

Jacobstow Journal

*Providing news and information for the
Parish of Jacobstow*

Issue No. 34

June/July 2016



Delivered free to every household in the Parish

www.jacobstovvillage.co.uk



Editorial by Sarah

A friend of mine looked at a bungalow for sale on the coast road at Widemouth. She went to the estate agents to get the details, the agent told her "It's on the market for £500,000, with planning permission for a new two storey house to be built in its place." Let's just take a minute to digest this information, £500,000 for a house that you are going to demolish, then pay however much to build a new one in its place, the world of property has truly gone mad.

We all gnash our teeth and moan about how young people can't get on the property ladder, which does seem an unachievable ambition. But is it? Is the reason they can't get a deposit for a mortgage because house prices are just too high, or is it because they are not committed to saving? If you compare modern wages to ones in the 1980s and 1990s percentage wise, where we were asked to save a huge amount of our wages for a deposit? Other aspects of the housing market are also completely out of wack; it would be interesting to find out how many of the houses on the new Binhay development opposite Morrisons are owner occupied. Not many I bet, but the amount of rent they are asking is probably over and above what you would repay for a mortgage, but we are back to the old chestnut of who can afford a mortgage.

We live in a beautiful part of the world and that is reflected in our property prices, again we moan about how expensive property is, but are you about to sell your house below market value because a local wants to buy it? Of course you aren't because you can bet your bottom dollar the people who are selling you your next house aren't going to make the same concession! The other constant thorn in our side is second home owners, again would you not sell your house to a Londoner, knowing it's going to be a second home or holiday let? What impact does this have on villages that are ghost towns in the winter when all the cottages are packed up at the end of the season? Maybe St Ives had the right idea, but that is only stopping new second home development, nothing stopping a local selling their established home to a townie! Umm food for thought...

Enquiries, Articles and Letters

email to:

jacobstowjournal@gmail.com

or in writing to the Editor.

All contributions received will be included at the Editorial Team's discretion.

Editorial Team

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Sue Burrows	Tec.Support	01566-781292
Celia Proudfoot	Articles	01566-781473

**Sarah Smith
Almar, Jacobstow
EX23 0BN**

**The deadline for adverts, letters or articles for the August/September edition will be 20th July 2016
Please note this does not guarantee that the item will be published due to possible limitations on space.**

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 Journal is printed by Parish Magazine Printing.
Contact Phil Tucker on 01288 341617

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Jacobstow Parish Council

Chairman: Mr. Norman Osborne 01840-230592

Parish Clerk: Mrs D. Turner 01566-781269

Members: Mrs Charmaine Smith Mr Dennis Adey Mr. Bob Reason
Mrs Iona Franklyn Mr Ray Fox 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. Agenda and minutes of previous meetings on the village website www.jacobstowvillage.co.uk

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.

Summary of Minutes of Meeting held on 5th April 2016

Vice-Chairperson Cllr. Charmaine Smith chaired the monthly meeting of the Parish Council with three Councillors, County Councillor Nicky Chopak and four members of the public attending.

- 1) ***Community Benefit Fund – The necessary claim form and policy was discussed and agreed the Clerk would send a copy to all Councillors to read and then discuss at the next meeting.***
- 2) ***Planning Application PA16/02485 – Mr A Piper - Outline permission with all matters reserved. Proposed residential development. Land East of Oakdene, Edgar Road, Wainhouse Corner. Councillors support this application on the understanding that there is a minimum of 50/50 on affordable houses, preferably for rent.***
- 3) ***Planning Application PA16/02941 – Mr N Watson – Formation of new garage/home office/studio at Trelinney, Broad Langdon, Jacobstow. Councillors support this application.***
- 4) ***The Big Field Wind Farm – Mr John Colombi – It was noted that the Appeal date is 26th April, 2016. Clerk to Email an objection mentioning the noise level and flicker would be greater with the larger blades and the fact that local people have not been consulted regarding the new proposals. Also it should be a new application because of the changes.***
- 5) ***CALC - It was agreed to pay the sum of £223.40 to CALC being £204 annual membership and £18.80 for the up to date Councillors Guide purchased for each Councillor. Proposed we pay Cllr. Adey, Seconded Cllr. R Reason.***
- 6) ***Councillor Matters – The question of litter from Wainhouse Corner to Eden Chapel was discussed. As well as rubbish there were a significant amount of cans and alcohol bottles. These had all been picked up by a young mother.***

Summary of Minutes of Meeting held on 3rd May, 2016

Vice-Chairperson Cllr. Charmaine Smith chaired the monthly meeting of the Parish Council with four Councillors and two members of the Public in attendance.

- 1. AGM – As this was the Annual General Meeting the meeting began with the election of Officers. The Chairman, Cllr. Norman Osborne, The Vice-Chairperson Cllr. Charmaine Smith and Responsible Financial Officer, Mrs D Turner were all re-elected.***
- 2. Community Benefit Fund - Councillors approved the policy and claim form to be sent to organisations wishing to claim from the fund.***
- 3. Annual Audit - The audit forms were completed on behalf of the Councillors and signed as necessary by the Vice-Chairperson and RFO. The accounts had been checked by the Internal Auditor and will now be sent to the External Auditor.***
- 4. Insurance Premium - It was agreed to pay the insurance premium, due on the 1st June, 2016 amounting to £225.73. This was proposed by Cllr.R Reason and Seconded by Cllr I Franklyn.***
- 5. Planning – N Watson, Trelinney, Broad Langdon, Jacobstow. Cornwall Council had approved this application.***
- 6. Big Field Wind Farm - Cllr. P Chapman agreed to speak at the Big Field Wind Farm Appeal on behalf of the Parish Council on the 9th May, 2016.***
- 7. Defibrillator - It was noted that a demonstration on the defibrillator will take place in the Parish Hall on Thursday 16th June, 2016. at 2.00pm***

Your MP Scott Mann - - For full version of this letter follow the link on www.jacobstovillage.co.uk I visited many schools in North Cornwall and have seen how well they work under different systems, from Local Authority to Academy Trusts; I could not vote for a policy which forces schools to change their status. I have voted for an ammendment to ensure greater protection of high value council houses. There are many of these in areas like Padstow, Boscastle and Port Isaac which through no fault of their own have increased in value. We need to make sure that local people can stay in their communities. Congratulations to Padstow Farm Shop and St Tudy Community Shop which have won Countryside Alliance awards.



