

# *Jacobstow Journal*

***Providing news and information for the  
Parish of Jacobstow***

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*Issue No. 69*

February/March 2022

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***Delivery free to every household in the Parish otherwise 50p***  
***[www.jacobstowvillage.co.uk](http://www.jacobstowvillage.co.uk)***



## Editorial by Sarah

Sometimes I spend hours pondering what to write in my editorial, planning, trying to gather information and make sure that what I write is interesting, hopefully witty and not mention the C word (Covid).

Other times I just sit myself down and just let my fingers do the walking, to quote an old Yellow Pages advert, waiting for inspiration. Well, there you have it, let's get nostalgic and remember the good old days when you went out with a tenner in your pocket and swayed home after getting a taxi and everything. Don't even get me started on the price of petrol. Not just the price of petrol, specifically the price of petrol in Bude. £1.48 a litre, I paid £1.40 in Barnstaple last Saturday. My friend comes up from Plymouth, "Oh, I never buy my petrol in Bude, always make sure I've got enough before I come." Honestly, this is obviously the price you pay for living somewhere that is admittedly very nice, but also off the beaten track as far as deliveries go. Let's be honest, you really need a car in this neck of the woods, (I wonder what that even means, funny how sayings are created) it isn't a luxury.

So, sayings., I was talking to Sue Burrows about bell ringing the other day because a bell was ringing at the church. Just one bell, which is apparently called the Toll bell - for whom the bell tolls - interesting. I also wonder when we are going to hear our bells ring again?. See, welcome to me stream of thought - AKA absolute nonsense !!

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### Enquiries, Articles and Letters

*email to:*

**[jacobstowjournal@gmail.com](mailto:jacobstowjournal@gmail.com)**

*or in writing to the Editor.*

Sarah Smith

Almar, Jacobstow, EX23 0BN

### Editorial Team

|                 |             |              |
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| Jill Baker      | Articles    | 01840 239829 |

#### 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 2022 edition will be 10<sup>th</sup> March 2022 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 John Shepherd 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](http://www.jacobstovvillage.co.uk)

## Summary of Parish Council Meeting held on 7<sup>th</sup> December, 2021

Cllr. Osborne chaired the monthly meeting with four Councillors attending.

Minutes – The minutes of the previous meeting had been Emailed to Councillors and agreed and signed.

Personal Safety for Councillors – An online course took place in December. There will be further free courses offered in the New Year.

Road Safety Grant – Zero Vision – Road Safety Grant application – The Clerk had applied for a grant from Zero Vision but had received a reply that regrettably it was unsuccessful.

Planning Application PA21/09708 – Change of use of garage to use as holiday accommodation – Sunnyside, Jacobstow, Bude - Councillors support this application but would like a clause that it can't be sold separately to the main dwelling.

Planning Application PA21/09708 – First floor extension to create managers flat – Wainhouse Corner Service Station. Councillors support this application.

Councillor Matters – Cllr. Pallett reported on a planning meeting she had recently attended.

Clerk to contact Cornwall Council regarding the missing sign at Plymwood Cross. Clerk to contact Oliver Jones regarding the large pot hole just past the junction off the A39 into Edgar Road.

Clerk to contact Cllr. Chopak regarding the flower bombs for the Queen's Jubilee.

## *Summary of Parish Council Meeting held on 11<sup>th</sup> January, 2022*

*Cllr. Osborne chaired the monthly meeting with six Councillors and County Cllr. Chopak attending.*

**Minutes** – *The minutes of the previous meeting had been Emailed to Councillors and was agreed and signed.*

**Letter** – *A letter was received from Cllr. Pallett confirming that she wishes to resign from being a Councillor. Clerk to write to her thanking her for her helpfulness as a Councillor.*

**Accounts to pay** – *May 2021 Election costs. This amounts to £255.00. All agreed to pay.*

**Queen's Jubilee** – *This was discussed and it was decided to hold a meeting with all local organizations ie. Scouts, Guides, WI etc. to get ideas as how to celebrate the Queen's Jubilee. Cllrs. C Smith and S Smith to arrange this. A notice to be put in the Journal. Cllr. Osborne to contact Mr. Wilton to ask permission to light a beacon on the mound on his land.*

**Holy Well** – *The Clerk had contacted Mr Shepherd the owner of the land to the Holy Well. They were happy for local people to use the path but did not want any Permissive path signs etc. to be put at the entrance. They would like walkers to ring the farm to ask permission as there is often cattle in the field. Regarding the fencing needed Mr. Shepherd will do this and send the Council the account for the cost.*

SCOTT MANN Extracts taken from his Facebook page: please visit this for more information from him about other issues. Road safety is a top priority of mine, and I am pleased to see that National Highways confirmed that they are reviewing modelling to understand the baseline conditions of traffic both on the SRN and local side roads around Plusha Junction on the A30. Once they have this, they will test options to address the safety issues in that model and will also be working on those options at the same time. I am obviously in favour of anything which leads to safer roads for North Cornwall, and I will be supporting any changes to the junction which are put forward.



**[www.devonandcornwall-pcc.gov.uk](http://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](mailto:nickychopak@gmail.com).

