

Jacobstow Journal

Providing news and information for the

Parish of Jacobstow

Delivered free to every household in the Parish

www.jacobstowvillage.co.uk



Issue No. 32

February/March 2016



Fancy a pint !!!

Editorial by Sarah

Whatever the weather you can be sure our lovely Journal distributors will get your eagerly awaited copy through to you. That set me thinking about the weather, the way we live by it and the whole Englishness on the subject.

Moving to the country has definitely made me notice the seasons coming and going. Before, I was in a office all day and to be honest the only acknowledgment I made about the time of year was if I left work in the dark or not! Now I appreciate the changing weather and seasons, especially if I am on Widemouth Beach being blown sideways with the hail hitting my poor little dog..”It’s your fault we’re here, so get on and enjoy it!”.

I have friends who live in hot countries. I suffer the Facebook messages of “Woo hooo..Christmas Day on the beach”. Well, and this isn’t the little green devil speaking, I don’t think I could live with getting up, looking out the window and thinking “Oh, blue sky and sunshine..again”. I love the lottery of getting up in the morning and peeking round the curtain with a sense of doom, asking the eternal question, “Long or short waterproof?”.

Also, just think, what on earth would we talk about when meeting people for the first time? I know other countries mock us, but at least we always have the lovely standby of the weather, and with it being so diverse you can keep the chat going for ages! If you would like to know more don’t forget to check out Weatherwise on page 32 Enjoy, **Sarah**

Enquiries, Articles and Letters

email to:

jacobstowjournal@gmail.com

or in writing to the Editor.

All contributions received will be included at the Editorial Team’s discretion.

Editorial Team

Sarah Smith	Editor	01840-230565
Sue Burrows	Tec.Support	01566-781292
Celia Proudfoot	Articles	01566-781473

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

The deadline for adverts, letters or articles for the 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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Contact Phil Tucker on 01288 341617

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Jacobstow Parish Council

Chairman: Mr. Norman Osborne 01840-230592

Parish Clerk: Mrs D. Turner 01566-781269

Members: Mrs Charmaine Smith Mr Dennis Adey Mr. Bob Reason
Mrs Iona Franklyn Mr Ray Fox Mr Peter Chapman

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

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

Summary of Minutes of Meeting held on 5th January, 2016

Cllr. Osborne chaired the monthly meeting of the Parish Council with five Councillors and County Cllr. Nicky Chopak in attendance.

- 1) Road Closure** – It was noted that the road from Canworthy Water to Foston will be closed from 4th-22nd January, 2016 for repairs. This will be for a 24hr period.
- 2) Pay Parish Hall** – Account received from Parish Hall committee for £140 for meetings held. Proposed we pay Cllr. Smith, Seconded Cllr. Chapman.
- 3) Pay Footpaths Account** – Account received from Proper Job for trimming the Parish Footpaths, repairing stiles etc. This amounted to £510 and had already been paid.
- 4) Planning** – Mr A Piper, Oakdeane, Edgar Road, Jacobstow. - Application withdrawn.
- 5) Planning PA15/10187 – N Watson**, Trelinney, Broad Langdon. This was refused by Cornwall Council.
- 6) Website** - Five months monthly charge is due to be paid to Ballynet LLP. This amounts to £50. Proposed we pay Cllr. Chapman, Seconded Cllr. Franklyn.
- 7) Councillor Matters – Old Parish Map** – An account was received for binding to sort the damp for the Old Parish Map (as agreed at the October meeting). This amounted to £50 (less than the quote) and was therefore paid by the Clerk & Chairman.
- 8) Road repairs** – Cllr. Chopak reported that the potholes in the road from Eden to Jacobstow Church and from Wainhouse Corner to the Church could be fixed or the whole road could be properly repaired during the February half term. Councillors thought it best to wait until February.

Jacobstow Parish Council - Save the Date

Your AGM of the Parish Council is planned for the May Meeting (Tuesday 3rd). There will be guest speakers and refreshments available; why not pop along and support your local Council?



Jacobstow Neighbourhood Watch



Shed and Garage Security

Keep your outside buildings safe and secure by following a few simple steps: Make sure the door is strong and secure. Secure door hinges with coach bolts. Fit a closed shackle padlock and bolt it through the door. Install low energy security lights. Property mark all items. Secure items inside the shed/garage by locking them together or to the floor.

Remember: a significant part of any deterrent is allowing the criminal to see that you have adopted security measures.

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

I hope readers had a very pleasant and relaxing Christmas. I visited the sorting offices at Bodmin, Bude and Launceston to wish my former colleagues a Happy Christmas and thank them for all the hard work they do.



After New Year I publicly gave my backing to the 'Out' Campaign for the EU referendum. Alongside 5 other fellow MPs I decided it was the time to set out why a British exit is the best option for us. The EU has become integrated and federalised, which the UK has little control over. We pay £350 million a week in membership - more than we get back, we cannot control who comes here from member countries and subsequently have to discriminate against those from outside the EU - particularly Commonwealth countries, and we have little say over EU legislation which affects every man, woman and child in North Cornwall, notably the Common Fisheries Policy and Common Agricultural Policy.

I also took part in an important debate on food security alongside fellow Cornish MP's. The debate was aimed at highlighting how the UK could source more food from its own farmers, fishermen, factories etc as well as ensuring these industries get a fair price for their goods.



Nicky Chopak, your County Councillor contact details -

Mobile no: 07810 302061

email nickychopak@gmail.com.

