

Jacobstow Journal



Providing news and information for the Parish of Jacobstow

www.jacobstowvillage.co.uk



Issue 92 Feb/March 2026

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

Editorial by Sarah

I popped into Sainsbury's in Bude last week (other supermarkets are available - imagine a rolling eye emoji here) to pick up a few bits for dinner. Just inside the entrance there was a massive display of dishwasher tablets on offer reduced from £13.80 a pack to £6.50....oooooh I LOVE a bargain me, so I picked up two packets thinking to myself, "they aren't going to go out of date!". When I got to the till and paid my bill the machine spat out a ticket "spend more than £40 on your next shop and get £4 off" that had me reaching for my calculator - 7 bags of dishwasher tablets is £45.50 - in case you're wondering.

The next day, if you had been in Bude, you would have seen a slightly deranged woman of a certain age hauling seven bags of dishwasher tablets to the till and making a total saving of £55.10. Now I'm feeling pretty chuffed about scoring one against "the big man" of retail and also as a bookclub member kindly pointed out to me "if we have another big storm, your shed won't be going anywhere because its weighed down by dishwasher tablets" ...win win I say!.

Anyway, enough about me and my amazing adventures...are you still there? I hope you enjoy this edition and don't forget, if you want anything included in the next one please get in touch.

Sarah

Enquiries, Articles and Letters

email to:

jacobstowjournal@gmail.com

or in writing to the Editor: Sarah Smith

Almar, Jacobstow, EX23 0BN

Editorial Team

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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 Feb/Mar edition will be 10th Mar. 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.

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Jacobstow Parish Council

Chair : C Smith

Parish Clerk : Mrs D Turner 01566 781269

Members :	Cllr P Chapman	Cllr N Osborne	Cllr J Shepherd
	Cllr S Smith	Cllr K Anderton	Cllr A Vogel

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.jacobstowvillage.co.uk

Summary of Minutes of Meeting held on 2nd December, 2025

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

Planning Application No PA25/04729 – Chy Lowan, Jacobstow - Cornwall Council had approved this.

Precept – It was decided to reduce the amount for this year to £5,000. (Two votes for keeping it the same as previous years and three votes for reducing it.).

Road Closure – It was reported that the access road to Poulza will be closed from 9th -11th December. (24hrs).



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

Summary of Minutes of Meeting held on 2nd December, 2025 (Cont)

Planning Application No PA25/08413 – The Old Barn Broad Langdon, Jacobstow – Proposed new garage. Councillors support this Application but would like a Clause saying this building not to be used for extra accommodation also not to be sold separately to the dwelling.

New Planning Regulations - The new Regulations will be that Cornwall Council will pass or refuse future Planning Applications and these will not be sent to the Parish Council for their views.



2nd Bude (Jacobstow) Scout Group

We welcome new members:

Beavers – from age 6-8 years, Wednesday 5.30 – 6.30pm. Contact Josie Shepherd 07855 001284

Cubs – 8-11 years, Monday 6.30-8pm. Contact Daphne Dowling 01288 352786

Scouts – 11-14 years, Tuesday 6.30-8pm. Contact Robert Medland 07842 084971

robert.medland1988@gmail.com



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

WEEK ST MARY BONAVENTURES WI

Our speaker in November was Lundy Ambassador, Frances Stuart, who talked about the loss of HMS Montagu in 1906, Lundy's most famous shipwreck. HMS Montagu, the first of a new Duncan-class battleship of the Royal Navy was built in Devonport and launched in 1903, weighing 14k tons and with a crew of 751. Built to counter a group of fast Russian battleships, HMS Montagu and her sister ships were capable of steaming at 19 knots and were the fastest in the world.

In May 1906, the ship was anchored off Lundy, taking part in secret radio communication trials, but being unable to pick up messages from the test station, the ship set off for the Isles of Scilly. Heavy fog forced her to reverse course, but due to a miscalculation by the Navigator she was some two miles off her original track. Montagu encountered a pilot cutter in the vicinity of Lundy, and requested a distance and bearing for Hartland Point but although the cutter supplied these accurately, those on the battleship's bridge replied that they were wrong and the pilot cutter must have lost her bearings. That afternoon, the ship hit rocks and wedged onto the rocky ledge of Shutter Point, Lundy.



