

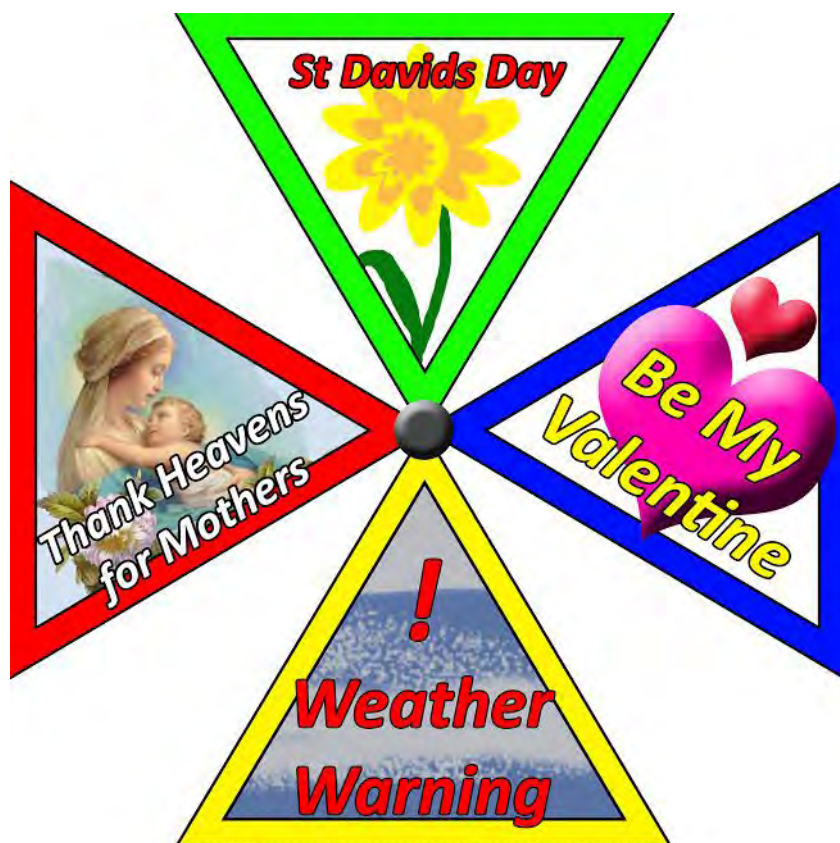
Jacobstow Journal

*Providing news and information for the
Parish of Jacobstow*

Delivered free to every household in the Parish

Issue No. 21

February/March 2014



Editorial - by Sarah

As I am sure a lot of you are aware, Pat Cottell passed away at the start of December. It is a often used phrase at times like this, but she will be sadly missed.

Pat was the driving force behind the conception of the Jacobstow Journal, she also worked tirelessly as part of the team producing every edition up to the middle of last year, when her illness made it too much for her to continue. Even during this time, she still kept her “beady eye” on us and gave us much support, encouragement and advice from afar.

On a personal note I only knew Pat for the last three years of her life and feel that I found a good friend, whose company I thoroughly enjoyed and will have many fond memories of chuckling over a cup of tea with her.

I always feel that February is the darkest month of the year and one of the most difficult ones to get through. It might be a good idea to start that interest that you have always fancied having a go at, join a club or society so that you get out and about a bit more. Also, if you are feeling a bit down about the greyness of the month, imagine how someone who is housebound is feeling. It would only take an hour out of your week to pop in, have a cuppa and just a chat. Imagine what a difference it will make to their day and you will feel so much better in yourself, it will lift your grey mood straight away.

Sarah

Editorial Team

Sarah Smith	Editor	01840-230565
Jo Afford	Admin	01566-781656
Sue Burrows	Tec.Support	01566 -781292

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.

Sarah Smith
Almar, Jacobstow
EX23 0BN

The deadline for adverts, letters or articles for the April/May edition will be 20th March. 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.

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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 3rd 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 19th November, 2013

1. Mr Norman Osborne chaired the monthly meeting of the Parish Council with five Councillors, Cllr Nicky Chopak and two members of the Public present.

***2. Planning – J W Shepherd & Son.** Trefrida, Jacobstow, Approved by Cornwall Council.*

***3.Planning – Mr Oliver Heal** – Land at Glebe Farm, Jacobstow. Planning refused by Cornwall Council.*

***4.Safer Cornwall Newsletter** – Clerk to read and report next month.*

***5.Footpaths** – Account for work on Footpaths received amounting to £360.00 Proposed we pay Mr D Adey Seconded Mr R Reason .*

***6.Cornwall Council – Precepts for the 2014/15 Financial Year** – It was discussed and agreed we ask for the same amount as last year being £5,000.*

***7.Cornwall Council – Dog Fouling** – A new sticker has been designed to combat the ever increasing problem of dog fouling in all our neighbourhoods. Clerk to order 50 stickers for our area.*

***8.Road Sweeping** – Mr Adey reported that the Road Sweeping had been done that day and drains cleared of leaves.*

***9.Road Condition A39** – Letter from Cormac Solutions to Mr Colin Nicholls read stating that they are aware of the poor ride quality at this location and are endeavouring to reach a long term solution to the problem.*

