

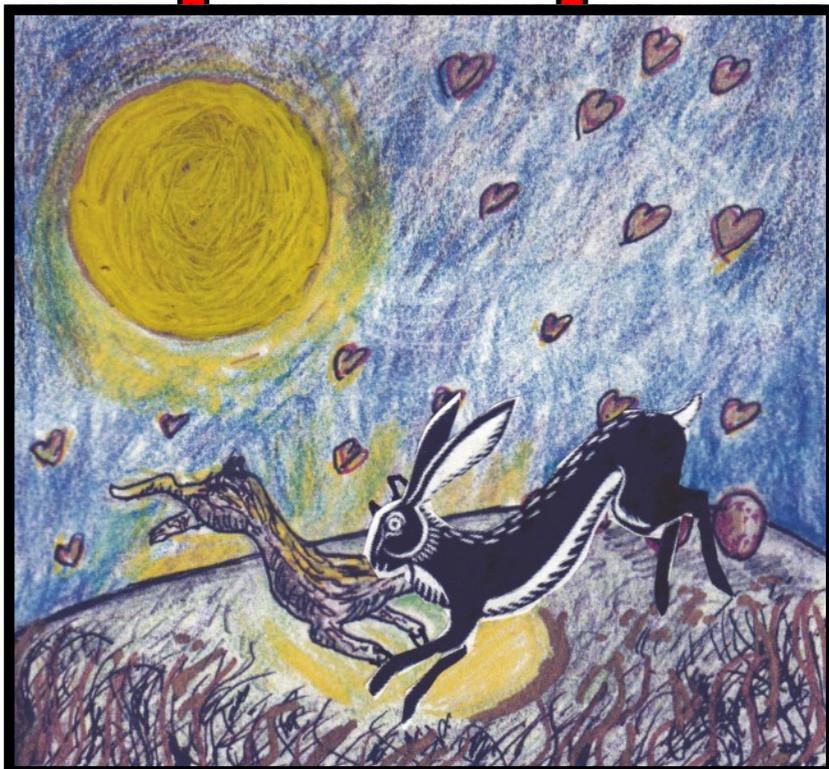
Jacobstow Journal



Providing news and information for the Parish of Jacobstow

www.jacobstovvillage.co.uk

Issue: 81
Feb/March 2024



Delivery free to every household in the Parish - otherwise £1.00

Editorial by Sarah

Looking back on 2023 maybe it won't go down as one of my best ones. I started the year dealing with my father's passing at the end of 2022 and trying to give my mother support to help her get through losing her partner of nearly 60 years. Then at the end of 2023 my mother had a sudden illness and died in December. As you can imagine Christmas 2023 will not go down as a vintage one for me. I'm not telling you all this to get the sympathy vote, but just to say that Jacobstow is such a supportive place to live. The number of people who have stopped and asked how I'm doing and also offering help and sympathy is truly humbling, and I'm really grateful. This sort of ties in with Caroline Pallet's article last year in the Journal about asking for help when you need it. Maybe don't just say "I'm fine, thank you for asking." Sometimes you just have to take a breath and say, "Do you know what, could you please help me?" Saying those words takes a fair amount of courage, so when someone says that to me I will really try to help them if I can.

Anyway, let's end this editorial on a lighter note and turn our faces towards the spring sunshine which is hopefully just around the corner. Daffodils are already bouncing in the breeze and things are starting to stir. Hopefully not too many cold snaps on the way, although my friend in Canada is dealing with -30 at the moment, so let's just put this into perspective!. Let's get out and enjoy the nice weather when it's here. Have a look through your Journal, there are plenty of things you could get involved with in our lovely friendly village.

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 10th 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. © 2021

Jacobstow Parish Council

Chairman: Mrs Charmaine Smith

Parish Clerk: Mrs D. Turner 01566-781269

Members: Mr Norman Osborne Mr John Shepherd Mr Andy Vogel
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 5th December 2023

Cllr. Chapman chaired the monthly meeting with five Councillors, County Cllr. Nicky Chopak, The Clerk and one member of the public attending.

A member of the public spoke to complain about the empty farmhouse at the Council farm, Broadlands, Jacobstow. The farm is being farmed but the house has been empty for several years. This has been reported several times. County Cllr. Chopak will look into this again. Cornwall Council had approved Planning Application No PA23/02668 – Land adjoining Tresan, Eden Road, Wainhouse Corner.

Accounts to pay:- Chris Lloyd £250.00 Footpath repairs. Councillor matters – a) Clerk to speak to the Hall committee again regarding installing broadband in the Hall. It was mentioned that a rough estimate of the cost would be in the region of £100 for a hub and £18.99 per month for usage.

b) Clerk to find out if they could transfer an amount of money into an account gaining interest.

c) It was decided not to have a meeting in January 2024.

SCOTT MANN Extracts from his Facebook page.

