

Jacobstow Journal

*Providing news and information for the
Parish of Jacobstow*

Issue No. 51

June/July 2019



Delivery free to every household in the Parish otherwise 50p
www.jacobstowvillage.co.uk



Editorial by Sarah

Plastics...talk about a hot topic at the moment. It's good to see that Morrisons have started to make changes; paper bags on the fruit and veg section, which includes naked cucumbers (why, oh why did they have wrappers on!). The bags for life are now paper or cotton and hopefully this is just the start of a major shift in how big businesses approach this very important topic. I think we also all have to think about how we approach this in our homes. Obviously recycling is an area we can all make a big difference, as well as composting. Also, we should be looking at what we buy every week in the supermarket to try and cut down on food waste. I know meal planning is a bit of a faff, but this really helps and stops the impulse buying at the supermarket. Good for waste reduction and also saving you money, after all you'd just as well put your money straight in the bin. I haven't got any children, but I think it is very important that we lead by example. Saying that though, I do think a lot of children are more educated in environmental issues than we are, which does make sense; they are inheriting our mistakes or not as the case may be.

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 August/September edition will be 15th July 2019. 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

Chairman: Mr. Norman Osborne 01840-230592

Parish Clerk: Mrs D. Turner 01566-781269

Members: Mrs Charmaine Smith Mr Dennis Adey Mrs Caroline Pallett
Mrs Ilona Franklyn Mr Andy Vogel 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.jacobstovillage.co.uk

Summary of Minutes of Meeting held on 2nd April, 2019

Cllr. Osborne chaired the monthly meeting of the Parish Council with a full attendance of Councillors and two members of the Public.

Zoe-Bernard-John is the new Community Links Officer replacing Chris Simms and she attended as she wished to meet the Councillors.

A discussion was had on the position of a bench and it was decided the best position would be under the window of the hall near the telephone box. Clerk to write to the hall committee to ask their permission to put it there.

Standing orders were again discussed and it was decided to add a proviso to Item 4. "Councillors request a month's written notice be given if any member of the public wished to film any part of the meeting".

Cllr. Pallett reported on the work that needs to be done to the stiles. Mr Ross Wilmshurst will give an estimate for this. She also reported that Mr Bobb Hutt is hoping to do footpath work within the first two weeks of April.

Councillors were pleased to see that the post box has been re-instated but are not happy with the new position. They feel it is in a dangerous position being close to the junction. Clerk to write to Royal Mail regarding this.

The Parish Council have funding available, provided by a grant from the Primrose Solar Farm, for community groups.

Please contact Doreen Turner on 01566 781269 for further details

www.devonandcornwall-pcc.gov.uk

This is your link to the Police Commissioner's Report

Summary of Minutes of Meeting held on 7th May, 2019

As this was the Annual General Meeting it began with the election of officers:- Chairman - Re-Election of Cllr. Osborne Vice Chairman - re-election of Cllr C Smith -Responsible Financial Officer re-election of Mrs D.A.Turner. All unanimously agreed.

The audit forms were completed on behalf of the councillors and signed by the chairman and the clerk as necessary. The meeting approved the accounts and these were signed by the chairman. The accounts had been checked by the internal auditor and will now be displayed on the notice board and the website. The exemption form will be sent to the external auditor.

Planning Application PA19/02795 – Salamis, Jacobstow - removal of detached garage, single storey extension to West Elevation, removing existing front door and removal

of chimney. Councillors support this application.

Footpaths – Councillors agreed the estimate received from Ross Wilmshurst for work on the footpaths.

Advised of a road closure from Week Green to Higher Langdon from 28th-30th May, 2019

Standing orders were again discussed and these have now been completed and will be put on the website and will be adopted next month.

Your MP Scott Mann - -

Scott holds regular surgeries in Bodmin, Bude, Launceston and Wadebridge; if you would like to book a 20 minute appointment then please get in touch with the Constituency Office. Surgeries are very popular, so to avoid disappointment, please contact the office as soon as possible to discuss your query.

Alternatively, if a surgery is fully booked or your query is urgent, then a member of staff will be happy to assist you.



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

Email: nickychopak@gmail.com.

