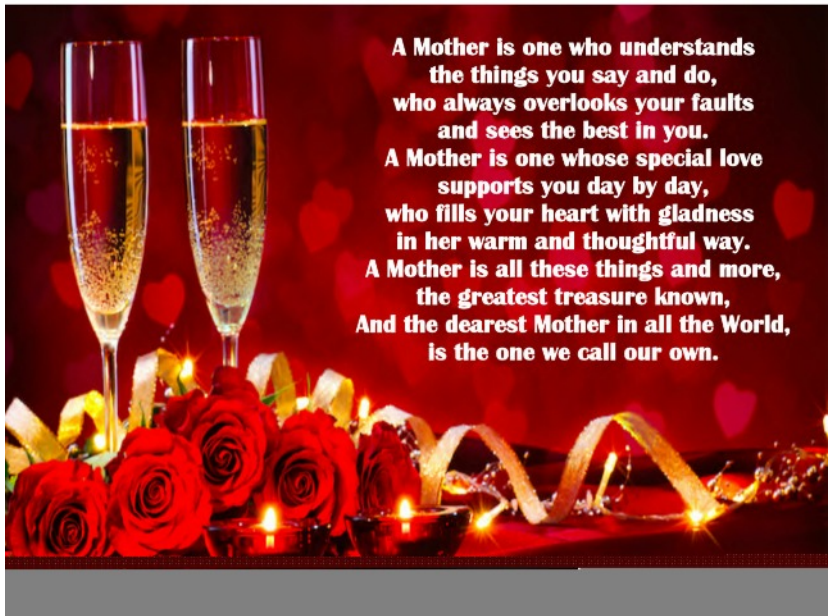


Jacobstow Journal

*Providing news and information for the
Parish of Jacobstow*

Issue No. 44

February - March 2018



Delivery free to every household in the Parish otherwise 50p

www.jacobstowvillage.co.uk



Editorial by Sarah

Well, here we are then, New Year and probably if you are anything like me, promises for a new you. Either externally or internally we are always striving to achieve what is for most of us unattainable. If I do ever clear the loft out and believe me, that job has been gnawing at the back of my brain for about the last five years, will I be able to maintain that state of organised bliss. Probably you will find me next Christmas wallowing around up there trying to find the decorations, and falling over old kettle boxes, well you might need to return it! The question has got to be, do we make these deals with ourselves because we want to, or because we feel pressured to by modern living? Do you really want to learn German and go to the gym every day for your own peace of mind, or because you feel it's something that is being forced upon you by the growing pressure of media? It seems to me that every day we are being told what would or wouldn't be a good way to live our lives.

Take the old conundrum of red wine, don't drink it, only so many units per week or maybe this year they will start telling us we should be bathing in the stuff. How are you supposed to make an informed decision if they keep moving the goal posts. And who the heck are THEY anyway? I think the old adage of "a little of what you fancy" still is a good rule to follow in life, as long as its not sticking your head in a lion's mouth. That's my New Year rant over, because THEY will probably say more than ten minutes of ranting per week is too much....and breathe!

Enquiries, Articles and Letters

email to:

jacobstowjournal@gmail.com

or in writing to the Editor.

Sarah Smith

Almar, Jacobstow, EX23 0BN

Editorial Team

Sarah Smith	Editor	01840-230565
Sue Burrows	Tec.Support	07989 785518
Celia Proudfoot	Articles	01566-781473

Advertising Rates

The current Rate for 6 issues is £30 for a half-page advert.

Contact Sarah on 01840-230565, or via e-mail, for further information.

The deadline for adverts, letters or articles for the April/May edition will be 15th March. Please note this does not guarantee that the item will be published due to possible limitations on space.

Contributions received will be included at the Editorial Team's discretion.

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

The Editorial Team do not necessarily agree with the views expressed in the articles or Letters Page and accept no responsibility for transactions with advertisers. All information is believed to be correct at time of going to press. This publication is totally independent of the Jacobstow Parish Council. E&OE. © 2011

Jacobstow Parish Council

Chairman: Mr. Norman Osborne 01840-230592

Parish Clerk: Mrs D. Turner 01566-781269

Members: Mrs Charmaine Smith Mr Dennis Adey Mrs Caroline Pallett
Mrs Ilona Franklyn Mr Ray Fox Mr Peter Chapman

The Parish Council meets in the Parish Hall on the 1st Tuesday of each month (except August). Meetings commence at 7.30pm. 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. Also the Agenda and Minutes of previous meetings are on the village website www.jacobstowvillage.co.uk

Jacobstow Parish Council

Summary of Minutes of Meeting 12th December 2017

Cllr. Osborne chaired the monthly meeting of the Parish Council with four Councillors attending.

Correspondence received advising that PKF Littlejohn LLP are the External Auditors for our area.

Cornwall Council approved Planning Applications for Mr Mrs Palmer, Knowle Farm and Mr P Jeffs and Mrs N Greaves, Higher Langdon.

Planning Application PA17/10686 – Mr B Heal – Outline Planning with some matters reserved for the construction of a family home on land adjacent to applicant's residence of Glebe Farm, Jacobstow. Councillors support this application.