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

# Jacobstow Neighbourhood Watch



Rural crime can be classified as any crime and anti-social behaviour occurring in rural areas. It is often linked to Organised Crime Groups (OCGs) who target and exploit rural communities across a range of crime types for example organised plant theft, livestock theft, burglaries targeting firearms, poaching and hare coursing.

We at Neighbourhood Watch want to raise awareness of rural crime across our networks. We feel it is vitally important to the rural communities and farming communities to bring to the forefront the issues that they deal with and how Neighbourhood Watch can help.

You can report fly tipping, broken bridges etc to FixMyStreet the website and they will report it to the Council. FixMyStreet covers the whole of the UK. No matter where you are, the only thing you ever have to remember is the web address – [www.FixMyStreet.com](http://www.FixMyStreet.com).



**Cornwall**

Citizens Advice Cornwall provides a vital lifeline to many people with problems such as benefits, debt, employment, housing, relationship breakdowns, discrimination and consumer issues. The coronavirus outbreak has added another new challenge for many people in the last year.

Volunteers come from all sectors of society and can help out by becoming frontline advisers, joining our fundraising team, working as admin assistants, becoming a trustee or working for our research and campaigns section. No previous experience is necessary for our volunteer roles because full and thorough training is provided. As well as the main advice service, Citizens Advice also runs projects in Cornwall to help tackle some of the root causes of problems. These include advice programmes aimed specifically at people with mental health issues, victims of crime and domestic abuse and those at risk of homelessness and victims of loan sharks. We also run a specialist advice service for people with a cancer diagnosis with the Macmillan cancer charity.

If you'd like to help others in your community as a volunteer, we'd love to hear from you. You can find further information on the available roles and training by visiting our website at [www.citizensadvicecornwall.org.uk](http://www.citizensadvicecornwall.org.uk) or emailing [volunteer@citizensadvicecornwall.org.uk](mailto:volunteer@citizensadvicecornwall.org.uk) If you need help or advice yourself please contact our team by texting the word ADVICE to 78866 and we'll call you back within 48 hours (excluding weekends) or you can call us on 0800-144-8848 Mon-Fri 10am-4pm.

**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.

## Jacobstow Art and Craft 2022 Timetable

Jacobstow Art and Craft group will start again on the 18th January 2022 ( covid permitting.) We meet at the Parish Hall from 2pm to 4pm. and new members are most welcome. Our first session enables everyone to meet up so bring some of your own work and talk about what you have been doing and what you enjoy. Members set up and organise sessions for each other, unless there is an invited speaker.

The following is the planned programme for February March:-

February 1st: Exploratory Art drawing a covered object (Mary & Jeanne will bring objects.)

February 15th: Paper making .... Mary.

March 1st : Spring flowers and loose watercolours..... Sally & Jeanne.

March 15th Book-Making ....Rosie and Kate.

March 29th Demonstration with clothed model or working from your sketch book with a speaker .

April 12th Mosaics. ....Mary. (This to continue in next sessions and possibly a demonstration of needle felting.)

As normal anyone may bring their own work to do if they do not want to join that day's session. We make a small charge to cover our expenses £20 up front if you attend all seven , or £5 for drop in session. For more information ring Jeanne on :- 07706 927197.



I would like to thank everyone who attended the annual Christmas lunch in the freshly decorated parish hall. It was a very enjoyable event and lovely to be able to hold it this year although with a few restrictions. The school children entertained us with some Christmas songs although they were outside and wrapped up well in their coats. A huge thank you goes out to everyone who did anything to help in any way (too many to mention) on the day and leading up to it. This year we delivered seven meals out to people that couldn't attend. Thank you Shane and Lynsey for delivering them safely. Thank you one and all and hope to see you all again in December. Lin Harris - Chair of the parish hall committee.

## A Matter of Life of Death

We normally blame holiday-makers for doing stupid things but it appears we have our own home-grown idiots in Jacobstow who do even worse! The telephone kiosk outside the Parish Hall has been converted to house a Defibrillator and a small library for use by local people. There is a notice on the door that says:

*"Please do not put boxes of books on the floor. Access to the defibrillator **MUST** be kept clear at all times"*

It would appear that there is someone who is able to read books but cannot read notices - or else is totally without any consideration for others.

Over the Christmas period two boxes of books had to be removed from the kiosk and on 3<sup>rd</sup> January there were three more large, heavy, boxes left there containing a total of 71 books. At the request of a member of the Parish Hall Committee these have been removed and placed in the Parish Hall so that there is again essential access to the defibrillator. The Parish Hall has recently been redecorated (at no small cost) and the Committee do their best to ensure that the Hall is kept tidy so the unwanted addition of numerous books, because of the actions of one selfish person, is certainly not appreciated. They're not even good quality books donated for Community use but mainly rubbish that someone wanted to dispose of. Instead of doing that responsibly they have put the problem onto someone else. Not very nice people!

If someone has a heart attack then the additional time needed to move boxes of books could indeed be the difference between living and dying.

Whoever dumped these books will almost certainly be reading this so it's hoped that they feel suitably ashamed.



