

Jacobstow Journal

*Providing news and information for the
Parish of Jacobstow*

Issue No. 63

February/March 2021



**Stay warm and safe this winter,
spring is coming soon!**

Delivery free to every household in the Parish otherwise 50p

www.jacobstowvillage.co.uk



Editorial by Sarah

"I get it, I'll do it and I will follow the rules - but three times, really?" This was a conversation I had with a friend recently about the new lock down. It is really frustrating that we have to go thorough this all over again. But, it is what it is; we have to all support the government, no matter what we think of Boris. It's the only way we are going to overcome this horrible situation. Maybe the government have not handled this situation as well as they could have. Lets be honest, who would have been equipped to deal with this? This situation is unique, there is no rule book. At least we have someone co-coordinating our efforts, even if it can be slightly askew sometimes!

On a lighter note, once again the village comes together in support of each other. Things are still going on, life is still happening, the scouts are still raising funds for their new scout hut and your Parish Council are still ploughing on with Zoom meetings, "Can you hear me, have you got your microphone on?" We will get through this; let's be honest, it's the only option. Maybe I could share my approach to my life with you, "Head down and plough on." There is a light at the end of the tunnel and its syringe shaped!

Enquiries, Articles and Letters

email to:

jacobstowjournal@gmail.com

or in writing to the Editor.

Sarah Smith

Almar, Jacobstow, EX23 0BN

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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

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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 Mrs Caroline Pallett
Mrs Ilona Franklyn Mrs Sarah Smith 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.

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.jacobstovvillage.co.uk

Summary of Minutes of Meeting held on 1st December 2020

Cllr. Osborne chaired the monthly meeting of the Parish Council which was held via Zoom with six Councillors and County Cllr. Nicky Chopak attending.

Bus Shelter

The bus shelter was discussed, at the moment looking at costs and waiting for Cormac to have a site meeting.

Website

It was discussed and agreed to have Bude Solutions convert to a new Website so this had been put in hand.

Precept

It was agreed to ask for a Precept of £5,000 the same as last year.

Accounts to pay

Footpaths Upgrade - £9,340.80 (Cheque to be issued when Cornwall Council transfer the money to our Bank.) Clerk £598.22 (Salary £454 & £144.20 Expenses.) Cllr. Chapman (Spring Bulbs for Parish) £120 (Inc VAT)

Scouts

It was discussed and agreed to give the Scouts £490 for a new wooden shed to store their equipment in.

Defibrillator

Correspondence received from South Western Ambulance Service saying they are currently raising money and installing public defibrillators in Bude and surrounding areas in memory of Margaret Frost. As part of this project they are offering a full package at £1,000 for four years which includes, defibrillator, heated cabinet, public defibrillator awareness course, warranty, replacement pads and battery and if the defibrillator is stolen the Ambulance Service will replace it. Cllr. Chopak looking into this and if OK, councillors happy to accept this.

Summary of Jacobstow Parish Council Meeting 5th January 2021

Cllr. Osborne chaired the monthly meeting of the Parish Council which was held via Zoom with six councillors and County Cllr. Chopak attending.

Planning Application PA20/10655

Hedgerow removal notice to remove 210 of hedgerow Poulza, Jacobstow, Bude Proposed we support. Five councillors supported and one abstained.

South West Ambulance Service – Defibrillator

As discussed last month it was decided to accept the offer of a defibrillator to be installed by South West Ambulance Service the cost being £1,000. for four years. Proposed we pay Cllr. C Smith, Seconded Cllr. S Smith. It was suggested some shelves, using exterior wood, would be good to put the books on in the telephone box when the defibrillator is fixed.

Cllr C Smith to tidy the books that are already there.

Bus Shelter

The bus shelter was again discussed and a wooden one was mentioned. Find out the cost, also one from Ace Shelters. Cllr. Chopak to find out the cost regarding fixing the base from a couple of local people.

Councillor Matters

Cllr. Chapman reported that the drains near Hele Barton still need sorting out. Cllr.

Chopak to look into this. Many pits in the road from Eden Chapel to Tobarn Farm. Cllr.

Chopak to look into this as well. It was reported that the Road Sweeper had done a sweep on 31st December, 2020.

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

I was very pleased to welcome the publishing of a proposal by the 'Northern Route Working Group', who are seeking to fully reopen the Okehampton line. It will provide very important public transport links to North Cornwall, especially with regular buses to Bude, Launceston and Wadebridge. When I was first elected in 2015, I pledged to support this project from concept to implementation and I am delighted that we now moving forward. The 'Northern Route' – or 'Dartmoor Line' reopening will ensure a huge boost in transport connectivity to North Cornwall, leading to major improvement in social inclusion and access to work and education for those unable to drive or without a car. I recently held a meeting with the Minister responsible for dentistry, Jo Churchill MP. We have had a longstanding shortage of provision for NHS dentistry in Cornwall, particularly around recruitment and retention. In both the debate and the meeting, I put forward the idea to work together on a cross party basis, to put together a programme of work that the Government can adopt to ensure that places such North Cornwall get proper NHS provision.