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

What's On? - Your Guide to Things Happening Further Afield

February

- 3-24 The Castle Archives, Steaming into Bude, The Castle Bude
- 3 Local Food Taste Fest Bude 5pm www.foodassembly.com
- 5 Film - Suffragette Launceston Town Hall 7pm
- 6 Pulse presents Faithchild & LED Band Launceston Town Hall 7-9.30 £5
- 13 Launceston Town Market
- 15 Snowdrop Sunday at Pencarrow, Washaway Bodmin
- 17 Rag Rug Workshop, Tintagel Old Post Office 11am -3pm
- 17-20 Mother Goose By Morwenstow Players Community Centre 7.30 01288 331759
- 26-10 March Bude Canal Society Exhibition, The Castle Bude
- 28 Open Day at Cyprus Wells - Home of Charles Causley Contact Launceston Tourist Information 01566 772321

March

- 1 Open Day at Cyprus Wells - Home of Charles Causley Contact Launceston Tourist Information 01566 772321
- 2 Local Food Taste Fest Bude 5pm www.foodassembly.com
- 6 Des Bacon's Red Hot Syncopators Falcon Hotel 7.30-10.30
- 12-13 Half price & kids go free weekend - Bodmin Steam Railway
- 12 Launceston Market in the Square
- 12-24 Mick Wilson, Exhibition, The Castle Bude
- 13 Juliana Myslov - St Martins United Reformed Church Bude 3-5pm £13 01288 352267
- 18-20 Cornish Arms Beer and Mussel Festival, Padstow
- 19 Easter Eggstravaganza, Launceston Town Hall 10.30-3.00
- 20 Dennis Armstrong's Bristol Blue Five Plus Two. Falcon Hotel 7.30-10.30
- 25 Bude Farmers & Craft Market 10-3 Lower Wharf
- 25-28 Easter Adventure Quest - Tintagel Castle 11-5
- 25-28 Bude Art Society Exhibition Tourist information centre
- 26-10 April Absurdists, Exhibition, The Castle Bude
- 26-3 April St Endellion Music Festival, Port Issac www.endellionfestivals.org.uk

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.

ROB HOADLEY

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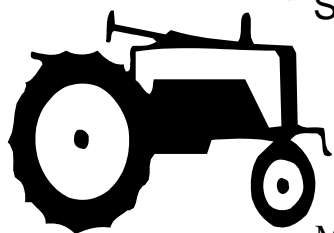
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What a year we have had! February saw the Baton come to Jacobstow. In August we won at the Holsworthy Show, September was the National 100th birthday tea party. October saw our Birthday dinner and we ended the year with our Christmas party. We had good food, games, carol singing and ending with a Christmas present, perfect end to a perfect evening.

In January we had a talk on "Children of the World". Our next meeting is planned for February 11th with a talk from Pascoe's Petals. Our AGM is scheduled for March 10th. Why not pop along, you are assured of a warm welcome.

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

The Race Nite held to raise funds for the Appeal against the Week St Mary Giant Turbines was well attended and raised over £800 towards the fight..



YOUNG at HEART

This new club will be meeting on Tuesdays 1.30 - 3pm at

Eden Chapel - The first meeting on 26th January will be deciding on the direction and content the club wants. If you want to join and/or have some ideas Contact Alison Hoather 01566 7814128 for details



TIMES OF CHURCH AND CHAPEL SERVICES

February

7th Evensong 4pm

14th Morning Prayer 9.30am

21st UBS Poundstock 10.30am

28th Holy Communion 9.30am

March

6th Evensong 4pm

13th Morning Prayer 9.30am

20th Palm Sunday Morning
Service 9.30am

27th Easter Sunday 9.30am
Holy Communion



Jacobstow Church



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

Canworthy Water

Communion 7.30 Fri 5 Feb

Communion 7.30 Fri 4 March

Bangers & Mash Fri Feb 19 7.30

Good Friday Service 25 Mar 10am

Easter Sunday - Sunrise (6.51am) Comm'n
Warbstow Bury

Bible Studies are held regularly



Eden Chapel

No Easter Services

2nd & 4th Sunday 5pm
(provision for kids)

01840 230796 - Sarah



Dimma Chapel
For full details
Please contact
Audrey Wicket
01840 230268

Coast Church

Family Church

Sunday Services 11am

Jacobstow Village Hall

Come and Join us,
all are welcome.

Non-denominational



CHURCH AND CHAPEL NEWS & EVENTS



Jacobstow Church celebrated the christening of baby Amy Elowen with proud parents Judith and Johnathan Chapman.

Church Carol Service

The carol service was well attended with the church being almost full. Led by Rev. Tony Windross, the bells were rung by Mary and her team. St Gennys Brass Band led the singing of well known carols. The nine lessons were read by various members of the community followed by supper in the Parish Hall.

Thanks to Pat Lane for organising and all the lady helpers, also to Tony Windross, the readers, St Gennys Brass Band and all those who attended. Thank you everyone.



Church Lottery Results

	1st	2nd	3rd
November	Mr Cobboldrick	Mr K Shelly	Mrs L Harris
December	Mr F Duke	Mr Bennett	Mrs R Bround

If you would like to join the Church Lottery, it's £12.00 per year with three prizes at the end of each month. Contact Brian on 01840 230526 or any PCC Member

Bude for Food Assembly



Join the award winning 'click & collect' on-line food service exclusively for local food where customers in Bude & North Cornwall parishes buy on a single website directly from local farmers, growers & food producers. Home delivery option available

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Bob's Gardening Spot

Now is the best time to prune late flowering shrubs such as Buddleias, Caryopteris, Ceonothus and hardy Fuchsias. Cut them back really hard but if you want a larger shrub just cut back the top part, using your judgement on how large you want the shrub to remain. Clematis that flower in mid summer can be cut back to

about ground level but if you want them to flower high up cut back to the stems where they change colour, where last years growth is showing.