Surgeries : Launceston Royal British Legion 9th July 9.20-11.00 apps 11-12 drop in
Bude Parkhouse 22nd July 1.20 -3.20 apps 3.20-4.30 drop in



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

email nicky chopak@gmail.com.

Or The Post House, Tresmeer, Launceston, Cornwall
PL15 8QU



Jacobstow Neighbourhood Watch



Protecting yourself online: there are a couple of measures you can take to protect yourself whilst online

Change your passwords at least every three months and never use the same password for different account

Never give your credit card details or bank account information via email

Don't open attachments or emails from people you don't know

Don't become online friends with people you don't know

Avoid giving out personal details on the internet especially to people you don't know. These could include your name, home address or telephone number

Any urgent information will be posted on the Jacobstow Village Facebook Page, don't worry if you do not use Facebook, go to web page www.jacobstovillage.co.uk and follow the link from there

Jacobstow Dog show and Spring Fayre



Monday 30th May 2016
Jacobstow Parish Hall

**Spring Fayre starts 12pm stalls include
plants, produce, cakes and bric a brac
and a doggy tombola
Dog Show starts 2pm**

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.

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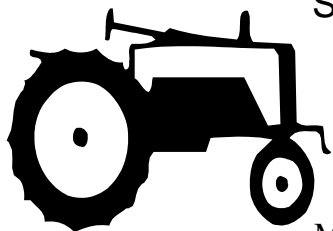
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JACOBSTOW SCHOOL BLUE BASE GARDEN



In the Autumn Term of 2015, Blue Base - years 3 and 4 continued the work they had started prior to the summer holidays in their garden. Work started with preparing the ground, digging through manure to enrich the poor soil and pulling up weeds. Each week a group of children would help with the tasks which also involved learning about types of plants, taking cuttings from plants already in the school grounds, transferring self-set saplings and planting

out. This spring the children have been able to see the fruits of their labour in the form of the daffodil bulbs they planted. As the daffodils die down, it is hoped Blue Base will enhance their gardening skills during the summer term by growing plants from seed, adding to their stock of plants. The garden is a big space to fill but it is hoped that the perennials will come soon to provide ground cover. The children relish the chance to work outside and develop their gardening skills. It provides a great opportunity and environment for them to learn. If anyone has any flower or vegetable plants they can contribute, they would be greatly appreciated. Please drop them into the school office marked for the attention of Blue Base. Thank you in anticipation!

Professional Musician Visits Jacobstow Primary School and Preschool

Jacobstow Primary School were delighted to welcome flautist Simeon Wood to school again in April. The children enjoyed a delightful performance of his skills playing a huge range of different types of flute based instruments, including the walking stick and bicycle pump! He is a very inspirational musician and lots of fun. Thanks to Rev. Doreen Sparey Delecassa for organising the event.



Two new additions to the Jacobstow Primary School and Preschool field.

A huge thank you goes to the Friends of Jacobstow Primary School and Preschool for their fund raising to build a new climbing frame and sun shelter on the school field. Thanks especially to Gary and his team for building the sun shelter.



We know that some families from the villages use the field after school hours, which is fine but we do ask that no damage occurs, that they don't use the main playgrounds and equipment, and that they ensure that gates are closed behind them. Also, use of the climbing frame and field is at your own risk.



TIMES OF CHURCH AND CHAPEL SERVICES

May 29th UBS service Poundstock 10.30 followed by walk to Penwith for **Big Breakfast**

June

5th Evensong 6.30

12th Morning Prayer 9.30

19th UBS at Warbstow 10.30

26th Holy Communion 9.30

July

3rd Evensong 6.30

10th Morning Prayer 9.30

17th UBS at Whitstone 10.30

24th Holy Communion 9.30
Revel Concert 7pm

31st Deanery Service 10.30
Poundstock Preacher
Archdeacon Audrey



Jacobstow Church



Eden Chapel

Services on the 2nd and 4th Sunday
of the month at 5pm.

Refreshments provided afterwards

Young at Heart

1st and 3rd Wed 1.30pm



Canworthy Water Chapel

All Sunday Services 11am

Rev Doreen

01566 781854

Coast Church

Family Church

Sunday Services 11am

Jacobstow Village Hall

Come and Join us,
all are welcome.

Non-denominational



Dimma Chapel

For full details

Please contact

Audrey Wicket

01840 230268



CHURCH AND CHAPEL NEWS & EVENTS

Jacobstow Church Events

Bank Holiday Monday 30th May Spring Fayre and Dog Show. Stalls, plants, produce, refreshments, bric a brac and cream teas from 12 noon Dog Show starts at 2pm...All welcome.

Gift Aid Day Saturday 18th June

Sunday 24th July 7pm Jacobstow Revel Concert with Wadebridge Male Voice Choir and soloist followed by supper in the Parish Hall. Everyone very welcome.



Dates for your diary : Monday 6th June AGM 6.30 Scout Hut

Saturday 9th July Dog Show 2pm
Scout Hut

Beavers are working towards their Adventurers Badge. Sections for this are the Zip Wire, Grass Sledging, Sand Sculpture and a Penhallam nature walk. Good luck to all.