An Invoice was received from Cornwall Council for 4th May 2017 Election. Recharge amounting to £1,911.34. Proposed we pay Cllr. Chapman. Seconded Cllr. Smith.

Regarding the Bridge at Week Ford, residents are complaining that the road has been shut but there is no work being done. Clerk to write to Cornwall Council.

Cllr Osborne reported that the Superfast build for the area has been completed but Openreach has to do some additional important work. They expect the work to be completed in late January 2018.

Summary of Minutes of Meeting Held on 9th January, 2018

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

Mrs Carter reported that the fencing and gate at the Holy Well is in need of repair.

The Grant Application from Jacobstow Church was discussed and it was agreed to grant them £500. Proposed Cllr.Adey. Seconded Cllr. Smith.

Correspondence received from Cornwall Council advising that the Government has said that it will defer the setting of Referendum principles for Town & Parish Councils for three years.

Cornwall Council advise that they remain committed to a sustainable future for Citizens Advice Cornwall. They are working with them to explore all of the ways the Council can support them.

Cllr Ray Fox gave a written letter of resignation to the Chairman as he has moved out of the area.

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

I welcome the Prime Minister's recent speech outlining the Government's commitment to protect the environment and clamping down on plastic waste. The Government has also launched a public consultation on introducing a bottle deposit return scheme which could significantly increase the amount that we recycle. Readers will no doubt be aware of the challenges facing the NHS this winter, which has seen longer waits at A&E and wards filling up with people suffering from winter illnesses. In the lead up to this winter, the Government allocated £1.6m for the Royal Cornwall Hospitals Trust, £2.4m for Plymouth Hospitals Trust and over £800,000 for North Devon. After a recent meeting with NHS Kernow, I was told that one-third of people who turn up at A&E don't need to be there and should be going to minor injury units or GPs. Readers may also have seen recent reports that ten Minor Injury Units were likely to close in Cornwall, including three in North Cornwall. These reports, which were false and politicised, caused great concern amongst people in Cornwall, and NHS Kernow have assured me in person that there are no plans to close MIUs. A much-needed review includes looking at how best to deliver local NHS services while integrating health and social care to make sure that people can be cared for in their communities instead of in hospital. The review is being undertaken by NHS Kernow, Cornwall Council and other parties, and the people of North Cornwall can be confident that I will hold these organisations to account.

Surgeries Bude Parkhouse Friday 9 February 10-12
01208 74337 to book which is recommended, drop in is first come first served

Jacobstow Neighbourhood Watch

Protect yourself from fraud and identity theft.



Don't give any personal information to anyone - either online, face to face or over the phone - before verifying their credentials. Never give your credit card number over the telephone unless you



made the call and are certain of who you are speaking to. Don't let anyone take your debit or credit card out of sight when paying in a shop or restaurant. Shred receipts with your card details on and correspondence with your name and address on. Never throw away credit statements, credit cards or bank statements in a usable form. Shred them. Remember that your bank would never contact you to ask you for your PIN, password or other security information in full. Shield your PIN when withdrawing cash and when using your credit or debit card to pay for items in a shop.

Any urgent information will be posted on the jacobstow village facebook page; don't worry if you do not use Facebook, go to the jacobstow village web page and follow the link from there

www.devonandcornwall-pcc.gov.uk

This is your link to the Police Commissioner's Report



Nicky Chopak, your County Councillor contact details -

mobile no: 07810 302061

Email: nickychopak@gmail.com.

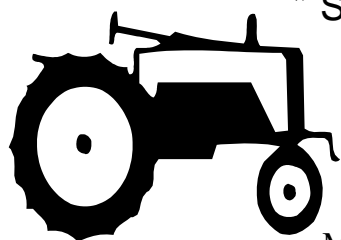
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Are you female, fifty plus and want to be fitter?

I certainly did, when I retired at 60 and decided that I needed to stay fit and active. I joined a golf club, took lessons, bought the sticks and became obsessed, as can happen with lots of people, until I developed golfer's elbow which is extremely painful, so I gave that up. I went swimming but despite wearing ear plugs, I had frequent, painful ear infections. I started running and was training to take part in a Race for Life when I ricked my ankle and could only hobble about for weeks!

I joined a gym but soon found the same old round of equipment really boring and couldn't cope with the fake-tanned posers in lycra and the sweating, smelly males on the weight machines. I was beginning to turn into a fat, sagging, sofa slug when I found an advertisement for The Fitness League in the local paper. I phoned the teacher and, after enquiring about my health and general fitness, she said that my first class would be free and I could come along, join in and see if I liked it.

I was a little nervous, arriving on my own the first time but everyone was so friendly and welcoming and when I said I felt like a fool, not being able to keep up with all the movements, they said that was normal, not to be embarrassed and it would soon become second nature. Then they invited me to join them for coffee.

That was nearly 10 years ago and I have continued to attend class every week and have suffered no injuries. I have also made some long-term friends.