Its time to sort out your early potatoes, you should buy first earlies and put them into trays in a frost free place ready to plant out when the ground is warmer. I buy very early spuds and put about five into a potato bag for a very early crop. You should also sort out your onions and shallots, ready to plant out when you can buy sets for a good crop. When you get a dry spell, spray your fruit trees with a winter wash and apply grease bands around the trunk to stop any bugs crawling up your tree and causing a problem later.



Now is also an ideal time to sort out your lawn. Cutting the edges to a clean line and re-sowing bare patches. Rake over the area to loosen the soil, mix some lawn seed with compost and apply over the area.

Happy Gardening Bob

Our very own buried pirate treasure arrhbb



Of all the Cornish pirates, Poundstock's 14th century Pirates could perhaps boast the most bloodthirsty of reputations. Operating from their 'Den', hidden amongst rugged Cornish cliffs near the village, the gang preyed on richly-laden ships that would frequently pass Widemouth Bay. Desperate to conceal the whereabouts of their stowed booty they would go to any lengths to silence blabbing mouths. William Penfound discovered this the hard way. By day an upstanding clergyman but by night dirtying his hands in dealing with the Pirates, he became a little too loose lipped about their activities and was executed in broad daylight beneath the church altar. Despite the village residents' acute fear of the gang, rumours still circulated, including details of their treasure stash's location. The 'Poundstock Hoard' is believed to be hidden near their Den between Dizzard Point and Penhalt Cliff. Though many have searched, the hoard is yet to be uncovered.

(From Cornwall pirate Treasure website)

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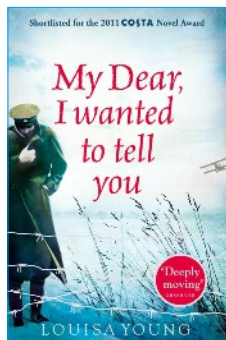
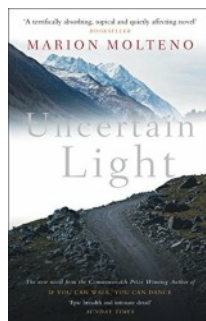


CANWORTHY BOOK CLUB

Uncertain Light by Marian Molteno

Good read. Interesting characters and relationships. An insight into effects of politics and religion in Asian countries.

The basic story is about the after effects of the death of a much loved and admired Indian International journalist and aid worker.



My Dear I wanted to tell you

by Louisa Young

This provoked several discussions on “well-born young ladies” - The amazing achievements of the doctors and surgeons during the WW1 - The lack of choice for your average man in the street - Why were there such difficult words - The incredible fortitude of the troops going “up and over” or waiting to go.



The Christmas Lunch was up to its usual high standard. This was followed by the Jacobstow School Brass Band and Choir and by a huge number of items in the Raffle.

Well done those Cooks and Helpers.

Mobile Library - Enquiries phone 0800 0322345 or 01872 272702

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

The Wainhouse Inn - the Pub is the Hub has a good Library of books supplied from Truro. Enter by backdoor to avoid drinkers!!

Note that **Bude Library** will be closed on Tuesday and Friday

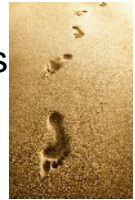
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The guides have been having lots of fun recently, going for an evening walk down the canal path from Hele Bridge to Bude in the dark, eating some chips in the Crescent car park, then walking back along the canal path. They have also been busy making Christmas crafts and enjoyed an evening bowling, ending with a Promise ceremony on the beach by torch light. We have been fundraising for 5 girls and 2 leaders who are joining a district trip to Switzerland in April 2016, by holding a big breakfast, coffee mornings, a bingo evening, completing a sponsored swim, as well as receiving donations from Bude Carnival Committee, Launceston Lions and others.

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

We have found a leader eager to set up a Brownie unit (for girls aged 7 – 10 years), so watch out for further details. If you are interested in volunteering to help with the unit please do get in touch!

Jacobstow Rainbows and Guides would like to express their sincere thanks to the anonymous donor in the parish, for their very generous donation.



NOT ACTIVE?

Minstrels Music Centre at
Canworthy Water would like to
welcome NEW singers.

Mini Minstrels (Children's Choir) 6.15-7.15 Wed'day

The Minstrels Singers (Adult Choir All Voices)

7.30-8.45 Wednesday

Refreshments available

Contact 01566 781491

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Tuesday of the month. For more information Bev Willis 01566781761

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PUZZLE PAGE

Welcome to your “tea break” puzzle page, a winning entry for the last edition, from Marion McDonald was pulled from the hat, she wins a £10 **voucher for Wainhouse Stores**. If you would like a chance to win this edition’s voucher, just solve the puzzles and return the completed page to Sarah Smith, Almar Jacobstow EX23 0BN by 20th April 2016. Thank you to Wainhouse Stores for sponsoring this page.

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

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

BROWNIES	CHOIR
CHURCH	COWS
DUCKS	FETE
FORD	HALL
HAWK	HOLIDAY
JACOBSTOW	JUMBLESALE
LANE	OWL
SCHOOLBUS	SCOUTS
SHEEP	SING
VILLAGE	



- What is James Bond’s secret agent number?
- How many feet are there in a yard?
- Which colour would you associate with the EasyJet logo?
- What science is the study of the Earth and the rocks of which it is composed?
- How many edges does a cube have?
- Which supermarket chain would you associate with George clothing?
- How many squares are there on a chess board?
- Where would you find the Sea of Tranquility?
- On what everyday item would you find ‘Decus Et Tutamen’ inscribed?
- What colour jersey does the leader of the Tour De France wear?
- Which classic comedy is set in Walmington-on-Sea?
- Name the three primary colours
- Who leaves his house at 52 Festive Road to visit a costume shop to try on a costume?
- Which award has the motto ‘For Valour’ on it?
- According to the well known proverb ‘all roads lead to’ where?