Delighted that Cornwall Council has given Bude Skate Park £100,000 from the Community Infrastructure Levy.

I know Bude Town Council have exciting plans for

a Wheeled Sports Facility at the site and I'm excited to see the proposals come another step closer to being reality!

I'm a big fan of Apprenticeships, so I want to highlight to young people in North Cornwall that the National Grid has a large number of places open to applicants until March 2024. More information via the link below:

<https://jobs.nationalgrid.com/UK/content/Apprentices/...>



Interesting Cornwall Facts

The Origin of the Name Cornwall

The name for Cornwall originates from the two words: 'Cornovii' and 'Waelas'. Cornovii is thought to mean 'Horn People'; in this case, the horn refers to their location in the south-western peninsula. 'Waelas' is Anglo-Saxon and means 'foreigners', which is also the derivation of Wales.

The Longest English Coastline

Cornwall has the longest coastline of any English county, which measures at about 433 miles long.

Cornwall's Cow Population

Cornwall has over 75,000 cows. All that clotted cream has to come from somewhere!

Cornwall has its own Microclimate

Compared to the rest of Britain, Cornwall's weather is relatively warmer and sunnier; this is because of their subtropical microclimate.



Jacobstow Neighbourhood Watch



NEIGHBOURHOOD WATCH -THE LIFT LEGEND CAMPAIGN

Drink and drug driving is one of the ‘fatal five’ causes of serious injuries and deaths on roads in South West England. Last winter, Devon & Cornwall Police arrested 952 people who were caught driving under the influence. This year, we’re working with pubs and clubs to reduce drink and drug driving. Participating venues will be offering free drinks to designated drivers who are doing their bit to make sure their friends, colleagues and family members get home safely.



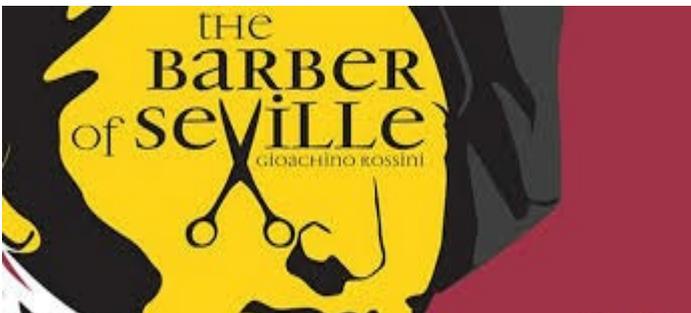
I’m a Lift Legend – how do I claim a free drink? Simply let your bartender know that you’re the designated driver and, when you purchase your first soft drink, they’ll issue you with a voucher for a free one. **Which pubs are taking part?** **Bude:**The Weir Bistro, Whalesborough, EX23 0JD **Calstock:** TheRifleVolunteer,Gunnislake, PL18 9HL **St. Austell:** The Pitch Sports Bar, St Austell, PL26 8DT **Padstow:**The Well Parc Hotel, Trevone, PL28 8QN

Wadebridge: The Earl of St Vincent, Wadebridge, PL27 6HT **Bodmin:**The St Mabyn Inn & Restaurant, Bodmin, PL30 3BA **Camelford:** Bowood Park Hotel & Golf Club, Cornwall, PL32 9RF

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



Bude concert
Orchestra

Saturday 2nd
March 7.30
Parkhouse
Centre £10

CHRISTMAS EVENTS 2023



St James Carol Service was well attended. The St Sidwell Handbell Ringers rung several carol tunes with some Christmassy stories in between.

Afterwards mulled wine, mince pies and biscuits were served.

The empty crib waiting for Christmas Day.



Many people came to the Minstrels Christmas Concert where a varied programme was well sung.

Afterwards an amazing buffet was served.

ANNUAL SAND DUNE RESTORATION AT BLACKROCK

Widemouth Task Force, Cormac, Cornwall Council, Bude Valley Volunteers & Cornwall Wildlife Trust all got together in the new year, together with the local community to install over 250 old Christmas trees to help stabilise the sand which in turn will form a firm foundation for marram grass to be planted and so create an important wildlife habitat.



HAPPY CHRISTMAS GIG FOR “THE BARN SESSIONS” Celia Proudfoot

On Sunday 17th December “The Barn Sessions” were invited to play at Crackington Institute Farmers’ Market.” We have been playing as “High Tide” for 20 years but after our bass player and beloved friend of 20 years died, we started rehearsing and playing in our singers’ barn and decided to change our name to The Barn Sessions. We have always had a few Christmas songs up our sleeves but decided to really go for it and learn some carols and new Christmas songs. Carols are deceptively hard, so we chose our favourites carefully. My son suggested we learned “Merry Christmas” by Ed Sheeran and Elton John and this actually became our favourite song with my husband Jon playing the melody line on ukelele.”Silent Night” and Ralph McTell’s “Streets of London” were also close favourites.



www.jacobstovvillage.co.uk

If you haven't already looked at the village website why not have a browse . It includes a brief history of the village, news about your parish council with full minutes of the meetings. Local services and businesses are also listed for a quick easy reference. Paths and walks are also available and all the contact details you could ever need are at your finger tips.