The Fitness League began in the 1930s as the "Women's League of Health and Beauty", the vision of Mary Bagot Stack, who believed that women, through exercise, could renew their energy and make the world a better place to live in.

Today the name of the League has changed again to F L Exercise but the aims and vision remain the same, with classes being mostly exercise plus rhythmic movement to music which helps to strengthen the whole body.

In class we first do an individual warm up and if you like moving to music, you'll love this bit. We then do some standing posture work and some floor work, with exercises which help to strengthen core muscles. Next we do some dance or rhythmic movement with a partner or the whole group, which can tax the brain as well as the body but is always great fun. Then we end with a cool down.

You can work at your own level but will be encouraged gradually to go that bit further – a wider step, a longer reach.

I never have to be persuaded to get up and go to class; I always look forward to it and couldn't wait to get back after the Christmas break.

So if you wish to look taller and leaner and feel stronger and healthier, then phone Heather on 07971 249035. Your nearest class is at the Parkhouse Centre in Bude on a Tuesday afternoon, 2.15 – 3.30. Go on try it. You won't regret it.

Marion McDonald



CHURCH AND CHAPEL SERVICES



February

4 Evening Prayer 4.00
11 Morning Prayer 9.30
18 UBS Week St Mary 10.30
20 Holy Communion 9.30

March

4 Evening Prayer 4.00
11 Morning Prayer 9.30
18 UBS Widemouth Bay 10.30
5 Holy Communion 9.30

Jacobstow Church

Eden, Dimmer and Canworthy Water Chapels -full details of changes page 35



Eden Chapel

Young at Heart
Meet alternate Tuesdays
Eden Chapel
1.30 - 3.30
all welcome

Contact Alison Hoather 01566 781418



Canworthy Water

Living Water Chapel
Sunday Services 11am
Rev Doreen
01566 781854

Coast Church
Family Church
Sunday Services 11am
Jacobstow Village Hall
Come and join us,
all are welcome.
Non-denominational



Dimma Chapel
For full details
Audrey Wicket
01840 230268





In aid of Jacobstow Church Funds
St Piran's Day Monday 5th March

Join us at Jacobstow Parish Hall.

For a Pasty & Pudding Lunch.

Time 12.30pm Cost £8 00.

Please book with Pat Lane by

Monday 26th February

01840 230743



Thank you to all the cooks, servers, decorators and providers for an excellent Christmas dinner - extremely tasty as always.



The Primary School entertaining the "Old Folks" in the Parish Hall.

Church Lottery Results

	1st	2nd	3rd
November	Mrs L Dodd	Mrs S Burrows	Mr J Penfound
December	Mr J Thrussel	Mr N Osbourne	Mrs G Trewin

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Bude, Cornwall

JACOBSTOW SCHOOL HISTORY PART FIVE

ABSENTEEISM

After Louis de St Paer's death in 1936, his daughter took over the school until 1945. She had done 47 years of service. From the school's beginning almost until the second world war, attendance was a real problem as noted by successive Heads in the log book. Education for all, as envisaged after 1870 was still a new concept. Most ordinary people had apparently existed perfectly well up until then without it, and then suddenly it was deemed compulsory to attend school. This rankled with many working people, especially in a rural community where the help of teenage sons was sometimes vital. Most saw education as desirable but not something that should be compulsory. The Board was concerned as to how to provide "an efficient school" if some of the pupils were constantly absent? The major excuses for absenteeism were illness and the weather. Whilst bogus ill health has always been an excuse, sickness was a valid excuse, with such illnesses as diphtheria being a real threat. In January 1886 a pupil, Arthur Martin, was off school with the illness and parents were afraid to send their children to school for fear of contracting it. In the summer of 1916 the school was closed for 2 weeks prior to the Harvest holidays due to a mumps and whooping cough epidemic and it was considered that 6 weeks should put an end to the epidemic. The school was again closed in autumn 1918 due to a 'flu epidemic which resulted in some cases of pneumonia. As late as 1960, Mr Cuthill had to cancel his Christmas concert due to a severe outbreak of chickenpox. There were inevitably false claims regarding illness. Mr St Paer wrote "Several children are absent supposed to suffering from ring worms or whooping cough, the Doctors are willing to give them certificates...though the Master often sees the children at public teas, funerals etc". Bad weather was usually a reason rather than an excuse for absence. With blocked lanes always likely in winter and classrooms where temperatures sometimes did not rise above 3 degrees, plus a well and pump that were likely to become frozen, it was a wonder that the school was able to continue as much as it did. On May the seventeenth 1935, there was actually snowfall! In very bad snow conditions in 1955 Mr Balston still managed to bring the school meals. The worst winter was 1963 when the pipes and lavatories all froze for a long period. An emergency pipe filled the school house tank from the well and Country Dancing filled several days as the only method of keeping warm. However when the temperature in the "big room" at the school dropped to 2 degrees, the school had to be closed for 6 days. There were many distractions for the children. Work at home always called and there was the monthly fair at Wainhouse Corner as well as many Sunday School outings being arranged in mid-week.



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BOOK CLUB

THE LAKE HOUSE by Kate Morton

Theo, Alice's 3 year old little brother disappears and the family is changed for ever.