Last edition answers Word search missing word Tinsel Christmas Film Quiz 1. White Christmas 2. Home Alone 3. Its a wonderful Life 4. Elf 5. Scrooge 6. Muppet Christmas Carol

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A Short Diary - by Dennis and Ann Adey

What a great area of Cornwall to spend your retirement years in. 15 years ago, Ann and I found ourselves wishing (after living for 65 years in our place of birth - Reading Berkshire) to move.

The past 14 years have just flown by, all along pure pleasure and enjoyment; made even greater by our home being some 400 yards from the Village's Primary School. Hearing them enjoying their open air periods (playtimes) is so heart lifting. Being entertained with carols played and sung by the School Brass Band - while attending the lovely Christmas meal provided by the ladies of this, our village.

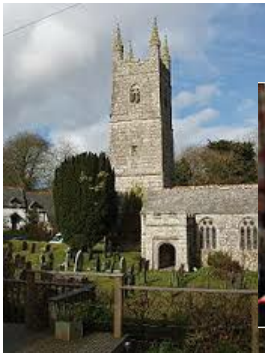
If you are aged 65 or more you really should take up the invitation to attend the Christmas lunch with both hands (a wonderful start to the festive season.)

The children of our school always put on a presentation of 'A Christmas story' - yet again it was a privilege to be able to go to their final dress rehearsal. This year's theme was 'Babushka'. It was obvious that so much time and patience had been given by teaching staff and Mums' involvement in costumes to give such a polished performance. All the children of all levels were involved in presenting a wonderful story. Every year family, friends and villagers ask us where we have been on holiday that year, and look puzzled when we say "We are here, we are always on holiday, why go anywhere else?"



Ann and I cannot ask for more contentment and joyful living. Unfortunately aches and pains come as the years pass. What can one expect having been born on Saint Valentine's Day in 1936!

Hope this years is as great as the last fourteen.

Happy New Year - Dennis & Ann Adey,
SPRINGWOOD




Events in our Village - February

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29					
Coast Family Church 10.30	Every Monday Cubs 6.30-8.00 Scout Hall Wainhouse Corner	Every Tuesday Scouts 6.30-8.00 Scout Hall Wainhouse Corner Guides Parish Hall	Every Wednesday Beavers 6-7 Scout Hall		Youth Club Eden Chapel Every Friday during term time 7-9pm	
	1	2	3	4	5	6
Coast Family Church 10.30 Live folk music at the Wainhouse Inn		Arts & Crafts 2pm Pritt stick and prayer Eden Chapel 1.30 Parish Council 7.30				
7	8	9	10	11	12	13
Coast Family Church 10.30		SHROVE TUESDAY 	ASH WEDNESDAY	Coffee morning 10.30 - 12.00 WI 7.30 Walk Parish Hall 10am		Wine & Wisdom 7 for 7.30 see flyer for details
14	15	16	17	18	19	20
Coast Family Church 10.30 VALENTINES DAY 		Arts and crafts 2 - 4pm				
21	22	23	24	25	26	27
Coast Family Church 10.30	Full moon			Coffee morning 10.30 - 12.00		

Note: Events in Parish Hall unless stated otherwise

Events in our Village - March

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
Coast Family Church 10.30	Every Monday Cubs 6.30-8.00 Scout Hall Wainhouse Corner	Every Tuesday Scouts 6.30-8.00 Scout Hall Wainhouse Corner Guides Parish Hall Parish Council 7.30!	Every Wednesday Beavers 6-7		Youth Club Eden Chapel Every Friday during term time 7-9pm	St Piran's day 
6	7	8	9	10	11	12
MOTHERING SUNDAY Coast Family Church 10.30 Live music at the Wainhouse 2pm		Arts & Crafts on 1 st March (cant fit it in above)		Coffee morning 10.30 -12.00 walking group 10am WI 7.30		
13	14	15	16	17	18	19
Coast Family Church 10.30		Pritt stick and prayer Eden Chapel 1.30		St Patricks Day		
20	21	22	23	24	25	26
Coast Family Church 10.30 Palm Sunday First Day of Spring				Coffee morning 10.30 - 12.00	Good Friday (BH) Big Breakfast 9.30- 2.00	Clocks go forward
27	28	29	30	31		
Easter Sunday Coast Family Church 10.30	Easter Monday (BH)					

Note: Events in Parish Hall unless stated otherwise



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“Check This, I’m Out”. **A Valentine’s Day Poem with a twist.**

LOVE

Think Dawn French, Vicar of Dibley. She goes to a boring meeting so doesn't bother to wear make-up. However, an incredibly handsome man is there. Dawn rushes home and applies make up, then returns with a big smile on her face pretending she always looks like this. I wrote this poem after standing behind a devastatingly handsome man at a supermarket checkout. I looked like a frump whereas he was obviously buying items for a romantic dinner.

Oh but I could fall for your shopping trolley

With its small succulent chickens

Placed neatly side by side

And slim baby leeks

Fresh raspberries, pink strawberries, basil and thyme

Greek yogurt – you are sublime

And I am ridiculous

With my old maid's cat food (senior)

Savers orange juice, and slug pellets.



Why is Love always related to the Heart-shaped or Heart symbol?

Some historians say, one possible origin of the shape of the heart, is an extinct seed pod called the Silphium, a type of fennel, whose seeds are distinctly heart-shaped. It can be seen engraved on the ancient coins of the city of Cyrene. The Greeks believed the plant was a gift from Apollo. Because of its varied medical uses and scarcity, it was considered to be "worth its weight in denarii" during Roman times. Silphium was used as a natural birth-control medicine so its shape may have come to be associated with sexuality and love. Also, the "heart" shape is formed by the back and wings of a dove, which was associated with Aphrodite, the ancient Greek Goddess of Love.