**PLEASE DON'T LEAVE  
BOOKS ON THE FLOOR  
OF THIS KIOSK!**



# CHURCH AND CHAPEL SERVICES

Holy Communion will be held on the 3<sup>rd</sup> Sunday of each month at Jacobstow Church 10.30. Also at Warbstow on the 4<sup>th</sup> Sunday of each month. Evensong continues via Zoom from Boscastle every Sunday 6pm for more details for services across the Benefice please contact

**Rev Heather Ashton 01840 250359**  
for more information

These arrangements may change - please check notice board



Jacobstow Church



## LIVING CHURCH

For more information  
contact Alison 01566  
781418 or 07557916073



**Coast Church  
Family Church**

No services at the moment

**Stay safe everyone**

**01840 230219**

# CHURCH AND CHAPEL NEWS & EVENTS



Early snowdrops at Jacobstow church

## Candlemass Day - 2<sup>nd</sup> February

This ancient festival marks the midpoint of winter, halfway between the shortest day and the spring equinox. It is a traditional Christian festival that commemorates the ritual purification of Mary forty days after the birth of her son Jesus.

It was on the day of the year when all the candles that were used in the church during the coming year were brought into the church and a blessing was said over them. So it was a festival day (or mass) of the candles .

Before Jesus came to earth, it was as if everyone was in the dark. He guided then from the darkness; he is the light of the world.

## **JUBILEE CLUB**

**32 members enjoyed the Christmas meal at Britannia Inn at Par in December. We're now looking forward to trips starting again, hopefully in March.**



**Until then, stay safe and well. Eve and Mo**

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## David's Random Ramblings

And so, Dear Reader, we've now boldly gone into 2022 where no one has gone before. In some ways I'm really glad that Christmas is well behind us. It's not that I dislike the idea of giving presents but rather that I'm really terrible at preparing and presenting them to look the very best for my nearest and dearest. I must be the world's worst wrap artist. However, with the arrival of the new year, I did decide to try a new hobby and took up tap dancing. Unfortunately, that also turned out to be a complete disaster as I just kept falling in the sink. After that debacle, I thought that I might find some solace in planning a trip to an exciting destination and I 'phoned Sea World. They told me that my call might be recorded for training porpoises. And please all be aware that earlier reports of a herd of wildebeest roaming around Wainhouse Corner have turned out to be more fake gnus.



Journey time : 40 minutes between Okehampton and Exeter. There are trains every two hours each way, seven days a week, between Okehampton, Crediton and Exeter St Davids, including services for daily commuters. Most services also call at Exeter Central, including the key peak service. Cost £8 but even cheaper if you get a railcard.\* Okehampton is unstaffed and has a card only ticket machine. Parking is £2 for the day. There is step-free access from the street to the platform. You can book assistance with your journey with Passenger Assist. Go to **[www.dartmoorline.com](http://www.dartmoorline.com)** \* If you live locally, get a Devon & Cornwall railcard. For just £12 a year it gives you and a friend a third off day trips by train across the 2 counties. Accompanying children travel for £1. Times are off peak though. Example: Exeter -Okehampton is £5.20 instead of £8.

## **Wainhouse Country Store**

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# Bob's Gardening Spot

Now is the time to order your seed potatoes, settle down with a nice cuppa and a catalogue and watch the rain fall outside. I only grow early potatoes because they do not suffer from blight and slugs don't like them either. Put any lime you have on the beds that you are going to grow brassicas in. Sow your early peas in a lovely warm spot and plant them out when they are big enough to withstand the Spring weather. You can still plant out onions and shallots but plant them close together. To increase your yield pull up every other one to let them grow bigger.

You will have to mow more often in March to keep your lawn looking good, start with the blade high and don't forget to Spring feed your lawn.

Prune late flowering shrubs to keep them tidy and encourage good growth. Trim winter flowering heather to open then centre, allow new shoots to grow and discourage dead wood.

Happy Gardening

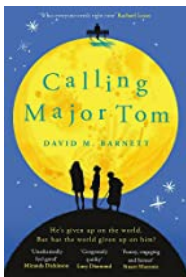
Bob

## Book Club

We enjoyed both books we read this month:

### **"Once Upon a River" by Diane Setterfield**

It is the early 19<sup>th</sup> century and at the Swan Inn, on the banks of an early stage of the River Thames, the landlord and the locals are well known for telling stories to entertain themselves. One stormy night a very badly injured stranger staggers in, clutching a young child – a small girl who appears to have drowned. So begins a new story, full of mystery, sadness and love, which will keep you guessing until the end.



### **"Calling Major Tom" by David M. Barnett**

This is quite an original, modern story, in which a dysfunctional family, the Ormerods, accidentally make contact with Thomas Major, a care-worn scientist, in space, on a one way, and probably suicidal mission to Mars. The two motherless Ormerod children are in the care of a 70 year old gran with dementia, as their father is in prison, and they are about to be evicted. Whilst this is a tragicomedy, there are times when you want to laugh out loud.

# Wendy Hodgson

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How about starting 2022 with learning a new skill, meeting new people and going new places!

Why not learn a musical instrument? You're never too old or too young and it's good for your physical and mental health and well being.

