

Jacobstow Journal

Providing news and information for the

Parish of Jacobstow

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Issue No. 26

February/March 2015



Editorial by Sarah

I spent most of last month trying to think of something to write about in this editorial, but lately events have taken over and now I find that I don't know if this space is big enough to fit it all in.

Coming back from a week away at Christmas, I was given a flyer about the Post Office at Wainhouse Corner. Apparently, they want to move the services up to the main counter, by the door and the person serving will have to "hop" from one till to the other, fine if two people are serving, but if it's only one and you have a complicated query, the person behind you who wants to buy just a pastie is not going to be best pleased.

I received a letter from Dan Rogerson confirming that he has been in touch with BT about taking our telephone box away from outside the village hall. Strike three, if you notice the Parish Council minutes from November, the library book bus has been reduced and there is now only one book bus for the whole of Cornwall. Shall we start on the bus service - or lack of it in the village. A regular bus service runs into Bude from Wainhouse Corner, that's just dandy if you live in the centre of the village, lovely brisk walk up to Wainhouse and then don't even think about buying anything bulky in Bude, unless its a pair of roller skates or a bike, because its downhill all the way from the bus stop. I love living here, but it really does feel as though we are second class citizens...I suppose that's the trade off! 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.

The deadline for adverts, letters or articles for the April/May 2015 edition will be 20th March Please note this does not guarantee that the item will be published due to possible limitations on space.

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Advertising Rates

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

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Contact Phil Tucker on 01288 341617

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Jacobstow Parish Council

<u>Chairman:</u>	Mr. Norman Osborne	01840-230592
<u>Parish Clerk:</u>	Mrs D. Turner	01566-781269

<u>Members:</u>	Mrs Charmaine Smith	Mr Dennis Adey	Mr. Bob Reason
	Mrs Ilona Franklyn	Mr Ray Fox	Mr Peter Chapman

The Parish Council meets in the Parish Hall on the 4th Tuesday of every month (except, for August). Meetings commence at 7.30 in Winter months and 8pm 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 18th November 2014

Mr Norman Osborne chaired the monthly meeting of the Parish Council with five councillors, Cllr Nicky Chopak and one member of the Public Present.

1.Planning Application - Cornwall Council approved Planning application for Mr Andrew Johnson, Eden School House.

2.Cornwall Council - Homelessness Strategy - Tackling Homelessness is the key priority for Cornwall Council and its partners. A Homeless Conference will be held on 11th December 2014.

3.Your Cornwall. Your Council. Your Budget - Correspondence received showing that at the end of each public budget events a straw poll was taken and the preferred option, of the people who voted is for a 1.9 % increase in Council tax next year.

4.Mobile Library - The Mobile Library now only has one van for the whole of Cornwall. People can use the library at the Old Wainhouse Inn which is open during pub hours.

5.Jacobstow Village Website - The website is now up and running and can be found at jacobstowvillage.co.uk

6.Planning application - Mr M Uglow East Langdon Farm, Canworthy Water. Erection of an Agricultural livestock building. Councillors have no objection to this.

As there was no meeting in December there are only November's Minutes

IMPORTANT CHANGES TO ST GENNYS POST OFFICE WAINHOUSE CORNER.

The Post Office has written to our local post office to inform them of “possible changes” which are due to take place in March /April. They have sent out a questionnaire which has been on the counter at Wainhouse Shop. Unfortunately the responses had to be in by 28th January which is before the publication date of this article. My concern is that many locals even though they may be regular users of the shop and post office will not have been aware of this. Questionnaires have been on the counter but may well have gone unnoticed.. Therefore the response the Post Office receives will not reflect the concerns of the very people the changes most adversely affect. The main changes proposed are that:

- Post Office services would be offered from “a till on the retail counter ... instead of the separate screened counter”
- The branch would be open for longer: Mon, Tue, Thur - Sat 7 am -7pm, Wed 7am - 7.30 pm and Sun 7am - 7pm. This is an extension on the current opening times of Mon, Tue Thu and Fri 9am - 1pm and 2pm - 5.30pm with Wed 9am - 1pm and Sat 9am - 12.30.
- The following services will no longer be available at Wainhouse but will be available at Crackington Haven:
- Our post office will have to close for up to 7 days during March /April for refurbishment. **The shop however will remain open.** During this time locals would have to use Crackington Haven as their nearest post office.

The concerns of the staff at the shop are that an open counter situated at the front of the shop could be a security risk given that the shop is on a busy main road and is used by passing traffic. There will be a total lack of privacy which can be very intimidating for pensioners. If there is only one member of staff working, someone dropping in just to get a pasty could be kept waiting or indeed may decide not to bother. The current funding to run the local service provided by the Post Office will be substantially reduced as payment will be based on individual transactions only.

Although the deadline has passed you may still wish to make a comment at:
postofficeviews.co.uk - Or ring the Helpline Number 08457 22 33 44



Michelle has been looking after wildthingz for several years now, originally she started off with hedgehogs but now any wildlife in trouble - give her a call.