Sadie Sparrow, from London, on enforced leave in Cornwall finds the deserted house and after learning the story, is compelled to investigate. Interestingly events were not quite as the various characters thought.

A tortuous story with many twist and turns, quite a page turner once started, and well written.



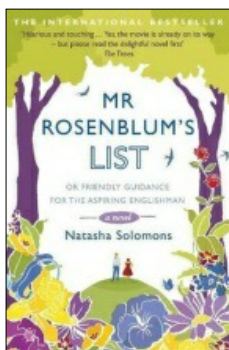
MR ROSENBLUM'S LIST by Natasha Solomons

Mr Rosenblum and his long suffering wife are refugees made good pre-WW2. He wants to be English with a capital E and starts a list of "proper" things to do.

He isn't accepted into London golf clubs so decides to build his own in deepest darkest Devon where he has to deal with sceptical locals.

It's rather a sad little story, apparently comical but we didn't find it that funny.

It wasn't a waste of time but why was it written?



Mobile Library - Enquiries: Phone 0800 0322345 or 01872 272702
The Mobile Library Service stops at Canworthy Water monthly on a Wednesday from 11.15ish - Coffee and chat.

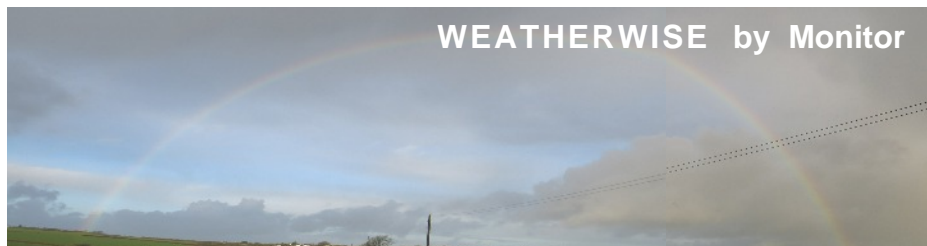
The Wainhouse Inn has a good Library of books supplied from Truro which are changed regularly. Enter by backdoor to avoid drinkers!!

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

Are you interested in photography, videoing?



Would you like to learn how to use a video camera and edit the video? No previous experience necessary, as full training will be given, including a moviemaker course for beginners. Want to know more, contact Mike Willis, by email, tintagelchoir@yahoo.com



November was uneventful generally. No days were noted for substantial rainfall, some days were very mild with 16° C being reached and no strong winds recorded. The total rainfall collected was 4.29" at Canworthy Water.

December started with winds moving into a more polar direction, and the quiet conditions of the first week didn't last very long. Polar winds with relatively warm sea temperatures don't mix - and the named storm "Caroline" wound up on the 7th with wind gusts to 27 mph at the station here in the afternoon, and to 34 mph the following day in strong squalls and wintery showers.

Conditions continued in this vein with storm 10 observed inland on the 10th, and gusts up to 47 mph in the garden here in the early morning. The 13th also produced very strong winds in squalls which continued into the following day. The whole of the month was similar; a very wet day was observed overnight 25th/26th with 1.12" collected in 24 hrs. The 29th saw a rare winter thunderstorm; this moved quickly through the area in the mid-morning, and caused a brief power outage. It was short-lived, however. The total rainfall collected for December was 5.97"

2017 produced a total of 42.27" of rain collected, about average for the past few years. Whilst I do not observe any particular pattern to these figures, an important feature was the number of days with rain of some description falling with extended dry spells being somewhat rare. This was of particular note in the high summer months.

Although just into the New Year, storm "Eleanor" on the 3rd was a really serious event and caused considerable problems locally, with fierce winds and some coastal flooding.

HIGH TIDES and SUNSET - February- March 2018

Date	2 Feb	9 Feb	16 Feb	23 Feb	2 Mar	9 Mar	16 Mar	23 Mar	30 Mar
AM	6.16	11.59	5.32	10.04	5.16	9.53	4.33	8.50	5.15
PM	18.42	****	17.47	22.33	17.38	22.22	16.51	21.11	17.38
Sunset	17.17	17.29	17.41	17.53	18.05	18.17	18.28	18.40	19.51



The Scout Hut can be cold on arrival so coats are sensible till the room warms up.

Half-term 12-14 February

Everyone is working hard towards their Communicator Badges and looking forward to sewing them onto their sleeves. What a sense of achievement

Beavers - March 7 Bring change of clothes for Junk Models

Cubs - March 19 Bring a fun hat for the Easter Hat Parade

Scouts - February 20 Welsh Cooking
March 20 Easter Welsh Cooking



I mentioned briefly last time about our District Sleepover with the sharks at Plymouth Aquarium. We had a fantastic time, learning all about the various fish and other sea animals they have there. The girls especially enjoyed it when they had to vote to decide which animal was the most disgusting. The competition was fierce with the choices being between a star pearlfish having a party in a sea cucumber's bottom, a starfish digesting their food outside their stomachs before eating, or lobsters weeing on each other as a way of talking! The winning animals were the lobsters who wee'd on each other to say hello! At the end of the evening we made up our beds and went to sleep to a movie under the Eddystone reef tank. In the morning we had a promise ceremony and Becky Shute was presented with her leadership qualification for both Rainbows and Brownies. Then we had breakfast and the obligatory shop visit, where the Brownies HAD to spend every penny they brought!