Playing an instrument from a cornet to a horn to euphonium or trombone to bass will improve your breathing, your concentration, memory and your stamina. It will also help reduce stress and anxiety.

St Gennys Silver Band is a small friendly group that meets every Wednesday evening and can provide instruments and tuition to anyone who is interested. You will be helping to keep a Cornish tradition alive.

For more information contact

Heather Smith 01840 230976



At our Christingle service 1 rainbow and 3 brownies were awarded their gold awards, the highest award available to them in their section and



therefore they will soon be moving onto the next stage in their guiding journey. 2 brownies also made their promise, which is made near the start of their journey in each section.

To end the term we had Christmas parties for all sections, the rainbows and brownies went to the venue, played in the soft play and had some chips. The guides all brought a plate of food to the parish hall where they completed Christmas themed challenges, including making and decorating a house out of malted milk biscuits and sweets and decorating one member of their team as a Christmas tree to then sing around!



Christmas and New Year brought a break from guiding for everyone, then with the increase of covid cases brought the discussions of whether we should continue to meet in person or return to zoom. Other units in the district decided to return to zoom after updating their risk assessment. At Jacobstow we have decided that as numbers allow for distancing and we are able to keep the hall well ventilated we will keep meeting face to face. We also hope that we will be able to meet outside especially with the guides, so keep your fingers crossed the weather is kind to us!



**SCOUTS, CUBS,  
BEAVERS**  
(Contact numbers on back page)



## JACOBSTOW JOURNAL HOLDS COFFEE MORNING

The Journal team (Sarah, Sue, Celia and Jill) held a coffee morning on Tuesday 11<sup>th</sup> January to say thank you to the distributors and some of the people who contribute to the Journal in various ways. We hope to do this again, inviting more people. Those who came were the Journal team, Anne, Doreen, Marion, Mary, Jeanne and Mike.



# PUZZLE PAGE

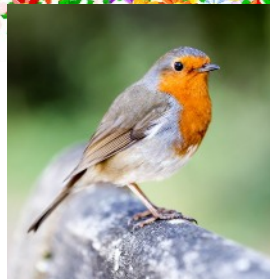
Welcome to your "tea break" puzzle page, Jo Smith was pulled from the hat and wins a £10 voucher to spend at Wainhouse Stores. If you would like a chance to win this edition's voucher, just solve the puzzles and return the completed page to Sarah Smith, Almar Jacobstow EX23 0BN by 10<sup>th</sup> March 2022

|   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|
| S | B | Y | H | P | N | G | T | L | T |
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| Z | Y | C | R | U | M | B | L | E | X |
| R | O | A | S | T | B | E | E | F | S |

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

|            |            |
|------------|------------|
| BAKING     | BUTTER     |
| CHEESE     | COOKING    |
| CRUMBLE    | DISH       |
| HONEY      | LEMON      |
| MUSTARD    | OLIVE OIL  |
| PUDDING    | ROAST BEEF |
| SANDWICHES | STEWES     |
| TEA        | TOASTIES   |
| TOPSIDE    |            |

Can you identify these British garden birds?



Last edition answers: Word search missing word, Mince Pies. Picture puzzle : 1. Hark the Herald Angels Sing 2. Jingle Bells 3. Away in a Manger 4. Oh Christmas Tree 5. Driving Home for Christmas 6. I saw Three Ships

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# CORY FAMILY

The first mention of the Cory name was Henry and Mary Hacker who married at Poundstock in 1758. They had 8 children. The 7<sup>th</sup> was James who married Grace Burden in 1804 at St Gennys, they had John, a blacksmith who married Mary Ann Coombe in 1829 at Jacobstow. John and Mary had 7 children, the 2<sup>nd</sup> child, another James, also a blacksmith married Mary Ann Ward in 1856 and Elizabeth Bray in 1865, both at St Gennys.



Gramps/Ned

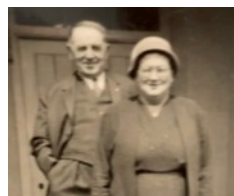
Elizabeth brought up Stephen and Mary Ann with her own 5 children with James. The girls married locally. Mary Ann to Thomas Orchard, Alice Maud to Moses Barnicott, Augusta Blanche to Humphrey Smeeth. Georgiana remained a spinster and Elizabeth Grace married Gladstone Coombes 1901 at St Gennys.

We are interested in Stephen Ward Cory, the only boy born 1856, he married Elisabeth Elson. They leased the Wainhouse Inn from the Spetigues. This included the farm which went with the pub. He was listed on the census as a retired farmer and innkeeper. The farmhouse was on the corner opposite the Inn with a smithy and dairy on the end away from the junction. At some point he bought the Inn from the Spettigues.

Their children, Mary Ward married Charles Edward Hooper 1921 at Jacobstow, Edward Elson married Emma Phyllis Pethick 1926 at Jacobstow, James m Emily Orchard 1924 at Jacobstow and Elisabeth Ruth m William Leach 1926 also at Jacobstow.

Edward (Ned) joined the Royal Field Artillery during WW1 where he was wounded when a shell exploded on the gun placement he was manning. A mate managed to rescue him but he suffered Shell Shock afterwards.