She is supported by many local people in looking after the waifs and strays in the area. You too can support her by

letting her have your old newspapers and stuff.

Michelle Robinson 07508532811 01566 781671 m.robbinson@btinternet.com

Update from local MP. Dan Rogerson

Some good news that BT have listened to our concerns and have decided to keep the public telephone outside the village hall. Thanks to everyone who raised their concerns about getting rid of the phone, which could be a lifeline in an emergency situation.



As the price of oil has been dropping government ministers have been urging companies to pass on the savings to customers - thankfully we have seen prices at the petrol pumps falling. I am continuing my campaign to extend the rural fuel duty discount scheme to North Cornwall. The scheme sees the tax paid on petrol and diesel reduced by 5 pence-per-litre in some rural areas like the Isles of Scilly and parts of the Scottish highlands. I want to see this discount applied in North Cornwall too where using a car is a necessity not a luxury, where there are poor or no public transport alternatives, and where we have further to drive than island communities.

Bringing the rural fuel duty rebate scheme to our area would help to keep fuel prices lower in the long term. You can support the campaign by signing my petition online at,

http://www.danrogerson.org/fairer_fuel



As the price of oil has fallen dramatically in recent weeks, the cost of filling heating oil tanks in back gardens must fall too. I want to make sure that heating oil companies pass on the falling price of oil and I am also looking at what more the Government can do to help people connect many more properties in North Cornwall to the mains gas supply.

Locally I have been raising my concerns about the Police and Crime Commissioner's decision to close the police public enquiry office at Bude police station. People in the far north and east of Cornwall face having to travel to Bodmin simply to hand in a lost

wallet or handbag. I also fear that closing the enquiry office will lead to a fall in the reporting of crime and will hit vulnerable people the most.

I am also campaigning to improve the non-emergency 101 number that people can use to contact the police following complaints that it takes too long to get through to someone.

Unfortunately I have been having some technical problems with my usual 'contact@danrogerson.org' e-mail address recently, so if you have e-mailed me over the past few weeks and haven't had a response I might not have received it, so please do re-send any queries to contact@northcornwallibdems.co.uk or dan.rogerson.mp@parliament.uk and I will get back to you as soon as I can.

Dan Rogerson MP

ROB HOADLEY

AGRICULTURAL CONTRACTOR

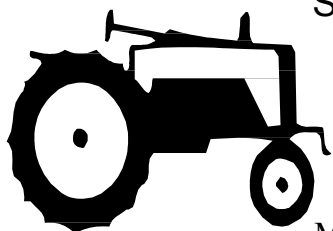
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Jacobstow Art and Craft Club

The Art and Craft group held their first exhibition on Tuesday 9th December in the Parish Hall.

The event was an opportunity for members of the group to display some of the results of their creative skills from the previous five years. A large

range of work was on display:- silk scarves in pastel shades, bright felt-work crafted from natural materials, pottery figures, tiles and garden pieces, drawings, paintings and beautiful knitted clothes. There was even jewellery made from Fimo clay, a silicon material which can be hardened in an ordinary domestic oven.



members on their work and the group would like to thank all those who came out on a cold winter's day to support their event.

This year's meetings began on Tuesday 13th January and the next two meetings will be at the Parish Hall on 10th & 24th February. All meetings start at 2.pm. The group has welcomed four new members during the last six months and is always open to anyone who would like to work at their craft in good company, or possibly learn something new. This year's programme begins with patchwork quilting and later there will be an opportunity to try out some more pottery. Contact number for those wanting to find out more is 01840 230115



TIMES OF CHURCH AND CHAPEL SERVICES

Jacobstow Church



1st Sunday in the month	Evensong
2nd Sunday	Morning Prayer
3rd Sunday	No service
4th Sunday	Holy Communion

Because of the situation with the Clergy these arrangements may change - please check notice board

Eden Chapel -



All services 10.30 unless otherwise stated.

February
 1st Communion with Rev Doreen 9.30
 7th Messy Church Canworthy Water 5pm
 8th Rev Doreen 10.30
 15th Brian Parkman 10.30
 22nd Tea Time service with tea after 5pm
 March
 1st Communion with Rev Doreen 9.30
 7th Messy church Canworthy Water 5pm
 8th S Uglow 10.30
 15th Rev Stephen Caddick 10.30
 22nd Tea Time service with tea after 5pm
 29th Peter Parsons



Canworthy Water Chapel
 All Sunday Services 11am
 Rev Doreen
 01566 781854

Coast Church Family Church

Sunday Services 11am
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Dimma Chapel
 For full details
 Please contact
 Audrey Wicket
 01840 230268

CHURCH AND CHAPEL NEWS & EVENTS

Jacobstow Church Programme for 2015

5th March - St Pirans Lunch 12 for 12.30. Pasty and Salad followed by an assortment of hot and cold puddings £6.00 per person. Raffle to book contact Pat on 230743 or Ruth on 230153