A small boat was lowered and on finding land the next morning, the crewmen climbed up the cliffs and marched the length of the island before reaching Lundy's northern lighthouse and reporting the loss. The sick men and valuables were removed from the ship followed by the remaining crew, miraculously with no fatalities.

The ensuing salvage, was finally completed by the Western Marine Salvage Company of Penzance in 1907. A series of steps were cut into the cliff face to help with salvage operation, now known as the "Montagu" steps and a reinforced suspension bridge using over 10 tons of material was built between the ship and these steps, remarkably, completed in just 32 hours. The total loss was £1.2k. The Court Marshal blamed the thick fog and faulty navigation; the Captain and Navigator were severely reprimanded and dismissed from HMS Montagu, the Navigator also losing seniority. The wreck has since been inspected by divers.

Anyone interested in finding out more about the WI can contact Roberta Jones, Secretary, on 07788-548875.



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CHURCH AND CHAPEL SERVICES

Jacobstow & Boscastle Group of Churches Services for Feb 2026

1st Feb	St Gennys HC	10.30am
8th Feb	Forrabury HC	11.00am
	Tintagel	11.00am
	Jacobstow	3pm
15th Feb	Tintagel	10.30am
22nd Feb	Warbstow HC	10.30am
	Trevalga	3 00pm.

Services for March not finalised best to check monthly notice in church porch
or visit www.boscastlechurches.uk



Living Water Methodist Church, Canworthy Water

Sunday 1st February	Morning Worship led by Mr Michael Cronogue 10.30am
Sunday 8th February	Fellowship Service
Sunday 15th February	Morning Worship led by Mr Jeremy Ward 10.30am
Sunday 22nd February	Fellowship Service 10.30am

Bethel Methodist Church, Warbstow/Trelash

Sunday 1st February	Morning Worship led by Mrs Julie Swann, including Holy Communion 10.30am
Sunday 15th February	Morning Worship led by Mr Michael Hicks 10.30am
The congregation from Bethel worship with St David's Church, Davidstow on alternate Sundays.	



Coast Family Church

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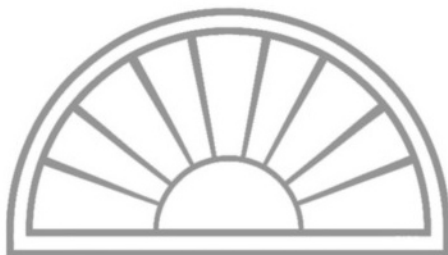
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CHURCH AND CHAPEL NEWS & EVENTS

Senior Citizen Christmas Lunch

The Parish Hall Committee would like to thank everyone who helped set up, prepare and serve up on the day of the Senior Citizens Christmas dinner. We would like to thank everyone that came along, especially thank the school children for coming and entertain us making it Christmasy, the Coast Church for supplying and decorating the tree, and everyone that kindly donated raffle prizes.



ST PIRAN'S DAY PASTY LUNCH

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Daily meals 12-9pm

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The Old Wainhouse Inn
Booking is advisable Tel: 01840 230711



Methodist Musings

Camelford and Week St Mary Methodist Circuit

Methodist Musings – New Beginnings



New Year's Day might seem like a distant memory now that we've settled back into our regular routines – whatever they may be, but did you take the opportunity at the turn of the year to do something new – maybe a new hobby or job? And what about those New Year resolutions – did you make any, and if so . . . have you kept them?

Many people use this time of year to trying to become healthier, or perhaps they decide to give up something in order to improve their lifestyle e.g. stop smoking, use phones less etc. Then there are the more unusual New Year's resolutions: learning to juggle whilst riding a unicycle; switching to an all purple wardrobe; every flavour of crisps!

I don't usually make New Year's resolutions because I know by the second week of January they'll be a fading memory. But I do like the idea of a fresh start, the opportunity to begin again. It reminds me of receiving a new exercise book at school, with every intention of keeping it neat and tidy, often being disappointed when it was messed up shortly afterwards.

Whether we made any resolutions at the start of the year or not, it's still not too late to begin again, either with a new venture or to draw the line under something and start afresh. Maybe it's something, just like that school book, that started out really well, but then went a bit pear shaped. The good news is it's never too late to start again ... and we don't have to do it in our own strength – there are always others who will walk alongside us.

