

Jacobstow Journal



Providing news and information for the Parish of Jacobstow

www.jacobstowvillage.co.uk



Issue 86 Feb/March 2025

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

Editorial by Sarah

Right, let's talk about the elephant in the room....Rubbish!. I spend many a happy half hour in my shed sorting out cardboard, plastics and glass. One of my top ten highlights of the day is the unidentifiable liquid sloshing in the bottom of the recycling kitchen bin, I reckon Vera would have all sorts of rows with her pathologist trying to identify that one!. The post Christmas recycling was particularly challenging on the cardboard front, where does it all come from?. Ok, maybe the Amazon man beats a path to my door regularly and I keep telling the M&S delivery man that it's the dog that keeps ordering stuff because she is totally in love with him and wants him to ring our doorbell as often as possible.

After Christmas I also committed the worst neighbourhood faux pas possible and put my bins out a day early; this caused a flurry of bins also arriving prematurely and I can only apologise for this total meltdown.

I also have an elephant in my shed that should not be named and that is a pile of stuff - in the most loose sense- that is waiting to go to the tip, but can I remember to book an appointment to visit? No, I can't and so the pile gets bigger and bigger. Apparently, when you do book you get a half hour slot, so I'll be heading there with a flask and my folding chair to make myself comfy and get the full 30 minute experience.

If you do not have access to the website form, you can call us to make a booking on 0300 1234 141. Phone lines open at 10am on Wednesdays, 9am on Monday, Tuesday, Thursday and Friday and close at 6pm.

However much time you spend sorting out your cardboard...enjoy Sarah

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 3rd December, 2024

Cllr. Peter Chapman chaired the monthly meeting with five Councillors, County Cllr. Nicky Chopak and the Clerk attending.

Goldfinch Close – It was decided not to have plastic benches at Goldfinch Close. The Clerk to find out prices for metal benches.

Domain.gov.uk – The Clerk had attended an online course and where it would be advisable for Councillors to have their Email address as gov.uk it is not compulsory.

Precept for 2025/26 - It was discussed and unanimously agreed to ask for the same amount as in previous years ie:- £5,500.00.



Nicky Chopak, your County Councillor contact details -
Mobile: 07810 302061 **Email:** nickychopak@gmail.com.
Mail: The Post House, Tresmeer, Launceston, PL15 8QU

Council Minutes (continued)

Duchy Defibrillators – Email received regarding putting Bleed control kits in the Wainhouse Corner Defibrillator at cost to the Council. Councillors decided not to do this.

Hall Broadband - Councillors unanimously agreed to pay for the installation of Broadband in the Hall and the yearly cost. Clerk to write to the Hall Committee saying that they will review the cost next year and will expect some contribution from them.

Cyber Crime Awareness - Someone from the Police will speak on this at the Annual Parish meeting to be held in March.

Planning Application PA24/27478 – Ash Cottage, Jacobstow. - Cornwall Council had approved this



O&R



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Jacobstow Neighbourhood Watch



NEIGHBOURHOOD WATCH.

As we go in to 2025, the start of a year is often the time for reflection. You can log on to the home page of Devon & Cornwall Police and give feedback about policing in the blue box marked Thanks & Complaints. This will take you to an online questionnaire where you can have your say.



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

ALERT for all WALKERS with or without dogs!!!

Please wear hi-viz vests, jackets and/or belt/braces whilst there are dark mornings and evenings.

This morning I nearly mowed down an innocent dog walker – the dog was dark coloured, the walker had a dark coat and against the dark hedge they were almost invisible.

Apart from the shock I had, I expect the pedestrian did as well!



EXETER CATHEDRAL

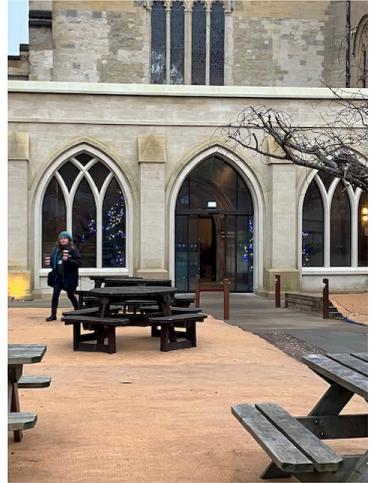
In December I went to the Christmas market in Exeter and then decided to visit the cathedral, which I am ashamed to say I have never been inside, in all my years of living down here. I entered via the new Cloister



Gallery, which has replaced the original medieval cloisters which were demolished in 1656.