After the war he ran a taxi which meant he had one of the first telephones in St Gennys. When Ned and Phyllis were first married they lived at Gillards Moor. From 1929 they were tenants of Trelay Farm where Phyllis Joan (an epileptic) and Jim were born.



Gramp and Nan at Trelay



Jim and Janet

The Inn became James's (Old Jim) responsibility. Old Jim had his finger in many pies. He bought a warehouse in Boscastle and turned it into the Cobweb. He also purchased the POW accommodation (Wainways) and Beckaveans. The land which held the weekly market, became twice a year and was sold to Fontbeam Builders.

Young Jim married Janet Caroline Harris in 1959 and farmed at Trelay. They had Patricia Ann and Caroline Mary.

In 1974 about 5 years after Old Jim died and the landlady of Trelay decided to sell the house and some land, Jim and Janet moved to Beckaveans, Jacobstow, farming there until their retirement to a Fontbeam bungalow at Wainhouse Corner.

As one can see the large family married into most of the local farming families.

# CHRISTMAS and NEW YEAR EVENTS



*Summerleaze Xmas Day*



*North Cornwall Hunt Pack*



*South Tetcott Hunt at Stratton*



*Old Christmas Trees to stabilise Widemouth Sand dunes by Lisa Good*



*Boscastle's Lobster Pot Tree*



*Crib scene at the Carol Service*



*Knitted Hat at Bury St Edmunds-  
where they filmed David  
Copperfield!*

Many thanks to everyone who gave us a fantastic, tasty Christmas Lunch.

Thank you also to the school children who sang carols and songs to us, oldies from outside the beautifully re-decorated Hall



*Promise of better weather*





# AQUAFLAME

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# Bude Open Water Swimmers



Open water swimming has seen a nationwide surge in interest during the Covid lockdowns. Here in Bude, members of Bude Open Water Swimmers (BOWS) have swelled to over 1.2k members. The main purpose of this group is to provide a 'happy place' for swimmers to share their experiences and swim pictures, their goals, exploits and ambitions, meet others and, most importantly, enjoy the winter swimming scene safely.

The aim is simply to immerse yourself in the water. It is totally irrelevant how long, how far or how fast you swim, or indeed if you swim at all. People who try it very soon discover that Bude swimming community is an inclusive supportive and welcoming group, who will happily assist you to take the plunge. Our mantra is "You never need to swim in Bude Sea Pool alone during the winter months. "

If you are considering swimming through the winter, here's a few facts: The water temperature starts to drop in September. Typically it is between 12c and 9c in November and December. January to March the sea pool can plunge as low as 3c. It is best to start acclimatising in May and swim throughout the summer as the temperature rises and peaks around the beginning of September. This way you will more easily acclimatise and absorb the temperature drop as winter approaches. As winter sets in, bring lots of very loose fitting clothing, a woolly hat, warm slip-on footwear and even a hot water bottle to wrap your post-swim clothes around. Always walk into the water and submerge yourself slowly to acclimatise before you begin swimming/floating. Never stay in the water until you are shivering or if you start to experience symptoms of early hyperthermia i.e light headiness, body warmth, speech difficulty. Afterwards have a hot drink to hand and dress quickly. Everyone is different so listen to your body and stay within the confines of what is right for you. Remember that experienced year round swimmers will give their advice freely. Don't be frightened to ask. We all have to start at the beginning.

## **Reduced stress and a boost in happiness and wellbeing.**

The physical and mental health benefits of open water swimming is now widely acknowledged, "Open water swimming is a fantastic way to get away from the stress of everyday life, reconnect with nature and exercise without being confined to a standard indoor pool." Cold water speeds up metabolism, boosts immune system, and even improves circulation. "Swimming is known to improve mental health by producing dopamine and endorphins, Better than that, the cold water accelerates the release of endorphins even further, making you feel great, both during and after a swim."

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In December we ended the year on a high at our Christmas Party, with a lovely spread of party food, fun and games and lots of laughs. With thanks to the organisers, we all enjoyed ourselves in our festive outfits, with secret Santa gifts and carol singing.

Reluctantly, the January meeting was cancelled due to the increase in Covid cases to keep everyone safe, so we're now looking forward to our meeting in February with a talk on Beekeeping.

In the meantime the Cornwall Federation is offering a series of workshops, talks and events covering history, photography, floral arts and crafts. Looking further ahead, we'll be planning our programme of activities and speakers for the rest of the year, preparing for the Annual Meeting in March and new membership year starting in April. The Royal Cornwall Show schedule has been published and this year's theme will be "Family Celebration" with group and individual competitions.



We will soon be voting on this year's Resolutions, the most popular of which will be taken forward to the NFWI's Annual Meeting for consideration as a WI campaign. The shortlist includes the challenging of gender stereotypes in relation to girls' clothing, the sentencing of non-violent women offenders, equality in law for the menopause, the diagnosis of ASD and ADHD in women and girls and tackling digital exclusion.