25th May (Bank Holiday Monday) Dog show with Spring Fair at the Parish Hall. Stalls will include plants, homemade gifts and produce. Teas, drinks and cream teas available. Stalls from 1pm Dog show from 2

June 20th Gift Aid day church open 10 - 3 with mini flower festival

July 4th BBQ at Trelay Bungalow from 6.30

July 26th Tintagel Male Voice Choir concert in church with supper in Parish Hall donations at the door (min suggested donation £6.00) free supper

October 5th - Harvest Festival and supper in Parish Hall

November 7th Early Christmas Fair (more details later)

December 6th Carol Service with St Gennys Brass Band

Eden Chapel

Youth Club 7pm on Fridays in term time all senior age children will be having a pie and mash/chip evening at some point in the next two months ring Alison on 01566 781418 for details. Youth Club has just been on an outing to the Eden Project and afterwards to McDonalds and in February we have been invited to look around Cornwall Air Ambulance station at St Mawgan. We are also starting to plan further outings for the summer so come along and help choose where we go. We also watch films on our new projector and have a skateboard half pipe, snooker tables, dart board and loads of games and crafts.

Church Lottery Results

	1st	2nd	3rd
Dec	Mrs H Spray	Mrs J Ward	Mrs L Harris

Please note that January's results will appear in the next edition



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What's On - Some events taking place further afield

February

- 6 Launceston Film Festival launch evening, Town Hall
- 9 Feb - 12 March Bude Stratton Heritage centre, free archives exhibition "Maritime Bude"
- 13 Egloskerry gardening club 7.30 village hall
- 14 Launceston Market in the Square
- 18 Rag Rug workshop, Tintagel Old Post Office, 11am
- 22 East Cornwall Hunt point to point Liskeard
- 28 World Pasty Championships, Eden

March

- 5 St Pirans Day walk meet outside Bude Life Saving Club 5pm
- 14 Launceston Market in the Square
- 23-29 Cloam Cuisine, Tintagel Old Post Office
- 27 - 29 Spring weekend jazz festival Falcon Hotel
- 30 Lawrence House museum reopens for 2015, Launceston

UP COUNTRY BECKONS!!!!

This is my last edition of The Journal, John and I have thoroughly enjoyed our stay in Cornwall for the last nine years but now family beckons and we are moving back up North.

We will miss all the friends that we have made during our time down here and wish The Journal all the very best in the future. Please keep supporting it in every way you can.

Jo Afford



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Bobs Gardening Spot

Now is the time you should be checking your garden essentials, e.g. spades, forks and any electrical equipment.

Try to feed any growing plants with organic fertiliser such as seaweed meal, blood, fish and bone or chicken manure. Sprinkle it around plants and gently fork it in.

February is an ideal time to plant bare rooted trees and shrubs, always plant them level with the soil level with the soil mark on the stems. The only one not following this rule is the Clematis which is buried about 12 - 18 inches below the soil level.

Prune late flowering shrubs like Buddleia, Ceanothus, hardy Fuchsias and Lavatera. They can be pruned very hard, almost to ground level because they flower on new growth this year.

Now is the time to start your Dahlia tubers into growth, just fill a shallow tray with compost and place your tubers on top. You should start to mow your lawn in March to keep it tidy and cut your edges with a straight length of wood and a sharp spade or edging knife. You can feed your grass with a spring feed, blood fish and bone or similar material. You should have "chitted" your early potatoes by now, you can plant them in a cleared plot of ground. Also onion sets should be planted now. Any ground you want to grow cabbages will need to be limed ready for your summer crops.

Happy Gardening.....Bob

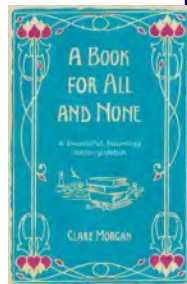
CANWORTHY WATER BOOK CLUB

With the change in Mobile Library visits we have only had one book to read and discuss since December.

A BOOK FOR ALL and NONE by Clare Morgan

Raymond is an elderly academic, sort of specialising in Nietzsche, a philosopher who wrote a book which is allegedly the basis of the Nazi dream. He is attracted to much younger Beatrice who is studying Virginia Woolf and married to a business tycoon, Walter, who is facing ruin through his dodgy deals. In between this story line is woven a meeting of Nietzsche, as he is going mad, and Louise von Salome and Virginia Woolf at a European watering hole.

This was three dimensional story with cross links, some of us managed to finish it but found it rather tedious with a contrived pseudo intellectualism.