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



Jacobstow Neighbourhood Watch



Fire safety Make sure your new security measures (such as window locks) don't block your escape route – and that you can get out of the house as quickly as possible. Fit a smoke alarm and test it regularly. Make sure you have an escape plan and that everyone in your household knows it.

No 1 Home security tip. Insurance – get it or regret it! Getting insurance is cheaper than paying out a small fortune to replace your stolen belongings. At least get cover for your most valuable possessions such as your computer, TV and jewellery. Remember: if you don't lock your house, your insurance may not cover you.

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

Jacobstow History Group



Did you know that in 1622 Diggory Wheare, a resident of Jacobstow was appointed as the first professor of Modern History at Oxford University. This amazing event was researched and recorded in a history of Jacobstow book written by B.S.de St Paer-Gotch in 1951.

This book is just part of the archive that Mary Carter has collected over the years. Now a small group of residents from in and around Jacobstow are working towards preserving this and other interesting documents from the past so that they are accessible to all residents now and in the future.

We are just beginning this journey into Jacobstow's past so if you would like to join us or have copies of documents that you think are interesting please contact Hilary Workman on 01566 781434

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.

Dexters' meat for sale



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Let's make Jacobstow a Hedgehog Haven... By Anne Connolly

Most people are aware that nationally the hedgehog population is in serious decline. But here in Jacobstow, we are lucky to have quite a number of them. I have three that visit my garden most nights and thought I'd share what can be done to encourage and support them, so we keep Jacobstow a haven for hedgehogs...

To feed them I have a cat- proofed feeding box and put in it nightly, a bowl of dry cat biscuit mixed with broken up peanuts, a bowl of wet cat food (the jelly variety) and a bowl of water. I start feeding about late March when the hogs are starting to wake up from hibernation until about November. As hedgehogs can travel about 1 or 2 km a night searching for food, they need access through gardens. I dig a few gaps under my fence and in a wire fence have cut cd sized holes in various places for them to go through. Hedgehogs are brilliant at controlling the slug population, so I never use slug pellets which would poison a hedgehog too, but use wool pellets or crushed up egg shells round vulnerable plants.

I've just recently put an upturned box with an access hole in the side, stuffed with hay, under a pile of sticks and brushwood. I'm hoping the hogs will use it as a day nest. Or maybe as a hibernation site in the winter. Either would be fine!

In exchange for doing just these few simple things, I get enormous pleasure, not only knowing I'm helping the hedgehog population, but also being able to see them every night feeding, when I lift up the lid of the feeding box.

There was this traffic hold-up on the A39. We wondered if there had been an accident. However it turned out to be these healthy looking sheep moving fields!



CHURCH AND CHAPEL SERVICES

June

2nd Holy Com 9.30

9th Evensong 6.30

16th Holy Com 9.30 Warb

23rd 9.30 Morning Pray & Revel Concert 7pm

30th Holy Com 11.00 28th Morning Pray 9.30

Tintagel & welcome

Deacon Jeffrey Terry

July

7th Holy Com 9.30

14th Evensong 6.30

21st Holy Com 9.30 Warb

& Revel Concert 7pm

28th Morning Pray 9.30



Jacobstow Church



LIVING CHURCH

Sunday Service 10.30 refreshments after

Kids' Club (Term time) Wednesday 4.30-5.30

Young at Heart Tuesday 2 weekly 1.30-3.30

For more information contact Alison 01566 781418 or 07557916073



Coast Church
Family Church
Sunday Services 11am
Jacobstow Village Hall
Come and join us,
all are welcome.
Non-denominational

CHURCH AND CHAPEL NEWS & EVENTS



Youth Club, Anyone?

I have been approached by Alison Hoather, our local Children and Families worker, to see if there would be any interest in the village or surrounding areas in a Youth

Club. This would involve children/youths of secondary school age. If you are interested or know someone who would be please ring Alison on 01566 781418/07557916073 or me. Chris on 01840 230190. Many thanks

Jacobstow Church Gift Aid Day

Saturday 15. June in the Church

Bell Ringing and Craft Stalls

10am to 4pm

Tea. Coffee and Refreshments

Please come along and support your church

Church Lottery Results

	1st	2nd	3rd
March	Mrs S Osborne	Mrs J Baker	Mrs E Thain
April	Mr A Smith	Mr M Spry	Mrs M Reason



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Bude, Cornwall

Jacobstow School



The School Council children at Jacobstow Primary School planting the 'Peace Rose' donated by the ladies of the Inner Wheel, Bude, in commemoration of the 100th anniversary of the end of the 1st World War.