Also, every edition of your lovely,wonderful Journal are available in the archives, why not do a bit of time travelling!



Nicky Chopak, your County Councillor contact details -
mobile no: 07810 302061

Email: nicky chopak@gmail.com.

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

CHURCH AND CHAPEL SERVICES

Jacobstow

Sunday 18th Feb HC 10.30

Sunday 17th March HC 10.30

Warbstow

February Sunday 4th MP & 25th HC 10.30

March Sunday 3rd MP & 24th HC 10.30

Rev Heather Ashton 01840 250359
for more information



Jacobstow Church



LIVING CHURCH

Morning Worship every Sunday
10.30

Living Waters Toddlers meet
every Monday during term time
11am to 1pm All under 5's
welcome



Coast Family Church

Sunday services on the
first, third and fifth Sunday of
the month at 10.00am Jacobstow
Village Hall.

Come and join us

All are welcome

Non-denominational

CHURCH AND CHAPEL NEWS & EVENTS



Jacobstow Church - for Easter Week and Easter Sunday services please see notices in the Church Porch

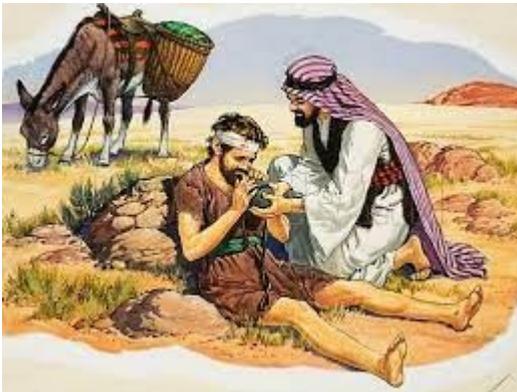
Love your neighbour as yourself. Matthew 22:39

Parable of the Good Samaritan

In the Parable of the Good Samaritan, Jesus uses the example of the Jew and the Samaritan, who would not ordinarily have been friendly towards each other. However, out of all those who could have helped the Jew, only the Samaritan did. Jesus tells of a man who was travelling from Jerusalem to Jericho and was attacked by robbers on the way. He was badly beaten and left for dead.

The first person to pass the injured man was a priest, who crossed the road and continued walking.

The second person to pass the injured man was a Levite, a priest's assistant. He also crossed the road and continued walking without helping the man. The third person to come by was a Samaritan, a person from Samaria. The Samaritans were hated by the Jews. When the Samaritan saw the man, he took pity on him. He bandaged him and cleaned his wounds. He then put him on the back of his donkey and took him to an innkeeper, whom he paid to look after him.



The parable ends with Jesus giving a commandment to go out and do the same as the Samaritan had done. This teaching of loving one's enemies is also reflected in Matthew's Gospel.

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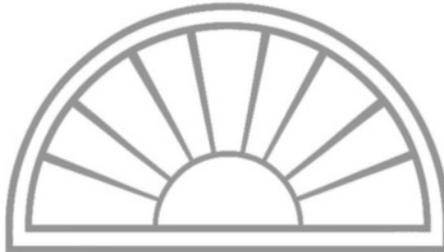
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Bude, Cornwall

SMITHY & TREVENTON PEDIGREE LIVESTOCK



Ethan with his Lowline Cow, Mouse at Liskeard Show

Show season started with a successful journey to The Royal Bath & West Show at the end of May, with Champion Beef Shorthorn, Champion Limousin who then went on to become SUPREME CHAMPION.

A big team went to Royal Cornwall in June, again Champion Beef Shorthorn & res Champion Limousin who was then chosen to be a member of the pair that won the prestigious BURKE TROPHY.

So Lovely the Limousin heifer made the long journey to The Great

Yorkshire Show in July to win her class.

The Beef Shorthorns, Perfection & her calf, Treasure travelled to The Royal Welsh Show later in the month and did well too, winning Female Breed Champion.

Then came the local one day shows which are always a pleasure to support, with a good haul of



Limousin heifer, SoLovely at The Great Yorkshire Show



Beef shorthorn heifer, Ramona and myself at Holsworthy Show

silverware accumulating over the summer.

Ethan the youngest member of the team (age 8) did extremely well again this year with his Lowlines, Winning the Mole Valley Young Handlers Series for points awarded over the season for the 2nd year in a row, along with numerous other trophies & rosettes.

