girl guides all over the world.

It aims to promote knowledge of the global goals for sustainable development in a fun way. We have also completed the agility badge for which you have to complete a number of physical tasks, such as skipping for 5 minutes, and we had a fun packed evening bowling.

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PUZZLE PAGE

Welcome to your "tea break" puzzle page, a winning entry for the last edition, from Richard McDonald was pulled from the hat, he wins a £10 **voucher for Wainhouse Stores**. If you would like a chance to win this edition's voucher, just solve the puzzles and return the completed page to Sarah Smith, Almar Jacobstow EX23 0BN by 20 January 2017



Thank you to Wainhouse Stores for sponsoring this page.

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

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

CELEBRATE	CHRISTMAS
FESTIVE	FIRCONES
GARLAND	GIFTS
HOLLY	ICE
IVY	JOYFUL
LANTERN	LIGHTS
MISTLETOE	MERRY
SANTA	SEASON
WINTER	



Christmas Traditions



1. Which country donates the Christmas tree in Trafalgar Square?
2. What is left for Santa and his Reindeer on Christmas Eve?
3. When do the Royal Family open their presents?
4. When was the first commercial Christmas card sent?
5. What are the New Years Eve celebrations in Scotland know as?
6. What time is the Queen's Speech broadcast ?
7. How many lords went a leaping?



Last edition answers Word search missing word Russia Geography Quiz 1. Russia 2. China 3. Blue 4. Madrid 5. India 6. The Mediterranean 7. Loch Ness 8. The Sahara 9. Japan 10. The Indian Ocean 11. The Himalayas 12. The Amazon



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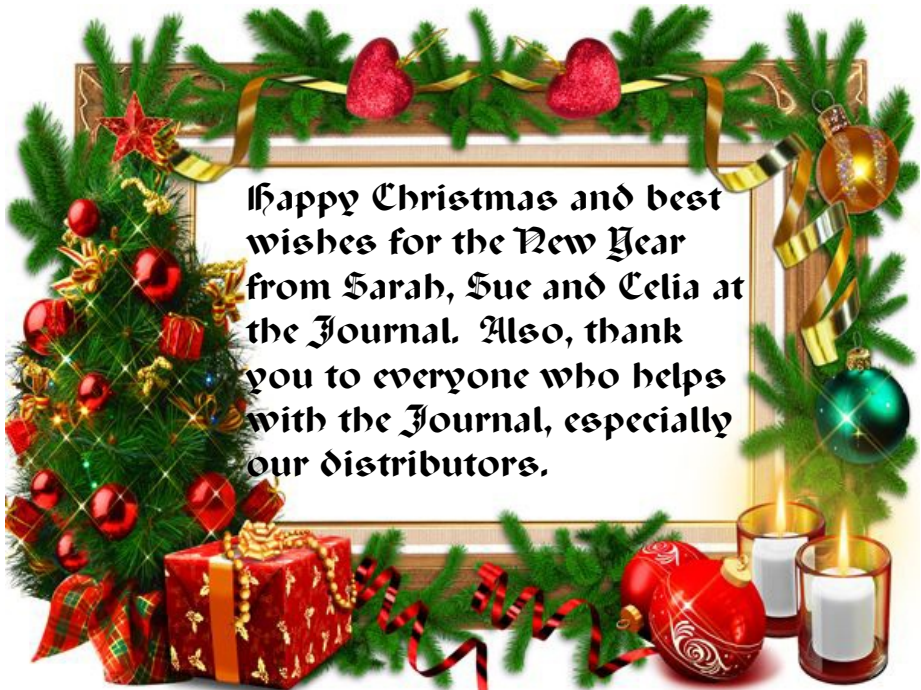
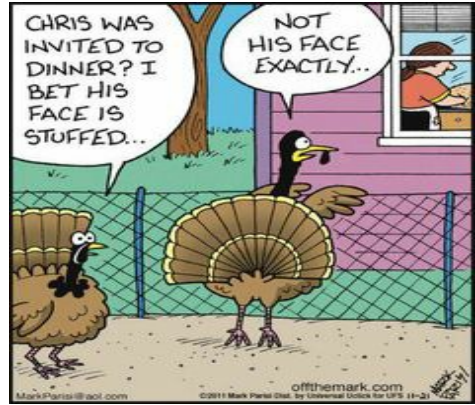
GRASS CUTTING: LONG,

SHORT OR JUNGLE!