Church Lottery Results

	1st	2nd	3rd
March	Mrs M Parnell	Mr P Smith	Mr A Whatley
April	Mrs J Smith	Mrs W Smith	Mrs J Allen

Bude for Food Assembly



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email: PaulTNC@gmail.com, [facebook/BudeForFoodAssembly](https://www.facebook.com/BudeForFoodAssembly)



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What's On

June

- 1 Geology Rocks at Roughtor - Guided walk 11-1 free but booking ess 01208 863046
- 1 Rag Rug Workshop Tintagel Post Office 11-3
- 1 Katie Green Artists Open Studio 11-5 The Shippon Lower Scarisck Treneglos
- 1-5 Max William Burrows Artists Open Studio Wooda Farm Crackington Haven 230140
- 2-4 Parkhouse Patchwork Group Exhibition 10-5 Parkhouse Ctr Bude £1.50
- 2 Guided estate tour - Lanhydrock 2-3.30 free
- 3 Duran Duran at the Eden Project
- 3 Bude Farmers Market Lower Wharf Bude Weekly event
- 3-5 Charles Causley Festival Launceston charlescausleyfestival.co.uk
- 3-5 Rippon IFWA World Tour, World Jet Ski Championships Fistral Beach Newquay
- 4-5 Home and Garden Show - Coombe Trenchard Lewtrenchard 10-7
- 5 Jeremy Hugget's Band of Gold - live music Falcom Hotel 7.30-10.30
- 6 Vicko's Bude - a light hearted guided walk every Monday 10.30-12.30 Bude Tourist office
- 6 Geology Walk 2-4 every Monday Bude Tourist office £15 per person
- 8 'My Life as a Spy' talk by Dr Dudley Moore 7.30 Guildhouse Poundstock
- 9-11 Royal Cornwall Show Wadebridge
- 11 Launceston Market in the Square
- 12 Clovelly Seaweed Festival in Aid of North Devon Hospice 10-5
- 12 Queen's 90th Birthday Celebrations - street party Launceston Square 11.30-4.30
- 17 Crackington Produce Sale 2-5 Crackington Institute
- 18 Bude Junior Triathlon 10.30-5 Sea Pool Bude
- 18 Bude Jive Club - All Day Special 12.30-10.30 Parkhouse Centre
- 18-19 Wall of Death Weekend - Dingles Lifton
- 19 Trebartha Open Garden North Hill Launceston 2-5 £5.00
- 25 Music for a Summer Evening Port Isaac 7.45 - 10 Weekly event
- 25-26 St Merryn Steam and Vintage Rally

July

- 1 Bude Farmers Market - Lower Wharf every Friday
- 1-31 Clovelly Yarn Bombing - Graffiti with knitting or crochet 10-5 daily Clovelly
- 1-3 BAAM fest - live music-comedy-performing arts-kids entertainment- The Castle Bude
- 3 Shoreline Triathlon 8-5 Summerleaze Beach Car Park
- 4 Vicko's Bude Light Hearted Guided Walk every Monday Bude Tourist office 10.30-12.30
- 4 Geology Walk Every Monday 2-4 Bude Tourist office
- 9 Launceston Market in the Square
- 13 Life and the QE2 - Talk by Helen Brockley, Poundstock Guildhouse 7.30-10.00
- 17 Crackington Local Produce Fair 2-5 Crackington Institute
- 19 Boscastle Duck Race 11-4
- 24 Bude Castle Heritage Day thecastlebude.org.uk for more details
- 26-7 Aug St Endellion Summer Music Festival - endellionfestivals.org.uk for details
- 28 RNAS Culdrose Air Day Helston 9.30-6.00
- 28 Launceston Agricultural Show Kennards House
- 29-31 Leopalloza start 29th 8am finish 31st 5pm The Wyldes, Lower Exe Farm EX22 6UX
07909555988 leopalloza.com

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BOB'S GARDENING SPOT



June and July is the important time to concentrate on giving your plants a good supply of water. So, water well and mulch your borders, probably chipped bark is the best material because it slowly rots down and stops light getting to the weeds. Do not forget to mulch your pots too, you can get various coloured gravel and glass pebbles to make it look decorative. Any gaps in your borders can now be filled with pot grown plants.

Prune any mature shrubs that have flowered, cutting about a third of the oldest thick stems low down so they grow new shoots to flower next year, but remember to feed and mulch them.

You can plant out runner beans and tomatoes now the threat of frost has gone and continue sowing your salad crops. July is the time to sow your spring cabbage for next year. Stop your tomatoes and runner beans when they reach to top of their supports and remember to keep pinching the side shoots from the leaf axils of the tomatoes. Cut off the old leaves from any strawberry plants that have fruited, but do not cut off the main growth bud in the centre. Rake up the used straw from around the plants and put it in the compost bin. Also this is the time of year to just sit and enjoy all your hard work in the garden with a nice glass of something cold!

CANWORTHY WATER BOOK CLUB

ONE STEP TOO FAR by Tina Seskis

Emily, one half of identical twins, runs away from her husband and Charlie to start a new life. This tale is about her past, present and future.

It was a bit "Mills & Boon", therefore "waste of a tree." However it was an interesting plot although the ending was a little abrupt.



THE EARTH HUMS IN B FLAT by Mari Strachan

Gwenni lives in a small town in Wales. She knows everybody and everybody knows her. There is a mystery and she sets out to investigate this with surprising results.

We all enjoyed this well written book about growing up in a small community.

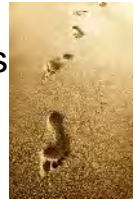
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Sarah Cowling, one of the guides has written a report of our recent trip to Switzerland:

I had an amazing time in Switzerland. It was a great experience and an opportunity to make new friends and explore Switzerland. We flew from Heathrow and then travelled by train and bus up into the mountains. When we arrived on Sunday 3rd April we had a tour of "Our Chalet" which is a one of the World Centres for Girl Guiding and where we were staying for the next 6 nights. In the morning on Monday we were split into two groups. My group did onsite games (some of them were quite challenging,) and played in the snow and the other group had a campfire. In the afternoon we swapped. We all had chores during the week such as restocking the bathrooms, setting up for tea, setting up for breakfast and doing the recycling. During the course of the week we also did activities towards a badge called "Free Being Me" which was about girls' appearance and self-esteem. We also had a Swiss night with a Swiss quiz, chocolate fondue and some of us had a go at playing a Swiss horn. On Tuesday we went on a hike to the Woodcarvers where there were some really pretty things made of wood. We carried on walking into the town called Adelboden, where there were shops to buy souvenirs. On Wednesday, we went sledging; it was really fun and we went around the track twice. We went really fast down all the hills. On Thursday we went skiing which was really fun once I got the hang of it! I fell over a few times but I didn't mind because I love the snow. On Friday we walked to a snow BBQ and we had a Swiss hot dog and a Toblerone. In the afternoon we went snow tubing (It is when you sit on a rubber ring and go down a snowy track). I also earned a badge called The Chalet Challenge Badge, where I had to show my knowledge of Switzerland, WAGGS (World Association of Girl Guides and Scouts,) and Our Chalet, and complete a personal challenge. Saturday was our last day and I was sad to leave as I'd had such a lovely time!