Christians believe that new beginnings are what a life of faith is all about – it's what Jesus came to offer us, a fresh start regardless of what has gone before. So many of us feel that the mistakes we've made in life, our misdemeanours and misjudgements can never be forgiven or forgotten – but this is exactly what can happen if we accept the love and forgiveness that we find with Jesus by our side – helping us along and enabling us to discover a quality of life that we might not have experienced before.

So whatever new start you might have wanted to make in 2026 I pray that you will have the confidence to either continue with it or decide to go for it and discover a sense of fulfilment and peace as your journey through the year.

"When anyone belongs to Christ, they become a new person. Their old way of life has gone. Their new life has begun!". 2 Corinthians Chapter 5 Verse 17

Julie Swann

Church & Community Worker
Camelford and Week St Mary Methodist Circuit

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The Bude Banking Hub, located at 1 The Depot, Lansdown Road, Bude, Cornwall, EX23 8BN, (opposite the Co-Op) offers shared banking services, open weekdays 9 AM - 5 PM for cash/cheque deposits, bill payments, and balance checks, with different bank representatives (TSB, NatWest, Barclays, Lloyds) available on specific days for more complex needs.

1 The Depot, Lansdown Road, Bude, Cornwall, EX23 8BN.

Open: Monday - Friday, 9 AM - 5 PM (Closed Saturday & Sunday).

Services Available: Counter Services (Post Office): Cash withdrawals, cash deposits, cheque deposits, utility bill payments, balance checks.

Community Bankers: Face-to-face support for more complex banking needs.

Community Banker Schedule:

Monday: TSB.

Tuesday: NatWest.

Wednesday: Barclays.

Thursday: Barclays.

Friday: Lloyds.



How it Works: Banking hubs provide shared access to services from multiple banks, reducing the need for individual branches, with the Post Office handling basic transactions and community bankers offering specialised support.



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EARLY SPRING GARDENING

There are always signs of Spring in the winter months with bulb shoots breaking through, Primroses flowering and buds showing on our shrubs and trees



Seed sowing starts as early as February for some plants so make sure your seed trays and pots are clean and ready to use. Here are a few tips on what to use to give seeds and plants the best start. Compost deteriorates if stored for too long, so buying only what you need for the next few months is a good idea. Store it in a cool, dark and dry place, folding over the top after opening. Multi-purpose is a good blend for general use but specialist seed compost is finer in texture and formulated to encourage germination and good seedling growth so it is useful to get seeds off to a good start.

Soil based composts are better for longer term container growing and of course, you can use your home made compost which will add nutrients and bulk out the quantity available. Re-use compost from containers too as, although it will have lost its nutrients during the season, it can be revived and re-used to save buying more.

Empty out pots and containers to inspect the contents, ensuring that old roots are removed and checking for slugs and larvae. Compacted soil from pots and home made compost can be sieved to remove any large clumps. Mix in small size bark or wood chips – a ratio of 1 part to 5 parts compost is ideal – to open up the soil and increase air pockets. Horticultural grit can also be added to improve drainage, especially if the soil clumps together.



Finally add a granular fertiliser to boost nutrients and mix well. If there is any left over, this also makes a good soil improver forked into open soil and as a mulch around established plants.





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November was notable for starting very mild, high pressure persisted to the east of the country with low pressure systems to the southwest. This synoptic situation encouraged southerly winds being sourced from the mid-latitudes. Most of the first week saw rain of sorts, but early afternoon temperatures were on par with late summer, 17°C on the 3rd, 16°C the following day with a quite remarkable 18.3° on the 5th. Chivenor Airfield saw 18.6°C that day as well.

The mild conditions continued into the following week as well, the 12th saw 17°C again although with a lot of moisture being drawn up from the south it started to get quite wet, the 14th gave 0.92" collected by late evening. This mild trend continued into the middle of the month, however matters changed by the 19th, winds veered more northerly with wintery showers of small hail and squally winds. Thunder was heard in Camelford on the 20th early morning. Friday the 21st had a frosty cold start with -1.8°C overnight with a transient high pressure ridge giving a dry day for once.