New members are always welcome and you can attend as a visitor to see if it's for you, before joining. Come along to a meeting or contact Jill to find out more - email: [jacobstowwi@btinternet.com](mailto:jacobstowwi@btinternet.com) or telephone 01840 239829.



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## Jacobstow Walking Group

It was so nice to get together after all this time! We met in Boscastle car park and after struggling to find a meter that worked, we set off, stopping for the odd photo. The walkers were Mary, Michael, Anne, Sue, Lorraine and myself (Celia Proudfoot) plus dogs Buster and Inca. Despite a terrible forecast, it hardly rained and winds were not high. There were many trees that had been blown down in the Valency Valley in the previous storms but we were rewarded with a rainbow at the end of our walk. Lunch was at Boscastle Farm Shop where the walkers were joined by John Penfound. **NEXT WALK: Thursday 10<sup>th</sup> Feb. Meet Crackington car park. 10.30am.**



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## WEATHERWISE by Monitor

As we enter the New Year, a look at the 2021 figures.

November's rainfall was noted as well down on the UK average locally. A total of 2.39" was collected as against my 10 year average of 5.3". Apart from being somewhat dry in what is usually quite a wet month, it was mild. The 8th to the 10th was notable, reaching 17°C on the 10th and continued to stay with above average temperatures until the 20th. A lot of this was due to the remnant of Tropical Storm "Wanda" drawing warm air in its wake with pressure remaining high and light winds around northeast. No days were particularly wet, only one frost recorded and only a couple of foggy mornings.

Matters changed quickly in December with winds becoming more westerly to northwest and a corresponding drop in temperature. During the 5th, a deep Atlantic depression developed into a violent storm "Barra" which was a particular problem for the Irish Republic, and was one of the most destructive of late. By the 7th, the storm was shown as 961 Shannon, gave strong southerlies in the Duchy with a heavy rain period and squally showers. A thunderstorm was observed in the afternoon offshore the north coast, and a further brief one locally around 1800 which caused a short power outage at 18.25. Matters quietened down once the storm had cleared northwards, and milder air returned on the 11th, with 13.5°C observed and 14.1°C on the 14th. Little in the way of rain, mostly drizzly stuff. High pressure built once more through to the 22nd, with television reception being affected on the 18th for a while in the evening. Milder air returned again on the 23rd, remained so into Christmas Eve when a depression tracked along the English Channel giving a wet day on Christmas Day with 1.10" collected. It remained mild and unsettled to the end of the month with 15.1°C being recorded on the 30th and 15.7°C on the 31st.

The total collected for December was 5.72". Total rainfall collected for the year was 49.78", as against my 10 year average of 47.02". Of note, the wettest month of 2021 was actually May at 7.26".

### HIGH TIDES and SUNSET - February - April 2022

| Date    | 4 Feb | 11 Feb | 18 Feb | 25 Feb | 4 Mar | 11 Mar | 18 Mar | 25 Mar | 1 Apr | 8 Apr |
|---------|-------|--------|--------|--------|-------|--------|--------|--------|-------|-------|
| AM      | 7.17  | 0.42   | 6.12   | 11.40  | 6.13  | 10.50  | 5.13   | 10.02  | 6.12  | 10.07 |
| PM      | 19.37 | 13.25  | 18.32  | **.**  | 18.33 | 23.29  | 17.31  | 22.42  | 18.30 | 22.24 |
| Sun set | 17.20 | 17.32  | 17.45  | 17.57  | 18.09 | 18.20  | 18.32  | 18.43  | 19.54 | 20.05 |

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



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**Please note:**  
**SESSIONS NEED TO**  
**BE PRE BOOKED TO**  
**COMPLY WITH**  
**COVID-19**  
**REGULATIONS**

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## **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 5.30-6.30 Scout Hall  
                 Living Water Kids Club 4.30 - 5.30 Canworthy Water
- 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of the month Young at Heart - Canworthy Water 1.30
- 1<sup>st</sup> Tuesday of month Parish Council 7.30
- 2<sup>nd</sup> and 4<sup>th</sup> Tuesday Arts and Crafts Club 2.00 - 4.00
- 2<sup>nd</sup> Thursday of month WI 7.30
- 2<sup>nd</sup> and 4<sup>th</sup> Thursday of month (recycling weeks) Coffee Club 10.30
- See P27 for details of next Walking Group walk.