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R & N FUELS (Nicholls Brothers)

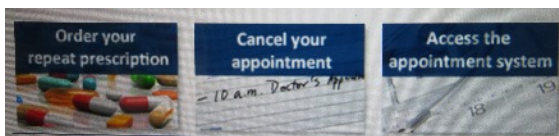


**Local deliveries
All solid fuels**



**Competitive prices
01840 230111 (Colin)
01840 250568 (Roger)**

A ROUGH GUIDE TO “ON-LINE” DOCTOR’S SERVICES



The Surgeries in the area have “on-line” systems which are all slightly different. To access these you have to apply through your Doctor’s Practice Surgery. They will then send you a letter or email with a password and instructions for their on-line facilities.

Launceston Medical Centre
01566 772131

“launcestonmedicalcentre.co.uk”

For Drs Wells, Haddon, Stoeker, Anthony, Lavell, Parkinson and Reid
You can apply on their website, you need your NHS Number. You can link in your whole family on one “log-in”. You can request repeat prescriptions delivered to the Surgery or chemist of your choice. You can book appointments 5 days ahead in fact you can even book an appointment for next day by going on line 6pm to 7am. Also you can find all latest news, details and events regarding the Medical Centre.

You can go on a parallel site where you have to be checked at the surgery to access more detailed information. This service is being developed.

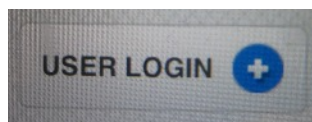
Andrew, the IT manager would be pleased to help with any queries

Camelford Medical Centre
01840 213894

“camelfordmedicalcentre.co.uk”

For Drs Nash & Uglow

You can get repeat prescriptions which are sent direct to Boots in Camelford. There are no other options at the moment.



Churchfield Practice

“churchfieldpractice.co.uk”

01840 213893

Dr Garrod

You have to register at the surgery for “Waiting Room on line”. You will then have access to renew your prescriptions. Prescriptions can be dispensed at Boots in Camelford. You can also view Surgery Newsletter.

Bottreaux Surgery, Boscastle
01840 250209

“bottreauxsurgery.co.uk”

Drs Garrod, Abbott, Gibbons, Radford

This Surgery will e-mail you your password and access details on providing proof of ID. You can then use the “On-Line Waiting Room”



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Launceston
Cornwall PL15 8RP

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Mobile 07831 539822

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Ponds and Lakes
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Small or very large areas

Streetworks and WRAS approved

ROUGH GUIDE TO "ON-LINE" DOCTOR'S SERVICES (Continued from Page 25)

Stratton Medical Centre "strattondocs.co.uk"

01288 352133

For Drs Moss, Waterhouse, Trowbridge, Macdonald, Morwood, Partridge and Walker.

At this Medical Centre you have to go to the Surgery with Photographic ID, then you will be given a password and instructions.

You can order your prescriptions, these will be sent to the chemist of your choice. You can access the Appointment System to book or cancel appointments with your own Doctor (their name will automatically come up).



Neetside Surgery

neetsidesurgery.co.uk

01288 270580

For Drs Dowling, Bloemertz, Lucas and Blundell

This Medical Centre has its own Web App for your i-pad which you can download, once you have applied for on-line access from the Practice. You will then receive a email with a password and instructions

There is on-line Repeat Prescriptions and Appointment System and Surgery Newsletter is available to view.

Prescriptions are can be collected from Dudley Taylor Pharmacy, Belle Vue or one of your choice.

CRACKINGTON HAVEN OUTFIT RIDERS ASSOCIATION

The annual trial was very successful with a large entry and the rain kept away.

Paul Manning and Ben Sinclair won the Sidecar Class with runners up Jack Penfound and Simon Rogers. Shaun Bunney

won the Solo Class runner up Adam Blacker and in the Quad Class Dan Ward was the winner with Dave Wilton runner up

Thank you to Wainhouse Inn and staff for all their help and catering. Thank you to those locals who were disrupted for their forbearance





Busy Beryl



01288 341187 Mobile 07542 168957

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

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

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Dog Training

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owners using positive
training methods

*Located near
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New classes starting soon

Puppy Training
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Please call for more information and
to book your place on: **07967017687**

JACOBSTOW WALKING GROUP



Next walks: Thurs 11th Feb, Thurs 10th March
Meet Jacobstow Car Park 10am Phone Mary:
01840 230656 Celia: 01566 781 473 Sue: 01566 781 292



Several of the regular walkers were unable to join us on the walk on Thursday 3rd December from St Gennys Church, Crackington Haven through Lovers Lane up the hill to visit St Gennys Holy Well and into the churchyard to point out the route for our February walk. There were some other folk there so I was able to direct them to the correct (but unmarked) footpath, leading ultimately to the coast. We had a splendid walk. Got caught off guard with the force of the wind on top of the cliffs, no cobwebs left by the time we reached the Haven and we could have been in another world in the valley, the winter sun filtering through trees onto the first primroses. A small but enthusiastic group met for the first walk of

2016 setting off from St Genny's Church past the Holy Well and along one of the oldest footpaths in St Genny's. We were very lucky with the weather as it was a bright, clear day with fantastic views of the coast towards Crackington Haven and inland across the countryside. We all enjoyed a welcome hot mulled apple drink and mince pies, thanks to Mick, Mary and Alan at Alan's beautiful house while chatting and admiring the view. We then continued our walk through the woods and along the high ground and back to St Genny's. A wonderful way to start the New Year. Mary, Anne, Helen, Gill & Buddy, Annie and Jill. Many thanks to Jill Cobb and Mary for writing this article.