Summary of Jacobstow Parish Council Meeting held on 21st January 2014

1. *Mrs Charmaine Smith chaired the monthly meeting of the Parish Council with four Councillors and five members of the public attending. Apologies received from two Councillors.*
2. **Good Energy** – *The meeting began with a talk by Mr James Ryle on Community Benefits from Good Energy in connection with the discussions for Wind Turbines at Week St. Mary.*
3. **Francis Carne Associates – Dog Fouling** – *Account received for Stickers received regarding Dog Fouling. This amounted to £19.81. Proposed we pay Mr R Reason Seconded Mrs I Franklyn*
4. **Council Tax Support Grant 2014/15** – *Cornwall Council advised that the grant for our authority this year is £379.70*
5. **Peninsula Community Community Health** – *Annual review given to Councillors to read.*
6. **Cornwall Council Traffic Management at Community Events** – *Advise that the cost for this cannot be justified and there will be a series of charges for this service.*
7. **Planning – Mrs E Teague – Removal of condition 13 on Decision Notice for removal of mobile home and erection of holiday cottage at Trelinney, Broad Langdon, Jacobstow.** *Councillors have no objection.*
8. **Pot Holes** – *It was reported that there are bad pot holes near Drumeagles. Cllr.Nicky Chopak will contact Oliver Jones regarding this.*

JACOBSTOW PARISH COUNCIL

**The Annual Parish Meeting will be held in
the Parish Hall on
Tuesday 18th March, 2014 at 7.30.p.m.**

There will be guest Speakers to be announced next month

All are Welcome

This will be followed by a short Council Meeting



Pat Cottell

Pat had a rich and fulfilling life, blessed with 58 years of happy marriage to Bill. 3 children, Gary, Derek & Lois and 6 grand children; Ryan, Simon, Luke, Jake, Shannon and Maddy.

Born in Charleville,
Australia in 1934 to Reg &

Alice Strange. Pat moved to London at the age of 3 with her parents. Her parents work in the munition factories taking the family to Coventry in the war. Pat recounting hearing the "whistle of the bombs", not knowing where they would land. Pat spent time evacuated to Ross-On-Why in Herefordshire, a county she would return to later in her life.

After the war the family moved to Polzeath, running St Elmo hotel. She attended Bodmin Grammar School. Around this time she also met a local boy, Bill Cottell!

At 18, Pat went to Teacher Training College in Coventry, living away from home for 2 years. On graduation returning to Cornwall and teaching all over the county. A constant in her life through these years was Bill, they married in 1955. First living in Trebetheric where her two sons, Gary @ Derek were born. Moving to Week St Mary in 1966 where her daughter Lois was born. In 1969 the family moved to Worcestershire for Bill's work.

In 1974 the family moved across the border into Herefordshire. Pat first worked at a local hospital and then at Sun Valley in Hereford where she worked until her retirement.

Pat and Bill moved to Aberstwyth in Wales on their retirement in 1991, which provided an opportunity for Pat to spend more time playing golf, a passion in her later life.

2001 saw Pat returning home to Cornwall. Catching up with old friends and always active; golf, WI and helping with the launch of the local parish magazine. To others Pat will be remembered as 'quick of mind', and an active member of the local community wherever she lived. To her children she will be remembered as the one who taught them to fish, pushing them to fulfil their potential, but most importantly as just 'Mum'.

To Bill, simply his best friend.



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JACOBSTOW SCHOOL

A Greek Feast for Year 5/6

With the words 'bake off' firmly part of the English language these days, Green base decided that baking was a great way to enhance their knowledge and understanding of the Greek way of life and set to work, kneading and baking to produce a range of pitta breads with delicious fillings of Greek salad, humus and taramasalata.

For some it was a very new experience, not only making the breads but also tasting unfamiliar foods, but their bread was brilliant and the tasting yummy and it was all very healthy too.

The filled pitta

Filling the pitta

Enjoying the pitta...



A great way to learn and lots of fun!

Bonfire Reminder

Could we all be thoughtful neighbours and refrain from lighting bonfires to clear garden waste until later in the day. At the moment it is not such an inconvenience for anyone trying to dry washing (when was the last time you managed to dry outdoors!), but come the summer it can be a real problem.



PILATES

Unfortunately the Pilates Class which was being held in the Parish Hall has been cancelled. However if you are still interested, there is an excellent group being held at Eden Chapel on Friday morning at 9.30am .

The class is held by Martin Brooks, telephone 07812959879

CHURCH & CHAPEL

Times of Church Services

Jacobstow Church

- 1st Sunday Evensong 4pm (Drue)
 2nd Sunday Morning Prayer 9.30am (Carol)
 3rd Sunday Benefice Service at Week St Mary 10.30
 Feb 4th Sunday Holy Communion 9.30am
 1st Sunday Evensong 4pm
 2nd Sunday Morning Prayer 9.30am
 3rd Sunday Benefice Service Jacobstow 10.30am
 4th Sunday Holy Communion 9.30am
 March 5th Sunday Mothering Sunday Poundstock 10.30am



Eden Chapel -



All services 10.30
 unless otherwise
 stated.