Jo Smith

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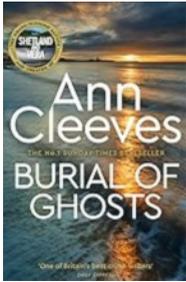
Viewing welcome

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Jacobstow Book Club



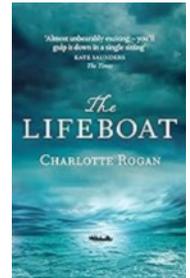
'Burial Of Ghosts' Ann Cleeves

As usual with this writer, we have a crime story but not a 'Shetland' or 'Vera' one. The central character, Lizzie, has spent most of her childhood in foster homes. She takes a holiday in Morocco, meets Philip, and has a brief affair with him, before returning home only to find that he has died and has left her a gift of £15,000 in his will. There are, however conditions attached to this legacy, which lead her to meet his wife and family and to confront some difficult secrets from her past life. Although we usually enjoy Ann Cleeves' novels, we all felt

that this one lacked a certain something.

'The Lifeboat' Charlotte Rogan

In 1914 the liner The Empress Alexandra is on its way to New York, when there is an explosion, fire breaks out on board and the ship begins to sink. There is such panic that only half the lifeboats are launched, consequently the boat the main character and narrator, Grace Winters, finds herself in is greatly overloaded. Grace gives us a day by day account of the survivors' experiences as they wait to be rescued. All is fine at first, with the weather calm and enough food and water but, as storms begin, the boat starts to flood and supplies become low, dreadful sacrifices have to be made. Most of the group found this to be a gripping insight into how people behave and interact when in extreme danger.



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



Nestled in a wooded valley in North Cornwall, Live In The Wyldes is an annual concert series that takes place annually at Lower Exe Farm, Bude.

Launched in 2017, the family-friendly event has previously hosted acts such as Paloma Faith, Rudimental, Chase & Status, Keane, The Human League, Paul Weller, Fatboy Slim and Rag'n'Bone

Man. Live In The Wyldes will return to Cornwall in summer 2024, headlined by Anne-Marie, Simple Minds, Underworld, James Arthur and Idles. Catch them live by checking dates and ticket information



GARDENS IN CORNWALL

Looking forward to Spring, there are already signs of colour outside with Primroses continuing to flower throughout December, some early Camellias in flower over Christmas and bulb shoots appearing in pots and garden beds.



The Snowdrop weekend at Pencarrow House (10-11 Feb) is always an early highlight for visitors with drifts of many different snowdrop varieties to admire throughout the gardens. The Cafe will also be open for you to warm up afterwards.

Pencarrow gardens were designed and laid out between 1831-1855 by Sir William Molesworth and his head gardener with many of the trees and plants coming from the botanical explorers of the era. With its impressive woodland, open spaces as well as the more formal Italian sunken garden and the first ever Victorian Rock Garden, there is something for everyone throughout the year. The estate is particularly



well known for its colourful display of Camellias and more than 400 varieties of Rhododendrons which are at their best in March. Other highlights include the Iron Age hill fort, an ice house, palm house and an ancient Cornish cross. There is also a grotto which is thought to have been a secret meeting place. The Monkey Puzzle Tree is believed to have gained its name from a guest at Pencarrow who, on feeling its prickly leaves, commented that "It would be a puzzle to a monkey". The historic house has been owned by the

same family since the 1500s and they still live in one wing of the house, which is open from 25th March and is well worth a visit.

November and December were busy months for Guiding in Jacobstow. As well as our usual weekly meetings we had the addition of lots of seasonal community events too. Starting with the Autumn Fair at Jacobstow Parish Hall where the Guides ran a Teddy Tombola and Games stall.



All the Rainbows, Brownies and Guides made decorations for one of eighty Christmas trees at the Christmas Tree Festival hosted by St Mary Magdalene Church Launceston. Remembrance Service was held on the afternoon of 12th

November at St Gennys Church, a great turn out of Guides, Brownies, Rainbows, Scouts and Cubs with the young people taking part in the service..

The annual Christingle service was great fun with the



Rainbows transformed into angels to sing "Away in a Manger" and the Brownies sang a fantastic rendition of the "Twelve Cornish Days of Christmas"



The New Year has started with the guides who are going to Our Chalet

(The Guide World Centre in Switzerland) in February, getting in some walking training ready for all those mountain walks.

If you know a young person who would enjoy getting out and about and trying new adventures, Rainbows (4-6years) Brownies (7-10 yrs) or Guides (10-15yrs) Please Call Mary, Louise or Jane and give it a go!





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PUZZLE PAGE

Welcome to your “tea break” puzzle page. This edition’s winner is Rachel Wren. If you would like a chance to win a £10 voucher to spend at Wainhouse Stores, just solve the puzzles and return the completed page to Sarah Smith, Almar Jacobstow EX23 0BN by 10th March 2024. Thank you to Wainhouse Stores for sponsoring this page.