The weather remained unsettled to the end of the month, some mild days but fairly wet generally. A total of 6.34", 161mm of rain was collected against my 10 year average of 6.24", 158.5mm. So no trend observed here.

December started with a very wet day but mild, 1.25", 32mm had been collected here by early evening which remained showery. Another wet period was had on the 4th, along with the following day also, by now we had observed quite a heavy river flow on the Ottery. The wet trend continued with yet another 0.88", 22mm collected on the 9th. There was a very slight ground frost on the 13th with shallow mist after sunrise, but typical wintery weather was lacking this month. Southerly winds, which were a dominate feature this December gave another wet day on the 15th with exactly 1", 25mm by early evening. It became drier by the last two weeks of December and this trend continued to the end of the year, although with the winds more easterly making it feel quite chilly if out.

A total of 7.21", 183mm was collected for the month, as against my 10 year average of 6.24", 158.5mm. The total for the year was 48.25", 1225.5mm. This is about average with no real trend observed.

HIGH TIDES & SUNSETS - February & March 26

Date	7 Feb	14 Feb	21 Feb	28 Feb	7 March	14 March	21 March	28 March
AM	8:29	3:13	7:29	2:35	7:20	1:35	06:27	1:02
PM	20:46	15:37	19:46	15:12	19:34	14:17	18:44	13:53
Sunset	17:24	17:36	17:48	18:00	18:12	18:23	18:35	18:46

NB - Tides are based on Newquay +25 minutes



Jacobstow Neighbourhood Watch Phone Scams



Your bank and the police will never ring and ask you to verify your PIN, withdraw cash or purchase high-value goods. They'll also never come to your home to collect your card, cash or purchased items. If you get a call like this, end the call.

If you get a call from your bank or the police, make sure you know who the person is before handing over any personal details. You can do this by calling your bank (the number on the back of your card) or the police ([101](tel:101)) on a different phone line.

To get a different line, use a phone owned by a family member, friend or neighbour. This is because scammers can keep phone lines open after pretending to hang up. So while you think you're making a new phone call, the line is still open to the scammer, who pretends to be someone from your bank or the police (also see [Courier fraud](#)).

Depending on your bank, the security questions they ask may be different, but they'll never ask you to authorise anything by entering your PIN into your phone.

Never send money abroad to a person you've never met or to anyone you don't actually know and trust.

Likewise, never agree to keep your online relationship a secret. This is a ploy to get you not to tell your family and friends, who'll see the scam for exactly what it is.

Equally, don't accept any offer of money. A scammer may ask you to accept money from them into your own bank account, using a convincing story as to why they can't use their own account.

The circumstances may seem genuine, but you may unwittingly be committing the criminal offence of money laundering.

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



February

- 6th** MacBeth Alone 8-9pm at The Parkhouse Centre Ages 12+ Tickets online
- 7-8th** Pencarrow Snowdrop weekend 10-4 both days. Recommended donation of £5 (cash preferred) in aid of Prickles & Paws Hedgehog `Rescue and Little Harbour Children's Hospice. Refreshments available at the Cafe

14th St Valentine's Day

Half Term Activities

- 16th** Animal Face masks Workshop at the Castle, Bude Age 3+ 11-12 and 12.30–1.30 Booking necessary
- 17th & 19th** Have Fun with Fossils at the Castle, Bude 11 - 12
No need to book
- 17th** Shrove Tuesday/Pancake Day
- 18th** Ash Wednesday
- 21st** The Untold Story of Doctor Dick 2-3 pm at The Castle, Bude
- 24th** Juliotter Garden Club 7.30 pm – Talk on Culm grassland

March

- 5th** St Piran's Day
- 7th** This is Floyd Pink Floyd Tribute at Launceston Town Hall 7.30pm
- 13th** Parody of the Rings Comedy 8pm at The Parkhouse Centre, Bude Tickets online
- 14th** Devon's Forgotten Witches 1860-1910 2-3 pm at The Castle, Bude £7
- 15th** Mothering Sunday



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Health and Well Being - By Laura Crowder

Winter fatigue is a common health issue at this time of year as energy levels dip after the excitement of Christmas and the Cornish weather limits time outside. In fact, villagers of all ages may find that they have less energy than usual as the cold weather and winter bugs put extra strain on the body. In children, this lack of energy can show up as tiredness, low concentration or irritability. Even if you have been fortunate enough to have felt well, your immune system is having to work harder than usual to maintain that feeling of wellness! Moreover, cold and damp weather can increase stiffness and inflammation which is not helped by vitamin D levels decreasing with the hours of sunlight. (Remember that adults and children – including breastfed babies – need to supplement with vitamin D.) So, what can we do?