It was built on the medieval foundations and connects the cathedral with its Chapter House and Pearson buildings. Exeter Cathedral was completed in about 1400. It has an early set of misericords (seats designed to fold away when not in use), an astronomical clock, and the longest uninterrupted medieval stone vaulted ceiling in the world. Funding has come

from the Heritage Fund but also needs public support. You can adopt a stone. Find out more at bit.ly/adopt-a-stone or email Jill Taylor at development@exeter-cathedral.org.uk



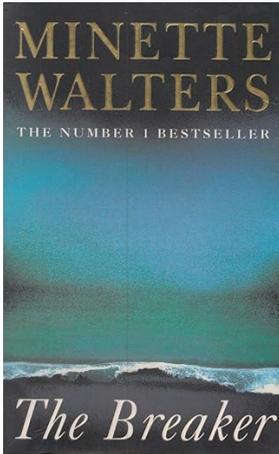
Jacobstow Book Club

'The Breaker' 'The Great Alone'

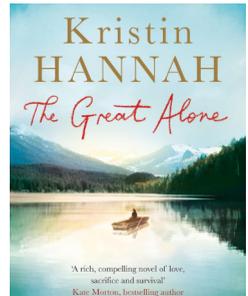
by **Minette Walters**

by **Kristin Hannah**

The story begins with the discovery of the naked body of a young woman, floating off a beach near Poole in Dorset and, at the same time, her very young daughter is found wandering alone at a nearby marina. A local police officer and two detectives brought in from elsewhere set about investigating the murder and they have a number of suspects, including the small child's father. This was a good, easy read that kept you guessing right to the end and with some very believable characters.



In 1974 Leonora's father, Ernt Allbright, returns from the war in Vietnam a very different man. His erratic behaviour and quick temper mean that he cannot keep a job and things look bleak until, suddenly, he receives news that a fellow veteran has died and has left him his house and land in Alaska. The family set off for a new start and the dream of living with nature and growing and catching their own food. However, Alaska is a challenging place and the long, dark winter days make Ernt more paranoid and violent. This is a gripping story of a thirteen year old girl and her determination to survive and try for a better life.



No report from the Guiding Movement this issue but to join or for information see contact details on our back page.

CHURCH AND CHAPEL SERVICES

February

Sunday 9th 10.30am Morning Prayer

March

Sunday 16th 10.30am Eucharist

Ash Wednesday March 5th Service at Forrabury
Boscastle - time to be decided.

For all services across Benefices please see monthly notice at church.



Services for February are:

Bethel Methodist Church (Trelash/Warbstow)

Sunday 9th 10.30am Morning Worship led by Mr Michael Hicks

Friday 28th 7.00pm – 8.30pm Pancake Party, Games, Activities and Pancakes for all ages

Living Water Methodist Church (Canworthy Water)

Sunday 2nd 10.30am Morning Worship led by
Rev Steve Swann

Sunday 9th 10.30am Morning Worship

Sunday 16th 10.30am Morning Worship led by
Rev Bryan Ede



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

CHURCH AND CHAPEL NEWS & EVENTS

Jacobstow Parish Hall Forthcoming Events

Cornish

Pasty Lunch -

for Jacobstow Church
Parish Hall

Thursday 6th March 12 for 12.30

£10 per person

Raffle

To book contact Lynn 01840236266 by 28th February

Thanks to all Draw Members and all for Donations to the Church throughout 2024.

Church Draw Results

	1st	2nd	3rd
December	Mr N Osborne	Mr Z Loader	Mr M Cobbledick

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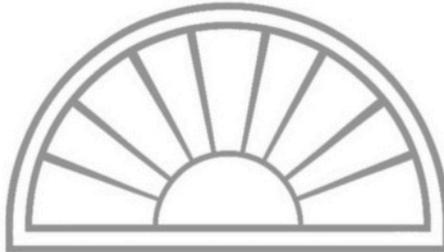
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Bude, Cornwall

Methodist Musings – Love is in the Air!!

Camelford and Week St Mary Methodist Circuit



2025 is now well underway as we enjoy snowy landscapes, glowing hearths and firesides, warming winter fayre and much more. Christmas seems but a distant memory and we prepare to celebrate the many festivals and events that will soon be upon us, the next being Valentines Day, when we are encouraged to tell our nearest and dearest how much they are loved by sending cards, flowers, chocolates or maybe even giving a diamond ring!!