2nd Feb Communion at 9.30am note new time
 8th Feb Messy United venue to be arranged
 15th Feb Family Service 10.30am
 2nd March Communion at 9.30 note new time
 9th March Messy United venue to be arranged
 16th March Family Service 10.30am
 Warbstow, Eden and District now meet at
 Eden Church at 7 - 9pm every term time
 Friday from year 5 onwards (years 5 and 6
 need an adult with them)



Canworthy Water Chapel

All 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

SERVICES, NEWS & EVENTS

Jacobstow Church

As most people are aware Jacobstow Church still has not got a vicar and the post has been re-advertised . The church is managing very well with Evensong led by Drue Pratt, Morning Prayer led by Carol Goundry (or even the Church Warden in a couple of emergencies) and Communion once a month with retired clergy borrowed for the day .

There are two forthcoming events:

Friday 21st February A film show in the Parish Hall about the Bude Canal, starting at 7.30. There will be tea and coffee served and the cost is £5, free for children under 12.

Wednesday 5th March A St Piran's Day Pasty Lunch at 12.30 in the Parish Hall. Celebrate your Cornishness with St Piran. Grace will be said in Cornish. Cost £6.

To book contact Pat Lane 01840 230 743

The Coast Family Church

We are the people who meet in **Jacobstow Parish Hall** every Sunday morning at 11.00am. We used to meet across the A 39 at Treworgie Barton until it was sold some four years ago. We



are a bunch of ordinary local folk from all sorts of church backgrounds, who love the Lord Jesus Christ and enjoy each other's company. We are neither wacky or traditional and have no affiliation

to any particular denomination. We love the idea of just being family together, supporting and encouraging each other in turbulent times. We would warmly welcome anybody who would like to join us or just check us out !!



We appreciate the village's tolerance of us particularly the influx of vehicles on a Sunday morning, and we are very grateful for Bob Reason's patience and care when it comes to the hire of the Parish Hall. Come and try us, we are not that bad - honest !



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CHORA TRIAL

We try not to inconvenience and disturb locals during the Annual CHORA Trial - Those who might have been will be glad it is all over for another year!



There was good support this year with a total of over 30 entries. Among the winners were Quads - Dan Ward, Toby Roberts - Solos and Sidecars - Jack Penfound and Simon Rogers .

All clean for the pep talk



Youngest Spectator



The BigUpBude Talent show will be on the evening of Saturday 15th March at Budehaven Community College. Over 15 acts have been specially selected to bring you an evening of live entertainment.

There is limited capacity and tickets will be available to purchase shortly. Tickets strictly available on a first come-first served basis.

Why not go along to support your favourite act - the only opportunity for you to VOTE for your favourite act will be at this show!

Ticket Availability will be announced through the website

Jubilee Club

Barnstaple and the Merry Harriers Nursery Monday 17th February 2014.
Meet at Tilleys 9.10am or The Estate at 9.30. All are welcome, any queries please contact Bev 01566 781761, Eve 01566 781452 or Olive 01566 7813736



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BOB'S GARDENING SPOT

You should be digging your plot and weeding now ready for the ground to warm up. Any ready dug ground should be covered with polythene, carpet or cardboard to keep off the weed seeds and warm up the soil. Sow seeds indoors for planting out in the Spring. Plant shallots, onions and garlic if the ground is not water logged. March is the best month to start "chitting" your early potatoes, this means putting them in boxes and keeping them warm and dry.



Any fruit tree's not pruned by now should be done before they start in growth. Any new fruit trees or bushes should also be planted before they start into growth.

Now is the best time to prune winter flowering plants and summer shrubs that flower on new wood. Evergreen climbers such as Jasmine and late flowering Clematis may be pruned now. This is your last chance to plant bare rooted hedge plants as these are a lot cheaper to buy than container grown plants.

If you have strawberry runners in pots put them in the greenhouse for an early crop. Dead head daffodils to prevent them from making seed which weakens the plants. Snowdrops in the green are best planted now, make sure they are not dry.

Happy Gardening

Bob

MOBILE LIBRARY and MOBILE ONE-STOP LIBRARY SHOP

Doom and Gloom - soon we are to lose most of the above.

New Directives from One Cornwall are proposing to economize on the "Mobile" and "Libraries" and spend on the "Community".

Essentially this means that you could go to your "Pub is the Hub" or "Community Centre" or "Home Service" for your books using your library cards.



However there is likely to be less choice of reading matter and your library will be open for fewer hours and furthermore your mobile will be less frequent.

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LOCAL MASTER CHEFS?



At the end of November, local Scouts enjoyed the challenge of creating, preparing and serving a three course meal for two independent judges. As the Scout Hut does not possess the kitchens of a posh hotel, the young chefs were allowed to do all the cooking at home – strictly without assistance. (Perhaps that didn't include the washing up!).

Great excitement was caused by the event, with all Scouts having a very different approach. No complete meal was duplicated, and main courses ranged from bangers and mash to duck *a l'orange*. Chefs had to know exactly what ingredients were involved, and the judges were impressed by the considerable knowledge shown by all the chefs. "They really grilled us!" as one of the young chefs explained to the next waiting contestants. Of course as everyone knows with cookery programmes, the most significant part is watching the judges' faces as they sample the dish! So amongst the starters, Isabel Sobey's braised pear and walnut salad was a star, as was Robert Clarke-Feltham's excellent prawn cocktail, and all of the home made soups – some of which were a meal in themselves!