TEL 01840 230385

MORE TURKEY ANYONE?



Friday 2nd December 5pm onwards
Bude Christmas Lights, big light up, parade
and late night shopping

Events in our Village - December

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Regular Events Coast Family Church 10.30	Every Monday Cubs 6.30-8.00	Every Tuesday Scouts 6.30-8.00 Guides	Every Wednesday Beavers 6-7			
			1	2	3	
Tilley's Trip to Clarks Village Street				Coffee Morning 10.30 to noon	Late night shopping in Bude 5pm onwards	
4	5	6	7	8	9	10
		OAP Christmas Lunch 12.00 Parish Council 7.30	Young At Heart Eden Chapel 1.30	W.I 7.30		
11	12	13	14	15	16	17
Carol Service 7pm followed by tea in the Parish Hall				Coffee Morning 10.30 to noon Jacobstow Amblers 10am Parish Hall		
18	19	20	21	22	23	24
Tilley's Trip to Mousehole Lights	School Holidays start		Young At Heart Eden Chapel 1.30 LAST POSTING DATE 1ST CLASS			
25	26	27	28	29	30	31
CHRISTMAS DAY Swim at Crooklets Beach 11am	BOXING DAY	Bank Holiday				

Note: Events in Parish Hall unless stated otherwise

Events in our Village - January

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Regular Events Coast Family Church 10.30	Every Monday Cubs 6.30-8.00	Every Tuesday Scouts 6.30-8.00 Guides	Every Wednesday Beavers 6-7			
1	2	3	4	5	6	7
New Years Day	Bank Holiday	Schools return Parish Council 7.30	Young at Heart Eden Chapel 1.30			
8	9	10	11	12	13	14
				Coffee Morning 10.30 to noon W.I 7.30		
15	16	17	18	19	20	21
		Arts and Crafts Group 2pm	Young at Heart Eden Chapel 1.30			
22	23	24	25	26	27	28
				Coffee Morning 10.30 to noon		
29	30	31				
		Arts and Crafts Group 2pm				

Note: Events in Parish Hall unless stated otherwise



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Week St Mary/Canworthy Water



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- All equipment required is provided.

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martin@northcornwallpilates.co.uk

Carer wanted to work Saturdays, plus weekday cover when required. Please phone Jacobstow 01840230400 if interested.

BUDE BRIDGE CLUB

Bude Bridge Club is a friendly club catering for all abilities and is always looking to welcome new members. We are based at the Parkhouse Centre in Bude. Playing Bridge is a fun way to relax and socialise while keeping your mind sharp!

Perhaps you are a beginner, someone wanting to brush up old skills or maybe you have previously played duplicate bridge and are new to the area. Whatever your level, come along to our beginners/improvers session on Wednesday afternoons or our Tuesday and Friday evening sessions for a more competitive game when EBU master points are awarded.

A new member recently commented "I'd always played social Bridge and was nervous of playing in a club. However no-one was harsh or critical - everyone was really friendly and there were all levels of expertise." We can help with finding partners and, with refreshments in the break, there are friendships waiting to be made.

Tuition is available through periodic "taster" sessions, lessons in small groups run by qualified instructors and at our Wednesday afternoon sessions hosted by some of the club's more experienced players.

We are always pleased to support charities having recently contributed £180 of the £1,000 raised by Bridge clubs in Cornwall for the Precious Lives Appeal. We also support Children in Need each year.

For more information visit the New Members' Information area on our website www.bridgewebs.com/Bude or telephone Jane Koldewey on 01237-471111.



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JACOBSTOW WI

In October, members had an enjoyable evening with a talk about the WI's activities and the Denman College Campaign by our County Advisor. At the end of the month a birthday dinner was held at Trethorne celebrating 78 years of the Jacobstow WI.

On 10th November Rupert Kirkwood gave a fascinating talk about Kayaking around the Coast with beautiful slides of the scenery and wildlife he encountered on his travels.