Mary : 01840 230656; Celia : 01566 781 473; Sue : 01566 781292



Looking Forward to 2016

After a better than expected 2015, the property market in North Cornwall seems to be in a very strong position with many out of area buyers still seeing it as one of the prime locations to live in or retire to, and long may this continue!

In general property prices rose approximately 4% in Cornwall during the past 12 months and with the low interest rates continuing through most of 2016 and possibly into 2017, the likelihood of a consistent and similar year is strong possibility.

Asking prices still need to be competitive as buyers are very well versed in what is good value, with surveyors being as difficult as ever, and the legal process seemingly as slow as ever, there is still plenty of hard work for a good quality estate agent to do.

We are now open until 8pm on week days to take your business calls and we do have a service guarantee in place, to provide excellent communication and support for all of our clients. If you require a valuation or are just thinking about making a move please call 01288 353661

Julian Trick

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&
PRESSURE WASHER**

t : 01840 779169

m : 07760238756

e : jftrick@hotmail.co.uk





BEAVERS - Subs due £13 to Josie Shepherd

Feb 3 Sight Awareness-blindfold a Beaver, then guide them through an assault course.

Feb 18 Medical Detection Dogs visit with Monday Cubs.

Make a junk model

Half Term - Have Fun!!

24 Feb Catch Up

Mar 2 My World

Bring your junk model & How you keep your promise & games

Mar 9 St David=daffodil; St George=rose; St Patrick=shamrock

Mar 16 Plant Sunflower seeds indoors & games

Mar 23 Make Easter Bonnets & games

CUBS - Subs due £18 to Daphne Dowling or Pat Moyes

Feb 1 Sight Awareness-Finger Spelling, Speaking clearly

Feb 8 Visit from Medical Detection Dogs - Donations Welcome

Half Term - Find a Cub Promise from another country & bring in

Feb 22 Catch Up

Feb 29 Our World Challenge Award - Display pictures of foreign Cubs & their promises

Mar 7 Bring in material scraps to make a Collage

Mar 14 Palm Sunday - Acting

Mar 21 Easter Celebration

SCOUTS = Subs due £20 to Daphne Dowling or Rob Medland

Feb 2 Spring Cleaning-Fire lighting-Bring coats if wet

Feb 9 First Aid-Fire lighting-Look up foreign Scout uniforms

Half-Term

Feb 23 Compare uniforms-each Patrol design a uniform

Mar 1 Maps & Compass

Mar 8 Scouting Skills-plotting a route

Mar 12/13 Camel Run at Camelford

Mar 15 Catch Up week

Mar 22 Easter Fun

Work continues on World Challenge Award; Revise skills for Camel Run;

All Patrols work towards Teamwork Challenge

The Journal would like to thank Nicky Chopack for organising the community grant and also to Mrs Piper for her kind donation.

WEATHERWISE by Monitor



The figures for the last months of 2015 were 5.42" of rain collected at Canworthy Water for November and 6.27" for December. The total for 2015 was 46.69". This is a little below the mean average for the past 5 years, and is a symptom of a dry early Spring. I do not see any real trends, with the exception that rainfall amounts seem to be more evenly distributed throughout the year a symptom of poor summers more than anything else.

Atlantic storm "Frank" is worthy of some note. The storm at a time of its passage to the North West of the UK had a central pressure of 931 Mbs, and on its approach to Iceland produced a drop of 65 Mbs in 18 hours. Winds around the storm were in keeping with a Category 2 Hurricane and it imported very mild air right up to the Arctic. The air temperature was raised to -5°C at one point, when one would expect to see more typically -30°C or lower, quite remarkable.

Persistent high pressure to the South East of the UK kept the storm well to the North West, which was just as well - if a storm of such intensity had tracked across the middle of the country, the results would have been catastrophic.

HIGH TIDES and SUNSET- February and March

Date	5 Feb	12 Feb	19 Feb	26 Feb	4 Mar	11 Mar	18 Mar	25 Mar	1 Apr
AM	2.29	7.39	2.34	7.07	0.26	6.35	0.55	6.09	11.51
PM	14.53	20	15.05	19.24	13.08	18.06	13.39	18.24	0
Sun set	17.21	17.33	17.46	17.58	18.09	18.21	18.32	18.44	19.55

Notice Board -

Anything you want everyone to know about? Just let us know www.jacobstowjournal@gmail.com



**Live Folk music
with Adrian at
the Wainhouse
Inn.**

**2pm first Sunday
of every month.**

Jubilee Club

Continues

Contact Ray Fox
01840 230153

Feb Exeter Shops

March TBA
Probably Train
Trip

Don't forget

**Clocks go forward
Sunday 27th March**



**QUIZ NITE at the Old Wainhouse Inn on
Thursday 28 January and 25 February
starting at 8pm**



Bude Music Society - All concerts start at 3pm

14 February - Minstrels Music Centre

Sam Wilson & George Barton Percussion

13 March St Martin's Church, Killerton Rd, Bude

Juliana Myslov - Harp



Get Rid of the Post Festive Excesses

Warbstow Community Centre

Monday Club 1.30-3.30 Fortnightly

Darts, Pool, Carpet Bowls, Scrabble etc over a cupper

Details contact Eve 01566 781452

Tuesday Badminton 8-10pm Contact Neil 01566 781279

Wednesday Circuit Training 7-8 Contact Jim 01566 781555



KIDS' PAGE

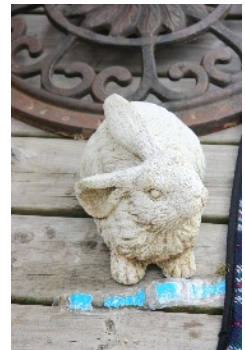
THE MAGIC RABBIT - A story written especially for our young readers.