Jacobstow Neighbourhood Watch



**Here is some advice from Ofcom regarding
Coronavirus phone scams.**

Scammers are calling home phones and sending text messages to mobile phones. Some of these calls claim to be from the Government, your GP surgery, the NHS or even the World Health Organisation.

In the calls, a recorded message will offer a test for the virus, a treatment or cure or might offer to discuss your medical needs.

These calls are designed to encourage you to speak to an operator or press a button for more information.

* If you speak to an operator you could be at risk of giving them your personal information or your financial details, which could result in identity theft or financial loss.

* If you press a button on your phone you could be connected to a high cost premium number

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



GREETINGS FROM YOUR JOURNAL TEAM.

There are more of us who write articles, print the Journal and deliver it. Our best wishes to them and all our readers. Stay safe.



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Email: nickychopak@gmail.com.

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



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VACCINE ROLLOUT POSTER. Note: This information could change!

Who will get the Pfizer vaccine first?

- 1 Residents in a care home for older adults, & their carers

- 2 Everyone aged 80 & over, & frontline health & social care workers

- 3 People aged 75 & over

- 4 Aged 70 & over, & those who are clinically extremely vulnerable

- 5 Aged 65 & over

- 6 People aged 16 - 64 with underlying health conditions

- 7 Aged 60 & over
- 8 Aged 55 & over
- 9 Aged 50 & over

First batch will be given to NHS hospital staff and patients, and some care workers. Groups may overlap.

Source: Government briefing / Department of Health



You will hear from your GP when it is your turn. Do not try to ring the surgery or hospital. They are all doing their best. You will get a certificate to say you've had the first dose and another to say you've had the second dose. You still need to be careful and follow NHS guidelines.

SOMETHING YOU COULD DO DURING LOCK-DOWN

You've painted the house, you've sorted the garden, you've read the books you meant to read and haven't, you've sorted the sewing and ironing pile AND it's RAINING.

What next? How about going through those old photos and memorabilia. Then let the History Group copy and record them for posterity. Even those old school groups are interesting. Are the pupils still around?

That old programme of an event, did someone win a prize? Play or sing?

At the History Group we are trying to flesh out the life and times of Jacobstow Parish. Jacobstow Parish includes Dinnacombe, Penhallam, Trehausa, Sudcott. Poulza, Blagdon, Witheven, Headon, Langdon and Canworthy Water

CHURCH AND CHAPEL SERVICES

No change in arrangements. Jacobstow Church remains closed with Sunday Services available via Zoom from Boscastle 10.30am and 6pm while lockdown restrictions are in force.

Rev. Heather Ashton 01840 250359
for more information.



Jacobstow Church



All services are
suspended at the
moment.

Please contact Alison
on 01566 781418 or
075579160763



Coast Church
Family Church

Services are suspended at the
moment until further notice.
Stay safe everyone

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.

CHURCH AND CHAPEL NEWS & EVENTS

Firstly may I thank you all for accepting the Christmas gift bags from us at The Coast F.C, I hope the contents were enjoyed. Thank you also for the many words of appreciation received from you.

A computer science lecturer divided his class in half, males on one side, females on the other, and told them to give the reasons as to why a computer should be regarded as to the male or female gender. After the allotted time the men shared their reasoning with the conclusion that computers are of the female gender, because

No one but their creator understands their internal logic

(It / They) Speak only in code language which only they and their experts can understand.

Every mistake is stored on their hard drive for future retrieval.

Because as soon as you commit to one you spend half of your pay cheque accessorising it.

The women on the other hand concluded that computers are of the masculine gender, because,

In order to get their attention, you have to turn them on.

Lot of data but still can't think for themselves.

They are supposed to help you solve problems, but half of the time they are the problem.

As soon as you commit to one you realise that if you had waited a little longer you could have gotten a better model.

Theories debated but is there ever any real answer? When we look at the continued situation in our country someone has said that we are all in the same boat together but a Christian pastor has said 'No', we're all in the same storm but not in the same boat. Some have a yacht, some a life raft, and some not even a life raft. At the time of writing, the storm of the pandemic still rages and the conspiracy theories circulate, ranging from, how it all started, to the effects of the vaccine, to even the antics of the President of the U.S.A. Theories from effective safety to rigged elections and the fear of being conned or lied to. When fear is allowed to take root, it robs us of hope and when conspiracy takes root it robs us of truth. Fake News is sometimes peddled to mislead. I'm so glad that in the continuation of a new year that we can actually believe and hope in good news. Jesus Christ, regarded by many as the greatest lasting influence of all history has these recorded words, 'Do not let your hearts be troubled. Trust in God; trust also in me' and ' Do not let your hearts be troubled and neither be afraid'. Great words to encourage and help beat the thoughts of confusion and conspiracy. Whether we are in the boat or battling in the eye of the storm, Jesus is there and we can trust him.

Keep safe, God bless you. Richard Heard

When the storms rage around us Heavenly Father may we and our loved ones have a fresh sense of your presence and purpose, and those who lead, care, serve and support, know wisdom, strength and fortitude in their daily tasks. AMEN.