## **WHAT'S ON**

- 14<sup>th</sup> February    Saint Valentine's Day
- 1<sup>st</sup> March         Saint David's Day & Shrove Tuesday (Pancake Day!)
- 2<sup>nd</sup> March        Ash Wednesday
- 5<sup>th</sup> March        Saint Piran's Day
- 17<sup>th</sup> March       Saint Patrick's Day
- 27<sup>th</sup> March       British summer Time - clocks go forward 1 hour  
                 Mothering Sunday
- 27<sup>th</sup> March - 1st April    Boscastle Walking Week - guided walks, booking essential  
                 Full details on Boscastle Facebook Page
- 18-27 Feb Bude Feb Fest** - a 10-day celebration (over Feb half term) of local arts, food, the coast, environment and community projects. Main Events include:
- Saturday 19<sup>th</sup> at 3pm** – Cobweb Tours historical theatrical walk through Bude.
- Thursday 24<sup>th</sup> at 3pm** – Minack Theatre's family show of The Kiss That Missed.
- Friday 25<sup>th</sup> at 7pm** – Patrick Monahan Comedy Evening at the Parkhouse Centre.
- Saturday 26<sup>th</sup> at 7pm** – Live Music Evening with James Dixon and more acts!
- 18<sup>th</sup> – 19<sup>th</sup> February: 5pm to 8pm** - Bude Triangle food market and live music.
- 19<sup>th</sup> to 27<sup>th</sup> February:** Parkhouse Centre - a range of workshops(adults & children)
- 26<sup>th</sup> February 2022** - Bude Sea Pool & Crooklets - try open water swimming with a morning dip. Children's free Swim Safe activity or Wave Project's treasure hunt. Later see the pros paddle out on surf kayaks to practice for the World Champs later this year in Bude. End the day with a 2 Minute Beach Clean at Crooklets.
- 19<sup>th</sup> to 27<sup>th</sup> February 2022:** The Wharf & Bude Town - support established community projects from The Kitchen Front's ceramic painting to the Barrel's Celtic tunes. **For full details and to book visit [www.visitbude.info/febfeast/](http://www.visitbude.info/febfeast/)**
- Mar 3** - Bude Orchestra Concert - Parkhouse Centre 7pm

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## KIDS' PAGE.



# Tongue Twisters



- TRY SAYING THESE 3 TIMES IN A ROW!
- ANY NOISE ANNOYS AN OYSTER BUT A NOISY NOISE ANNOYS AN OYSTER MORE
- SELFISH SHELLFISH, SELFISH SHELLFISH
- UNIQUE NEW YORK, UNIQUE NEW YORK
- RED LORRY YELLOW LORRY, RED LORRY YELLOW LORRY
- AN APE HATES GRAPE CAKES, AN APE HATES GRAPE CAKES



- FRED FED TED BREAD, FRED FED TED BREAD
- MIX MISS MIX., MIX MISS MIX
- MAYBE TRY DOING SOME CARTOON DRAWINGS OF THESE TONGUE TWISTERS.

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## Access to the Holy Well

We would like to remind the community that the St. James' Holy well is situated on private land, therefore there is no public access. Anyone that would like to visit the holy well **MUST** seek permission from the Shepherd family (at Trefrida Farm, on who's land the well is). This is to ensure the safety for all as it is a working farm. Please note that there is strictly no dogs allowed.

Polite reminder – Please stay on the designated footpath when walking through the parish, and all dogs must be kept on a lead, under close control.

**The countryside code says the following:**

Keep your dog under effective control to make sure it stays away from wildlife, livestock, horses and other people unless invited. You should:

- Always keep your dog on a lead or in sight.
- Be confident your dog will return on command.
- Make sure your dog does not stray from the path or area where you have right of access.

Always check local signs as there are situations when you must keep your dog on a lead for all or part of the year. Local areas may also ban dogs completely, except for assistance dogs. Signs will tell you about these local restrictions. It is good practice wherever you are to keep your dog on a lead around livestock. A farmer can shoot a dog that is attacking or chasing livestock. They may not be liable to compensate the dog's owner.



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### COVID UPDATE

**Omicron is still spreading in Cornwall, although cases are falling. This may be due to fewer people testing and reporting their results.**

The rules and advice are changing but include:

Get vaccinated and Boosted

Wear a mask on public transport

Let fresh air in if you meet indoors

Get tested and **report your results**

**Isolation & Testing** - check the latest rules online at:

[www.cornwall.gov.uk/health-and-social-care/information-about-coronavirus/your-health-symptoms-and-staying-safe/self-isolation/](http://www.cornwall.gov.uk/health-and-social-care/information-about-coronavirus/your-health-symptoms-and-staying-safe/self-isolation/) or call 119.

Booking Vaccinations - Use the NHS online booking service or call 119.



Saturday 12<sup>th</sup> March  
at 7.30 pm

Crackinton Institute

Tickets £10 from Crackington Village  
Shop or from Alan

01840230426/01840230976

### Queen's Platinum Jubilee

Come to a Meeting  
on Saturday 5<sup>th</sup>  
February 2022  
1pm Parish Hall  
Planning for the  
celebrations,  
anyone who wants  
to be involved will  
be very welcome  
Refreshments will  
be available



# Handyman

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# Partial listing of LOCAL BUSES

Transport for Cornwall - 08081962632 - [www.transportforcornwall.co.uk](http://www.transportforcornwall.co.uk)