We joined with Jacobstow Rainbows and Brownies at Jacobstow Church for our Cristingle service at the beginning of December. All the girls did a fantastic job of entertaining us with Christmassy songs, including the Guides singing Silent Night when the church was in candle light from the Christingles. It was a beautiful sight!

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PUZZLE PAGE

Welcome to your "tea break" puzzle page, Thank you for the many entries; Julie Newton 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 15th March 2018.

Thank you to Wainhouse Stores for sponsoring this page.

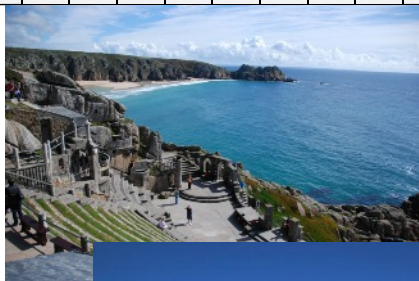


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S	T	H	S	S	T	I	E	L	D
A	S	E	T	B	T	A	R	A	I
C	T	R	E	O	A	M	H	S	V
S	I	W	E	C	L	E	A	H	A
O	H	I	W	A	P	R	M	R	D
B	W	N	S	J	S	T	P	X	Y

WORDSEARCH - one of the places listed below do NOT appear in the grid above, which one?

BOSCASTLE	BOX
DAVIDSTOW	JACOBSTOW
OTTERHAM	PETHERWIN
SPLATT	SWEETS
TRELASH	TREMAIL
TROON	WARBSTOW
WEEK ST MARY	
WHITSTONE	WIDEMOUTH

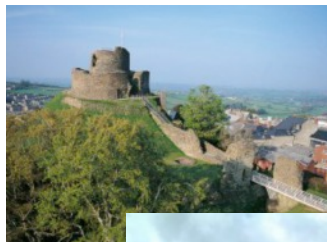
1



3



2



4



Name the famous Cornish Landmarks

5



6



Last edition answers Word search missing word Santa. Christmas Classic Telly 1. Vicar of Dibley 2. Morecombe and Wise 3. Dr Who 4. Only Fools and Horses 5. Are you being served? 6. Dads Army 7. Val Donican



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THE LOCAL BEACH CLEANING REVOLUTION!

The issue of pollution and rubbish in our seas is well known and The Blue Planet series has helped to raised awareness of the enormity of this problem around the world. But what can WE do? Did you know that there are many groups in our area that work tirelessly to improve the state of our beaches? The 2 Minute Beach Clean initiative was founded in 2009 to “inspire all that use the beach to spend 2 minutes protecting the thing they love” and thousands of people all over the world now spend time litter picking to clean their local beaches.

Locally there are beach cleaning boards at Crackington Haven and Widemouth Bay with bags and pickers for you to borrow for your own 2 minute beach clean. There are also groups such as the Crackington Crew and Widemouth Task Force that carry out regular organised beach cleans and join forces to clean the more difficult to reach areas. The Crackington Crew meets at 10.00am every Sunday to clean Crackington Haven beach and regularly cleans Millook and Dizzard beaches as well. Since their formation 18 months ago they have collected more than 3000 kg (or 3 tons) of rubbish. It's easy to feel as though our efforts make little difference to the global problem of waste in the sea but if a ton of harmful plastics, ropes, netting etc can be removed from one beach, just think of the impact of the 2 minute beach cleans across the world. As well as allowing us all to stay safe and enjoy the beaches, this also helps marine life from ingesting harmful substances or being trapped in netting or packaging. You can follow the activities of the Crackington Crew and the Widemouth Task Force on Facebook and even photograph your own finds to post online!

Happy Beach Cleaning!



Stay safe! Wear gloves and/or use a picker and only pick up things you recognise. Beware of sharp objects and if you find any chemical substances, flares etc, seek advice or report it.

Art and Craft Group 2018

Our new sessions start again on Tuesday 30th January at 2.00 pm in the Parish Hall and then every two weeks. This is a mixed craft group and all are welcome

For more information contact-Jeanne-01840 230113



Super fast Broad Band is almost here!!

Chairman of the Parish Council, Norman Osborne has turned into a stalker and is making life for a certain BT man a little bit miserable. His persistence seems to be paying off and he has been assured that the village should have the elusive fibre optic broadband by the middle of February. Here's hoping and well done Norman for sticking with it!



JUBILEE CLUB 2018



Feb 7th Barnstaple



March 7th Otter Nursery

Please note that trips are now on the first Wednesday of each month except for April and October. There will be a 42 seater coach and places will be on a first come first served basis.