Presentation was important too, and several, especially George Bearns, Isabel Sobey and Talan Skerry set beautifully laid places, with serviettes and even a flower in a vase! The main courses proved the range of skills to be found in all of the young chefs. A well turned out pizza from Elan Cholerton, and a tasty cottage pie from Joshua Cobbledick had to compete with the excellence of Oliver Sandercock's home made burgers, and Tom Greene's straightforward sausage and mash or William Harvey's sausage, home made crinkly chips and peas. At the more demanding end of the dishes, were Tristan Gwennap's beautifully cooked duck, with a brilliant sauce, while Isabel's very exciting lamb and couscous vied with Lauren Sobey's curry, which was just right, as far as flavour was concerned.

When it came to the desserts, there were some mouth watering delights to sample. George Bearns produced a 5 star pavlova, and William Jose a first rate cheesecake – just the right taste and texture! Jon Jose excelled with a light cola cake – parents and scouts all wanted the secret of his recipe; and with the same kind of appeal, Harry Bradley produced a lovely light syrup pud and Talan Skerry's excellent meal was rounded off with a similar upside down sticky sponge pudding. The Judges agreed that all of the Chefs had produced great results so no 'overall winner' was announced. Though when it came to the rest of the Scouts 'sampling' at the end, perhaps the dishes that cleared fastest all had that extra special something! It was a great night for all concerned – and the Judges didn't need any supper after it!

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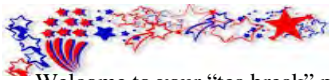
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PUZZLE PAGE



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 **£20 voucher for Wainhouse stores**. If you would like a chance to win this editions voucher, just solve the puzzles and return the completed page to Sarah Smith, Almar Jacobstow EX23 0BN by 20th March 2014
Thank you to Wainhouse Stores and Mrs V Davies for sponsoring this page.

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

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

CEANOTHUS	CHESTNUT
COLD	CROCUS
CYCLAMEN	EUONYMUS
HELLEBORUS	HYACINTH
LEEKs	PARSNIPS
PLANTS	PRIMROSE
SEED	SCILLA
SOW	SPRING
SWEETPEAS	YEW

New Year = New Diary,
but what dates do these
events fall on in 2014?

1. Armed forces day
2. Robert Burns' Birthday
3. Fathers Day
4. Easter Day
5. Longest Day
6. Remembrance Sunday
7. Shrove Tuesday
8. World Red Cross Day
9. St Georges Day
10. Commonwealth Day
11. St Swithins Day
12. American Independence Day

Picture Quiz



What was Indiana Jones' profession?

"He had all the time in the world" who is this famous singer?



Born Cassius Clay, what did this heavy weight hitter change his name to?

Which Premiership team does "the special one" manage?



Where did Winnie the Pooh live?

Last edition answers Word search missing word Tinsel Boxing Day Quiz 1. Capricorn 2. Widow Twankey 3. Little Women 4. Sleeping Beauty 5. Holiday Inn 6. Mexico 7. Chris Rea 8. Babes in the Wood 9. White 10. Crackers 11. William I



This Winter



There is a direct link between rises in illness and death rates and the cold weather, especially amongst older people and in other vulnerable groups. By taking precautions some of this risk can be reduced.

Looking out for trouble

By staying vigilant during colder times, it may be easier to spot someone in trouble. Always look out for signs that something is wrong at home.

Some signs to look out for are:

Curtains drawn during the day

Dog barking all day or cat scratching to be let in

Lights on during the day

Home in darkness when there would normally be someone at home

Milk not taken in during the day

Newspapers sticking out of the letter box



Safety is important in all aspects of keeping yourself warm. Never use a hot water bottle and an electric blanket together, as this is extremely dangerous and could give you an electric shock.

If you are aged 60 or over, or living with a person who is aged 60 or over, you may be entitled to some additional financial help to heat your home in the winter, and especially during periods of very cold weather.

Hypothermia

Hypothermia is a lowered temperature of the organs inside the body. It is a condition that an ordinary thermometer cannot measure.

You may not actually feel cold, but if you sit in a cold room and do little or nothing to keep warm then you may run the risk of becoming hypothermic or becoming ill with bronchitis or pneumonia. Both are cold-related illnesses.