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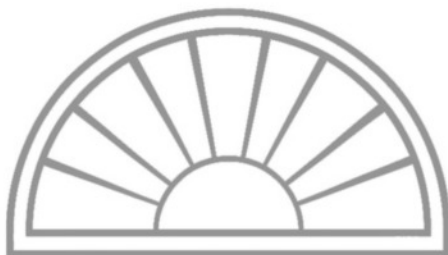
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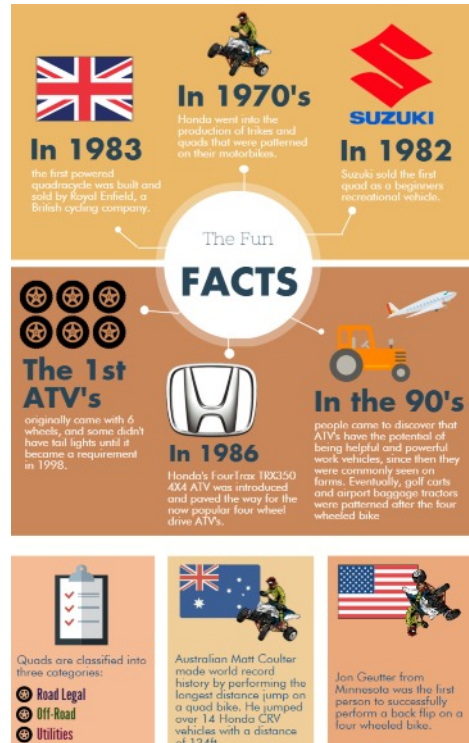
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Bude, Cornwall

FARMING FILE- THE QUAD BIKE

Lots of farmers use all-terrain-vehicles to scuttle between pockets of land which means their bikes need to comply with UK road rules. So what are the dos and don'ts? The Government classes a quad bike as being a B1 vehicle. That means the driver must be at least 17 years old and have the correct licence to drive a road legal ATV on public roads. Your quad bike needs registering with the DVLA before you ride it on the road. They get classified as a Private Light Goods Vehicle. The third party insurance is the legal minimum to ride quad bikes on a public road, but having full comprehensive insurance is always recommended. If you are driving your quad bike on a public road you do not have to wear a safety crash helmet but police recommend that you do. Quad bike laws say you can only ride an off-road version on private land. You must also have full permission from the land owner to do so. Children under 13 years old are not allowed to drive or be a passenger on a quad bike while driven on private land. Those aged 13 or over can ride quad bikes of an appropriate size and power. But, only after they have received formal training for driving ATVs. You do not need any type of driving licence to ride quad bikes off-road. Likewise, if you only use your quad bike off-road you do not need to get vehicle registration or tax it. Quad bikes need registering as a light agricultural vehicle if you use them for: agriculture, horticulture or forestry. Registered light agriculture vehicles do not need an MOT test for use on public roads. However, to use it on a public road it must be: Registered and licensed for road use, covered by at least third party insurance and fitted with number plates displaying vehicle registration on the front and the rear. Also fitted with lights if it gets used during darkness.

Farmers Weekly Know How centre has plenty of detailed advice and information.



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Bob's Gardening Spot



This month we had a tree blow down. It was too big for me to cut up with my electric chain saw so we had to get a tree surgeon to do the job. He shredded the smaller branches and I have a lovely pile of logs seasoning for next year's log burner.

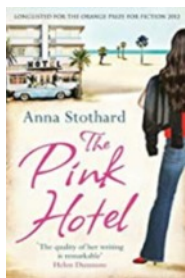
You should be deciding on your seed potatoes for the coming year. I buy very earlies and plant them in very large tubs; this produces tatties for Easter and they are very tasty. Also, now is the time to settle down with a cuppa and your seed catalogues to decide on your summer plants and bedding.

Now is the time to take cuttings of fuchsia's and any hardy plants showing signs of growth. Time to get the mower out and start a light cutting checking for any spots that need repairing. Spring clean your greenhouse and put grease bands on your fruit trees. Plenty to be getting on with - Happy gardening!

Jacobstow Book Club

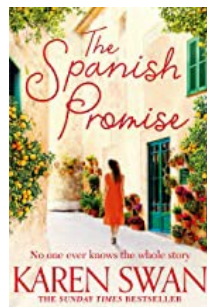
We have successfully met a few times via 'Zoom', thanks to Celia Sousek hosting, with help from husband Paul. Also thanks to Norma, who has persevered with obtaining book sets from the library and delivering them to our doors.

The two books we read this month were:



"The Pink Hotel" by Anna Stothard – most of the group enjoyed this because it was so different from books we normally read. A 17 year old girl from London travels to Venice Beach, Los Angeles to attend the funeral of her mother, who left when she was three. She finds herself alone in a seedy, drunken, drug taking side of American life. The writing is so superb that you can experience with her the heat, sweat and grime and can also feel her steely determination to find out about her mother's life and death.

"The Spanish Promise" by Karen Swan - apparently, if you are very rich, you need a financial counsellor to help you deal with the emotional burden of so much money. Charlotte Fairfax is such a person, working for a private London bank. The week before her wedding she is sent to Madrid to help an important client discover why a stranger, a 45 year old waitress is about to inherit most of their vast family fortune. Whilst solving the mystery, Charlotte starts to understand the impact Spain's turbulent history has had on the family and also begins to question her own feelings about the future.