UK Picture Quiz Famous People

Name these famous people from the UK

1



2



3



4



5



6



7



8



9



10



Last edition’s answers - missing word: Holly. Famous Mary’s 1. Mary Beard 2. Mary Berry 3. Mary Poppins 4. Mary Queen of Scots 5. Mary Quant 6. Bloody Mary

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NOTICE FROM SOUTH WEST WATER

The following items should not be poured down the drain:

Hygiene products (e.g. condoms, wipes, cotton swabs, dental floss, and rags)

Fats, oils and cooking grease

Medication (such as pills or liquid)

Household hazardous waste (such as paints, pesticides, cleaning products)

Plastic bags

Nappies

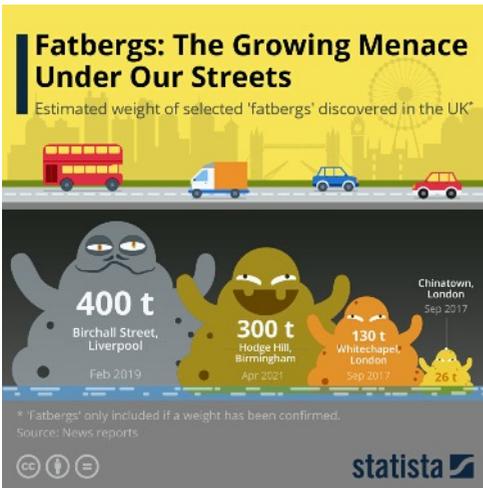
Sanitary towels, including tampons, applicators and wrappers.



Part of the Whitechapel fatberg on display at London Museum

All these items can accumulate into huge sewer blocks called fatbergs, which are unhealthy to say the least. The facts behind the horrendous story about a fatberg in Whitechapel, London and another in Sidmouth, Devon are hard to believe. The London one weighed 40 tons and was 250 meters long and took weeks to break up and was then used to run a London diesel bus! A part of it is on display at London Museum.

With discarded medicines, they go into water systems and further into the sea. This is not good for marine life or ourselves.- Did you know that when water is tested for pollution, one of the main tests for how good the sewage system is, is for paracetamol which has gone through the sewage system as part of pee?



Plastic we've all heard how fish and birds mistake them for food, but in a fatberg plastic and sanitary goods "help" to cement the waste together.

I was talking to a sewage worker and he said even if the sewage plant is environmentally friendly, if they test and find there are traces of hazardous waste all the sewage has to be taken away at enormous expense.

Having lived here for nearly forty years, I feel very fortunate to have beaches and beautiful countryside on our doorstep. However, with my adult children living in Bristol and Newcastle, I am aware of a lack of amenities for children where we live. Our coastal terrain can be tricky for smaller children and beaches are not necessarily welcoming in high winds and lashing rain. So when grandchildren come to stay and we are put in charge to help out their young working parents, where can we go with them? This is just my experience and The Journal would welcome suggestions from our readers. Our grandchildren are all 7 years and younger, so this is geared to that age range but again ideas for older children are more than welcome.



THE WIER Just between Bude and Marhamchurch has an outdoor playground and cafe open all day (sit indoors or outside under cover) Informal relaxed atmosphere. You can walk from there along the canal path to Bude. Buggy friendly.

THE VENUE BUDE Perfect for bad weather days, suits children of all ages. Free parking right outside. Just next to Morrisons and the indoor swimming pool. Soft play for all ages with separate toddler area. Cafe, but I brought our own food and used the tables. **You must book in advance to avoid disappointment.** Open all day. Also a bowling alley for older children. Soft play £4.50, 3-12 yrs £5.50, adults £1. Bowling: Adults £6, kids £5



BUDE PLAYGROUND See photo on previous page. Free. Car park (paying) in The Crescent car park. 3 mins walk. New, really good, zones for very young and older children. Then walk to library, Castle grounds or along the canal or shops and cafes in Bude.

BUDE LIBRARY Monday 1pm-4pm **Play & stay** which includes a story and alternate weeks duplo or toys from the Toy Library. Saturday morning club 10-11pm with a craft most weeks, apart from the second Saturday which is lego. **Rhymetime** Friday 10:30am-11:00am 01288 352954

CARDINHAM WOODS Bodmin PL30 4AL Lovely walking, very buggy and dog friendly and mostly flat. Free. Just pay for parking. Toilets, playground next to lovely cafe



with outdoor seating (see photo) You can follow the Zog Trail and if you want, buy a £4 activity pack from the rangers hut. We didn't, we just chatted to the animals! (See photo)

TRETHORNE FARM

Kennards House. 01566 863211 Indoor & outdoor events for all ages. Includes soft play. Adults & Kids £8.50 1 to 2 yrs £3 Babies free. Cafe but you can bring your own food and drink. Do send your ideas to The Journal.