A group of 4 – 8 year olds were asked how someone knows they're loved – here's a

couple of their responses:

"I know my older sister loves me because she gives me all her old clothes and has to

go out and buy new ones"

"Love is like a little old woman and a little old man who are still friends even after they know each other so well".

Love is a basic human need, essential to our wellbeing. It's something that experts tell us we experience in different ways. They call them "love languages": words of affirmation, quality time, physical touch, acts of service and gifts. Each of us will have a preference but will often respond to each of the others in some way as well. Love, of course, is also the basis of the Christian faith. Initiated by a God who loves the whole of creation – people, animals, nature and so on - all that ever has been, all that is, and all that ever will be. Indeed, not only do we understand God as being full of love and loving actions, but the bible tells us that God IS love. In other words, love is God's DNA. Of course, the sceptics would say that if God is love then there would be no war, disease, suffering etc, and space doesn't allow to go into this discussion right now.

However, when we consider the things that bring sadness and despair, we realise just how much the world needs love, the perfect love of God. In the bible we read that "we love because God first loved us" (1 John 4:19) and it's when we fail to do so that life doesn't go as it should.

So as we approach Valentines Day, whether we celebrate it or not, maybe we can stop and remember that, as the Burt Bacharach song of 1965 says, "what the world needs now, is love sweet love". It was a song borne out of the conflict in Vietnam, but it's a song that speaks into our times too, because if we all loved not only as God would like us to, but as much as we are loved by God then the world would indeed be "a better place" for everyone, just as it's intended to be.

"And above all these put on love, which binds everything together in perfect harmony."

Colossians Chapter 3 Verse 14

Julie Swann
Church Community Worker

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National and Healthcare lottery now available



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

Sunday Carvery 12-8pm with limited Sunday menu

Daily meals 12-9pm

Please phone to check times and/or book your meals

Booking is advisable Tel: 01840 230711

The Old Wainhouse Inn

CHRISTMAS LUNCH

An excellent turkey with all the trimmings, followed by fruit salad or Christmas pud. Jacobstow school children sang some carols and songs.

Thank you to the hard working waitresses and cooks - yet again brilliant.



CAROL SERVICE

The afternoon Carol Service was well attended with lessons read and carols sung. The church was beautifully decorated and the crib was set up waiting for Christmas Day



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BEN MAGUIRE - Facebook extracts



On 8th January Ben Maguire wrote:” I have today demanded that Susan Davy, the Chief Exec of South West Water, resign from her position with immediate effect. South West Water’s failures have reached an intolerable level under her leadership over the past decade. Sewage has been dumped constantly into our beaches and rivers, to unacceptable service standards, while bills have skyrocketed. This company has completely let down my constituents time and time again. I am glad that my letter has gained the backing of MPs from across the House - aside from the Tories, who allowed water company executives like Ms. Davy to enrich themselves and their shareholders, rather than providing the service bill payers deserve.”

Focus on advertiser - Wainhouse Country Stores

Do I really need to tell you all how absolutely astounding this little shop is? The range of stock is second to none, whether you are after a hot pastie, fresh bread from the local baker, your daily paper or monthly magazine or some really good fresh fruit and veg. In the chiller section you have fresh meat from a local butcher, all the dairy you could ever need and fresh sandwiches and snacks.

The ladies who work in the shop are a font of all knowledge and maybe the odd morsel of gossip, and are so helpful, going over and above the service which you would expect from them.

On top of that, add all the Post Office services and prescriptions from Boscastle surgery and I just don’t know how the four walls are managing to keep everything in. Lets also not forget that Julia supports your Journal by providing the £10 prize for our puzzle page.

This is just the services that I’m aware of, I still probably have some exciting ones to discover!. See page 12 of your Journal for their advert.



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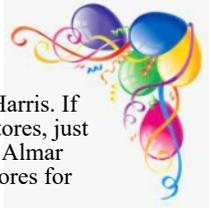
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Simon Neate, *DIP FHP* 07870 508 867

Claire Neate, *DIP FHP* 07968 232 344



PUZZLE PAGE



Welcome to your "tea break" puzzle page. This edition's winner is Lin Harris. If you would like a chance to win a £10 voucher to spend at Wainhouse Stores, just solve the Christmas Quiz and return the completed page to Sarah Smith, Almar Jacobstow EX23 0BN by 10th March 2025 Thank you to Wainhouse Stores for sponsoring this page.