Many of the group enjoyed the book, whilst admitting that they probably would not have chosen to read it. We decided that that is what joining a book club is all about,



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2nd Bude (Jacobstow) Scout Group

During the summer and autumn months, committee members and Friends of Jacobstow Scouts have demolished the scout hut located at Wainhouse Corner. The hut has been part of the community since being erected in 1978. Our sincere thanks to the Cory family who gave us use of the land for a yearly peppercorn rent. Demolition was completed and the gates closed for the final time on Sat 7th Nov 2020.

We are now moving to pastures new. Mr and Mrs J Batchelor (Small Hill Barton) have gifted a plot of land located at Rosecare to the Scout Association, a truly generous and kind act allowing the continuation of the group. Outline planning has been granted for a new scout hut.

We have been fundraising for the past 3 years for a new scout hut through fayres, a tractor rally, Morrison's bag pack, sponsored bike rides and many more events. These have always been well supported by members and the local community.

We are delighted that the Co-op have chosen us as part of their 'Local Community Fund' for the next 12 months. Co-op members can support us by choosing '2nd Bude (Jacobstow) Scout Group'. (Crowd funding)

Thanks to the dedication of our leaders, Beavers, Cubs and Scouts have been back with face to face meetings during September & October. All groups have enjoyed activities outdoors, what ever the weather has thrown at us.

2021 will be an exciting year for 2nd Bude (Jacobstow) Scout Group as we will be celebrating our 50th Year. Thank you to everyone who has supported our group where so many young people over the years have enjoyed countless activities.



Left to Right: Josie Shepherd - Beaver Leader, Sarah Gwennap - Secretary, Jill Cole - Treasurer, Robert Medland - Group Scout Leader, Daphne Dowling - Cub Leader, Mark Gwennap - Vice Chairman.

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PUZZLE PAGE

Welcome to your "tea break" puzzle page. Claire Retallick was pulled from the hat and wins a £10 voucher to spend at 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 10th March 2021.

| | | | | | | | | | |
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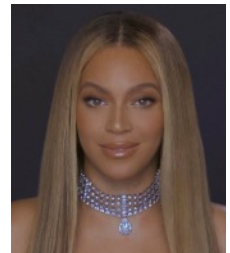
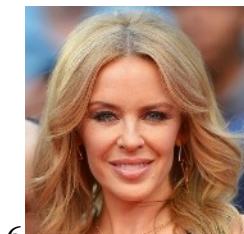


WORDSEARCH - one of the words listed below does NOT appear in the grid - which one?

BADLY BAKE OFF
 CHEERS CORONATION
 CRIME DETECTIVE
 EMMERDALE FRASIER
 HAWAII HOLLYOAKS
 NEIGHBOURS POLICE
 RENT A GHOST SIMPSONS
 VERA



Can you name the famous pop stars ?



Last edition answers Word search missing word Santa. Famous Christmas People 1. Scrooge 2. Kevin (home alone) 3. The Grinch 4. The Queen 5. The Snowman 6. Good King Wenceslas 7. Rudolph 8. John McClane - Die Hard

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David's Random Ramblings



Isn't it always the case that our lives seem to be defined much more by the disappointments that we endure than by the successes we enjoy? Only a few days ago I was on my way back to Jacobstow, somewhere between Hallworthy and Otterham Station, when I spotted an intriguing sign on my left announcing, "Hidden Dip". You can only begin to imagine my mounting excitement as I headed homewards and quickly returned to the spot with ample supplies of crackers and sticks of carrot and celery in order to begin my search. I was meticulous in scouring the countryside thereabouts but do you think that I could find any trace of hummus, tzatziki, taramasalata, chimichurri or even tartar sauce in the lanes and hedgerows? I gave up after about an hour as dusk fell and returned home crestfallen. Has anybody had any better luck in finding that elusive dip? It must be really well concealed.

New dog cross breeds The following new cross breeds are now recognized by the Kennel Club - allegedly!

Collie + Lhasa Apso
Collapse, a dog that folds up for easy transport.

Pointer + Setter
Poinsetter, the traditional Christmas pet.

Pekingese + Lhasa Apso
Peekasso, an abstract dog.

Irish Water Spaniel + English Springer Spaniel
Irish Springer, a dog fresh and clean as mountain air.

Terrier + Bulldog
Terribull, not a good dog.

Bloodhound + Labrador
Blabador, a dog that barks incessantly.

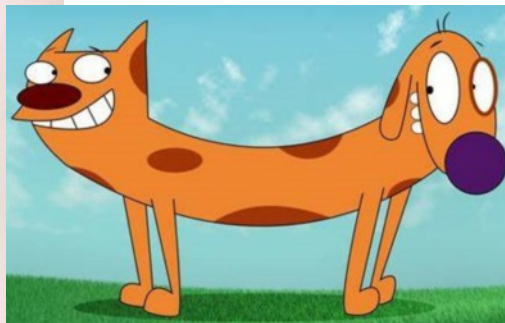
Malamute + Pointer
Moot Point, owned by...oh, well, it doesn't matter anyway.