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November didn't get off to a very good start, to say the least. Wet from overnight into the morning, on the 1st 0.63" of rain had been collected by early morning. Mild, 15°C was recorded by afternoon. Of particular note was a developing storm named "Ciaran", this started to rapidly deepen as it approached the southwest by late in the evening. In meteorological terms it was described as "explosive cyclogenesis", which is defined as a depression which is deepening by 24mb in 24 hours, or 1mb/hour if you like. This one was, however exceptional as at one point late pm the pressure was dropping by 3mb/hour. I recorded a barometric reading of 961 by just past midnight with it eerily calm and not a breath of wind. The storm broke in the early morning of the 2nd, southerly winds veered quickly northwest gusting 48 knots here at Canworthy Water, locally violent storm conditions persisted until late morning with 1.75" of rain collected by the end of the day. The storm rapidly eased down by early afternoon.

Further strong winds were observed on the 9th, heavy rain showers and a thunderstorm was noted in the early hours of the following day. Generally mild, very windy at times and wet, a total of 9.97" was collected for the month, as against my 10 year average of 6.2".

December started with frosty conditions with -3.2°C overnight on the 2nd. Persistent rain was observed on the 3rd and 4th, along with heavy squally showers and by late on the 4th I had collected 1.61" in the gauge. There was no let up in the wet weather through to mid-month, a thunderstorm was noted at extreme distance early on the 12th. Only a few brief dry interludes were observed during the month, it remained fairly mild, often very windy with no frosts locally to the end of the year.

2023 was noted as being above the normal average for rain in our area, a total of 7.92" was collected in December, this against my 10 year average of 6.13". This brought the total for the year to 58.1", somewhat more than my 10 year average of 47.75". Only 2012 and 2014 were anywhere near this at 53.03" and 53.88 respectively.

HIGH TIDES and SUNSET February-March 2024

| Date | Feb 2 | Feb 9 | Feb 16 | Feb 23 | Mar 1 | Mar 8 | Mar 15 | Mar 22 | Mar 29 |
|--------|-------|-------|--------|--------|-------|-------|--------|--------|--------|
| AM | 9.25 | 4.31 | 9.45 | 4.42 | 8.10 | 3.25 | 8.28 | 3.41 | 7.10 |
| PM | 21.49 | 16.56 | 22.06 | 17.01 | 20.27 | 15.53 | 20.44 | 16.02 | 19.25 |
| Sunset | 17.16 | 17.28 | 17.40 | 17.40 | 18.04 | 18.16 | 18.28 | 18.39 | 18.50 |

NB - Times are based on Newquay, for Bude +25

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We saw out Jacobstow WI's 85th year with our traditional Christmas Party - hot fruit punch, a lovely festive spread of food, a Quiz and games. After a rousing rendition of a Cornish version of the Twelve Days of Christmas, we enjoyed singing lots of Carols and exchanged Secret Santa gifts. A good variety of foods was also collected and donated to the Bude Food Bank.



2024

To start the new year we enjoyed an excellent talk by Toni Martin on Army Life from a female perspective. Toni served in the Logistics Regiment of the British Army for more than 20 years and following her training at the Royal Military Academy, Sandhurst, she enjoyed a wide variety of roles in locations across the world. For her work in designing and delivering a new course of training for those working in operational support roles, she was awarded the MBE. We had a fascinating insight into Service life and the challenges and opportunities it offers.

Resolutions Members were asked to vote for their preferred Resolution for 2024. This year the shortlisted topics cover:

Dental Health Matters - to address the shortage of NHS dentists and review NHS Contracts to ensure access to all

Impacts of poor housing conditions - to increase affordable housing and to improve standards of available housing

Say 'no' to gambling advertising - to tackle the increase in gambling issues which currently cause around 400 suicides per year

Improving Outcomes for Women in the Criminal Justice System- to reform the criminal justice system, particularly in respect of pregnant women and those with children and to reduce the number of women who have committed non-violent crimes from being imprisoned.

Looking ahead:

February 8th Talk from a WI County Climate Ambassador

April 11th Annual General Meeting



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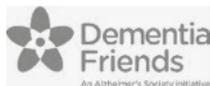


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Herby Spring Chicken Pot pie

An easy, one pot recipe that can use left overs from the Sunday Roast

Ingredients

- 2 tbsp olive oil, plus a little extra for brushing over the pastry
- bunch spring onions, sliced into 3cm pieces
- 250g frozen spinach
- 6 ready-cooked chicken thighs (or maybe left overs from a roast)
- 350ml hot chicken stock
- ½ tbsp wholegrain mustard
- 200g frozen peas
- 200ml half-fat crème fraîche
- ½ small bunch tarragon, leaves finely chopped
- small bunch parsley, finely chopped
- 270g pack filo pastry

Method

STEP 1

Heat oven to 200C/180C fan/gas 6. Heat the oil in a large, shallow casserole dish on a medium heat. Add the spring onions and fry for 3 mins, then stir through the frozen spinach and cook for 2 mins or until it's starting to wilt. Remove the skin from the chicken and discard. Shred the chicken off the bone and into the pan, and discard the bones. Stir through the stock and mustard. Bring to a simmer and cook, uncovered, for 5-10 mins.