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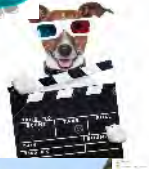
PUZZLE PAGE

Welcome to your "tea break" puzzle page, a winning entry for the last edition, from Mike Clay was pulled from the hat, he wins a £10 **voucher for Wainhouse Stores**. If you would like a chance to win this edition's voucher, just solve the puzzles and return the completed page to Sarah Smith, Almar Jacobstow EX23 0BN by 20 July 2016.
Thank you to Wainhouse Stores for sponsoring this page.

T	E	R	M	I	N	A	L	X	E
P	E	G	G	H	E	A	D	S	L
E	R	L	E	N	N	A	H	C	A
N	R	O	E	R	W	U	O	H	D
O	D	E	G	V	I	Q	M	O	R
Z	I	T	H	R	I	P	E	O	E
N	N	T	R	T	A	S	M	L	N
G	E	N	Z	O	A	M	I	E	M
I	O	U	W	Q	P	E	M	O	E
S	T	H	G	I	N	S	W	E	N

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

CHANNEL	DINE
EGGHEADS	EMMERDALE
EMPIRE	HOME
HUNT	NEWSNIGHT
PROGRAMME	REMOTE
SCHOOL	SIGNZONE
SPORT	TELEVISION
TERMINAL	WEATHER



Can you name the film or programme which has been filmed in Cornwall?



1



2



3



4



5

Last edition answers Word search missing word Greenhouse. Picture Puzzle 1. Cotoneaster 2. Dibber 3. Gazinia 4. Hedgehog House 5. Petunia 6. Bulb Planter 7. Galdiols 8. Hammock



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Birds of Broadlands Farm

The Marlbrook Herd was established in 1955 at Forest Row, Sussex by Andrew and Jonathan's late father.

Some of the lines in the present herd can be traced back to Reading sales in the 1950s.

In 1966 the family decided to move to Winnacott Farm in North Petherwin for more acres and better grass. They planned to move the herd down by train originally but unfortunately Dr Beeching axed the railway so the herd came down by road.

In the mid-1980s Father died and Andrew ran the dairy with help of his mother and Linda. Then in the mid 1990s Jonathan and his family returned to Cornwall and bought Treforda Farm which was run as joint enterprise with the dairy at North Petherwin.

Then the opportunity to acquire the tenancy at Broadlands arose in 2000. This would work better with Treforda as the buildings were more suitable and reduce the distances travelled between the two holdings.



The dairy herd was walked from North Petherwin to Broadlands. A fairly smooth trip apart from little incidents like the cows exploring the ford at Canworthy Water!

After 15 years they were well settled in Broadlands. The next big event was running an Open Farm Day last June. This took a huge amount of effort but was well received by everyone who visited.

The next event? We shall have to wait and see!



The Great Gas Battle - Sarah Smith



I recently received a letter from Calor Gas, my supplier, offering me a fixed price contract for either a year at 46p per litre or 2 years at 47 p. Umm, I pondered, can you change gas suppliers if you are using LPG ? I googled this, was directed to a web site www.uklpg.org, and they can advise you who else supplies gas in your area.

Flo Gas was a familiar name, so I contacted them. "We can change you over to us, if you are at the end of your contract with Calor" the nice lady at Flo Gas told me. "You need to check this, if you are we can offer you a fixed year price of 32p per litre".

Bit of a jump from Calor's offer. So I rang Calor and explained the situation, they immediately offered me a match at 32p per litre and a £200 credit on my account. Well worth a phone call!

Events in our Village - June

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Regular Events Coast Family Church 10.30	Every Monday Cubs 6.30-8.00	Every Tuesday Scouts 6.30-8.00 Guides	Every Wednesday Beavers 6-7			
			1	2	3	4
Half Term			Young at Heart Eden Chapel 1.30	Coffee Morn 10.30-noon		
5	6	7	8	9	10	11
		Parish Council 17.30				
12	13	14	15	16	17	18
			Young at Heart Eden Chapel 1.30	Coffee Morn De-fib Instruction 2pm Happy Crafters WI		Gift Aid Jacobstow Church
19	20	21	22	23	24	25
Father's Day				Referendum 7-22pm		
26	27	28	29	30		

Note: Events in Parish Hall unless stated otherwise

Events in our Village - July

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Regular Events Coast Family Church 10.30	Every Monday Cubs 6.30-8.00	Every Tuesday Scouts 6.30-8.00 Guides	Every Wednesday Beavers 6-7			
31				1		2
3	4	5	6	7	8	9
		Parish Council 7.30pm	Young at Heart Eden Chapel 1.30			
10	11	12	13	14	15	16
				Happy Crafters Eden Chapel 1.30 - 3.30 WI 7.30pm		
17	18	19	20	21	22	23
			Young at Heart Eden Chapel 1.30			
24	25	26	27	28	29	30
Revel Concert Wdbge Male Ch7pm Supper in Hall	School Summer Holidays start					

Note: Events in Parish Hall unless stated otherwise



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Week St Mary/Canworthy Water



What does Pilates do?