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Jacobstow Beavers Spring 2015 activities

Beavers meet at the Scout hall on Wednesdays 6-7pm

February

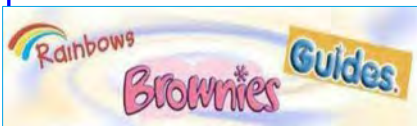
- 4th Experiment look at cress and magnets. Fish games
- 11th Friendship, Chinese foods & Chinese New Year, Sheep collage
- 18th Half Term
- 25th Experiment, cress and bulbs

March

- 4th Friendship, Chinese pictures sticking on board. Costume straw games
 - 11th Finish off experiments. What to do in an emergency
 - 18th Make Easter Cards
 - 25th Easter evening at Josie's
- Josie Shepherd 07855001284**



Congratulations to George Bearns, William Harvey and Oliver Sandercock on receiving their Chief Scouts Gold Award. Daphne Dowling said they have been attending for almost eight years and have progressed from Beavers through to Scouts "congratulations to them!"



RAINBOWS, BROWNIES and GUIDES

GOOD NEWS.

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PUZZLE PAGE

Welcome to your "tea break" puzzle page, a winning entry for the last edition, from Jill Baker 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 2015

Thank you to Wainhouse Stores and Mrs V Davies for sponsoring this page.

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

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

BOUTIQUES
COAT
HANDBAG
JEANS
PRINT
SHOPPING
SNOW
TREND

BUS
EXQUISITE
HATS
JUMPER
SHOE
SHOPS
STUNNING
TROUSERS



CAN YOU NAME THE FAMOUS RABBITS?



1



2



3



4



5



6



7



8

Last edition answers Word search missing word Hedgerow Bumper Boxing day quiz : 1. Norway 2. Ladies Dancing 3. God rest ye merry gentlemen 4. The nightmare before Christmas 5. Hogmany 6. Dr Seuss 7. Mexico 8. Robert Burns 9. Six 10. H2O 11. Tracy 12. Babycham

WHAT IS BODY CONTROL PILATES?

by Martin Brooks (For details see Martin's Advert p22)

Body Control Pilates - what's it all about? I've seen the advert and heard people talk about it but how can it help me? Well, here's a brief look at its history.

If you are going to follow an exercise method it's good to know the creator. Joseph Pilates was born in Dusseldorf of Greek ancestry. He was with a German circus troupe touring the UK when World War I broke out and as an "alien" was interned. Whilst there he taught wrestling and self-defence and began devising his system of exercises.

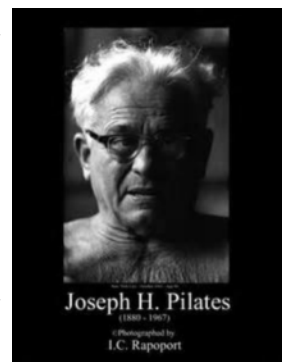
After the war he moved to New York with his wife Clara where he set up his own studio/clinic/gymnasium which was mainly for male clients, many of them boxers. Other clients were injured dancers from the local ballet company, Many of these clients, who were influenced by Joseph's methodology became Pilates teachers. Eventually the Studio was patronised by the great and the good of the time.

Originally the routine was just mat work but later he added the use of machines which he had invented from converting the bed and chair while interned in the UK.

He felt that only through regular practice of his exercises would his clients "Return To Life" (a book written by Joseph Pilates). He was passionate about his Pilates method and never doubted that it would become effective and popular. He would be rightly proud of his achievement - it is now widely recognised by the medical profession.

Joseph lived a long and healthy life. He died in New York at home where he operated his clinic/gymnasium, aged 86.

In 1995 Body Control Pilates was born, with a vision by Lynn Robinson to bring the original Pilates method and its associated benefits to the body of the average person irrespective of age, gender, income and fitness level.



HAVE YOU SEEN ANYTHING WHICH CAUGHT YOUR FANCY? Recently a wild boar caused the death of a man consequently there was a flurry of possible new road signs. Here are a few from around the world.



Whilst out and about I passed this road sign which made me do a double take! Apparently there are several about in England where there are major toad crossings at certain times of the year. I am sure "Big Chief I-Spy" would award me mega points.



Useless information - things you really don't need to know

No word in the English language rhymes with unicorn.

The easiest way to become a millionaire is to convert £4.00 into Turkish Lire.

The Guinness Book of Records lists 'The sixth sick sheik's sheep's sick' as the hardest tongue twister.

Three serious accidents a year in Britain can be attributed to pencil sharpeners.

The average British motorist is overcharged by 50p per year for their petrol due to faulty pumps

In 1870 British boxing champ Jim Mace and an American challenger fought for almost 4 hours without landing a single punch

It is legal for a pregnant woman to relieve herself anywhere she wants, including a policeman's helmet.

If you buy a lottery ticket at 7pm on Saturday, you are more likely to die in the hour before the draw than you are to win

On 3rd March 1991 the Queen needed three stitches in her finger after breaking up a fight between two of her Corgies.