Bookings to Mo & Fern 01840 230428 or Eve 01566 781452

BUDE MUSIC SOCIETY

A wonderful afternoon concert at Minstrels, with a mixture of popular hits from operas, operettas, films and musicals from Shelley Coulter-Smith and Darren Jeffery accompanied by Anthony Seddon. We were also introduced to 17 year old local Jodie Desousa who performed as part of the Bude Music Society's commitment to young performers.



Two more concerts this year at Minstrels, Canworthy Water

Sunday 25 February - A Musical Trip to France with Piano and Cello

Sunday 18 March - BBC Young Musician 2016 french horn Finalist Ben Goldscheider with piano

Regular Events In the Parish Hall unless stated otherwise

Monday Cubs 6.30 - 8.00 Scout Hall Wainhouse Corner
 Brownies 4.30 - 5.30 Canworthy Water Sunday School

Tuesday Scouts 6.30 - 8.00 Scout Hall
 Rainbows 5.45 - 7.00
 Guides 7.00 - 8.30

Wednesday Beavers 6.00 - 7.00 Scout Hall

Sunday Coast Family Church 10.30

1st and 3rd Tuesday of the month Young at Heart - Eden Chapel 1.30

1st Tuesday of month Parish Council 7.30

2nd and 4th Tuesday Arts and Crafts Club 2.00 - 4.00

2nd Thursday of month WI 7.30

2nd and 4th Thursday of month (recycling weeks) Coffee Club 10.30

1st Thursday of the month Walking Club Parish Hall car park 10am

Dates for your Diary

Sunday 25th February Recital at Minstrels Gallery Page 31 for details

**Saturday 10th March Quiz Night at the Parish Hall 7.30 £5 pp
phone Anne to book 230252 by 6th March. See flyer for full details**

Friday 16th March 7.30 The Shahnmeah at Crackington Institute.
Tickets £8/£6 www.carntocove.co.uk or 01726 879500

Saturday 17th March One Step Behind - the Masters of Madness
Launceston Town Hall 7.30 £13.50 Tourist information

Friday 23rd March Fantastic Abba Tribute Launceston Town Hall 7.30
£12.00 Tourist Information

Sunday 31st March Easter Eggstravaganza Enfield Park Camelford

Saturday 28th April 7.30 Leviathan at Crackington Institute. Tickets
£10 under 16 £8 www.carntocove.co.uk or Crackington Stores

Thurs February Wainhouse Inn Quiz Winners chooses Charity and a
free drink

Thurs March Wainhouse Inn Quiz Winners chooses Charity and a free
drink



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Bob's Gardening Spot

February is the ideal time to plant bare rooted trees and shrubs. Remember to dig a hole large enough to allow the roots a good spread and incorporate plenty of compost around the sides of the hole. Now is also the best time to prune hardy evergreen perennials. Sow peas this month into guttering and when they have a few pairs of leaves, simply dig a furrow in the garden and push them into the furrow. March is the best time to cut back vigorous climbers like jasminum nudiflorum and honeysuckles. Now is the time to divide any perennials that are getting too big and re-plant the off sets any where you want them. Early spuds can be planted now, but make sure you chit them first. Don't forget, any questions or queries, drop me a line at the Journal. Happy gardening...Bob



Another brilliant carol concert was held in the church before Christmas. Various readings and carols added to the atmosphere of the wonderfully decorated church. A short walk up to the Parish Hall, to be greeted by tables groaning with all sorts of delights.

Merlin MS Centre's Day Respite Service

The service is now open on Mondays, Wednesdays and Fridays. The purpose-built facilities provide clinical therapies as well as respite, counselling and outreach services. The Centre offers a transport service covering most of the County. There are currently spaces available on all three days. If you would like to know more, please contact Ali on 01726 885530 or

ali@merlinmscentre.org.uk

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1st December saw 18 members at the Metropole Hotel in Padstow for our Annual Christmas Dinner. On 4th December 4 members attended St Gennys Christmas Party with very good entertainment from ex vicars.

On 14th December we held our own Christmas Party, an evening of games and food organised by the Two Jens. We were joined by members from St Gennys WI.

We finished December with tea and mince pies at Ann Wiltons on Saturday 16th.

Our next meeting is 8th February when we have a talk on Lundy Island. Our AGM is on Thursday 15th March.

The W.I. always welcomes new members so do come along to a meeting at Jacobstow Parish Hall or contact the president, Mrs Jill Baker 01840 239829. We meet on the 2nd Thursday of each month at 7.30 and you can be sure of a warm welcome

BUDE CONCERT ORCHESTRA

SATURDAY 3rd MARCH 2018

PARKHOUSE CENTRE, BUDE 7.30pm

SHADES OF RUSSIA

Kabalevsky Violin Concerto (Keith Ramsell)

Dance of the Knights- Prokofiev

(theme tune to The Apprentice)

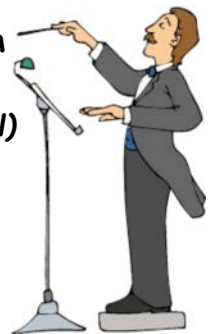
Nutcracker March -Tchaikovsky

Scheherazade 3- Rimsky Korsakov

Jazz Waltz- Shostakovitch

The Great Gate of Kiev- Mussorgsky

Adults £6 Children £2 Light Refreshments





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JACOBSTOW AMBLERS



Next walks: Phone Mary: 01840 230656. New year, new walkers? All welcome.