Watch out for the danger signs:

Absence of complaint about feeling cold, even in a bitterly cold room

Drowsiness and slurred speech

Very cold skin on parts of the body that are usually covered up, eg. stomach or armpits

If you are in doubt:

Move the person into warmer surroundings if possible

Wrap the person in a light layer of blankets or duvet to avoid further loss of body heat

Give them warm, nourishing drinks

Call a nurse or doctor

Do not subject the person to any sudden change of temperature - so do not put them next to a fire or give them hot water bottles or heavy layers of clothes or blankets



What's on in February & March

(Things occurring a bit further afield)

February



- 1st - 8th HATS theatre presents Jack and the Beanstalk. Bodmin Street Holsworthy Eves Mon-Sat Matinee Sat 7 for 7.30 01409 253826
- 8th-9th Free entry to Eden project for NHS, Emergency services, Fitness and health club employees. Show a pay slip or work ID
- 9th & 16th Snowdrop Sunday at Pencarrow House and Hartland Abbey
- 16th Rautio Piano Trio Minstrels music Centre Canworthy water
- 17th Birds of Lundy, Talk by Tim Jones Parkhouse Centre, 7.30 £3
- 19th Rag rug workshop Old Post Office Tintagel 11-3 free
- 21st & 23rd Tilleys coach trip to Ice Show at Westpoint Exeter 01840 230244
- 22nd Paranormal Ghost Walk Bodmin Goal 10.30pm - 7am £75 pp
- 23rd Cornwall Ramblers, Rough Tor walk 11a, Rough Tor car park 10 miles 6.5 hours bring boots, food and drink
- 23rd Wedding Fair Trethorne Golf Club 11-4 free

March



- 4th Clovelly Lentsherd (see page 23 for details)
- 9th Winter Bird walk Walmsley Bird Reserve nr Wadebridge 10-1
- 10th-21st Old Cornwall Society and The Archives present World War I at The Castle, Bude - free
- 16th Hartland Abbey Daffodil Day
- 16th The Aurora Ensemble Wind Quartet, Minstrels Music Centre
- 24th-30th Upper Crust, Tintagel Old Post office. Baking in the 200 year old cloam oven 11-1 free



February- events in the local area






Book Bus

C/W Canworthy
WC Wainhouse

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	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				1 Wine & Wisdom Ring Janet Cory 01840 230329
2 Coast Family Church 10.30 am	3 w/c	4 Brownies 5.00	5 c/w	6 Coffee Morning 10.30 - noon	7	8 Grand Copper Coin Collection See page 31
9 Coast Family Church 10.30 am	10 Arts & Crafts 2.00 pm	11 Brownies 5.00	12	13 Coffee Club 10.30 am - noon W.I. 7.30 pm	14	15
16 Coast Family Church 10.30	17 School Half Term Week Begins w/c	18 Brownies 5.00 Parish council 8.00	19 c/w	20 Coffee Morning 10.30 - noon	21 Film show on Bude Canal 7.30 pm	22
23 Coast Family Church 10.30 am	24 Arts & Crafts 2.00 - 4.00	25 Brownies 5.00	26	27 Coffee Morning 10.30 - noon	28	

NOTE. Activities are in Parish Hall unless stated otherwise.

March- events in the local area

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 Coast Family Church 10.30 am Mothering Sunday BST	31 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	C/W 			1
2 Coast Family Church 10.30 am	3	4 Brownies 5.00 Shrove Tuesday	5 Ash Wednesday St Pirian's Day Pasty Lunch 12.30	6 Coffee Morning 10.30-Noon W. I.	7	8
9 Coast Family Church 10.30 am	10 Arts & Crafts 2.00 - 4.00pm w/C 	11 Brownies 5.00	12 C/W 	13 Coffee Morning 10.30 - noon W.I. 7.30	14 Valentines Day	15 Soup & Sweet Lunch 12.00-14.00
16 Coast Family Church 10.30 am	17 St Patrick's Day	18 Brownies 5.00 Parish Council Meeting 7.30pm	19	20	21	22 Pasty Supper 7.30pm Ring Janet Cory 01840 230329 Cancelled
23 Coast Family Church 10.30 am	24 w/C 	25 Brownies 5.00	26 C/W 	27 Coffee Morning 10.30 - noon	28	29

NOTE. Events in Parish Hall unless stated.

Rainbows & Brownies 5 - 6pm, Check with Mary Andrew

T Fox Garden Services

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Trevor Fox

Lower Poulza Post, Jacobstow, Bude, EX23 0BX

Mobile : 07832970345

Home : 01566 781841

Email : foxey04@msn.com



ROB HOADLEY

AGRICULTURAL CONTRACTOR

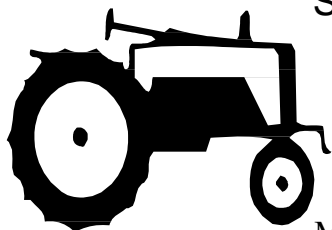
Specialising in Smallholding Work

* Hedge Cutting

* Small Hay Bailing

* Topping

* General Tractor Work



Tel: 01840 230353

Mobile: 07908 112814

SAFETY INFORMATION FOR ALL TYPES OF DOMESTIC HEATING

In view of the latest spate of chimney fires, one of our advertisers, Chris Mears from Ray Mears & Sons, has kindly given us some information to keep everyone safe.

Chimneys should be swept at least once a year if using smokeless fuel or twice a year if using Bituminous/Household coal. When using woodburners, this should be done quarterly when in use.

Please check your house insurance as this could become invalid if you do not hold a current certificate.

Do not use flammable liquids to start your fire and always use a fire guard. Ensure that you have a working smoke alarm and test this weekly.

You can get Carbon Monoxide poisoning from woodburners, open fires, Rayburns etc from burning wood or coal!! People think it is just from gas or oil, in fact, any combustible fuel can produce carbon monoxide so it is important to have an audio Carbon Monoxide alarm and have all appliances/chimneys serviced and maintained on a regular basis.