Energy follows movement

Regular movement can warm the body, boost circulation and reduce inflammation which can release energy-supporting neurochemicals and restore energy levels. Even a few minutes of movement can ease fatigue. The type of movement doesn't matter; chair-based functional movements, standing stretches or a short walk can all make a difference. If you spend long periods sitting, try to introduce regular,



short movement 'snacks' to prevent stiffness. These movement 'snacks' are also great for kids to break up time spent indoors.

Sleep

We may feel fatigued yet struggle to sleep. Light exposure – especially in the morning – helps to regulate our circadian rhythm (our body's natural clock) but many of us are going to and from work/school in the dark. This can affect the release of melatonin (the sleep hormone) and make it harder for us to fall asleep. If possible, try to get some 'daylight' exposure – if the weather stops you getting out, try sitting/standing near an open window. If you can, plan some outdoor activities at weekends.



Embrace the cold

You may not fancy wild swimming at this time of year but for adults and children over the age of 11, ending a warm shower with cold/cooler water can stimulate circulation and help to combat fatigue. If you haven't done this before, build up slowly – perhaps just put your legs/feet under the cold water for a few seconds at first.

Be present

It's getting harder to 'disconnect' from the outside world as many of us are bombarded with notifications even when we're not at work or school. This can add to the feeling of fatigue by keeping our nervous system activated. Taking a few minutes, several times a day to pause, breathe and connect with yourself can calm the nervous system and regulate energy levels.



Making small but consistent changes to support energy levels throughout winter builds resilience and enables our minds and bodies to feel more energised ready for warmer and brighter Spring days.



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What I've been up to... 🇬🇧

✓ **Secured vital progress with Ryan's Law** after pushing Government for months for the Salterns, with a new DfT consultation now taking place.

✓ **Requested Rural Fuel Duty** be extended to Cornwall (5p/litre fuel discount) in a debate.

✓ **Voted against Family Farm Tax** and spoke up for farmers after further changes made to inheritance tax rules.

✓ **Held in-person and telephone surgeries** with my North Cornwall constituents.

✓ **Launched the 'North Cornwall Dental Action Group'** to tackle the desperate need for NHS dentists in our region.

✓ **Resolved over 1,000+ constituent cases** on issues like housing, SEND provision, pensions, policy campaigns, and much more (Dec - Jan).

✓ **Held more constituency visits and events**, including my Budget Business Breakfast, visits to schools in Bodmin, Launceston, and others, as well as the Royal Mail Delivery Office.



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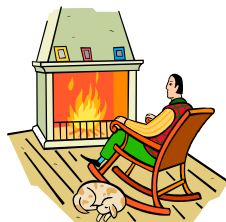


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February



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🌐 <https://loom.ly/S7EQRCa>

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Everyone at the Journal would like to
say thank you to your Parish Council
for their continued support and
donation towards our printing costs.
The Journal is delivered free to every
house and we really would not be able
to produce your magazine without
them.

Another BIG thank you to Dennis Adey
who has delivered the Journals in the
village ever since we started the
magazine. He has decided to step down
and has definitely earned his retirement
from his regular round. Thank you
Dennis for all your help and support.

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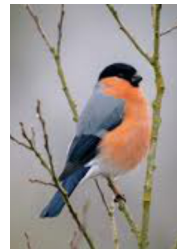
Journal Quiz page

Welcome to your “tea break” puzzle page. The previous edition’s winner is Doreen Turner. If you would like a chance to win a £10 voucher to spend at Wainhouse Stores, just solve the Picture 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.

Spring has hopefully sprung, can you answer these Spring themed questions ?