## 95 Boscastle – Bude

Monday-Saturday to Bude

|            |      |      |      |      |      |      |
|------------|------|------|------|------|------|------|
| Camelfd    | 0712 | 0917 | 1137 | 1337 | 1547 | 1807 |
| Boscastle  | 0745 | 0950 | 1210 | 1410 | 1620 | 1840 |
| Crackgton  | 0803 | 1008 | 1228 | 1428 | 1638 | 1858 |
| Wainhse    | 0811 | 1016 | 1236 | 1436 | 1646 | 1906 |
| Tre'skni X | 0815 | 1020 | 1240 | 1440 | 1650 | 1910 |
| Widnrt M   | 0818 | 1023 | 1243 | 1443 | 1653 | 1913 |
| Bude Strd  | 0835 | 1035 | 1255 | 1455 | 1705 | 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       | 0900 | 1100 | 1315 | 1530 | 1730 |
| Widnrt M   | 0910 | 1110 | 1325 | 1540 | 1740 |
| Tre'skni X | 0913 | 1113 | 1328 | 1543 | 1743 |
| Wainhse    | 0918 | 1118 | 1333 | 1548 | 1748 |
| Crackgton  | 0927 | 1127 | 1342 | 1557 | 1757 |
| Boscastle  | 0945 | 1145 | 1406 | 1615 | 1815 |
| Camelfd    | 1018 | 1218 | 1433 | 1648 | 1848 |

There is a bus leaves Bude at 6.40 gets Camelfd at 0758

## 95 Sundays and Bank Holidays

To Bude at Wainhouse

1041; 1241; 1441; 1641;  
1841; 1936

To Camelford at Bude

0826; 1016; 1216; 1416;  
1616; 1816

Travel Cornwall - 01726 861108- [www.transportforcornwall.co.uk](http://www.transportforcornwall.co.uk)

**220** - Launceston, Tues; **371** - Launceston, Mon/Thurs;

**372** - Holsworthy, Wed; **373** - Bude, Fri

|                   | 220   | 371  | 372  | 373  |
|-------------------|-------|------|------|------|
|                   | Tues  | M Th | Wed  | Fri  |
| Warbstow Cross    | ~     | 0915 | 0915 | 0915 |
| Canworthy W       | ~     | 0918 | 0918 | 0918 |
| Hghr Crackington  | 09.15 | ~    | ~    | ~    |
| Wainhouse Cnr     | 0925  | ~    | ~    | ~    |
| Jacobstow         | 0930  | 0928 | 0928 | 0928 |
| Week St Mary      | 0940  | 0938 | 0938 | 0938 |
| Canworthy W       | 0955  | ~    | ~    | ~    |
| Warbstow          | 0958  | ~    | ~    | ~    |
| Launceston Wgate  | 1030  | 1018 | ~    | ~    |
| Launceston Tesco  | 1037  | 1025 | ~    | ~    |
| Holsworthy Church | ~     | ~    | 1011 | ~    |
| Bude Strand       | ~     | ~    | ~    | 1010 |

|                   | 220  | 371  | 372  | 373  |
|-------------------|------|------|------|------|
|                   | Tues | M Th | Wed  | Fri  |
| Bude Strand       | ~    | ~    | ~    | 1308 |
| Holsworthy Church | ~    | ~    | 1307 | ~    |
| Launceston Tesco  | 1238 | 1250 | ~    | ~    |
| Launceston Wgate  | 1245 | 1300 | ~    | ~    |
| Canworthy W       | 1307 | ~    | ~    | ~    |
| Warbstow          | 1311 | ~    | ~    | ~    |
| Week St Mary      | 1326 | 1340 | 1340 | 1340 |
| Jacobstow         | 1341 | 1350 | 1350 | 1350 |
| Canworthy Water   | ~    | 1400 | 1400 | 1400 |
| Warbstow Cross    | ~    | 1403 | 1403 | 1403 |
| Wainhouse Cnr     | 1345 | ~    | ~    | ~    |
| Hghr Crackington  | 1358 | ~    | ~    | ~    |

Bus timetable correct at time of going to press - 11.1.2022

## 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)  
Floodline  
Power Cut-Western Power Distribution  
Sita Recycling Centre, Tiscott Wood  
Dog Warden (Environmental Health)  
Cats Protection, Holsworthy  
Citizens Advice Bureau-Advice Cornwall

## Other Numbers

National Rail Enquiries 08457 484950  
National Express coaches 08717818178  
Farming Community Network 07002 326326  
Rebel Cinema 01288 36'442  
**SAMARITANS** 116123  
**Child Line** 0800 1111  
**Women's Refuge** 01872 225629

# USEFUL CONTACT NUMBERS

## Healthcare

NHS, Non-emergency

111

## Hospitals

Derriford, Plymouth 01752 202082  
Treliske, Truro 01872 250000  
Barnstaple 01271 322577  
Bodmin, E Cornwall 01208 251300  
Launceston Hospital 01566 761001  
Launceston Minor Injuries 01566 761030  
Stratton Hospital 01288 320100  
Stratton Minor Injuries 01288 320101

## Doctors' Surgeries

Bottreaux Surgery, Boscastle 01840 250209  
Neetside, Bude 01288 270580  
Medical Centre, Stratton 01288 352133  
Drs Nash & Uglow, Camelford 01840 213894

## 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  
Scouts, Robert Medland 07842084971  
Guides and Rainbows Mrs M Andrew 01840 230006  
Brownies Louise Cowling 07817985661  
Wainhouse Post Office and Stores 01840 230554  
Jacobstow Walks, Mary 01840 230656  
Jubilee Club, Mo 01840230428 or Eve 01566 781452  
Julietter Garden Club, Pat Thorne 01840 261237