Poor maintenance costs lives!!!

If you have any queries please go to our website www.sweepcornwall.com

Tel 01840 261221 - 07737533392



CLOVELLY LENTSHERD

Lentsherd (pronounced 'Lanshard') is held on Shrove Tuesday and is an old Clovelly custom.



When dusk starts to fall, the participating children meet at the top of the cobbles with each one carrying a tin can attached to a long string. They then set off down the street called Down-a-long, whooping and dragging their clattering cans behind them to the harbour where the cans are tied together and thrown into the sea (to be later retrieved). The aim is

to rid Clovelly of all the bad things from the previous year by chasing bad spirits away and driving the devil into the sea before Lent begins when everyone settles down to be good for forty days!

It is being held on 4th March, why not go along and join in or just enjoy the spectacle.



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AIJ solid fitels

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01840230111 (Coli11)

01840 250568 (Roger)

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J-

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The next meeting will on Thursday 13th February at 7.30 in the village hall. Miriam Spettigue will give a talk on the Olympic Games.

Our AGM will be held on Thursday 13th March

Soup / Sweet lunch

Saturday 15th March 12 - 2pm



Jacobstow Parish Hall

£5 per ticket + raffle



Proceeds to Jacobstow WI and Macmillan in
Memory of Pat Cottell

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

Church Lottery Results

	1st	2nd	3rd
December	Mr R Andrews	Mr W Smith	Mrs J Smith

January draw not yet made.

Mobile Library (for enquiries phone 0800-032-2345)

A mobile library service stops at Wainhouse Corner every two weeks on a Monday from 11.05 to 11.20. It also stops at Canworthy Water every two weeks on a Wednesday from 10.20 to 10.40.



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JACOBSTOW SCHOOL

A Celebration of Friendship

Religious Education is, like all subjects, best taught with practical, tangible experiences to re-inforce the learning and when Yellow Base were learning about celebrations they were learning not only about Christmas and Easter, Diwali and Hanukah but also about birthdays, Christenings and weddings. To re-inforce their learning they went to Jacobstow Church and with the help of Rev Rob Dickenson the children celebrated a wedding of friendship.



Becoming friends for life

It was a delightful service that will live long in the memory for both the children and adults involved and really re-inforced the specialness of celebrations and of friendship – a huge thanks to Rob for his part. This really is what learning is about.

The family group

PLOUGH SUNDAY

It was once again Plough Sunday which was celebrated at Warbstow Church.

Historically, this was celebrated in olden times to mark the beginning of the agricultural year and has seen some revival over recent years. Plough Sunday celebrations usually involve bringing a plough or tractor to the church, prayers are said for the blessing of the land. It is traditionally held on the Sunday after Epiphany, the Sunday between 7th January and 13th January.

After the service villagers would walk through their village collecting alms and donations.

It is not surprising that work in the fields did not begin until the day after Plough Sunday: Plough Monday.



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Jacobstow Rainbows and Brownies

Could you help?

After many years service Geraldine Skinner and Michaela Coles have decided to retire from running the Rainbow and Brownie Units at Jacobstow, due to family commitments.

This means that the two Units will have to be suspended from 1st February until new Guiders can be found.

Rainbows are girls aged 5 – 7, who meet for an hour each week. They can work on Roundabout badges on subjects such as healthy eating, festivals and the world. They are great fun and give their Guiders a lot of satisfaction to see them grow.

The nearest Unit to Jacobstow is Tregadillett, where we have the maximum number allowed and a very long waiting list.

Brownies are girls aged 7 – 10, who usually meet for 1 ½ hours each week. They can work on interest badges and challenges and this year is the Centenary of the Brownie movement, so there are a lot of special events, including a big sleep over at the Royal Cornwall Showground. Brownies continue the girls growth from Rainbows and are expected to make more decisions on what they do in the Unit. The nearest Unit is at Marhamchurch, which is also full.

Guiders are supported through their training by a specific Mentor and training courses are offered within the County. Both Units would need two Guiders but there is an existing Unit Helper, who is willing to help.

If you are interested or just want a chat about guiding please contact either myself, Mary Andrew, 01840 230006, Emma Boucher, 01566 777945 or Sarah Fuge, 01566 782630.



“My daughter asked me for a pet spider for her birthday so I went to our local pet shop and they were £70.00!!!! Blow this, I can get one cheaper off the web!!! Ha Ha



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Widemouth Bay £375,000

Just four of our extensive list of properties we have on offer at the moment. Call the Bude office on 01288 353661, email us on bude@webbers.co.uk or call in for a chat at 11 Lansdown Road, Bude. We are open Monday to Friday 9am to 5.30pm Saturday 9am to 4pm (April to October inc) and Saturday 9am to 1pm (November to March Inc).



Bude £325,000



Marhamchurch £265,000



Jacobstow £249,950

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COMMUNITY NOTICE BOARD

Announcements, appeals and forthcoming events

Journal Postage Problems

It has been brought to our attention by a couple of our readers who have the Journal delivered, that the Post Office refused to deliver our last copy and asked for additional payment. As far as we are aware this is the first time this has happened and we can only apologise if you have been affected by this. We will check with the Post Office at Wainhouse that the amount of postage we put on the next edition is sufficient.