Collie + Malamute
Commute, a dog that travels to work.

Deerhound + Terrier
Derriere, a dog that's true to the end.

Bull Terrier + Shitzu
You figure this one out

NEW DOG BREEDS?



CHRISTMAS AROUND THE PARISH.

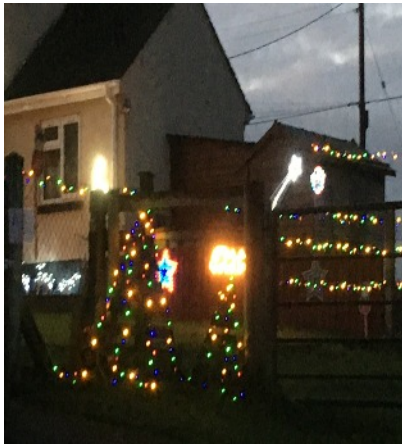
It really added some festive cheer to see Christmas lights around the parish. The children of Jacobstow school added to this with their own Christmas scenes. Copper Farm did the wonderful Christmas bales whilst Mary and Joseph moved quite a distance beginning at Jacobstow church and ending up in a field in Crackington.



More Christmas pictures



Thank you to Coast Family Church who distributed Christmas gift bags around the Parish - a lovely surprise





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martin@northcornwallpilates.co.uk

Joint Guiding Christingle Service



On 8th December Jacobstow Rainbows, Brownies and Guides held a virtual Christingle Service, instead of joining together at Jacobstow Church, as they normally would. Heather Aston lead the service and the Osborne family provided live music.

The Brownies performed a poem that they had written and the Guides read the Christmas story and led the prayers. Friends and family joined us from around



the country and everyone had made their own Christingles which they brought with them.

During the service Bethany and Ruby were presented with the Rainbow Gold award, which they have both worked hard to achieve. They have gained all 12 Rainbow interest badges and both agreed that the Family Tree badge was one of their favourites. Finally we all lit our Christingles and then of course shared the sweets and fruits. Many thanks to everyone who took part.

1st Jacobstow Rainbows

The Rainbows have continued to meet by Zoom during the Autumn term and will be continuing virtually for a while to come. The girls have worked on the Make Change skill builder, which involved learning about charities and voted for the RNLI, as the charity they would like to raise money for. They have re-written fairy tales to have a different ending and have grown bulbs to give to someone. As we were unable to attend any Remembrance events, the girls painted pebbles with poppies and put them on their local war memorials. They also painted pictures of poppies, using their fingers, to put in their windows. For Christmas we made Christmas trees from folding paperback books and magazines and snowmen from socks filled with rice. We finished the term with a virtual Christmas party. Lots of food was eaten as usual and games played. The favourite game for Zoom is the scavenger hunt and this one had a Christmas theme. We sadly had to say goodbye to three of our Rainbows, as they move to Brownies. We are looking for new Rainbows, so if your daughter is aged 5-7 and would like to join us virtually, please contact me on 01840230006. My thanks go to all Rainbow's Mums and families who have joined in with our activities. There are some very talented people who do amazing things out there. Thanks to Louise and Rebecca, for attending each week with me.



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At this time of year, like most organisations we'd usually be busy preparing for our Annual Meeting, organising the new programme and taking stock of last year's activities - not in 2021! There isn't much to look back over since our last meeting in March and it looks as though we'll have to postpone this year's Annual Meeting. Our Membership year has also been extended to March when we'll be collecting subscriptions for 2021/22.



In January we were eagerly anticipating a talk about bees and beekeeping and in February we were to learn more about Reverend Hawker. Hopefully we'll be able to re-book some of our planned speakers and events once we're able to start meeting again.

There's always something going on in the background and we've just voted for this year's Resolutions for the next WI national campaign. This year's ideas cover health matters, racism and discrimination, creating wildlife-friendly communities and stopping the destruction of peat bogs, so quite a variety! The Royal Cornwall Show is now scheduled for September and the WI Competition theme is "Renewing Enchanted Cornwall" after Daphne du Maurier's memoir.

If anyone is thinking they would like to join the WI, please do get in touch with our President, Jill Baker. We can send you more information about the

organisation and tell you what membership of your local group brings. Although we're not currently holding meetings, we can keep you up to date until we're able to properly welcome you into this friendly group.





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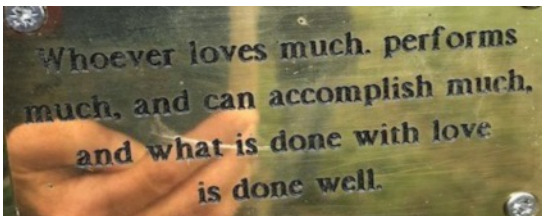
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JACOBSTOW WALKING GROUP.

By Celia Proudfoot.