Can you name the famous bridges ?





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WHAT'S ON



1st Feb - 6pm Launceston Town Hall, **Lee Quinney as Elton John**

9th Feb - 1 - 2.30pm Bude Sea Pool, **Intro to winter swimming.**
Book via saltyswims.com

28th Feb - 8pm Falcon Hotel, Bude, **The Countrymen.** Tickets £12

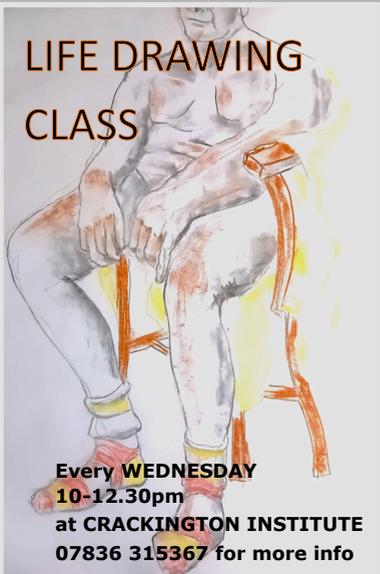
1st March - 7.30pm Crackington Institute Fundraiser, **Barn Sessions Band.** Tickets £10 Tel: Kathy 01840 230365

15th March - 10am - 4pm Parkhouse Centre, **Feel Good Festival**
(Arts, Healers, Clairvoyants)

19th March - 7.30pm Launceston Town Hall, **Ed Byrne Comedian.**
Tickets £35

22nd March - Launceston Town Hall, **The Spirit of Fleetwood Mac.**
Tickets £21.50 from Ticketsource

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Every **WEDNESDAY**
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7.00pm – 8.30pm

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For all ages

FREE EVENT - No booking required

Bethel Methodist Church invites you to

EASTER CRAFTS & ACTIVITIES



Friday 28th March

7.00pm – 8.30pm

at Bethel Methodist Church
Easter crafts for the whole family

FREE Event!

All ages welcome

Refreshments included

For further info please call

01840 261514

Dates:

Valentines Day 14
February

Daylight saving 30 March

St Pirans Day 5 March

St David's day 1st March

Shrove Tuesday and Ash

Wednesday 4 and 5 March

JUBILEE CLUB

The Jubilee Club have organised a
Coach Trip

HOUSE OF MARBLES

Bovey Tracey

on



MONDAY 10th MARCH

You are very welcome to join us

Pick up at Wainhouse

Please contact Diana 01840 261366

for more details



New members are always welcome -

Beavers 6-8 years of age (Wed 5.30pm- 6.30pm),

Cubs 8-10 years of age (Mon 6.30pm-8pm) and

Scouts 10-13 years of age (Tue 6.30pm-8pm).

For further details please contact Robert Medland

robert.medland1988@gmail.com / 07842084971.



WEATHERWISE by Monitor

November continued to see a mild start, we have seen this for a number of years now. Temperatures were slightly above the normal, mostly due to high pressure across the continent and above average sea temperatures. The odd day got to 17°C (the 6th) with light SSE winds. Of note was very little in the way of rain collected in the first couple of weeks, with just 0.26" by the 17th. Matters changed considerably by the following day, with rain overnight into the 18th giving 0.61" by the evening. The 19th was also wet and cooler with westerly winds gusting 29 knots here in the valley. Somewhat colder the following day, thunder was heard in the early hours with wintery showers and small hail showers that persisted into the afternoon. The 23rd saw a named storm to the far north, it didn't affect us locally with the storm-force winds well to the north, but there was quite extensive rain and by mid-morning on the 24th 2.02" had been collected here giving a heavy river flow on The Ottery. Nothing else out of the ordinary was observed to the end of the period, it turned milder once more with 16°C on the 30th.

A total of 5.36", 136mm of rain was collected, as against my 10 year average of 6.14", 156mm. No real trend observed, November can, and usually is a very variable month.

December started on a mild theme, with 15.6°C on the 1st, it didn't stay like it, cooling but still on the mild side until the 6th. Increasing winds were observed late night on the day, with an approaching storm named "Darragh" that arrived in the early hours with severe northwesterly wind gusts to 48 knots in the morning continuing into the afternoon and evening. A gust of 57.5 knots was observed at 1400, with a further gust of 59 knots at 1530 as a marked dry line aloft pulled very fierce winds down to the surface. Treknaw saw peak winds of 75.5 knots during the morning. By late afternoon with little signs of the winds easing much, there were a number of power outages and trees down everywhere locally and throughout the Duchy. We don't often see Storm 10 inland and matters were made worse by the direction being northwest against our usual southwesterlies. By Monday, the winds had eased down from being quite strong to gale on Sunday and our county was looking a bit of a mess. Some areas were still without electricity by Tuesday.