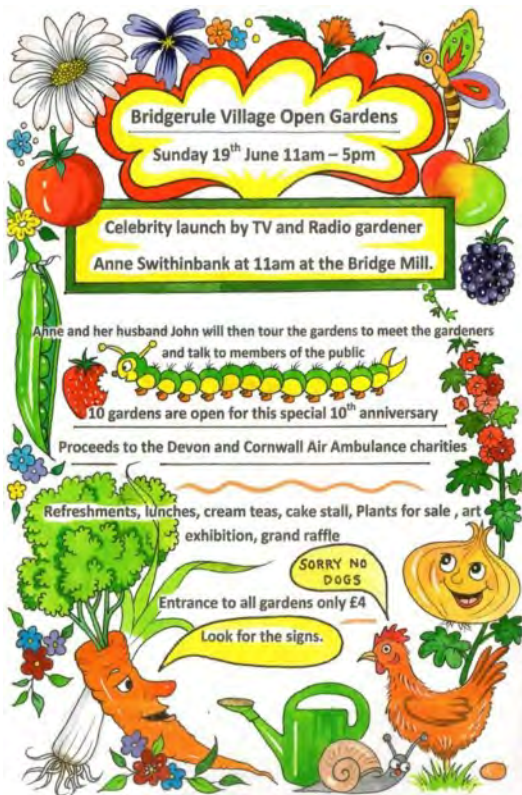
- Targets the deep core stabilising muscles
- Improves muscle tone, strength & joint mobility
- Improves posture, alignment & body awareness
- Corrects muscle imbalances & encourages pain-free movement
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ST GENNYS & DISTRICT HORTICULTURAL SOCIETY

86th ANNUAL EXHIBITION, OTTERHAM VILLAGE HALL

Fri 29th July 3.30. Opened by

Rev Rob Dickenson

Presentation of cups 7.30

**Teas, skittles, stalls, St Gennys
Silver Band.**

Schedules at Wainhouse Stores.

Contact Mrs J Cowling

01840 230756



The Castle - Bude

Exhibitions for June and July

wg Willoughby Gallery
br Blanchminster Room

28/5 to 16/6 Mike Hindle wg

28/5 to 16/6 Karen Thomas 'Surf and Turf' br

18/6 to 7/7 Jo Pryor and Janice Myers 'in Two Minds 2016' wg

9/7 to 27/7 Sue Read 'Seascapes and Landscapes of North Cornwall' wg

18/6 to 14/7 Ida Swearingen & Julia Hobday
'Two Old Boilers and a Camera Redux' br

16/7 to 4/8 Linda Irwin 'Skylines' br

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Thursday 16 June - Speaker - Mrs Pat Ward - Garden Visitors

Thursday 21 July - Members Only - Visit to Hartland Abbey

9-11 June Royal Cornwall Show - "Theme is Re-use & Re-cycle - too good to waste"

1. Jar Chutney
2. Something new from something old - knitted or sewn
3. Poster promoting re-cycling in any medium
4. Flower arrangement in either a jamjar or baked bean tin

The W.I. always welcomes new members and if you are interested in joining why not come along to a meeting at Jacobstow or contact the President, Mrs Pat Lane 01840 230743



HELPING HEDGEHOGS

Nearly a quarter of the hedgehogs born into the world die before leaving their nest; probably a half of the rest do not survive their first hibernation. We can all assist hedgehogs that have endured these early adversities in several ways:-

1. Providing as safe an environment as possible in our gardens and allotments. Whenever possible a small corner should be left as a wildlife sanctuary.
2. Accumulating materials - garden rubbish, leaves etc suitable for hedgehogs' nests (hibernacula) and supplementing their natural diet with some protein, meat based pet food or crunchy cat biscuits.
3. On the roads - Their natural defence mechanism of rolling in a ball is no protection against road traffic. Drive carefully, especially at night, and if it is safe to do so, stop and help a hedgehog across the road.
4. Pesticides in gardens are potentially dangerous to hedgehogs. Alternatives to slug pellets such as copper bands, tape or beer traps are much more friendly (although not to the slug!).
5. Make sure you turn your garden rubbish over before burning, it is safer if you make your bonfire up on the day you are going to burn it, or maybe think about investing in an incinerator.
6. Try to install a little slipway in garden ponds to help hedgehogs and other wildlife. Or maybe submerge some stones or place a small piece of chicken wire to use as a scrambling net.

*Information from The British Hedgehog Preservation Society
www.britishhedgehogs.org.uk

For further help with your hedgehog, ask our local expert and hedgehog rescuer Michelle 01566 781671. She is always looking for newspapers and other support





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JACOBSTOW WALKING GROUP

Next walks: Mary is off on her travels!

Thursday 23 June No Walk July

The group met on 21st April, the Queen's 90th birthday and we set off in delightful spring weather to the sound of church bells celebrating this special day. We met in the Parish Hall car park and drove to Penhallam. The mud was drying out which made walking even more pleasant.

Throughout the walk we feasted our eyes on beautiful big healthy primroses and the first bluebells beginning to emerge. I was in particularly good spirits as I had missed the previous three walks due to a knee injury. We paused at a quarry and discussed the possibility of returning there to do some painting and drawing. We chatted about what materials to take and how many colours we could see in the stones! As we continued on our way, Ann told us about her nesting box which has a camera in it. She was amazed to discover that the birds were lining their nest not with traditional materials such as feathers and sheep wool, but with the fur from the golden retriever next door whose owner regularly brushed it outside, unwittingly providing an excellent source of nesting material! Towards the end of our walk, we encountered a horse with some fascinating head gear (see photo) which we assumed protected him from sunburn and flies, but we preferred to say we had seen a Cornish zebra! Those who witnessed this were: Rachel, Jeanne, Mary, Mick, Sue, and me (Celia).



Celia: 01566 781473

Sue: 01566 781292



Busy Beryl



01288 341187 Mobile 07542 168957

Could you do with someone to call on a regular basis to do housework, gardening or little DIY jobs you can't cope with anymore.

I am police checked and can offer personal and employment references. My charges are £10 per hour Why not give me a call to have a chat.