Once upon a time there was a little girl called Sofia. She lived in a grand old house in France where there are lots of mountains which are called the Pyrenees. The countryside is wild and beautiful. In Sofia's garden was an old pine tree and hanging from its branches was Sofia's special blue swing. She often went there to sit and dream. Next to the swing was a white stone rabbit. Sofia often talked to him and made up lots of stories about the stone rabbit turning into a real live rabbit. Sofia wished she had a real rabbit as a pet and not one that was made of stone. What she didn't know was that her stone rabbit was a magic rabbit!



One dark night when the thunder rumbled and crashed round the mountains and lightning lit up Sofia's garden almost as brightly as a summer's day, there was a deafening crack as the old pine tree was struck and so was the stone rabbit. The rabbit leaped off the ground in shock and on to Sofia's blue swing. "Oh" said the rabbit, "How did I jump on the swing when I'm just an old stone rabbit?" Just then the thunder rumbled again and lightning lit up the skies. Rabbit could see everything and what he saw most clearly were his paws. Instead of being made of stone, they were soft and white and covered with beautiful silky fur. Rabbit gazed at his paws in wonder and as he did so he touched his long floppy bunny ears. "Oh" said Rabbit again "This is incredible. For years I have sat at the foot of the old pine tree



and watched Sofia on
wished that I could
and especially how
swing on the blue
At this point Rabbit
and fro until



her blue swing and
run and jump like her
much I would like to
swing.”

started to swing to
suddenly he was

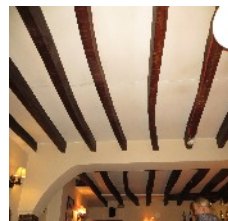
flying. He soared through the air like a kite. The storm had stopped, the stars were shining brightly in the sky and Rabbit could see Sofia’s house and garden perfectly. First he landed on the roof and played sliding down it. He pretended he was snowboarding and was very proud of his long back feet. He didn’t need skis or snowboards with feet like his and he used his long ears to help him balance. Next he decided to try swimming in Sofia’s swimming pool. To do this Rabbit walked along the ridge of the house roof and leaped into the air – a huge leap of at least fifty meters, and landed with a splash into the pool! He dived to the bottom and then swam round the pool seven times. Rabbit was quite cold and wet after his swim so he crept into Sofia’s house and dried himself on a nice warm towel from Sofia’s bathroom. He peeped through the door to Sofia’s room and whispered “Goodnight Sofia. I’ve had a lovely time but now I must go back and sit under the pine tree. That is where I belong and because I am magic and I am here to look after Sofia and her mummy and daddy.”

When Sofia got up next morning she was surprised to find little muddy rabbit paw prints on her towel. “I wonder how they got there?” she asked herself. Then she skipped outside to play on her swing and make up exciting stories about the white stone rabbit. What she didn’t know was that the rabbit had heard every word she said.



HOUSE HISTORY

Pointers to finding the history of your home. There are a number of things you can do. To start with, is your home old? - How old? - Are there any distinguishing marks (sash windows, metal windows, filled in windows, doors). What kind of roof? (Thatch, slated, composite tiles)



Some of these these things immediately infer an age, prime example filled in windows (Window Tax started in 1696 repealed 1815 for health reasons!); Or name "School House", "Coach House", Vicarage, Toll House etc



OS Maps are useful as they could show you if there was a property where yours is. OS Map dated 1890s hasn't your house but 1907 has ergo

If you have your home deeds, they could give you an indication in which direction to go.

For further reference points:

Obviously the Internet where you can browse in Maps, Censuses, Tithe Maps, various Archives like National Records, www.britishlistedbuildings.co.uk. There is also Cornwall Record Office, Cornish Studies Library, local Newspaper micro fiches (Post is at Bude Library)



A small project could be something like Old School or Old Wainhouse Inn which have lots of indicators to whet the appetite. Or why has Jacobstow an Old Vicarage and an Old Rectory?

Let the Journal know how you have progressed with your or someone else's house or building's history.



Peach Tree Cottage

MORE SOURCES

- Historic images and photographs from the mid C19th
- Local history e.g. Millennium book of the village
- Trade Directories
- County histories
- Local History Societies
- Ask older local people for information



Plans and Drawings

- Local Planning Office
- Online Planning Portal for more recent C2000 planning applications
- Historic Planning Applications (ask to see them)
- Building Control records (ask to see them)

These may all contain

- Architects' Plans
- Correspondence
- Photographs

Records Office

- Historic Planning Applications
- NMR – Historic, National Monuments Record, Swindon
- RIBA – Online Architectural collection
- Sales Catalogue maps

Maps (generally held at Records Office)

- Tithe Maps 1838-48
- Ordnance Survey Maps 1st edition from 1801
- Estate Maps
- County Maps - 18th century
- Town Maps
- Turnpike maps
- Goad Insurance maps (Towns and Cities only)

Preliminary search on the house and its occupants

- Cornwall Record - <http://www.cornwall.gov.uk/media/7839068/Online-catalogues-guide.pdf>
- National Archives <http://discovery.nationalarchives.gov.uk/>
- www.old-maps.co.uk
- Historic England online catalogue <http://archive.historicengland.org.uk/>
- Listed Buildings - <http://www.historicengland.org.uk/listing/the-list/>
- RIBA architectural drawings <http://www.architecture.com/RIBA/Visitus/Library/Collections/Drawings.aspx>
- British Newspaper Archive - www.britishnewspaperarchive.co.uk/



Some Acts of Law which are still illegal in Britain



Carrying a plank along the pavement

Dying in the Houses of Parliament

Keeping a pigsty in the front of your house, unless duly hidden

In London, riding the bus (knowingly) with the Plague

Firing a cannon within 300 yards of a dwelling house

Gambling in a library

Flying a kite or sliding on ice or snow whilst in the street

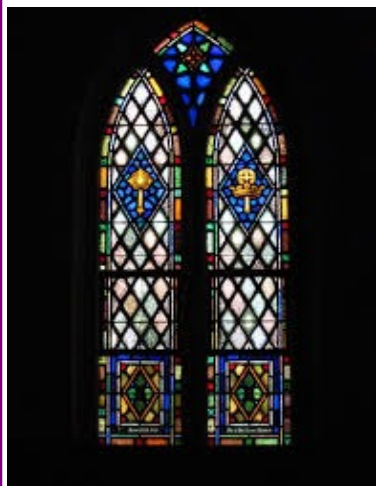
Entering the Houses of Parliament in a suit of armour

Beating or shaking a door mat after 8am

Handling a salmon in suspicious circumstances

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CORRECT ON 17 JULY 2015!!