High pressure pulled up from the southwest restored calm by late Monday the 9th, (it was this high building against the storm depression that gave the fierce winds) and this persisted until the 17th, giving mild days with drizzle and hill fog at times. The rest of the month through to the Winter Solstice was uneventful, high pressure returned giving mist and surface fog with hazy sun to see the year out. Dry for December, a total of 3.26", 83mm was collected against my 10 year average of 6.14", 156mm. The total for the year was 51.61", 1311mm. This was a little up on the average as was the previous year, a function of persistent El Nino influence rather than any particular trend.

HIGH TIDES & SUNSETS - January - March 2025

Date	Jan 31	Feb 7	Feb 14	Feb 21	Feb 28	Mar 7	Mar 14	Mar 21	Mar 28
AM	6.18	**	6.16	10.14	5.16	10.34	5.18	8.43	4.08
PM	18.40	12.21	18.34	22.53	17.38	23.08	17.34	21.04	16.32
Sunset	17.14	17.26	17.38	17.50	18.02	18.14	18.25	18.37	18.48

NB - Tides are based on Newquay +25 minutes)

DAYLIGHT SAVING TIME (DST)

Remember that clocks go forward by one hour at 1 am on 30th March

Random Ramblings

Many of you may already be well aware that I come from an extremely musical household. Even the sewing machine was a singer. However, I decided at an early age that music was not the career path for me and that my true calling was comedy. Or, to be a bit more precise, sit-comedy. Stand-up would have required far more energy than I could ever have mustered. You probably find it hard to believe but, when I told my family and friends that I wanted to work in comedy, they all laughed. Well, I can tell you this: not one of them is laughing now! On a more serious note, I recently had to make another visit to see my GP. As I entered the surgery, she said that she would like to talk to me about my weight. I have to say that I was rather surprised at hearing this and told her that there was absolutely nothing to worry about as it was only 25 minutes and the chairs in the waiting room were nice and comfy.





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WEEK ST MARY BONAVENTURES WI

In November, we welcomed Ambassador for Lundy, Frances Stuart to our open meeting. Lundy was named by marauding Vikings in the 9th century and means Puffin Island.



Historically the island was visited by Welsh saints and hermits and was a strategic base for pirates. In 1244 Henry III built a castle on the island, the remains of which can still be visited.

The island was purchased in 1967 by the National Trust and is leased to the Landmark Trust. There are 28 permanent residents all employed by the Trust, who act as first responders, as coastguards, first aiders and fire services. Lundy boasts the oldest privately owned Post Office in the world and the stamps bear its own currency which is 1 puffin = 1 penny.

Wildlife, especially the iconic Puffin, is the main attraction for visitors. The island is a designated SSSI but remains a working farm with a small herd of Highland cattle, feral ponies, Sika deer and Sohay sheep and a unique herd of goats which feed on Lundy cabbage. Pygmy shrews are the only truly native species and Atlantic seals breed there in the autumn.

What started as a hobby for WI member Judith Taylor, led to worldwide travel and TV stardom! At the December meeting she explained that her interest in flower arranging began in the 80's when she attended classes in Bude, then joined Launceston Flower Club. After achieving her City & Guilds certificate at Duchy College, she trained as a demonstrator and Area Judge for the National Association of Flower Arranging Societies (NAFAS).

Judith competed in individual and group competitions at local and National Shows leading to her representing Devon & Cornwall at the World Show in Glasgow, winning a 3rd prize. She later became a National judge and National Committee Chair which led to judging at the World Show in the US, training judges in Barbados and whilst on holiday in India, she stepped in to judge at the World Show. The pinnacle of her career has been her involvement at the Chelsea Flower Show, representing NAFAS in 2010, appearing on TV with Adam Frost and earning an RHS Gold medal.



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When you're too lazy to build a snowman.



CHRISTMAS LETTER BOX KNITTING - At The Crescent Post Office, Bude. Another delightful scene.



CRAFTY DAY

There had been some felting materials left over from some previous training, so the select few met up and were creative with an exceptional lunch included.

The item looking like a Christmas pudding will be a hat!