Events in our Village - February

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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	Every Wednesday- Beavers 6-7 Scout Hall Wainhouse Corner		Youth Club Eden Chapel Every Friday during term time 7-9pm	
1	2	3	4	5	6	7
Coast Family Church 10.30		Pritt stick and prayer Eden Chapel 1.30		WI Happy Crafters Eden Chapel 1.30 - 3.30 Wlak Hall 10am		Wine & Wisdom 7pm
8	9	10	11	12	13	14
Coast Family Church 10.30		Arts & Craft 2pm Guides 7pm		Coffee morning 10.30 -12.00 W.I. 7.30		
15	16	17	18	19	20	21
Coast Family Church 10.30		 Shrove Tuesday	Ash Wednesday	Happy Crafters Eden Chapel 1.30 - 3.30 Chinese New Year		W.I. 12.00
22	23	24	25	26	27	28
Coast Family Church 10.30	Orthodox Lent Begins	Parish Council 7.30 Arts & Crafts 2pm		Coffee Morning 10.30 -12 Charity Quiz Night Wainhouse Inn 8pm		

Note: Events in Parish Hall unless stated otherwise

Events in our Village - March

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31				
<i>Clocks go forward- Palm Sunday</i> 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	Every Wednesday- Beavers 6-7 Scout Hall Wainhouse Corne		Youth Club Eden Chapel Every Friday during term time 7-9pm	
1	2	3	4	5	6	7
Coast Family Church 10.30 <i>St Davids Day</i>				WI St Piran's lunch 12 Happy Crafters Eden Chapel 1.30 - 3.30 Walk See p23		
8	9	10	11	12	13	14
Coast Family Church 10.30	<i>Commonwealth Day</i>	Arts & Craft 2 - 4pm Pritt stick and prayer Eden Chapel 1.30		Coffee Morning 10.30 - 12 W.I 7.30		
15	16	17	18	19	20	21
<i>Mothering Sunday</i> Coast Family Church 10.30		<i>St Patricks Day</i>		Happy Crafters Eden Chapel 1.30 - 3.30		
22	23	24	25	26	27	28
Coast Family Church 10.30 Note: Events in Parish Hall unless stated otherwise		Arts & Crafts 2 - 4pm Parish Council		Coffe Morning 10.30 -12. Charity Quiz Night Wainhouse Inn 8pm		



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martin@northcornwallpilates.co.uk

JACOBSTOW WALKING GROUP by Celia Proudfoot.

This was a really good start to the New Year and took place on Tuesday 6th January walking from the lay by at Dizzard on a circular route via Millook. It was well attended and those taking part were Doreen, Jeanne, Ann and Steve, Barbara, Margaret, Sue, Mick, Yvonne, Julie, Tony, Valerie, Jill and Carol. We were lead by Mary. The dogs taking part were Buster, Dougal and puppy Beacon. The views along the coast path were spectacular. It was very windy to begin with and also muddy underfoot, but the sun came out and the light was beautiful. We arrived at Millook, where we stopped for mulled wine and



mince pies. Much refreshed we took the footpath by a stream and the wider path made talking easier. I discovered that Dougal is a cross between a golden retriever and a poodle and his breed goes by the brilliant name of a Golden Doodle, which sounds like the winning sketch in a game of Pictionary! Mary then lead us

through Lundy Woods and showed us a well which she had organised a safe cover for. Two years ago she had noticed the well which was covered only by some rusty corrugated iron. She was very concerned for the safety of any youngsters who might be playing there. Her thoughtfulness and organisational skills has now made this a safe place. Mary really is an amazing person and I for one am full of admiration for her knowledge of the countryside and her willingness to share this with the local community, bringing much joy to all! The climb became steeper and I was



told that one of our walkers, Margaret was 88 years old. She was amazing and when I began talking to her I found out that the secret to her fitness level was in part due to the fact that she used to go rock climbing, which is how she met her late husband. All too soon, we crossed a field leading back to the road and our cars. The whole walk took 2 hours including our break. The next walks will be on 5th February meeting at Jacobstow Village Hall and 5th March at St Genny's Church at 10.00 am

(Contact : Mary - 01840230656; Jeanne-01840230113; Sue-01566781292)

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We finished our year with our Christmas party, joined by St Gennys WI.
Fun with games and good food.

January saw a talk on a trip to India.

February 12th – Mrs Wendy Trevomnor – talk planned on Delectable Dairy
(cookery)

March 12th A.G.M

2015 – National WI is 100 years old. A baton has been touring
throughout the 69 Federations in the UK. It's final destination will be at
the National AGM on 3rd June 2015 at the Royal Albert Hall. Jacobstow
WI are having the Baton on Saturday 21st February at 3.30 joined by other
WI's. We shall be parading part of the way with our banners to the Parish
Hall for afternoon tea. The Baton will then be taken to Bude WI for the
evening and leaves Cornwall on 24th February

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

MOBILE LIBRARY There is only going to be one van for
the whole of Cornwall. The full programme is still being
organised, however it will stop at Canworthy Water on
February 18 at 10.30ish and March 4 at 11 ish

Watch This space for future information

Don't forget your "Pub is the Hub" for a good selection of
books which is always open during pub hours.