1. What date is Saint Patrick’s Day?
2. To the nearest million, how many Easter eggs are sold every year in the UK?
3. What spring flower is often associated with Wales?
4. What is the spring holiday period for college students in the United States known as?
5. Which is the meteorological first day of spring?
6. Which breed of rabbit is known for the thick tufty fur around its head?
7. What UK holiday commonly takes place on May 1st?
8. In Japan, what type of tree famously produces blossom in the spring?
9. How many months are female sheep pregnant for before they give birth to a lamb?
10. Which small white flowers are among the first to emerge in the UK spring?

Name the rare garden birds



Last editions answers : 1. He was the first department store Santa. 2. Mistletoe 3. Donner and Blitzen 4. A turkey 5. 12 days 6. Captain Cook 7. While Shepards 8. Good King Wenceslas 9 Pulled the sword from the stone 10. Divorce papers 11. Let nothing you dismay 12. Irving Berlin 13. The Cratchits 14. Not a creature was stirring not even a mouse 15. Jacob Marley 16 Indian 17 4 calling birds 18 Red or purple 19 Its a wonderful life 20 Bohemian Rhapsody

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David's Random Ramblings



As, Dear Reader, we advance into 2026 and all of the challenges that it will undoubtedly bring us, we can always cheer ourselves up by remembering that the sooner we fall behind with something, the more time we'll have to catch up. However, returning to the rules of the English language explained in my last piece, an old friend reminded me that an extremely important exception to the 'i before e rule' applies if you happen to be singing Old MacDonald Had a Farm. And finally on that subject, we all know that, when it comes to written English, the classiest punctuation mark of them all has to be a posh trophe. But regardless of the rules of the English language, the one rule we must make sure to always observe is this: jam first – an keyfyth kynsa. There can be absolutely no argument about that, can there? At least on this side of the Tamar!

Book Review



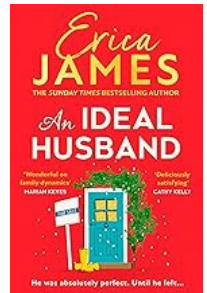
'Family Album' by Penelope Lively

The family comprises six children, their parents and Ingrid, the au pair. The album shows snapshots of the children's lives, growing up in Allersmead, a large, rather ramshackle house in the countryside. They have now flown the nest, far and wide, all except the eldest son but they occasionally visit and that is when we learn from their memories what has happened in the past and particularly about a dark family secret, which is never spoken of but which may explain why Ingrid is still living in the house. A thoughtful, well written novel, which delves into family

relationships and reminds us that however close you are to someone you may not really know them.

'An Ideal Husband' by Erica James

After years of a long and seemingly happy marriage, Louisa is stunned by her husband's announcement that he has been seeing another, much younger, woman and is moving out to live with her. Their three children are shocked and upset, especially when they learn that the family home has to be sold. Louisa, however, whilst being heartbroken, gradually comes to see what has happened as an opportunity for a new beginning. A family drama that keeps you hooked right to the end.



The Start of Spring

With our mild climate and the effect of the gulf stream, warming Cornish shores, spring arrives particularly early in Cornwall.

To the change of the seasons each year, gardeners who oversee champion magnolia trees at six of the Great Gardens – Trebah, Trewidden, Caerhays, Heligan, Tregothnan and Trewithen – all keep a close eye on the

number of magnolia blooms on their champion trees.

When each of the six magnolia trees have reached 50 blooms, then we can officially declare that Spring has arrived in Cornwall!

Spring was declared by the gardeners on Monday 24th February 2025

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The Wreck of the Caledonia at Sharpnose Point



Many of you have probably spotted the ship's figurehead in the graveyard of the Church of St Morwenna and St John Baptist in Morwenstow. This marks the last resting place of the crew of the Caledonia, a brig which came to grief at Sharpnose Point in September 1842 while on its way to Gloucester with a cargo of wheat from Odesa.

The Caledonia was caught that night in a howling gale with the crew unable to steer her clear of the the rocks at Shapnose. As the vessel foundered the captain ordered them to climb up onto the rigging but, unfortunately, the mast then collapsed and they were thrown into the raging sea. Sadly, all but one of those sailors perished on that stormy night with the sole survivor discovered on the shore by a farmer the following morning. He was taken to the rectory at Morwenstow where he was then cared for and nursed back to health by the Reverend Hawker.