Next meetings: 8th December Christmas Party

12th January 2017 Talk "Tractor Ride for Charity"

EXERCISING FOR MOBILITY

by Mary Carter

Recently I have been suffering from a painful shoulder and a good friend of mine suggested I came to exercise for mobility classes at the Parkhouse Centre in Bude. I was welcomed very warmly and only had to pay £1. There was no need for fancy clothing and indeed one old boy was wearing his tweed jacket! The exercises are performed mostly sitting on a chair with some involving the use of resistance bands, and some are done standing with the use of the chair for support. Music was played to keep us going! We were given a drink of water at half time and tea and coffee were served after for another £1. The session was fun and I had a good work out without straining. I will definitely be going again and thoroughly recommend it .

Telephone 01288354866 for details about free social exercise classes.

Monday 9:30 to 10:30 or 11:00 to 12:00

Wednesday 2:00 to 3:00 or 3:30 to 4:30.



"If you haven't exercised in a while, you may need to stretch and warm up before you stretch and warm up."



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JACOBSTOW AMBLERS

Next walk: Thursday 15th December 10am Parish
Hall. Mince pies & Mulled wine @ Millook!

Phone Mary: 01840 230656



Thursday 20th October was one of the many glorious sunny days we have had this golden Autumn. The light at this time of year is a film maker's dream; low, bright but somehow mellow. It truly is the "season of mists and mellow fruitfulness." Despite the wonderful weather (we frequently meet in pouring rain) the turnout was low, just myself (Celia,) Mary, Sue and Ann. We did the circular walk from Jacobstow to Ash and back,

stopping to chat at a farm and also to talk to the amazing Eve Tilsley whose land one of the footpaths crosses. She has written a short story for The Journal. Having never met her before, I thought that firstly I would be lucky to be alive at her age, secondly that I would be very fortunate to look so attractive and be so physically sprightly, but what really im-



pressed me was her mind. She had been doing a creative writing course and her porch had poetry books and beautifully bound books. She told us she had tried to have a clear out and give some of her books to a second hand bookshop but without success. In the end she had had to throw many literary treasures away. But that's another story. It's funny what can happen on a walk isn't it?



Phone Celia: 01566 781 473
to find out date of January
walk or Mary (see above)

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m : 07760238756

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Jubilee Club

Quite a lot of our members travelled to Falmouth on our October trip and enjoyed the day. November was our Christmas Shopping trip to Truro which is always popular and our final trip of the year is our Christmas Lunch at Fingles Glen.

Christmas lunch is free to members who have been out with the club more than 7 times in a year. If you would like to join the Jubilee club it only costs £5 and you can join for 2017 in January . When you are a member, the coach fare on our outings is £1 cheaper than for non members, so you soon recoup your membership.

There is no trip in January when we hold our AGM. February is usually to Exeter or Barnstaple (very useful for returning unwanted Christmas presents!) Happy New Year to all Jubilee Club members, and we would welcome new members. Please contact **Eve Thain on 01566 781452.**

BOB'S GARDENING SPOT

December is the best month to get your garden ready for next year. Dig any bare ground to leave a heavy top so the frost breaks it down to a fine tilth. Prune any fruit trees so they are open to let the air around and cut any crossing branches that spoil the shape. Cover any tender plants with a heap of compost to protect them from the worst of the cold. You should be thinking about your supplies for next year as well as potatoes and vegetables you



might want to grow. Gather all leaves up and build a leaf bin by fixing four posts in the ground to form a square and fix chicken wire around them to keep the leaves from blowing away. You should get some good leaf mould later next year.



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Wainhouse Stores Christmas Opening Hours

Christmas Eve 7am to 5pm Christmas Day CLOSED
 Boxing day 9am to 12pm 27th - 30th Normal Hours
 New Years Eve 7am to 6pm New Years Day 9am to 12pm
 2nd January onwards - Normal hours

Happy Christmas and Best Wishes for the New Year, from all at Wainhouse Country Stores.



Christmas Posting Dates

Foreign Countries - Air Mail

December

Sat 3 Africa Middle East

Thur 8 Carribbean, Central &
South America

Wed 14 Czech Rep, Germany, Italy
Poland

Fri 16 Rest of Europe

Wed 7 Cyprus, Asia, Far East
Eastern Europe

Sat 10 Greece, Australia, New
Zealand

Thur 15 Canada, Finland, Sweden
USA



UK

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Thur 22 Special Delivery

Wed 21 1st Class

Fri 23 Special Delivery
Saturday G'teed

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September and October continued to be generally quite settled months, a trend observed over the past year. Rainfall amounts were, as with 2015, moderate. At Canworthy Water 3.35” were collected for September, and only 2.05” for October. Compare the latter with 2013, when it was quite a wet month, 8.3” being recorded here, and frequently stormy.