Well done us!!

We entered the National Village Newsletter competition last year. This involved sending in two copies of the Journal published last year. We heard in January that we finished 110th in the competition, not that impressive I hear you say, but it was out of 750 entries. Not too shabby!

Eden Chapel

Please Note. There is now a skateboard ramp at the back of the church which is available during youth club and after services it can also be used at other times by arrangement

Don't forget the Parish notice boards outside the Village Hall and Wainhouse Stores for up to date information. You can also use these to promote any community activity you want people to know about

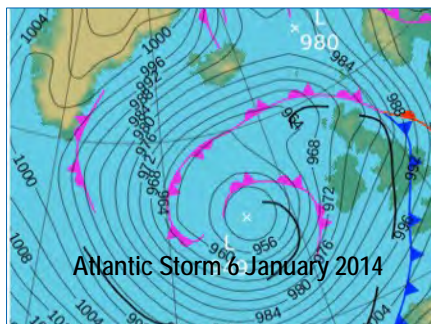
Have you any friends or relations who live away and would like a posted edition of the Journal? The annual cost of £5.00 for 6 editions includes postage and packing. To order please contact any staff member of the Journal.

Coffee Mornings in the Village Hall take place every other Thursday (Recycling week) Don't forget to bring along your puzzles or books to swap - Transport can be arranged, for further details phone 01840 230262

Robert Johns Leukaemia Fund presents
The Grand Copper Coin Collection, with Music from Michelle
Old Orchard Inn Week St Mary 01288 341441

WEATHERWISE by Monitor

November produced few surprises, a very mild day was observed on the 6th at 15°C, there were only a few cold mornings as well, a short period of frosts 22nd-26th with a minimum over-night of -4.5°C on the 26th. Rainfall was moderate, a total of 4.5" being collected at Canworthy Water. The only really wet days were on the 3rd (0.87") and on the 11th (0.7") which was also mild at 14°C and was noted for extensive hill fog.



December started with a slight frost and was fairly quiet and damp with light winds. Across the Atlantic, (which as an aside had the least active hurricane season since 1994) a very strong jet stream producing high-altitude winds of up to 300mph had developed, and was showing signs of persisting. This produced a marked unbalance in the atmosphere and resulted in a number of Polar Storms on the 5th, 23rd and by far the most serious on the 27th. Wind gusts in many locations on the west coasts exceed 100mph. I noticed 109mph off the Welsh Island of Bardsley. The storm on the 27th had a central pressure of 937Mb, the sort of event one would normally only see beyond the Arctic Circle. It was also persistent, and produced very high seas not seen in the UK for many years. The rainfall collected for December was 6.4", bringing the total here for 2013 to 48", of which 20" had fallen since the beginning of October to say the least, the weather this final month of the year was exceptional and only seen every 10-12 years or so.

HIGH TIDES and SUNSET- February and March

Date	31 Jan	7 Feb	14 Feb	21 Feb	28 Feb	7 Mar	14 Mar	21 Mar	28 Mar
AM	5.10	10.33	4.53	8.42	4.08	9.02	3.50	7.42	2.57
PM	11.39	4.30	11.15	2.45	10.36	3.03	10.16	1.47	9.29
Sun set	17.13	17.25	17.38	17.50	18.02	18.13	18.25	18.36	18.48

Marions Cookery Corner

Plum & Almond Tart

Pastry

8oz Plain flour
4oz unsalted butter
2oz caster sugar
1 egg beaten

12 inch loose bottomed tin

oven 200°c 400°f 6 gas

Filling

6oz unsalted butter - soft
6oz caster sugar
3 eggs beaten
3tbs brandy - optional
3oz ground almonds
3 level tbsp plain flour
5 or 6 dark plums
3 or 4 drops almond essence
(if not using brandy)



Method

Rub butter into flour, add sugar then bind with a beaten egg, wrap the pastry in cling film and put in the fridge for 15-30 minutes. Cream the sugar and butter, add the eggs and plain flour, beat together and add the ground almonds and brandy or almond essence. Mix it all together.

Roll out pastry, line the tin, pour in the almond mixture over the pastry base. Stone and quarter the plums and push them into the top of the almond mixture.

Put in the middle of the oven on a pre-heated baking sheet and turn the oven down to 180°, 350°f, gas 4 and bake for about 40 minutes or until cooked, check after 30 minutes and leave to cool.

When cold remove from the tin and dust with icing sugar. Store in a tin NOT the fridge.

Options

Use different fruit, apricots, pears - skinned and quartered or cherries if you have the patience to pit them or blueberries.

If you haven't used brandy, instead of icing sugar, melt 2 tbsp apricot jam, add 1 tbsp kirsch then brush over the top of the tart.

KID'S PAGE

Happy New Year to you all and hope that 2014 leads to all sorts of adventures for you. Don't forget, whilst you are out and about let us know what you are up to.

February is a really hard month for our birds and wildlife.

If you go on the RSPB Web site, it will give you lots of ideas on how we can help them get through the winter.

At the moment there is a bird survey taking place, again on the RSPB web site you can download a form so you can enter all the birds that you see in your garden and surrounding areas.