Our walk on 23rd October started out fairly normally with us meeting at the village hall and taking the footpath just outside Mary's house. The aim was in part to see the progress made with maintaining the footpaths. We paused fairly early on for a socially distanced group photo, then carried on to see the fantastic work which had been done to uncover a little bridge which had previously been choked with brambles and mud and could not be seen at all, let alone used. After that there was a surprise for me. Mary and Mick asked me to wait and get my phone out to take a photo. Then a power drill magically appeared from Mick's rucksack and he began to drill holes in the style post. Well over a year ago, Mary had had plaques made with a quote chosen by each member of the walking group. Mine was the final one to go up. I was so touched and the inscription seemed more relevant than ever today. It is written by Van Gogh and you can see it in the photo. They left the final fixing to me. Thank you. It says a lot about our wonderful group.



All welcome:
Phone Mary
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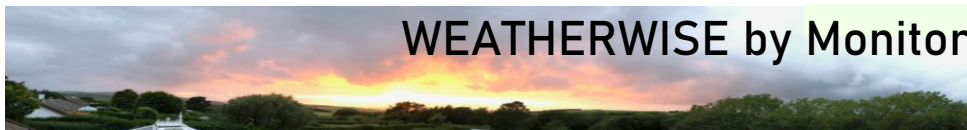
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WEATHERWISE by Monitor



Firstly, the rainfall figures for 2020. A total of 45.02", 1143.51mm was collected at Canworthy Water for the year. This was against the 10 year average of 48.83" or 1240.28mm. This looks to be a trend, and if it hadn't been for two very wet months in October and December this amount would have been considerable less. Also of note, despite a few anomalies, the summers are becoming longer in season, and warmer.

November was noted for persistent southerly winds, and many days reached middle teens with the odd day getting to 18°C. Despite one storm getting loose in the Channel on the 15th, the month was uneventful. The total rain collected was 4.1" which was quite a bit less than usual for the month which very often is a wet one in the West Country.

The first week of December saw a very wet period, with the 3rd seeing 1.22" collected by lunchtime, and a further 0.79" on the following day and 0.5" on the 5th. This got the Ottery going nicely with the statutory flood across the road towards Maxworthy. The middle of the month frequently produced heavy squally showers, but by far the main event was just after Christmas with a violent polar storm "Bella" overnight on Boxing day into the Sunday. Westerly winds of 75 knots were widespread inland of the Duchy, with 93 knots being recorded at The Needles, IOW as the storm tracked quickly eastwards. The duration of Bella was mercifully short-lived but she still caused quite a bit of damage, and we had a large conifer wrecked here. The total rainfall collected for the month was 11.38" and only in 2012 did December get anywhere near this amount.

HIGH TIDES and SUNSET February - March 2021

NB - Heights based on Newquay for Bude +25 minutes)

| Date | 5 Feb | 12 Feb | 19 Feb | 26 Feb | 5 Mar | 12 Mar | 19 Mar | 26 Mar | 2 Apr |
|--------|-------|--------|--------|--------|-------|--------|--------|--------|-------|
| AM | 10.44 | 5.33 | 9.40 | 4.28 | 9.19 | 4.37 | 8.21 | 3.18 | 9.12 |
| PM | 23.21 | 17.54 | 21.58 | 16.51 | 21.46 | 16.58 | 20.32 | 15.44 | 21.34 |
| Sunset | 17.22 | 17.35 | 17.47 | 17.59 | 18.11 | 18.22 | 18.34 | 18.45 | 19.56 |

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Penhallam and the De Cardinham Family - Sarah Smith



Robert's seal

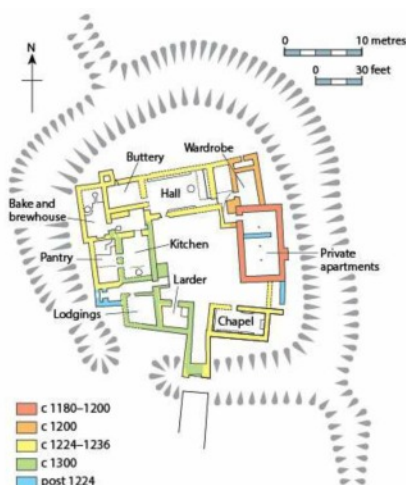
Robert De Cardinham was King John's principal agent in Cornwall; he helped to exploit the justice system in the King's interest. He was rewarded for this with status and possessions which gave his son Andrew a good inheritance.

Andrew was born in 1210 in Blyngton in Devon. He married Ela Ferrers in 1232 and they had one daughter, Isolda who was born in 1235, with no male heirs. When Andrew died in 1256 the lands passed to Isolda. She married William De Ferrers, who came from Tavistock, in 1256 and had six children. She died in 1301 in Bere Ferrers in Devon. Her tomb can be seen inside St Andrews church in Bere Ferrers.



Andrew and Ela were the main influence in the construction of Penhallam Manor. The building was made up of a range of buildings facing an inner court. It was a sheltered site and defence was not considered an important factor. The De Cardinham family used the manor house for hunting expeditions to their nearby deer park. As Andrew had no male heirs the manor passed onto Isolda and eventually ended up with the

Champernowne family. It was passed onto tenants in the 14th century and finally fell into disrepair. Many of the stones of the manor were "recycled" by local villagers.