Good tip Go in by back door you won't have to pass the
nosey drinkers! **(for enquiries phone 0800-032-2345)**

HERBAL TEAS or TISANE (as the french say)

A herbal tea is not really tea (which is made from a species of camellia bush) as such but is an infusion of leaves, seeds, roots or bark extracted in hot



water which is drunk after steeping. This means that the plants benefits are taken in an easily digestible form.

There is probably more benefit from a tisane/tea than a vitamin pill as the basic water helps to re-hydrate you, the aroma has a feel good factor and it can be social, all of which improves your feeling of well being on top of the ingesting of basic ingredients.

Some popular flavours and their basic use.:

Peppermint tea: Easily grown in your garden it relieves bloating, muscle spasms and also nausea (without vomiting). It is not good for heartburn and indigestion.

Ginger tea: a great digestive aid, it can aid nausea, vomiting or travel sickness. Simmer fresh ginger root for 10 to 15 minutes. Add fresh lemon juice and honey for a powerful cold germ-fighting combination

Chamomile tea: Another herb easily grown in your garden. It will last all year when dried naturally or in the microwave oven. This tea has a gentle calming and sedative effect for poor sleepers.

Rooibos tea: This is high in Vitamin C as well as other minerals. It is also high in antioxidant properties which help to ward off disease and signs of aging. It has also been shown to be good for eczema. An easy drinking tea which is largely grown in South Africa.

Lemon balm tea: Another easily grown in the garden. It helps to lift the spirits and aid concentration. In summer it makes a refreshing iced drink.

Milk thistle and/or dandelion tea: are gentle liver cleansers and improve our digestive process.

Rosehip tea: Obviously easily collected from the hedgerows this berry is well known for its high Vitamin C content which in turn is important to the immune system, skin and tissue health.

CAROL SERVICE 2014



I am ashamed to admit that, although when the children were young we regularly attended carol services each year, that was many years ago. So when I was asked if I could go along to the service of lessons and carols in Jacobstow church on 7th December

and write a bit about it for "The Journal," how could I refuse? I looked forward to it and wasn't disappointed.

It was a very lovely evening. The service was taken by Alistair Harper, a Benefice helper standing in for Rev Tony Windross and the St. Genny's Silver Band, despite sadly just losing their conductor days before, gave a rousing performance for us all to sing along to.

Following the service a quick walk up the hill to the Parish Hall lead to a wonderful supper spread all laid on by the helpers of the church and a chance for everyone to have a jolly good chat.



Alana and Tony

Did you know...

Cornwall Council are proposing to end the free car parking for Blue Badge holders. According to their website these proposals are being made because "since October 2014, paper tax discs have no longer been issued and there is no legal requirement to display them. The council's parking enforcement officers use the tax discs to check that a car is eligible for free parking. Since 2010 a pay by phone system has been expanded and pay and display machines are also being updated". If you want to have your say go onto the Cornwall council website cornwall.gov.uk and navigate to parking consultations/have your say.



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Jubilee Club

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Barnstaple and
Atlantic Village*



*Please ring Olive 01566 781373 Bev 01566
781761 or Eve 01566 781452 for more
information*

FRIENDS OF Warbstow Christmas Dinner



Once again a fantastic spread was put on for the Annual Christmas Dinner. Delightful flower arrangements were on every table.



There was great entertainment by the Jacobstow School children.



A big thank you to all those who made it possible. A thoroughly enjoyable lunch.





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Notice Board

AFTERNOON TEA

Thursday 12th February



from 2.30pm to 4pm

in support of Geoff's London
to Paris Bike Ride in aid of the



Charity Quiz Nights

At The Wainhouse
Inn

February 26th

And

March 26th

Starts 8pm

Come and exercise
your grey matter!

St Piran's Lunch in the Parish Hall 5th March 12 for 12.30
Pasty and Salad followed by an assortment of hot and cold
puddings £6.00 per person raffle
To book contact Pat Lane 230743 or Ruth Fox 230153



Nicky Chopak, your County Councilor can be
contacted on mobile no 07810 302061, email
nickychopak@gmail.com. Her address is The Post
House, Tresmeer, Launceston, Cornwall PL15 8QU

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.

WEATHERWISE by Monitor

November produced a few surprises, with very mild days observed at Canworthy Water on the 12th and 13th, with 14.5°C being recorded on the latter day. The 7th and 10th produced heavy rain periods, and thunderstorms, not a



common event for November, were noted on the 9th and 14th. Extensive hill-fog was observed on a number of days. No notable frosts, but -3°C was recorded overnight on the 25th. Both the 28th and 29th were very mild, with 14°C again being recorded on the 29th. Typical of the month, very few days produced anything like gale conditions. The total rainfall collected was 5.93", somewhat above the local average.

December was un-remarkable, being fairly quiet, with many days dull and overcast. Of note, was the lack of hard frosts, with the exception of overnight on the 28th/29th, when -6°C was recorded here just before sunrise/ The frost persisted through to the next day. The 10th was the only day of gale force winds, with heavy rain recorded on the 12th. Total rainfall for December was 3.16", well below normal for this month.