October also continued the trend with being warm, 18°C was noted on several days, only a touch of ground frost and no gales. High pressure dominated the weather with easterly winds persisting for days on end.

In Tropical Atlantic, “Matthew” was a powerful hurricane and the most significant for a decade in the region, but most of the storms kept well away from land.

I see there is the usual attempt for “experts” to forecast the coming winter weather weeks, and sometimes months in advance. A contemporary model for this is the “North Atlantic Oscillation” which looks at the balance of high and low pressure to the north and south of the region. It tends to get quite a lot of publicity, which, of course, attracts funding and that’s all, in my opinion it does. The NAO is simply an observation and has no effect on long term forecasting to any significant degree at all.

HIGH TIDES and SUNSET - December 2016 and January 2017

Date	2 Dec	9 Dec	16 Dec	23 Dec	30 Dec	6 Jan	13 Jan	20 Jan	27 Jan
AM	6.25	0.02	6.25	0.18	5.35	10.47	5.34	10.19	4.52
PM	18.41	12.38	18.52	12.47	17.51	23.28	18.00	22.57	17.10
Sun set	16.18	16.17	16.17	16.21	16.26	16.36	16.45	16.56	17.08



KIDS PAGE

Calling Children of All Ages - Your Help is Needed

I hope you are looking forward to Christmas and all the lovely presents you will get. I am very busy now getting my reindeer ready for their long journey and the elves are busy in the workshops. Some of the best moments at Christmas are not just getting presents but when we can make someone else happy by giving them a present. There are lots of children in Cornwall who will not be having a normal Christmas and will not get a present on Christmas Day. This is where you can help! First, think of a present you would really like and then ask your mum or dad or a grown up in your family to buy it for a child in need. Wrap it up in lovely paper and label it with love for a boy or girl in the age group that would most like it. Then you can take it to these places in Cornwall:

- St Gennys Church, Christmas Eve Service (afternoon)
- The Life Centre, Bude (all through December)
- Week St Mary Church.

Teenagers in particular still want presents and sometimes get left out as lots of people buy lovely fluffy toys for small children and forget the teenagers. Ask your older brother or sister for ideas. **Best Wishes, Santa**

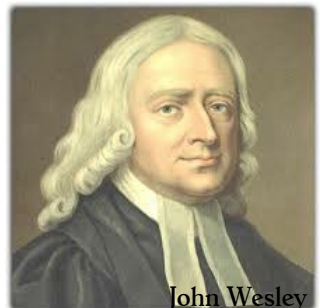
New Year's Resolutions

The ancient Babylonians are said to have been the first people to make New Year's resolutions, some 4,000 years ago. They were also the first to hold recorded celebrations in honour of the new year—though for them the year began not in January but in mid-March, when the crops were planted. During a massive 12 day religious festival known as Akitu, the Babylonians crowned a new king or reaffirmed their loyalty to the reigning king. They also made promises to the gods to pay their debts and return any objects they had borrowed. These promises could be considered the forerunners of our New Year's resolutions.



A similar practice occurred in ancient Rome, after the reform-minded emperor Julius Caesar tinkered with the calendar and established January 1st as the beginning of the new year circa 46 B.C. Named for Janus, the two-faced god whose spirit inhabited doorways and arches, January had special significance for the Romans. Believing that Janus symbolically looked backwards into the previous year and ahead into the future, the Romans offered sacrifices to the deity and made promises of good conduct for the coming year.

For early Christians, the first day of the new year became the traditional occasion for thinking about one's past mistakes and resolving to do and be better in the future. In 1740, the English clergyman John Wesley, founder of Methodism, created the Covenant Renewal Service, most commonly held on New Year's Eve or New Year's Day. Also known as known as watch night services, they included readings from Scriptures and hymn singing, and served as a spiritual alternative to the raucous celebrations normally held to celebrate the coming of the new year.