You will also get lots of information on BBC/nature web site.



A winter
wordsearch
to test your
brains!!!

In view of the recent bad weather,
there is still time for high spring tides
and the danger still arises when near
the coast. Please be extra vigilant.



CANWORTHY WATER BOOK CLUB

TWO CARAVANS by Marina Lewycka

The experiences of a group of migrant workers - enough to put you off chicken, fast and chilled food.

Some of us enjoyed it but others did not like the “English by a foreigner”!

The SWIMMER by Roma Tearn

Unique storyline giving insight into troubles in Sri Lanka in comparison to UK.

We all enjoyed this well written book



FOOTPATH UPDATE

by Mary Carter Parish Footpath Co-ordinator



I am sorry that the effort to re-open Kents Lane had to be cancelled. I am sure it will happen and the people of Jacostow will once again be able to stroll down this once delightful lane. I have to admit when Roy phoned to say we must call the project off I was disappointed. but luckily he caught me

just before I set off to buy the food, to feed the work force. Speaking of which. how graced I am to have this wonderful group of people who were willing to support me when I asked, and have said they will be there for me when ever. Several of which are strong, handsome young men, what more could a girl wish for!. Joking aside, Thank you. I am very touched and eternally grateful. A Lane, and its all about the journey. Dyw Genes!

ARTS AND CRAFTS GROUP

Arts and crafts group celebrate Christmas

Why not join the meeting in the new year, see diary pages for details.

Meetings and coffee as usual.



CHRISTMAS IN JACOBSTOW

CHRISTMAS LUNCH

There was a delicious lunch for the “Old but Young at Heart” provided by the Jacobstow Ladies. Turkey with all the trimmings followed by a selection of desserts including Christmas Pud.

Thank you Ladies for a fantastic spread.



Are the spuds ready?



Another spud?



You are welcome



Small Waiter



What a spread



Carols and music were provided by the Primary School

The Christmas play this year involved all the school. Each class provided an instalment of the Christmas Story. I loved the back drop (unfortunately my photo didn't give it justice).



I also liked the way different customs were included.

The Carol Service was well attended and St Gennys Silver Band provided the



The tables in the Hall were laden with goodies afterwards



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Jive Club in Warbstow with lessons

Thursdays 7.30 pm to 10pm.

Warbstow Community Centre. Main lesson starts at 7.45pm. £3.00 per person including lessons

Lots of time to practice and receive individual help from us. Let us know if you would like to come. Or, if you just want a chat about what to expect please ring on (01566) 781 587 (Please don't forget to leave your name and contact phone number), or email adrianandlouise2@btinternet.com

We also teach at the Bude Jive and Rock n Roll club on Mondays at the Parkhouse

Centre. We offer private lessons, party/event fun lessons and give dance demonstrations at shows.

Ring or email us to discuss your needs. We look forward to hearing from you and seeing you jiving Adrian and Louise Stevens

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
Warbstow Cross	0935	0935	0935
Canworthy Water	0940	0940	0940
Week St Mary	1000	1000	1000
Whitstone	--	1008	1008
Titson	--	--	1015
Marhamchurch	--	--	1020
Bude Strand	--	--	1030
North Tamerton	1015	1015	--
Boyton	1025	--	--
Launceston Westgate		1040	--
Launceston Tesco		1050	--
Holsworthy	--	1030	--

	MTh	W	F
Holsworthy	--	1300	--
Launceston Tesco		1250	--
Launceston Westgate		1300	--
Boyton		1315	--
North Tamerton		1325	1315
Bude Strand-----			1300
Marhamchurch	--	--	1310
Titson-----			1315
Whitstone	--	1322	1322
Week St Mary		1340	1330
Canworthy Water	1400	1350	1350
Warbstow Cross		1405	1355

220 Higher Crackington – Launceston

(Partial listing of stops only)

Tuesdays only (except Public Holidays)

Webbers Coaches 01208 74711

Higher Crackington	0910
Wainhouse Corner	0925
Jacobstow	0930
Week St Mary	0945
Canworthy Water	1005
Warbstow Cross	1010
Canworthy Water	1015
Launceston Westgate	1040
Launceston Tesco	1050

Launceston Tesco	1230
Launceston Westgate	1230
Canworthy Water	1255
Warbstow Cross	1300
Canworthy Water	1305
Week St Mary	1325
Jacobstow	1340
Wainhouse Corner	1345
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	--	--	--
Wainhouse Corner	0817	1055	1217	1455	1515	1617	1707	1907
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

No Sunday Service

Bude – Boscastle

(Partial listing of stops only)

	a	h			h	a	
Bude Strand	0710	0715	0840	1115	1240	1515	1530
Widemouth Bay	0716	0721	0846	1121	1246	1521	1536
Treskinnick Cross	0722	0727	0852	1127	1252	1527	1542
Wainhouse Corner	0727	0732	0857	1132	1257	1532	1547
Crackington Haven	--	--	0905	--	1305	--	1555
Boscastle	0745	0750	0920	1150	1320	1550	1605

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 Surgerv's

Boscastle	01840 250209
Neetside, Bude	0844 8151358
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
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