The total rainfall for 2014 was 53.88". This compares with 2012 which was 59.46", and somewhat more than 2013 at 48.25". This year, I recorded more thunderstorms in the area than at any time in the previous three years, and it was notable that a number of these developed at high altitudes. This behaviour is more a feature of the tropics than of our latitudes, and would be a further indication of climate change should this trend continue.

HIGH TIDES and SUNSET- February and March

Date	6 Feb	13 Feb	20 Feb	27 Feb	6 Mar	13 Mar	20 Mar	27 Mar	3 Apr
AM	6.28	11.14	5.54	..	5.33	9.29	4.51	10.09	5.33
PM	18.45	..	18.18	12.01	17.48	22.01	17.13	22.38	17.51
Sun set	17.23	17.35	17.48	18.01	18.11	18.23	18.35	18.46	19.57

EXTRACTS FROM Mrs BEETON!

BARLEY GRUEL

2oz Scotch or pearl barley
1 rind of lemon
1 quart and ½ pint water
sugar to taste

Wash barley well, boil in ½ pint of water for ¼ hour, pour water away; put barley with quart of fresh boiling water, let boil until liquid is halved; then strain. Add wine, sugar and lemon peel simmer for 5 minutes, store in clean jug. Warm as required.

½ pint port wine



CHORA TRIAL – 24 January 2015

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 over 30 entries. There was sunshine and dry weather, an excellent day was had by all.

Some who had success on the day were :-**Sidecars**-Jack Penfound and Simon Rogers; **Solos**- Danny Crocker White, Matt Tilley and Ian Yates; **Quads**-David Wilton, Dan Ward, Charlie Tippet

Thank you Wainhouse Inn for providing breakfast, lunch and dinner for all those rather muddy customers.

FREE TO A GOOD HOME - YORK HOME GYM 2001 FITNESS SYSTEM includes
Exercise Manual

KIDS' PAGE

Here we are with the first edition of The Journal in 2015 and we hope you had a great Christmas and are all sticking to any

New Year Resolutions you may have made.

Have a go at making these great Valentine Biscuits but make sure you get some help from mum!!!!

Ingredients

Serves: 12

250g butter, softened
320g sieved plain flour
125g sieved icing sugar
1 tablespoon milk
1 teaspoon vanilla extract

You will need a heart shaped cutter

Method

Prep:30min > Cook:12min > Ready in:42min

Preheat oven to 170 C / Gas mark 3.

Mix butter in a mixer until light, add remaining ingredients.

Knead until velvety. Roll one-half of the dough at a time to about 6mm thickness using the smallest amount of flour possible.

Cut out and bake on a lightly greased baking tray for 12 minutes. Cookies will be almost white when cooked.

When cool, decorate in red and pink icing with a variety of sprinkles.



Q: What do you call two birds in love?
A: Tweethearts!!

Q: What do you give for Valentine's Day?
A: Forget-me-uts!

You will find lots of ideas for making valentine cards at:

www.activityvillage.co.uk



PET DIARIES by Celia Proudfoot

In the last issue I wrote about my siamese cat Pi. Our next cat was a rescue cat called Rosie. She was just one year old and pitifully thin, having just had kittens. She was a very pretty tortoiseshell cat with long fur and a huge bushy tail. She was incredibly timid. When we brought her home she shot out of her cat carrier and ran into the bathroom. She ran along a shelf by the side of the bath, knocking shampoo bottles and other bathroom items flying. The crashing noise frightened her even further causing her to run up the wall and literally perform a loop the loop, running briefly on the ceiling before crashing down and racing for safety behind the freezer in the kitchen. After this she refused to move so we left her and went to bed. Early next morning I went downstairs to find my husband Jon lying on the kitchen floor in his dressing gown trying to coax Rosie out. “Why is there a pan of fish in milk on the stove?” I asked. “Well I thought she would be hungry” he replied. We had agreed that we would feed our new cat on the cheapest cat food before it got into bad habits but this rule had obviously been broken on day one! However, the fish did work and Rosie came out from her hiding place. She remained very timid but formed a close bond with our 9 year old daughter Sarah. She loved Sarah and slept on her bed at night. Sarah was really the only member of the family who could cuddle and stroke her. She tolerated and trusted me and Jon and ran a mile from Sarah’s little brother Matthew! However she did love to play with Matthew’s scalextric and spent many happy hours watching or chasing the cars on the track. We took good care of Rosie’s coat, brushing her every day to avoid hairballs. I would recommend this to anyone who has a long haired cat. She went regularly to the vet for flea treatment and worming tablets and every year had an injection to protect her from cat ‘flu. It is important to have these things in place if you want to take your pet to a cattery as any reputable establishment will not allow your pet without proof of a clean bill of health. Rosie grew into a beautiful cat with a mane like a lion. She loved tree climbing and specialised in doing this just before we had to go to work in the mornings. We always did our best to ensure she was in before we went to work but she did love to keep us waiting. In the next issue I will be writing about how Sweep came to be part of the house and what Rosie thought about this.