STEP 2

Stir in the peas, crème fraîche and herbs, then remove from the heat. Scrunch the filo pastry sheets over the mixture, brush with a little oil and bake for 15-20 mins or until golden brown.

Julian Trick

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JUBILEE CLUB



Members of The Jubilee Club enjoying our Christmas Lunch at
Britannia Inn Par.

We will be organising more trips in 2024

Please contact Diana Hall on 01840 261366 for more information

David's Random Ramblings

Dear Readers,

I know that a great many of us like to take the occasional stroll in the general area of the Bude Canal, frequently accompanied by our canine companions, in order to get a breath of fresh air, stretch our legs and observe the waterfowl and other wildlife that abound there without needing to worry about any passing traffic. I was therefore extremely alarmed on a recent visit to see this sign next to the towpath and thought that I needed to bring it to the attention of you all.



I've no idea what variety of plant is involved or whether or not it is carnivorous and, like the Triffids, loves nothing better than to feast on any human that happens to cross its path. However, I think that we all need to be on our guard whenever we're out and about in the area, making sure that we keep a close watch for any suspicious flora that might start to approach or threaten us. Keep your eyes peeled and make sure that you report any sightings. Please be aware, however, that the relevant authorities are likely to be somewhat preoccupied at present with investigating the suspicious disappearance of

the Great Wainhouse Pasty - truly the crime of the century. My sources tell me that the main suspects are Ciaran, Debi, Gerritt and Henk.



A warm welcome from Sue, Neil and the Team is assured at the Old Wainhouse Inn. We hope you enjoy the warm relaxed atmosphere.

Please note Winter changes

Sunday Carvery 12-7pm, but no evening meals

No Breakfasts

Daily meals 12-8pm

Please check times and/or book your meals during the Winter

The Old Wainhouse Inn
Booking is advisable Tel: 01840 230711



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ARTS and CRAFTS DAY

A fun day was had in the Parish Hall where all sorts of items were made. A couple of samples below.

The bring a plate was a fantastic spread. A uproarious time was had by all.



BUDE STORM TOWER UPDATE.



The Storm Tower proudly had its cross reinstated on Monday 8th January. The team enjoyed a bright wind - free day making this long awaited moment possible. The final stages should happen in the next few weeks after this.



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.

Advertising in the Jacobstow Journal

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This information has been taken from Devon Ghost Tours web site. They are planning ghost investigation nights at The Castle in Bude on 6th April and 8th October this year. The evenings run from 7pm to 1am and cost £35 per person. Devonghosttours.com for more details....if you dare!!!

“Our investigation at Bude Castle has provided compelling evidence of paranormal activity. Our team captured a clear image of a stick man figure, and an exhibition display turned on by itself, which is impossible to explain through natural means. During our investigation, we used glass divination in one of the offices and successfully communicated with the spirit of an angry priest.

A room that once served as a chapel exhibited significant Rempod and K2 activity, leaving no doubt that the location is a hotbed of supernatural energy. The repeated encounters with the angry priest only further confirmed our findings. The evidence we have gathered is undeniable and supports the existence of paranormal activity at Bude Castle. “



2nd Jacobstow Scout Group

Robert Medland - Scouts ..07842084971

Daphne - Cubs 01288 352786

Josie - Beavers 07855001284

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Living More Sustainably

Renovation, Recycling or Upcycling?

To change our “throw away society”, when something is worn, damaged or broken, we are encouraged to consider whether it can be repaired or re-purposed instead of throwing it out. If it’s a broken appliance, piece of furniture or an item of clothing that needs mending but is otherwise in good condition, it is worth a little effort to save these things from ending up in the bin, the local recycling centre or at worst going into landfill. Furniture can often be repaired or updated with a coat of paint or a decoupage finish and clothing can be mended, given a trendy “visible repair” or the fabric reused to make something new. If you don’t have the time or skills to do it yourself, perhaps someone you know can help. There are lots of tv programmes, books, magazines and classes available to inspire you.