English Heritage
Heritage Unlocked: Cornwall/Scilly
Plan of Penhallam Manor
100%

English Heritage manage the site which is found on the road from Jacobstow to Week St Mary (postcode Ex22 6XW). It is free to visit and open in daylight hours. At the moment the bridge is under repair, so you may not be able to reach the manor, but it is a lovely walk through to it.

*I have gathered this information from the internet. As far as I am aware, it is accurate.

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KIDS' PAGE

Dear Children,

This is a letter to you from Mrs Doubtfire. (You might have to Google me, but hopefully not.) You should know I'm a crazy granny with a heart of gold who is definitely thinking about you right now, and who cares about you.



What a time you are having.

Some of you might be saying, "Yay, no school!" Whilst some of you might be thinking, "I hate this. I miss my friends, I want to be at school in the Classroom where I can chat and do lots of things that aren't worksheets and online learning."

Or you might be having a bad time because your home is difficult. Maybe your parents are too busy, or you are just with one parent, or there is lots of shouting because everyone is stressed and there is not enough money; you can't do the school stuff because of this.

I will try to help you. You can email your school to say you need help. They are not just there to make you do work. They can help you if you are frightened or worried. If you can't do this, try to ring a friend and ask if their family can do this for you. If not phone Childline on 0800 1111.

Lots of love and hugs from Josiah Doubtfire. XXXX

PS Hang on, it will get better. xxxxx

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Fresh Herbs



There's nothing like having fresh herbs on the windowsill ready to add to your cooking and for garnishing. Their fragrance can also be enjoyed from the windowsill and herbs are easy to grow. Parsley takes a while to germinate (it used to be said that it went down 10 times to visit the devil before sprouting!) but otherwise most commonly used herbs grown from seed will start showing after a few days and with a little care will provide a good supply much more economically than fresh herbs from the shops. Sage, thyme, mint and lemon balm will thrive outdoors once established and can over winter in a sheltered spot, whilst more tender herbs like basil are better on the windowsill. A few well chosen herbs can really lift a dish; think of chives in a cheese spread or herb butter for your jacket potato. Herbs that dry well for storing include sage, oregano, marjoram, bay and dill. Once dried, herbs tend to have a stronger flavour than fresh and as a general rule, a teaspoon of dried herb is enough to replace a tablespoon of fresh herb. Herbs dried at home can last for 12 months and are best kept in an earthenware pot or dark glass jar out of the light which causes them to deteriorate. This is also true for shop bought dried herbs so it's a good idea to check the dates regularly and keep them in a cool, dark place away from warmth and steam in the kitchen.

This sweet recipe using herbs is unusual but the orange and rosemary complement each other well and is worth a try.

Rosemary Shortbread

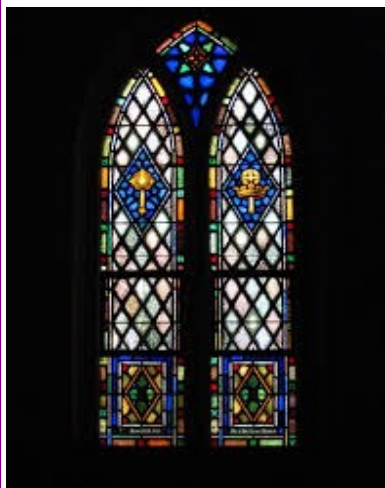
| | |
|----------------------|---------------------------------------|
| 55g caster sugar | 1 tsp rosemary leaves, finely chopped |
| 115g softened butter | Finely grated zest of 1 orange |
| 170g plain flour | |

1. Preheat the oven to 150C/300F/Gas mark 2.
2. Mix the sugar and rosemary in a food processor until the rosemary is very finely chopped. Add the butter and orange zest and beat until pale and creamy.
3. Transfer to a large bowl. Beat in the flour until it forms a stiff dough. Place the dough on a sheet of baking paper and cover with another sheet. With a rolling pin, gently roll to approx 5mm thick. Lift off the top paper and use a 7cm pastry cutter to make approx 12 biscuits, re-rolling to use up all the dough.
4. Using a palette knife, transfer to a lightly greased baking sheet. Prick the biscuits with a fork and bake for approx 12 minutes or until just golden.
5. Transfer to a wire rack with a palette knife as they will still be soft. Serve once cool and crisp.

As an alternative, the shortbread can be made with lavender or lemon thyme in place of the rosemary. Lemon zest can also be used instead of the orange zest.

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CHRISTMAS CELEBRATIONS WITH WALKING GROUP.

Our December walk was to Lesnewth Church ending with mulled wine, mince pies and carol singing. Pictured are Patricia, Anne, Jeanne, Mary and Sue.



More about this walk in the next issue of the Journal.



JACOBSTOW GARDEN SAFARI

A Garden Safari around the village is planned
for 2-6pm on Sunday 20th June 2021.

There will be more than 10 gardens to visit, with cream teas, a plant sale and a raffle at the Parish Hall. Individuals and groups are invited to book stalls for craft, etc @£10 a stall.

Tickets will be on sale: £5 per adult, children under 16 go free. You'll be given a map and information on the open gardens. This event will raise much needed funds for the Parish Hall. If you would like to book a stall please contact Lin Harris on 230266/email: lin.harris007@btinternet.com

More gardens are needed to add to the Safari - not immaculate, big or landscaped show gardens but *real* gardens! Gardeners love to see local gardens for ideas and inspiration, so why not add yours to the list?