To bring the history of New Year Resolutions up to date, in 2007 in a study of 3,000 people, 88% of them failed to keep their resolutions, so don't be too hard on yourself, after all we've been trying for over 4,000 years!.

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Church Christmas Fayre

The Church fayre was a great success we raised over £360 for church funds. We are very grateful to everyone who came to support us.

Thanks to everyone who bought a mystery box I hope there was something to like in everyone's box and to those who bought books.

The parish hall book mountain has now shrunk (a little bit !)

The winner of the Teddy Bear was Mrs Sarah Smith with the name Cuddles



What's on

December

- 
- 
- 1-24 Meet Father Christmas and his Elves, Eden Project
 - 1-4 Padstow Christmas Festival
 - 2 Bude Christmas Lights, big light up, parade and late night shopping
 - 3 Fab Festive Ruby Country Market, Hatherleigh 9-2
 - 4 Clovelly Christmas Lights 3.30- 6.00
 - 4 FLIC, Town Hall, Launceston showing the Jungle Book 7pm
 - 6-31 Thorns of Bude - Pioneers of Photography Exhibition, The Castle, Bude
 - 8 December Bird Watch, Lanhydrock 10.30-12.30
 - 9 Christmas with the New Jersey Boys, Launceston Town Hall £16.50
 - 9-10 Wadebridge Christmas Weekend
 - 10-11 Santa By Steam, Bodmin Railway £14.50
 - 10 Witchcraft Workshop, Museum of Witchcraft, Boscastle 10.00
 - 10 Launceston Market in the Square
 - 14 Coombe Trenchard Manor, Candelight Tour 5-8pm £17.50 inc mulled wine and treats
 - 7-18 Santa by Steam, Bodmin Railway
 - 25 Christmas Day Swim, Crooklets Beach 11am

Remember Saturday 11 February there is the Annual Quiz in the Village Hall

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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		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	~	~	~				
Warbstow Cross	0935	0958	0935	0935	Bude Strand	~	~	~	1310
Canworthy Water	0938	1001	0938	0938	Whitstone	~	~	1332	1332
Week St Mary	0953	~	0953	0953	Week St Mary	1340	~	1340	1340
Whitstone	~	~	1001	1001	Canworthy Water	1354	1307	1354	1354
Bude Strand	~	~	~	1023	Warbstow Cross	1400	1311	1400	1400
N Tamerton			1008	~	Canworthy Water	~	1314	~	~
1008	~				Week St Mary	~	1326	~	~
Launceston Westgate	1033	1030	~	~	Jacobstow	~	1341	~	~
Launceston Tesco	1043	1040	~	~	Wainhouse Corner	~	1345	~	~

95 Buses run by First Kernow : 01872 305950

Monday-Friday to Bude 1500 from Boscastle not Sat'days

Boscastle	0753	1036	1223	1453	1500	1633	1916
Crackgton	0808	1051	1238	1508	~	1648	~
Wainhs	0815	1058	1245	1515	1512	1655	1928
Jacobstow		1103					
*skni Cross	0819	1108	1249	1519	1516	1659	1932
Widmth M	0822	1111	1252	1522	1519	1702	1935
Widmth B	0824	1113	1254	1524	1521	1704	1937
Bude Strd	0831	1120	1301	1531	1535	1711	1944

Monday to Friday from Bude

Bude	0710	0900	1125	1319	1538	1735
Widmth B	0717	0907	1132	1326	1545	1742
Widmth M	0719	0909	1134	1328	1547	1744
*ski Cross	0718	0912	1137	1331	1550	1747
Jacobstow				1336		
Wainhs	0722	0916	1141	1341	1554	1751
Crackgton	~	0923	1148	1348	1601	1758
Boscastle	0735	0938	1203	1403	1616	1813

Updated 17.11.16

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

www.travelinesw.com

Bude TIC :

www.visitbude.info.com
or 01288 354240

95 there maybe changes after 18 December

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

USEFUL CONTACT NUMBERS

Healthcare

NHS, Non-emergency 111

Hospitals

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

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

Doctors Surgery's

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

01840 250209
01288 270580
01288 352133
01840 213894

Jacobstow Organisations

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

01840 230337
01840 230456
01840 230743
01840 230153
01840 230113
01566 781418
01840 230173
01288 352786
01840 230330
01840 230006
01840 230554
01840 230656
01840 261146