LOCAL BUS TIMETABLE Partial listing of stops

Travel Cornwall - 01726 861108 - www.summercourttravel.com

420 Higher Crackington – Launceston

480 Warbstow - Canworthy Water - Bude - Launceston - Holsworthy

Operates Monday to Fridays but not on Bank or Public Holidays

	480	420	480	480		480	420	480	480
	M Th	Tu only	Wed	Fri		M Th	Tu only	Wed	Fri
Hghr Crackington	~	0910	~	~	Holsworthy Library	~	~	1310	~
Wainhouse Cnr	~	0925	~	~	Launceston Tesco	1250	1235	~	~
Jacobstow	~	0930	~	~	Launceston Westgate	1300	1245	~	~
Week St Mary	~	0940	~	~	N Tamerton	1325	~	1325	~
Canworthy Water	~	0955	~	~	Bude Strand	~	~	~	1310
Warbstow Cross	0935	0958	0935	0935	Whitstone	~	~	1332	1332
Canworthy Water	0938	1001	0938	0938	Week St Mary	1340	~	1340	1340
Week St Mary	0953	~	0953	0953	Canworthy Water	1354	1307	1354	1354
Whitstone	~	~	1001	1001	Warbstow Cross	1400	1311	1400	1400
Bude Strand	~	~	~	1023	Canworthy Water	~	1314	~	~
N Tamerton	1008	~	1008	~	Week St Mary	~	1326	~	~
Launceston Westgate	1033	1030	~	~	Jacobstow	~	1341	~	~
Launceston Tesco	1043	1040	~	~	Wainhouse Corner	~	1345	~	~
Holsworthy Church	~	~	1023	~	Hghr Crackington	~	1358	~	~

The 480 to/from Bude, Holsworthy and Launceston doesn't go to Jacobstow and Wainhouse only Week St Mary, Canworthy Water and Warbstow

Stagecoach Barnstaple 01271 329089 or Stagecoachbus.com

595 Boscastle – Bude

a = school time

h = hols and Saturday

Mon - Sat except Bank Hol

Monday to Friday

h h

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

Monday - Friday not Bank Holidays

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

Sunday and Bank Holidays May - October

Boscastle	1057	1327	1557	1827
Crackington	1112	1342	1612	1842
Wainhouse	1120	1350	1620	1850
Treskinnick	1124	1354	1624	1854
Widemouth	1127	1357	1627	1857

Sunday and Bank Holidays May - October

Bude	0915	1145	1415	1645
Widemouth	0924	1154	1424	1654
Treskinnick	0928	1158	1428	1658
Wainhouse	0933	1203	1433	1703
Crackington	0941	1211	1441	1711
Boscastle	0956	1226	1456	1726

Local Authority

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

North Cornwall MP Dan Rogerson
Nicky Chopak (County Councillor)

Police Force Enquiry Centre

Crimestoppers (Anonymous)

Floodline

Power Cut-Western Power Distribution

Sita Recycling Centre, Tiscott Wood

Dog Warden (Environmental Health)

Cats Protection, Mary Chudleigh

Citizens Advice Bureau-Advice Cornwall

03001 234100

03001 234111

01566 777123

07810302061

101

0800 555111

0845 9881188

08006783105

01288 355131

03001234212

01566 773814

03444994188

Other Numbers

National Rail Enquiries

National Express coaches

Farming Community Network

Rebel Cinema

Regal Cinema, Wadebridge

SAMARITANS

08457 484950

08717818178

07002 326326

01288 36`442

01208 812791

116123

USEFUL CONTACT NUMBERS

Healthcare

NHS, Non-emergency

111

Hospitals

Derriford, Plymouth

Treliske, Truro

Barnstaple

Bodmin, E Cornwall

Launceston Hospital

Launceston Minor Injuries

Stratton Hospital

Stratton Minor Injuries

Doctors Surgery's

Bottreux Surgery, Boscastle

Neetside, Bude

Medical Centre, Stratton

Drs Nash & Uglow, Camelford

01752 202082

01872 250000

01271 322577

01208 251300

01566 761001

01566 761030

01288 320100

01288 320101

01840 250209

08448151358

01288352133

01840-213894

Jacobstow Organisations

Jacobstow Infants School

Parent/Teacher Ass, contact Jenny Johnson

Women's Institute, Mrs P Lane

Jacobstow Church, Mrs R Fox

Art Group, Jeane Gimblett

Happy Crafters, Eden Chapel - Alison

Parish Hall Bookings, Mr R Reason

Scout and Cub Groups, Mrs D Dowling

Beavers, Josie Shepherd

Guides and Brownies, Mrs M Andrew

Wainhouse Post Office and Stores

Jacobstow Walks, Mary

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

Juliet Garden Club, Penny

01840 230337

01840 230456

01840 230743

01840 230153

01840 230113

01566 781418

01840 230173

01288 352786

01840 230330

01840 230006

01840 230554

01840 230656

01840 230656

01840 261146