Our last walk was on 11th November at Penhallam. We didn't manage a walk in December as everyone was busy in the run up to Christmas. The amblerers were Mary, Sue, Jeanne, Anne and two Cielas! It was quite mild and though damp (which actually suits a woodland

walk) it remained dry apart from the mud! There was still some late Autumn colour to enjoy as we walked and chatted. The two dogs enjoyed being off the lead and sniffing about in the undergrowth. There will be some renovation of the bridge at Penhallam to sort out the crack. (See photo.)



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Jacobstow - A Village to be Proud of - by Dennis Adey

In the recent storm, strong winds damaged a long branch about 10 foot long which was covered in ivy, causing it to dangerously swing around about 4 foot above the road just up from the church. It was just beginning to get dark and could have caused a lot of damaged to anyone driving through the village. Local residents came to the rescue and between us rendered it safe, dragging it down and out of the way.



This incident reminded me how lucky we are to have lived for the past 17 years in such a wonderful village. Villagers are always willing to help in the village.

Another incident brought to mind was the making safe of a fence, fastening back the wire netting. Further up the road heading to Wainhouse Corner is a dog bin, sited in a patch of stinging nettles...ouch!, It now has the nettles removed and a gravel patch laid, making it much more easily accessible. Darn those high winds again, they caused a loose tree branch to land on top of this dog bin. This too was soon mysteriously dealt with. Caring about our community, making safe dustbins that have been blown into the road, removing rubbish from the from the hedgerow and verges. Yes, it's wonderful to live in such a village and it's nice to know so many caring and neighbourly people.



PS the snowdrops are up and flowering - must be the start of spring!

Happy 2018 to all, Dennis

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Crackington Film Club



All films 7.30pm at Crackington Institute, Higher Crackington, EX23 0JL

February:

11/02/18 - Ida (2014) Eerily beautiful black-and-white film, Described as Polish director Pawlikowski's masterpiece.

25/02/18 – Sunshine on Leith. Funny and touching story accompanied by the music of the Proclaimers

March:

11/03/18 - Playtime (1967) Monsieur Hulot curiously wanders around a high-tech Paris, paralleling a trip with a group of American tourists.
Hilarious classic

25/03/18 - A Letter to Three Wives (1949) Double Oscar winning film. A letter is addressed to 3 wives from their "friend" Addie, announcing that she is running away with one of their husbands... but she does not say which one.

Juliotter Garden Club

Next meeting 27th February with a talk from
 Ian Martin of the Eden Project.
 Otterham and St Juliot Village Hall,
 Marshgate PL32 9YW
 for more details please contact
 Alan Green 01566 781559

When do monkeys fall from the sky? Ape ril showers
 What do you get when you pour hot water down a rabbit hole? A hot cross bunny
 What did the tree say to Spring?....What a re-leaf
 Why don't Easter Eggs go out at night?...They don't want to get beat up
 Why was the Easter Bunny upset?....He was having a bad hare day

Cornwall's Barbara Degener (cello) and BBC Young Musician Ben Goldscheider (French horn) Live Concerts.

Well-known professional musicians from Cornwall, Barbara Degener (cello) and Paul Comeau (piano), will delight us with a recital on Sunday 25th February, 3pm, at Minstrels Music Centre, Canworthy Water, PL15 8UB. Barbara tells us: "After spending holidays in Cornwall, I took my cello and a few belongings and left Germany. My musical career has taken me to Windsor as part of the Jubilee celebrations, the Royal Albert Hall with 600 children from Cornwall, down a cave at low tide!" Paul has been described as 'hero of Truro's musical scene', where he has been active as player, teacher, fund raiser for Truro Cathedral, and composer. His music has been recorded and broadcast on Radio 3. On 18th March at 3pm, Bude Music Society welcomes to Minstrels the BBC Young Musician Brass Winner, Ben Goldscheider on French horn, with Richard Uttley, piano, to play works by Beethoven, Schumann and Ravel. All are welcome to these concerts which cost £13 on the door, full-time students free. More details at www.budemusicsociety.com



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KIDS" PAGE



One of the best sights in the spring is the sight of hares leaping in the air apparently having a boxing match. This is where the expression “Mad as a March hare” comes from and it has been used for 600 years. You are most likely to see hares in March in flat open fields. They are normally nocturnal but March is their breeding season so they are about in the daytime. The female will “box” with the male to test his strength. Hares can run up to 45 miles per hour and can jump sideways and backwards. Farmers are allowed to shoot them but hare coursing (using dogs to hunt and kill them) is illegal.



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News from The Old Orchard Inn Week St Mary

We are pleased to announce the opening
of Week St Mary's first ever snooker club,

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All league teams welcome.

Regular in-house tournaments.

Everyone Welcome.