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LOCAL POTTED HISTORY-Part 1

Jacobstow (Cornish language: Lannjago) is a parish and village located east of the A39 and approximately seven miles (11 km) south of Bude. The name Jacobstow originates from Saxon times and derives from St James (Latin Jacobus) and Stow (meaning holy place). The parish is on high ground, is entirely rural in character and is bounded to the northwest by Poundstock parish, to the east by Week St Mary parish, to the west by St Gennys parish, and to the south by Warbstow parish. The southwest boundary of the parish follows the River Ottery for approximately two miles.



Wainhouse Corner Hotel



The Hunt at Wainhouse c1900

As well as the many outlying farms, the three main residential areas that have developed in the parish are Jacobstow village (which includes the church, school and Parish Hall), Wainhouse Corner (which has a Public House, shop, garage and filling station) and Canworthy Water.

The current population of Jacobstow (494 persons, 2011 census) is not too different from that recorded over 200 years ago (432 persons, 1801 census) although there was a high of 638 persons in 1831 and a low of 305 persons in 1981. In recent years (and in common with most other areas of Cornwall) Jacobstow has benefited or suffered (depending on your point of view) from an influx of people arriving from elsewhere in the UK. Apart from some very small housing estates, the amount of additional housing that has been built for this increase is mainly of the "infill" variety.

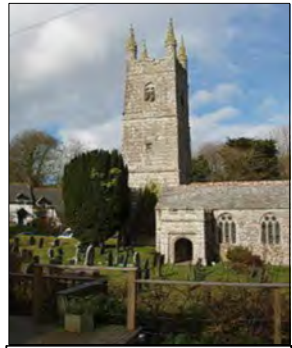
Today the nearest shops for residents of Jacobstow are at Wainhouse Corner where everyday essentials can be obtained. However, in earlier days there was a shop at Lower Kents on the road between Ferrets Cross and the Parish Hall. The sign above the door shows that essentials for day-to-day living could also be bought then as well!

[\(more next page\)](#)



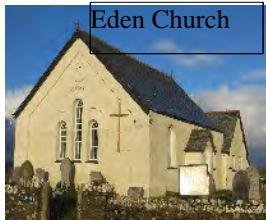
Signs says FREDERICK PIPER
Draper, coffee and tea dealer
licensed to sell tobacco and snuff

Jacobstow Parish Church is dedicated to St James and there is evidence of a former Saxon church on the same site. The present church is of the 15th century with a nave and chancel and north and south aisles. The three-stage battlemented granite tower houses a ring of six bells and is the second highest in Cornwall. The font is Norman of the Altarnun type and the altar is an Elizabethan communion table. An ancient altar stone is in the south aisle chapel. This was the main altar stone up to about 1550 in the reign of Edward VI when the Church of England



St James Parish Church

was becoming more Protestant and an act required that all altar stones should be removed. This one then became a footbridge over the nearby stream but it was found and moved back to the churchyard as a seat in the 1800s and subsequently installed in the south aisle chapel in 1972. The nails that form the cross on the base of the altar are 15th



Eden Church

century and were saved from roof restoration work in 1970. The six church bells were cast locally in 1769 in the grounds of the old Jacobstow Rectory and of these the tenor bell alone weighs 6cwt 26lbs. The bells were refurbished in 1970 and the ropes (which are 65ft long) were replaced around 1986.



Eden Chapel was built in 1893, there is also the school (School Cottage) which was probably built later.

St James Well is one of the lesser known of the Holy Wells in Cornwall and stands

in a hollow at the head of a stream that runs past Jacobstow Parish Church. The well itself is a small square stone chamber that is located about 1/3 mile NW of the church near the A39 and conservation/restoration works were undertaken in July 2002. It is believed to be one of the ancient sites adopted by pilgrims on the road from Ireland & Wales to the shrine of St. James of Compostella in Northern Spain. By Mike Quance



St James Well

([More next issue](#))

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	1330
Canworthy Water	1400	1350	1350
Warbstow Cross	1405	1355	1355

220 Higher Crackington – Launceston

(Partial listing of stops only)

Tuesdays only (except Public Holidays)

Webbers Coaches 01208 74711

Higher Crackington	0910
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	01288 272866
Medical Centre, Stratton	01288 352133
Camelford	01840-213894

Jacobstow Organisations

Infants School	01840 230337
Women's Institute Mrs P Lane	01840 230743
Jacobstow Church Mrs R Fox	01840 230153
Art Group Jeanne Gimblett	01840 230113
Parish Hall Bookings Mr R Reason	01840 230173
Scout and Cub Groups Mrs D Dowling	01288 352786
Guides and Brownies Mrs M Andrew	01840 230006
Wainhouse Post Office and Stores	01840 230554

Other Numbers

National Rail Enquiries	08457 484950
National Express coaches	08717818178
Farm Crisis Network	07002 326326