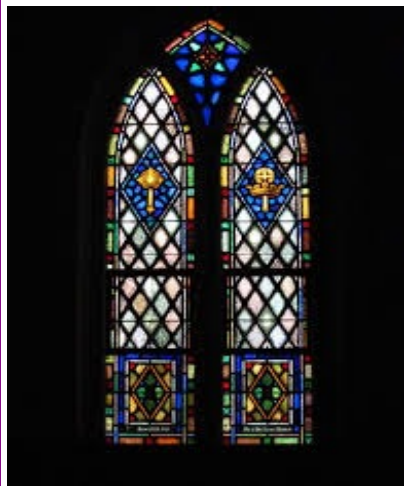
That sailor, Edward Le Dain, hailed from Jersey and, on his return home, sent Hawker the very best Jersey cow that he could find as an act of gratitude. Eventually the bodies of the other crewmen washed up on the shore and they were buried together in Morwenstow churchyard with the figurehead, retrieved from the wreck, marking their grave.

Unfortunately - but hardly unexpectedly – the Cornish weather took its toll on that grave marker over the 160 or so succeeding years and the original was removed for restoration in 2004, being replaced with a more weather-proof replica in 2008. However, the lovingly restored original can now be seen within the church itself where it is rather better protected from the weather.



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Shrove Tuesday 17th February is Pancake Day

A good excuse to make pancakes (should you need one!) We're not restricted to traditional pancakes with lemon and sugar so why not get creative with savoury pancakes using cheese, ham and herbs or American pancakes with Maple Syrup, fresh fruits and even bacon? This very simple American pancake recipe is quick and easy and makes approximately 8-10 small pancakes.



75g Wholemeal Flour	15g Porridge Oats
1 teaspoon Baking Powder	100ml Milk
1 Egg	Oil for cooking

Mix the ingredients together with a whisk until thoroughly combined to form a thick batter - it can be loosened with a little more milk if required.

Heat some Oil in a frying pan - Olive and Coconut Oils both work well. Pour or spoon small amounts of the batter into the pan, allowing it to spread gently and cook for about 2 minutes, or until the surface of the batter begins to bubble and set, then flip over and cook the other side. Keep warm, cook the remaining batter and serve with your toppings.

A Green Spring Clean!

Spring is a great time for a big clean, after the decorations have been put away and when the weather is keeping us indoors. There are lots of home-made cleaning ideas that are much cheaper than branded chemical cleaners and much better for our environment.

Bicarbonate of Soda (not to be confused with Soda!) is an excellent degreasing agent if mixed with a little water to make a paste; for really greasy ovens and hobs, leave the paste on for 15-20 minutes, then spray with white vinegar and when it stops fizzing, wipe with a wet cloth. Bicarb also neutralises odours so is great used in solution for wiping fridges and microwaves. Or part fill a microwaveable bowl with water, add a couple of lemon slices and heat until it looks steamy. Allow to cool slightly before wiping the surfaces with a clean cloth.

Old T-shirts and towels can be re-purposed as cleaning cloths, cut them into varying sizes and use them for all sorts of jobs - they will last longer if hemmed along their edges and can be washed and re-used.

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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

4th Tuesday monthly: 7.30 Juliotter Garden Club, Marshgate

1st Wed': Camelford Garden Club 2-4pm monthly Camelford Library 2nd

Thursday monthly: 7.15pm WI Week St Mary

Local Taxi services

Trev's Taxi - Bude 07799 663217

BosCars - Boscastle 07790 983911

Edd's Taxi - Bude 07486 868636

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!**

The **95** is the only regular bus 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
Crimestoppers (Anonymous) 0800 555111
Floodline 0845 9881188
Power Cut-Western Power Distribution 08006783105
Sita Recycling Centre, Tiscott Wood 01288 355131
Dog Warden (Environmental Health) 03001234212
Cats Protection, Holsworthy 0345 3712717
Citizens Advice Bureau-Advice Cornwall 03444994188

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

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

Jacobstow Organisations

Jacobstow Infants School 01840 230337
Jacobstow Church, Mr Brian Marshall 01840 230526
Art Group, Jeane Gimblett 07706927197
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 Youldon 01288 354672