For full details

Membership (12 months)

Adults £30 Under 18s £10

Family £40 Visitors £5 (1 week)

Please phone Jason on

07887 614141 01288 341 646

(evenings)

Or call into The Old Orchard Inn



Happy New Year everyone

Young at Heart continues to meet on alternate Tuesday afternoons at Eden Chapel from 1.30pm – 3.30pm. Everyone is welcome to join us for a chat over refreshments, play darts, snooker/pool and or join in table top games if you wish.

Messy Church is happening at **Living Water Church**, Canworthy Water on February 17th and March 17th from 3.30 – 5pm. Everyone is welcome to join us for fun, learning and food..

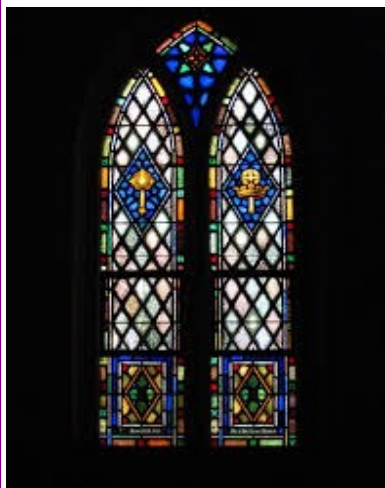
Weekly Primary age **Kids Club** is starting on Wednesday January 24th at **Living Water Church**, Canworthy Water from 5.30 – 6.30pm. Come and join us for a social time with friends.

Weekly **Senior Age Youth Club** is starting Friday January 26th at **Living Water Church** from 7 – 8.30pm. Come along for a social time with friends.

For further information please contact **Alison Hoather 01566 781418**

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Shrove Tuesday - Pancake Day - Tuesday 13th February

Interesting Pancake Facts

1. The word 'shrove' is the past tense of 'shrive', meaning to hear a confession, impose a penance or give absolution. Shrove-tide was a week of confession and merriment before Lent.
2. "Short shrift" comes from the same verb: it was a quick confession before a criminal's execution.
3. The Shrove Tuesday pancake race at Olney, Buckinghamshire has been run since 1445.
4. It is said to have started when a woman ran to church still holding a pan when her cooking was interrupted by the church's shiving bell.
5. Shakespeare uses the simile "as fit as a pancake for Shrove Tuesday" in All's Well That Ends Well.
6. The sales of Tate & Lyle golden syrup triple in the week of Shrove Tuesday.
7. The expression "as flat as a pancake" was first recorded in 1761 though "as flat down as pancakes" dates back at least to 1611.
8. The world record for pancake eating is fifty 3.25 oz pancakes in ten minutes.
9. The world's largest pancake was made in Manchester in 1994. It was 49ft 3in in diameter.
10. Australian chef Brad Jolly set a record in 2012 by tossing a pancake 140 times in a minute.

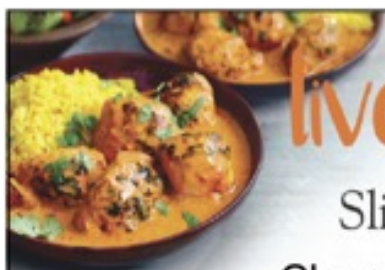


Quick and Easy Jubilee Pancakes

1 tin of cherry pie filling

Vanilla ice cream

Make the pancakes as usual, whilst still hot, spoon pie filling over one half of the pancake, top with a scoop of vanilla ice cream and fold the pancake over the top, this makes the ice cream melt into the cherries, yummm!



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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

95 Boscastle – Bude First Kernow! 01872 305950

Mondays to Saturdays

Monday to Friday from Bude

Bude	0653	0853	1053	1303	1533	1733
Widmth B	0700	0900	1100	1310	1540	1740
Widmth M	0702	0902	1102	1312	1542	1742
'ski Cross	0705	0905	1105	1315	1545	1745
Jacobstow				1320		
Wainhs	0709	0909	1109	1325	1549	1749
Crackgton	~	0917	1117	1332	1557	1757
Boscastle	0723	0933	1133	1349	1613	1813

Monday-Friday to Bude

Boscastle	0751	0956	1215	1431	1611	1841
Crackgton	0807	1012	1231	1447	1627	~
Wainhs	0814	1019	1238	1454	1634	1854
Jacobstow		1024				
'skni Cross	0818	1029	1242	1458	1638	1858
Widmth M	0821	1032	1245	1501	1641	1901
Widmth B	0823	1034	1247	1503	1643	1903
Bude Strd	0839	1043	1256	1512	1652	1912

95 Winter Schedule - Correct 26 November 2017!

Local Authority

Cornwall County Council
Bude "One Stop Shop" and Library also)
Library Renewal Hotline
North Cornwall MP Scott Mann
Nicky Chopak (County Councillor)
Police Force Enquiry Centre
Crimestoppers (Anonymous)
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Dog Warden (Environmental Health)
Cats Protection, Mary Chudleigh
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Jacobstow Church, Mrs R Fox
Art Group, Jeane Gimblett
Happy Crafters, Eden Chapel - Alison
Parish Hall Bookings, Mrs L Harris
Scout and Cub Groups, Mrs D Dowling
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