Thank you Mary for setting this up.



Julian Trick

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The Reverend Robert Hawker (aka Parson Hawker)

Many of you will, no doubt, already be familiar with the life and works of the great Robert Hawker, poet, humanitarian, notable eccentric and vicar of nearby Morwenstow from 1834 until his demise in 1875. In today's language Hawker would probably be classed as a celebrity, attracting the attention of the great and good from far and wide, including Alfred Lord Tennyson, later to be the poet laureate, who paid Hawker a visit in 1848 while staying at the Falcon Hotel in Bude. Hawker, although born in Plymouth, considered himself a proud Cornishman and his most famous work is probably the Song of the Western Men which



provided the lyrics for the Cornish national anthem 'Trelawny'. Hawker was also noted for his efforts in helping seafarers at peril along this treacherous stretch of coast and has been described as "a coast life-guard in a cassock".

For those who sadly perished, Hawker ensured a proper burial in Morwenstow churchyard. Previously the bodies of drowned sailors were simply left in the sea or buried on the shore. Amongst Hawker's treasured possessions was a shepherd's lantern which would have been of enormous assistance to him when out searching for shipwreck survivors, or to retrieve the bodies of those who died. This lantern is now in the care of the Castle Museum, Bude and is among the items you can vote for as part of the 2025 Cornwall Heritage Awards. The award's theme this year is celebrating Cornwall's creativity. The winner is decided by public vote, which is open until 10 February. You can vote on multiple devices by clicking on the link below.

Please vote for Hawker's lantern which is on display at The Castle, Bude - See it on Facebook and share with your contacts.

<https://letstalk.cornwall.gov.uk/embeds/projects/21587/survey-tools/42467>

The result will be announced at an awards ceremony in March.

PLEASE VOTE for THE CASTLE, BUDE!

SPRING GARDENING – NEW BEGINNINGS



This is perhaps the Gardener's favourite time of year with bulbs sprouting, buds appearing on trees and shrubs and the lengthening days. In reality these early months can be cold and wet and not so suitable for sowing seeds or planting straight into the ground, so it's worth starting things off in seed trays indoors or in the greenhouse.

Sow larger seeds in individual pots or plugs so they can remain under cover and grow on until the soil is warmer and are more easily handled for transplanting. Several sowings at intervals are useful to gauge temperatures and provide a succession of plants at different stages of growth to allow for any late frosts or other disasters!



It's useful to avoid standing on garden beds when the ground is wet as this compacts the soil (especially with our local clay soils) and wastes the efforts of the autumn digging. Once the soil is dry enough, the surface can be forked lightly to remove any weeds and then raked level preparing a fine tilth. Germinating weeds in this clean bed are an indication that the soil is warming ready for your seeds. Regularly check forecasts and conditions, using cloches or garden fleece if there are sudden cold spells or winds.

Snowdrops

There are 885 cultivars and 15 species of snowdrop and we are lucky to see them growing on Cornish banks and in the hedgerows in the village. Considered to be one of the first signs of Spring, they bloom from January to March and prefer a to be in dappled shade in free draining soil. Although they need little maintenance, large clumps can be divided once the flowers are spent but the leaves should be left to feed the bulbs. Add grit when planting to improve drainage.



Pencarrow is holding its annual Snowdrop weekend for charity 8-9 Feb 10-4.30 when the Cafe will be open for refreshments and lunch.

Coast Path Walk



Recently during a family visit it was suggested we went along a stretch between Tintagel and Boscastle. We caught the 95 bus at Poundstock and started our walk at Tintagel.

Tintagel was very quiet as it was just after 10am and October! We started down to Tintagel beach pointing out changes since last time – re-route of track, the overhanging cliff where we had left a pushchair many moons ago. We looked at the spectacular new bridge to the island. The gap in the middle showed up against the clear sky above. Merlin's cave was there by the small beach. We carried on until we reached Bosinney beach and carried on past the potential rock falls. I had never been here before and hadn't realised that there was a fantastic cave and splits in the cliff. The tide was on the turn so we were unable to walk across to take the next path up so had to return the way we came. Next was spectacular Rocky Valley with its quartz rock damming up the end of a deep and pitted channel.

Along the cliff we investigated a hole high above the churning waves. The seaward side looked fragile.

Up and down we went, sometimes you could see Morwenstow dishes or Lundy Island until peering over a hill, there was Boscastle Look-Out. It looked near but a bite in the cliff where slate mining had taken place meant it was longer.