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Jubilee Club

We had a great day out to Penzance on the train in March and to Dartmoor Zoo and the Tamar View Garden Centre in April. On 16th May we are going to Healey's Cornish Cider Farm where there are guided tours, tractor rides and free sample tasting as well as a shop and visitors centre and on the way back a quick stop at Trelawney Garden Centre or Kingsley Village. On 20th June we are taking a cream tea cruise on the River Exe. You don't need to be a member to join us on one of our trips, just ring Mo 01840 230428 or Eve 01566 781 452 to book. The cost of our trips is usually around £10 for the coach plus any entrance fees etc.



NORMAN TREBILCOCK - THE MAN BEHIND THE CORNISH FRONT LINE EMERGENCY EQUIPMENT TRUST.



Norman Trebilcock is a retired paramedic who is responsible for the defibrillator equipment at Wainhouse Corner and who will be giving a special **free training session at Jacobstow Parish Hall** on Thursday 16th June at 2pm. Norman founded FLEET in 1990 and received an OBE in 2008 for his services to charity. He has raised more than a million pounds over the years. All are welcome to the training session which is designed to give us the confidence to use the

defibrillator (designed to give an electric shock to restart the heart after a cardiac arrest) See April/May issue of the Journal. The training session will last about 40 minutes but Norman will be in the hall until 4pm. He is doing this for free but any contributions would be very welcome!

Mobile Library - Enquiries phone 0800 0322345 or 01872 272702

The Mobile Library Service stops at Canworthy Water monthly on a Wednesday from 11-11.15am.

The Wainhouse Inn - the Pub is the Hub has a good Library of books supplied from Truro. Enter by backdoor to avoid drinkers!!

Note that **Bude Library** will be closed on Tuesday and Friday

Market Update



As ever the property market changed in many different ways over periods of time and its always good to know what is happening, both in terms of the local and national property market.

Locally, Bude and the surrounding areas had an extremely busy winter period, sales from October through to February being plentiful in number, with a lot of commitment both from vendor and buyer to facilitate an exchange of contracts before the end of March. A certain number of deals had to be tied up by then, due to the new stamp duty measures which were introduced by the government whereby any second home owner or Buy to Let investor has to pay an extra 3% stamp duty on their purchase as of the 1st April 2016. The local solicitors really did step up to the mark and plenty of other deals that weren't necessarily linked to the stamp duty rise were whisked along at a strong pace, creating sales that went through much more quickly and efficiently than normal. As for the last 8 weeks, since 1st April, the market has been certainly more patchy, with less commitment from vendors and buyers alike. Vendors are struggling to find suitable property, with a lack of new instructions to the market, and buyers don't seem to have the same urgency to secure properties as they did through the winter period.

Prices locally have remained strong and sustainable with an approximate 4% growth in Cornwall in the last 12 months. If you want to discuss any property requirements please do not hesitate to contact me, John Tape.

Email: johntape@webbers.co.uk 01288 353661

Julian Trick

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&
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t : 01840 779169

m : 07760238756

e : jftrick@hotmail.co.uk

A white silhouette of a person standing and using a long pole with a brush or squeegee to clean a window. The background is a light blue gradient.

Cream Tea & Cakes

Sunday 17th July 2016

Our eighth Annual Fundraiser supporting the Cornwall Air Ambulance will be held at the Crackington Haven Institute Hall, EX23 0JL from 2 – 6 pm

Come and enjoy home-made cream teas and cakes in the Institute Hall and browse through our second-hand books or buy some plants!

Please help us raise funds for this much needed service. If you want any further information please contact Julie on 01840 230106

Cornwall 
Air Ambulance

PICKLED EGGS

Hard boil a load of small eggs for 10 mins - cool in cold water and peel shells - pack jar(s)

Boil plain wine or spiced vinegar (1 litre to 12 eggs) - and pour over eggs and seal.

Start eating them after 1 month approx..

They will keep for 6 months plus.

ENJOY



BIG FIELD WIND FARM APPEAL

The Appeal has been held during May. There have been many arguments for and against. The site visits are to be held soon. We will then have to wait for the final decision from the powers that be sometime in the next six months.



Storm conditions inland were observed at Canworthy Water on the 2nd and 9th March. Wind gusts of over 50mph were seen in a fierce line squall in the morning of the 2nd and a persistent gale blew from the north on the 9th - we lost a tall conifer here. Otherwise, March was fairly ordinary, and a total of 3.54" of rainfall was collected - this despite a 2 week completely dry period up to the 24th!

Storm "Katie" caused little effect locally on the 28th but damage generally in the rest of the country was considerable and widespread.

April was much as one would expect. The 12th should have produced thunderstorms during the early afternoon but nothing was observed locally. A total of 2" of rain was collected. The last week was really quite cold, with a persistent and strong northerly polar wind which also produced light snow showers on the 26th, with heavier falls on high ground on the 27th

Neither months produced any more than a slight ground frost here, rather too unsettled and windy generally. Spring, however, was certainly quite late this year, with our house martens and swallows very sensibly delaying their summer holiday plans!

HIGH TIDES and SUNSET- June and July

Date	June 3	June 10	June 17	June 24	July 1	July 8	July 15	July 22	July 29
AM	4.08	9.43	3.53	8.23	2.47	8.35	2.13	7.27	1.15
PM	16.35	22.03	16.17	20.44	15.19	20.53	14.5	19.49	13.52
Sun set	21.26	21.3	21.35	21.36	21.34	21.31	21.25	21.17	21.07



Kids' Page

SAND CASTLES - YOUR GUIDE

Summer's here so here are a few things to help and inspire you about sand castles.

The best mix of sand & water is: 1 bucket of water to 8 buckets of sand.



Torre Abbey Sands in Torquay is the best beach in the country for sand castles. It has fine grained sand with exceptional sticking powers.



Sandcastles are more dangerous than sharks! Since 1990, sandcastles have caused 16 deaths worldwide compared with 12 killed in shark attacks. The main danger is people falling into holes they've dug.