Contact Mary on 230656/email: maryjoyash@gmail.com or Jeanne on 07706927197/email: gimblett@phonecoop.coop Those who have already offered to open their gardens are asked to **re-confirm** their availability with Jeanne. Activities for children are also being planned – if you'd like to be involved with this, contact Rachel Wren on 230908 or email: r.l.harris@hotmail.com

Watch this space for more details in the April/May edition of the Journal.

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|-----------|-------|------|------|------|------|------|
| Camelfd | 0713 | 0843 | 1143 | 1343 | 1553 | 1806 |
| Boscastle | 0745 | 0915 | 1215 | 1415 | 1635 | 1840 |
| Crackgton | 0803 | 0933 | 1233 | 1433 | 1643 | 1958 |
| Wainhs | 0811 | 0941 | 1241 | 1441 | 1651 | 1906 |
| 'skni X | 08.15 | 0945 | 1245 | 1445 | 1655 | 1910 |
| Widmth M | 0818 | 0948 | 1248 | 1448 | 1658 | 1913 |
| Widmth B | 0820 | 0950 | 1250 | 1450 | 1700 | 1915 |
| Bude Strd | 0837 | 1000 | 1300 | 1500 | 1710 | 1925 |

Please Note

If you are unfamiliar with the buses - check the times. If you want to walk one-way then catch a bus **FIRST**

95 Monday to Saturday from Bude

| | | | | | |
|-----------|------|------|------|------|------|
| Bude | 0850 | 1050 | 1325 | 1535 | 1735 |
| Widmth B | 0857 | 1057 | 1332 | 1542 | 1742 |
| Widmth M | 0859 | 1059 | 1334 | 1544 | 1744 |
| 'Skni X | 0902 | 1102 | 1337 | 1547 | 1747 |
| Wainhs | 0906 | 1106 | 1341 | 1551 | 1751 |
| Crackgton | 0914 | 1114 | 1349 | 1559 | 1759 |
| Boscastle | 0931 | 1131 | 1406 | 1616 | 1816 |
| Camelfd | 1005 | 1205 | 1440 | 1650 | 1850 |

95 Sundays and Bank Holidays

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1616; 1816

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| | 480 | 420 | 480 | 480 |
|-------------------|------|---------|------|------|
| | M Th | Tu only | Wed | Fri |
| Hghr Crackington | ~ | 0910 | ~ | ~ |
| Wainhouse Cnr | ~ | 0925 | ~ | ~ |
| Jacobstow | ~ | 0930 | ~ | 0910 |
| Week St Mary | ~ | 0940 | ~ | ~ |
| Canworthy Water | ~ | 0955 | ~ | ~ |
| Warbstow Cross | 0935 | 0958 | 0935 | 0935 |
| Canworthy Water | 0938 | 1001 | 0938 | 0938 |
| Week St Mary | 0953 | ~ | 0953 | 0953 |
| Bude Strand | ~ | ~ | ~ | 1023 |
| Launceston Wgate | 1033 | 1030 | ~ | ~ |
| Launceston Tesco | 1043 | 1040 | ~ | ~ |
| Holsworthy Church | ~ | ~ | 1023 | ~ |

| | 480 | 420 | 480 | 480 |
|--------------------|------|---------|------|------|
| | M Th | Tu only | Wed | Fri |
| Holsworthy Library | ~ | ~ | 1310 | ~ |
| Launceston Tesco | 1250 | 1235 | ~ | ~ |
| Launceston Wgate | 1300 | 1245 | ~ | ~ |
| Bude Strand | ~ | ~ | ~ | 1310 |
| Week St Mary | 1340 | ~ | 1340 | 1340 |
| Canworthy Water | 1354 | 1307 | 1354 | 1354 |
| Warbstow Cross | 1400 | 1311 | 1400 | 1400 |
| Canworthy Water | ~ | 1314 | ~ | ~ |
| Week St Mary | ~ | 1326 | ~ | ~ |
| Jacobstow | ~ | 1341 | ~ | 1400 |
| Wainhouse Corner | ~ | 1345 | ~ | ~ |
| Hghr Crackington | ~ | 1358 | ~ | ~ |

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USEFUL CONTACT NUMBERS

Jacobstow Organisations

Jacobstow Infants School 01840 230337
Parent/Teacher Association Jenny Johnson 01840 230456
Women's Institute, Mrs J Baker 01840 239829
Jacobstow Church, Mr Brian Marshall 01840 230526
Art Group, Jeane Gimblett 07706927197
Happy Crafters, Eden Chapel - Alison 01566 781418
Parish Hall Bookings, J Gimblett 07706927197
Beavers, Josie Shepherd 01840 230330
Cub Groups, Mrs D Dowling 01288 352786
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Wainhouse Post Office and Stores 01840 230554
Jacobstow Walks, Mary 01840 230656
Jubilee Club, Mo 01840230428 or Eve 01566 781452
Juliette Garden Club, Greg 07989150528