With lighter step we were soon walking up through Boscastle to catch the 95 bus back home.

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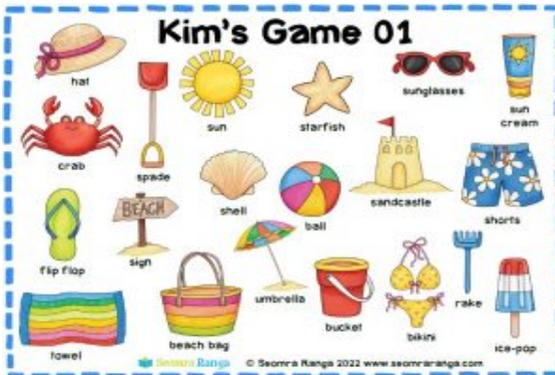
Kids' Page

KIDS'PAGE - Kim's Game. 2 or more players.

The aim of the game is to remember as many objects as possible after seeing them for 2 minutes.



1. Someone who is not taking part in the game prepares a tray of small objects where players cannot see until the game starts. Items could include a toothbrush, pencil, torch, egg cup, comb t spoon etc You could use pictures of things instead.
2. Players are given pencil and paper and write their name at the top.
3. The tray is brought in and players have 2 minutes to memorise the contents. During this time they must not write anything down.
4. The tray is removed and players have 5 minutes to write down everything they remember.
5. The tray is brought back and players change papers to mark each others while someone calls out the contents of the tray.



The winner is the person with the most complete list.

You can also play this online.

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Michelle Osborne

Michelle is a professionally qualified musician who is one of two lead clarinetists in Bude Concert Orchestra. The orchestra rehearses once a week at Week St Mary Methodist Church (new members always welcome, particularly strings!) There are at least three concerts a year and in the latest one, Michelle gave a superb performance Of Weber's Clarinet Concerto, supported by the Orchestra. Michelle has lived in Jacobstow for the past 30 years. She currently works as a self-employed Woodwind and Piano Teacher at Okehampton Community College, St Josephs Launceston, Callington Community College and at home. Michelle was born in Plymouth, the eldest of three, to Don and Wendy Daniel (nee Hancock) At this time the family lived in Saltash where Michelle first learnt the recorder at 7. When Michelle was 9 they moved to Davidstow where her parents ran the stores and post office. From here a newspaper/grocery round made deliveries around Wainhouse Corner, Crackington Haven, St Gennys, Dizzard, Tresparett and Marshgate. It was then that Michelle started piano and violin lessons. Following the move to Camelford Primary School to Sir James Smith's Michelle's dad persuaded her to try the clarinet instead of the violin. Initially this was with another tutor, but then as one of Janet Elston's very first students. When Michelle was 14 the family moved to Helstone where they took a smallholding and the Greyface Dartmoor Sheep arrived. Throughout school Michelle took part in many ensembles and choirs, including a solo role of Edith in a production of The Pirates of Penzance. She was an original member of Triggshire Wind Orchestra (still plays saxophone in this now!), North & East Cornwall Schools Orchestra, and Cornwall Youth Chamber Choir. Over the years she has taken part in many pit orchestras for musicals such as My Fair Lady, Oliver, Oklahoma and The Mikado. Michelle went on to do a B.A. Hons Music Degree at Bath College of Higher Education, specialising in Performance in her third year, followed by a PGCE (Secondary/Peripatetic) at Bretton Hall in Yorkshire. Her first post was with Devon Youth Music as a full time Peri for 12 years mainly in South Devon, then Okehampton/North Devon area. In 2004 Devon CC



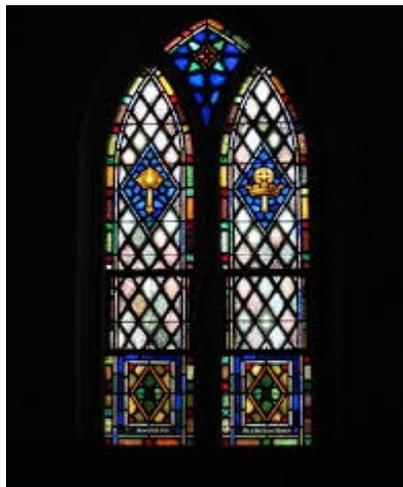
ceased funding it's Music Service, resulting in redundancy. Michelle in addition to working for Cornwall Music Service, she became self-employed. Cornwall CC followed Devon's example, but here collaboration resulted in Cornwall Music Service Trust being formed. Michelle has 3 daughters. One is in her 3rd year of Veterinary Science at Bristol University; she learnt the cello and clarinet (gr 6) Another has successfully completed Level 3 in Agricultural Studies at Duchy College, took piano to gr 2, and still plays her saxophone (gr 5) in Triggshire Wind Orchestra. The youngest has completed Level 2 Agriculture at