Myrtle Beach, Florida, holds the record for the longest and tallest sand sculptures. (50 feet high and 16 miles long)

This summer have fun building sand castles or you could try a sand sculpture, maybe based on a Cornish myth? Here are some pictures to inspire you:



What a Beautiful Place to Work! By Marion McDonald

It is Sunday morning and, unlike others who may be walking dogs, going to church, having breakfast, whilst reading the papers or sleeping off last night's revels, I am on my way to Lanhydrock House, where I am a retail volunteer in the gift shop. This is my seventh year of volunteering at Lanhydrock. I originally selected Sunday as my day because my husband used to work for Home Farm Trust and was either working on a Sunday



or sleeping off working through the night before, so it suited me and it is also usually the busiest day at the estate and the most difficult day to recruit volunteers.

It is quite a long drive to Lanhydrock from Wainhouse Corner - a 50 mile round trip - but the National Trust pays travelling expenses and it is a pleasant cross country drive and, on a Sunday morning the roads are quite peaceful and I can listen to "Steve Wright's Sunday Love Songs" on the way there and Johnnie Walker's "Sounds of the 70s" on the way home.

As I drive through the reception gate and down to the staff car park, I always marvel



at how beautiful Lanhydrock is, nestled among the rolling hills of the estate and surrounding countryside and, at the moment, with the woods full of bluebells, the magnolia, rhododendron and camellia trees full of blossom and the tulips in flower in the formal garden, the place is ablaze with colour.

I arrive at 10.30 and prepare the shop for opening at 11.00. I put the money in the tills, turn the lights on in the display cabinets, water any plants or fill up flower vases. I do any necessary dusting

and vacuuming, if it hasn't been done the night before, fill any empty spaces on the shelves, turn the music on and then open the huge ancient door with the gigantic ancient key and put out the 'Shop Open' sign.

For the rest of the day I work mostly behind the counter, taking the money but I will also show customers where to find items and make recommendations about what to buy. I do feel it is my duty to sample some of the produce, especially the locally made Kernow Chocolate, so that I can recommend flavours that people may like. There are 20 flavours in all and my favourite used to be Caramel Sea Salt but four new ones were added recently and my favourite is now Bakewell Tart!! You do need to try them.



I enjoy chatting to the customers, smiling and greeting them as they enter, to make them feel welcome. I enjoy answering their questions about the history of the house and Agar-Robartes family who used to live there. I enjoy recommending places to go, if they are on holiday and we do have regular visitors, usually local residents who just come to walk the dog or take a stroll round the gardens

and then have lunch or a cream tea. They often pop in to see if there is a sale on or any reductions, after all, everyone likes a bargain! Many of our customers are foreign, usually German. They arrive as a coach party and are often in a rush to get round the house and shop and back to the coach to go on to the next stop on their whistle stop tour. Cornwall is a popular destination for German visitors due to the success of Rosamund Pilcher's novels, which are mostly set in Cornwall and many have been made into films for German television.

I didn't study German at school and, surprisingly, many of the visitors do not speak much English but we manage to communicate and have a laugh. They have a real problem with English money and will often just open their purses and ask me to take what is needed for what they want to buy.

The staff I work with are lovely, some well established but many of them very young, seasonal employees, still studying for AS/ A levels at school or on holiday from university. They are always very polite and pleasant and I enjoy hearing about their studies and travels and other escapades – it is a perfect way to cross the generation divide.

As a volunteer I am allowed 20% off anything in a N.T. shop, restaurant or cafeteria and free entry to any N.T. property, so we do get perks other than the enjoyment of working in a beautiful, historical building, meeting new people and knowing that what you are doing is helping to care for and preserve our heritage.

The shop manager, when thanking me for my contribution, which she does every time, commented on the fact that, from her office, she had heard me laughing all day. Surely that's what life is about!

If you wish to volunteer at Lanhydrock, they do need more room guides, especially at the weekend and the retail manager needs people to sell leaflets in the entrance hall and to work in the second hand bookshop. You can visit the Lanhydrock website or phone Rory Port, who is in charge of volunteers, on 01208 265965 – he will be pleased to welcome you.

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Our very own Centenarian

Edna Harradine celebrated her 100th birthday on Sunday 17th April. She held a small party with friends and family at her house, Tayharr, her two sons came to celebrate with her, making the trip from Cambridgeshire and Bedfordshire.



Edna still enjoys her independence, only having carers coming to call a couple of times a week. She loves craft work and her house is full of previous embroidery, patchwork and applique projects. Her much loved cat keeps her company as she sits and enjoys the garden. Edna doesn't feel the need to get out and about anymore, so if you remember her, why not pop in and stop a while, I'm sure she will be pleased to see you.



My dog used to chase people on a bike a lot. It had got so bad I took his bike away.

I wanted to grow my own food, but I couldn't get bacon seeds anywhere!

Red sky at night, shepherd's delight, blue sky at night.- - daytime.



Financial Transparency

In light of MP's publishing their tax returns, we thought our readers might like to see how the Journal is fairing in the Financial stormy seas!

We order 255 copies of the journal from the printers, this costs £182.75 per edition. This cost has risen recently because we have changed to a better quality print, which is more expensive, but we believe its worth it for the clearness of both print and picture.

We have 24 advertisers in the Journal and have recently increased our charges from £20 to £30 per year. This will bring an expected revenue of £720 per year. We also receive a much appreciated contribution from your Parish Council which has been £500 on previous years. This gives us a yearly income of £1,220 per year and our printing costs are £1096.50 per year.

Needless to say your Editor and her helpers are volunteers and received nothing except grief!

Ashtanga Vinyasa Yoga & Ayurvedic Foot Massage

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Ashtanga Yoga is a dynamic meditative yoga practice. It consists of a formal sequence of traditional yoga postures that are synchronised with the breath. Benefits can include increased flexibility, strength, stamina and peace of mind.

Weekly classes for all abilities with Simon
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with Bev
Tuesdays
7.00 – 8.00pm

Wednesdays
10.00 - 11.30am &
6.00 - 7.30pm

Thursdays
10.00 - 11.30am &
6.00 - 7.30pm

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bodies. I use warm medicinal
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and ligaments as required
and I work deep into your
nervous system via marma
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CORRECT ON 17 JULY 2015!!