There is also help at hand at the Bude Repair Café. Established by a group of volunteers in 2019, the Café now sees an average of 25 items per month and around half of these are repaired. All involved donate their time, skills and experience to help reduce

waste going to landfill. The volunteers are also keen to share their knowledge and to learn new skills and are happy to give advice or to



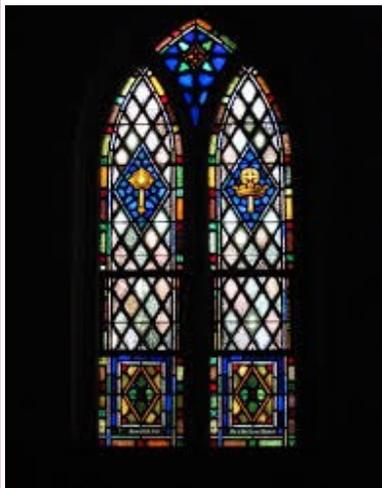
recommend local business for bigger jobs or those that require specialist knowledge, skills or a greater length of time.

The Repair Café is open on the last Saturday of every month, except August and December, at Neetside Community Centre 1030-1230.

Why not pop in, enjoy some refreshments and see what they can do for you? Alternatively, if you would like to help, the group is always looking for volunteers to carry out repairs, bring new skills or to bake for and organise the monthly sessions. Find out more via their Facebook page at: www.facebook.com/RepaircafeBude.

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What's On

February

- 9 – Will Keating and Special Guest – St Endellion Church 19.30
- 10/11 Pencarrow Snowdrop weekend
- 16 Judie Tzuke Week St Mary Parish Hall 8pm £25
- 17 Bude Metric Brass Band Bude Methodist Church Together 19.30
- 10-18 Half-term Activities Rosemoor
- 27 Juliotter Garden Club – The Humble Spud

March

- 2 Bon Jovi Tribute act Launceston Town Hall 7.30
- 4 St Pirans Day
- 7 Student Cat Walk – Thurs 6.45 – Budehaven School
- 9 Beatles Complete - Parkhouse Centre 8pm £21
- 16 Fleetwood Mac Tribute Launceston Town Hall 8.00
- 16 Scarey Conference – The Castle, Bude See page 33 for more
- 16 Lee Quinney as Elton John Parkhouse Centre 8pm £21
- 21 Culture Quiz Night - North Coast Wine Bar £5

April

- 6-7 Cornwall Garden Society Show 2024 Royal Cornwall Showground
£10 advance tickets/£12 on gate



Fancy trying a new hobby this year?

Here are a few unusual ones I found on the internet you might want to try

Competitive Dog Grooming

Extreme Ironing

Worm Charming

Cheese Rolling

Urban Exploration

Quidditch



Competitive Frog Jumping

Ferret Legging

Competitive Air Guitar

Collecting Pez Dispensers

Making Miniature Furniture

Carving Stone

Larping -- Live Action Role Playing





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Footpath updates

■ Though the mud wind and rain. Oh joy!

The gate once swinging on the path to the Holy Well .
Lugged by Ross to be stored at the Old School. To
then be installed to replace the broken stile.

Thank you Chris. You've done a proper job.

Mary x

There was no walk over the Christmas period, but be assured plenty will be taking place this year.

If any regular footpath users know of anything that needs attention on the footpaths, be that gates, stiles, overgrowth or surfaces, could you please let either the Journal or your parish councillor know so that it can be repaired.

REGULAR EVENTS - In Parish Hall unless otherwise stated

- Monday Cubs 6.30-8.00 Scout Hut
 Brownies 4.30-5.30 - Canworthy Sunday School
- Tuesday Scouts 6.30-8.00 Scout Hut
 Rainbows 5.45-7.00
 Guides 7.00-8.30
- Wed Beavers 5.30-6.30 Scout Hut
- Sunday Coast Family Church 10.30
- 1st Tuesday monthly Parish Council meeting 7.30
Arts & Crafts Club Day courses as arranged. Check your Journal or phone Jeanne Gimblett on 01840 230113 for details
- 2nd Thursday monthly WI 7.30
- 4th Tuesday monthly Juliotter Gardening Club, Otterham Hall, 7.30

LOCAL BUSES **Please Note** If you are unfamiliar with the buses - check the times. If you want to walk one-way always catch a bus **FIRST!**

95/95B and 94 These are regular buses along the coast between Bude, Crackington, Camelford and beyond. - Get the App and times of arrival are accurate. I understand.

Transport for Cornwall - 08081962632 - www.transportforcornwall.co.uk

220 - Launceston, Tues; **371** - Launceston, Mon/Thurs;
372 - Holsworthy, Wed; **373** - Bude, Fri

These buses all pick up in Jacobstow and Wainhouse Corner 9.30ish reaching Holsworthy and Bude 10.10am and Launceston 10.30am

These buses include Warbstow, Canworthy Water, Week St Mary and other way points.

Travel Cornwall - 01726 861108- www.transportforcornwall.co.uk

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

03001 234100
03001 234111
01208 75656
07810302061
101
0800 555111
0845 9881188
08006783105
01288 355131
03001234212
0345 3712717
03444994188

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 Diana - 01840261366 or Tina 01840 230182
Julietter Garden Club, Pat Thorne 01840 261237