Duchy College and is now doing a Level 3 Agricultural Apprenticeship; she also plays her French Horn (working towards gr 8) in Triggshire Wind Orchestra. Michelle's hobbies include her Papillons (See photo of Brandy) and her Greyface Dartmoor Sheep flock. She serves on the breed council, and is a judge and inspector.

If you are interested in learning a Woodwind instrument or need help with Music Theory you can get in touch with Michelle, preferably by text: 07771700171. Bude Concert Orchestra Future Dates 2025: 1st March Parkhouse Centre, 17th May Bude Methodist Church, 27th September Parkhouse Centre. Also to take part in Bude Orchestra or Triggshire as an adult, text the above number.

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Healthy pancakes

These easy healthy pancakes get their fluffy texture from whipped egg whites. Stack them high with fresh berries and a spoonful of low-fat yogurt.

Ingredients

50g self-raising flour
50g wholemeal or wholegrain flour
2 small eggs separated
150ml skimmed milk
berries and low-fat yogurt or fromage frais
to serve & maybe a little drizzle of honey

Method

step 1

Sift the flours into a bowl or wide jug and tip any bits in the sieve back into the bowl. Add the egg yolks and a splash of milk then stir to a thick paste. Add the remaining milk a little at a time so you don't make lumps in the batter.

step 2

Whisk the egg whites until they stand up in stiff peaks, then fold them carefully into the batter – try not to squash out all the air.

step 3

Heat a non-stick pan over a medium heat and pour in enough batter to make a pancake about 10 cm across. Cook for just under a minute until bubbles begin to pop on the surface and the edges are looking a little dry. Carefully turn the pancake over. If it is a bit wet on top, it may squirt out a little batter as you do so. In that case, leave it on the other side a little longer. Keep warm while you make the remaining pancakes. Serve with your favourite healthy toppings. You could arrange them especially for Easter like a bunny!



CHORA Trial - Saturday 1st February

The annual Crackington Trial is being held on Saturday 1st February 2025.. Dog walkers and horse riders please be aware of the following schedule:

Lansweden (approx time 10am)

Trehole (approx 1-1.30)

Luden (approx 2-2.30 ish).



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EVENTS - In Parish Hall unless otherwise stated

Arts & Crafts Club Day courses as arranged. Check your Journal or phone Jeanne Gimblett on 01840 230113 for details.

Monday Cubs 6.30-8.00 Scout Hut Brownies 6-7.30
Jive Club Parkhouse Centre, Bude

Tuesday Scouts 6.30-8.00 Scout Hut
Rainbows 5.45-7.00 Guides 7.00-8.45

Wed'day Beavers 5.30-6.30 Scout Hut

Sunday Coast Family Church 10.30

Last Monday monthly, 7.30 - Old Cornwall at Parkhouse Centre

1st Tuesday monthly, Parish Council meeting 7.30

2nd Tuesday monthly, 7.30 WI Marhamchurch

3rd Tuesday monthly 7.30 Juliotter Garden Club, Marshgate

1st Wed'day Camelford Garden Club 2-4pm monthly Camelfd Library

2nd Thursday monthly 7.15pm WI Week St Mary

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 03001 234100
Bude "One Stop Shop" and Library also) 03001 234111
Library Renewal Hotline)
North Cornwall MP Ben Maguire 01208 640995
Nicky Chopak (County Councillor) 07810302061
Police Force Enquiry Centre 101
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NHS, Non-emergency 111

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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 07855001284
Cub Groups, Mrs D Dowling 01288 352786
Scouts, Robert Medland 07842084971
Guides and Rainbows Mrs M Andrew 01840 230006
Brownies - Jane Bailey 07816394966
Wainhouse Post Office and Stores 01840 230554
Jacobstow Walks, Mary 01840 230656
Jubilee Club Diana - 01840261366 or Tina 01840 230182
Julliotter Garden Club, Pat Thorne 01840 261237
WI - Week St Mary, Roberta Jones 07788 548875
Marhamchurch, Shirley Youlton 01288 354672