LOCAL BUS TIMETABLE Partial listing of stops

Travel Cornwall - 01726 861108 - www.summercourttravel.com

420 Higher Crackington – Launceston

480 Warbstow - Canworthy Water - Bude - Launceston - Holsworthy

Operates Monday to Fridays but not on Bank or Public Holidays

	480	420	480	480		480	420	480	480
	M Th	Tu only	Wed	Fri		M Th	Tu only	Wed	Fri
Hghr Crackington	~	0910	~	~	Holsworthy Library	~	~	1310	~
Wainhouse Cnr	~	0925	~	~	Launceston Tesco	1250	1235	~	~
Jacobstow	~	0930	~	~	Launceston Westgate	1300	1245	~	~
Week St Mary	~	0940	~	~	N Tamerton	1325	~	1325	~
Canworthy Water	~	0955	~	~	Bude Strand	~	~	~	1310
Warbstow Cross	0935	0958	0935	0935	Whitstone	~	~	1332	1332
Canworthy Water	0938	1001	0938	0938	Week St Mary	1340	~	1340	1340
Week St Mary	0953	~	0953	0953	Canworthy Water	1354	1307	1354	1354
Whitstone	~	~	1001	1001	Warbstow Cross	1400	1311	1400	1400
Bude Strand	~	~	~	1023	Canworthy Water	~	1314	~	~
N Tamerton	1008	~	1008	~	Week St Mary	~	1326	~	~
Launceston Westgate	1033	1030	~	~	Jacobstow	~	1341	~	~
Launceston Tesco	1043	1040	~	~	Wainhouse Corner	~	1345	~	~
Holsworthy Church	~	~	1023	~	Hghr Crackington	~	1358	~	~

The 480 to/from Bude, Holsworthy and Launceston doesn't go to Jacobstow and Wainhouse only Week St Mary, Canworthy Water and Warbstow

Stagecoach Barnstaple 01271 329089 or Stagecoachbus.com

595 Boscastle – Bude

a = school time

h = hols and Saturday

Mon - Sat except Bank Hol

Monday to Friday

h h

Boscastle	0751	1000	1205	1425	1459	1632	1839
Crackington Haven	0807	1015	1220	1440	~	1647	~
Wainhouse Corner	0815	1023	1228	1448	1510	1655	1850
Jacobstow		1027					
Treskinnick Cross	0819	1032	1232	1452	1514	1659	1854
Widemouth Bay	0822	1035	1235	1455	1517	1702	1857
Budehaven School	0828a	~	~	~	~	~	~
Bude Strand	0831	1044	1244	1504	1525	1710	1905

Monday - Friday not Bank Holidays

Bude Strand	0705a	0910	1105	1305	1527	1725
Budehaven School	~	~	~	~	1532a	~
Widemouth Bay	0714	0919	1114	1314	1541	1734
Treskinnick Cross	0718	0923	1118	1318	1545	1738
Jacobstow				1322		
Wainhouse Corner	0722	0928	1123	1328	1550	1743
Crackington Haven	~	0936	1131	1336	1559	1751
Boscastle	0735	0951	1146	1351	1614	1806

Sunday and Bank Holidays May - October

Boscastle	1057	1327	1557	1827
Crackington	1112	1342	1612	1842
Wainhouse	1120	1350	1620	1850
Treskinnick	1124	1354	1624	1854
Widemouth	1127	1357	1627	1857

Sunday and Bank Holidays May - October

Bude	0915	1145	1415	1645
Widemouth	0924	1154	1424	1654
Treskinnick	0928	1158	1428	1658
Wainhouse	0933	1203	1433	1703
Crackington	0941	1211	1441	1711
Boscastle	0956	1226	1456	1726

Local Authority

Cornwall County Council
Bude "One Stop Shop" and Library also)
Library Renewal Hotline)
North Cornwall MP Dan Rogerson
Nicky Chopak (County Councillor)
Police Force Enquiry Centre
Crimestoppers (Anonymous)
Floodline
Power Cut-Western Power Distribution
Sita Recycling Centre, Tiscott Wood
Dog Warden (Environmental Health)
Cats Protection, Mary Chudleigh
Citizens Advice Bureau-Advice Cornwall

03001 234100
03001 234111
01566 777123
07810302061
101
0800 555111
0845 9881188
08006783105
01288 355131
03001234212
01566 773814
03444994188

Other Numbers

National Rail Enquiries
National Express coaches
Farming Community Network
Rebel Cinema
Regal Cinema, Wadebridge
SAMARITANS
116123

08457 484950
08717818178
07002 326326
01288 36`442
01208 812791
116123

USEFUL CONTACT NUMBERS

Healthcare

NHS, Non-emergency

111

Hospitals

Derriford, Plymouth
Treliske, Truro
Barnstaple
Bodmin, E Cornwall
Launceston Hospital
Launceston Minor Injuries
Stratton Hospital
Stratton Minor Injuries

01752 202082
01872 250000
01271 322577
01208 251300
01566 761001
01566 761030
01288 320100
01288 320101

Doctors Surgery's

Bottreaux Surgery, Boscastle
Neetside, Bude
Medical Centre, Stratton
Drs Nash & Uglow, Camelford

01840 250209
08448151358
01288352133
01840-213894

Jacobstow Organisations

Jacobstow Infants School
Parent/Teacher Ass, contact Jenny Johnson
Women's Institute, Mrs P Lane
Jacobstow Church, Mrs R Fox
Art Group, Jeane Gimblett
Happy Crafters, Eden Chapel - Alison
Parish Hall Bookings, Mr R Reason
Scout and Cub Groups, Mrs D Dowling
Beavers, Josie Shepherd
Guides and Brownies, Mrs M Andrew
Wainhouse Post Office and Stores
Jacobstow Walks, Mary
Jubilee Club, Olive-01566 781373; Eve-781452; Bev-781761
Julietter Garden Club, Penny

01840 230337
01840 230456
01840 230743
01840 230153
01840 230113
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