Mrs Russell is retiring at the end of the summer term and would like to thank the community of Jacobstow for its generous support over the 14 years that she has been head teacher of the primary school.

Garden Open

The Bridge Mill
Mill Rd, Bridgerule
Holsworthy EX22



Sun 2nd June 11am - 5pm Admission: £4
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Wildflower meadows
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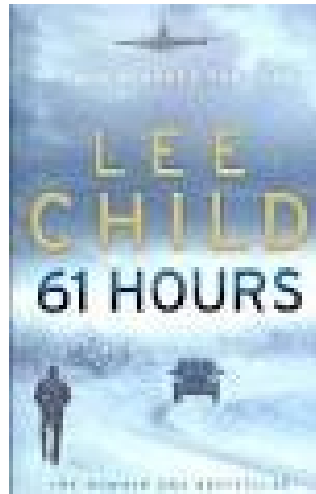
COMING HOME By Fern Britton



We have all just read one of Fern Britton's books called "Coming Home". The general consensus on that was quite favourable. It was classed as a typical seaside/beach read. Quite touching in places. Sometimes a little far fetched to be believable, as leaving a teenage daughter to wander around the world after leaving her two children with her parents to bring up does take a lot to believe. Apparently the daughter returned from her wandering, only to be turned away on

the doorstep by her mother. It takes some believing. The ending was typical "all came together and lived happily ever after" It was however, enjoyed by one and all as a light read.

The new book is a kind of Thriller/Detective called '61 hours' by Lee Child - not got into it just yet as we only got it on Tuesday. Not a thriller person myself but I will persevere and hope to finish it.



Mobile Library - Enquiries phone 0800 0322345 or 01872 272702

The Mobile Library Service stops at Canworthy Water monthly on a Wednesday from 11.15ish - Coffee and Chat.

The Wainhouse Inn has a good Library of books supplied from Truro which are changed regularly. Enter by backdoor to avoid drinkers!!

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

Did you know Cornwall has produced two well known drummers? Roger Taylor from Queen was born in Truro and Mick Fleetwood was born in Redruth

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Jacobstow Rainbows and Guides were very crafty before Easter, making things to be included in the North Cornwall Scout and Guide Art and Craft show. With the theme being myths and magic, we had a number of magical creatures made from clay which were a bit fragile when it came to the journey from Jacobstow to Wadebridge. However there were some last-minute fixes, so all were able to be judged in the competition. For the needlework section, the guides all made an animal out of felt, one of which gained the cup as the overall winner for the class, no mean feat, as this was one of the biggest classes, so well-done Bethany, on her wonderful horse. A number of both Rainbows and Guides also won certificates for their creations including some special commendations. (Guide leader Louise apologises for the lack of photos, which she forgot to take!)

Anyone wishing to get involved and volunteer to help, would be welcomed with open arms to help with our units, especially with Brownies, either in Jacobstow or Marhamchurch, so please get in contact with either Mary Andrew or Louise Cowling for further information



Contact Number on back page)



Don't forget

Tractor Run on June 2nd starting at John Batchelor's, Rosecare

June 4th AGM Please support your Beaver, Cub or Scout

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PUZZLE PAGE

Welcome to your "tea break" puzzle page, Thank you for the many entries. Dylan Smith was pulled from the hat. They win 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 15th July 2019.

Thank you to Wainhouse Stores for sponsoring this page.

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

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

ANGELICA
BEES
DAY LILYS
FUCHSIA
KNAUTIA
PHLOX
POTS
SEEDS
WELLINGTONS

ASTRANTIA
COSMOS
DIANTHUS
GERANIUM
MAY
POPPIES
ROSE
VERBASCUM



Picture quiz - can you name these famous company logos?

1



2



3



4



5



6



7



8



Last edition answers Word search missing word Sunshine. Super Heroes 1. Hulk 2. Black Panther 3. Wonder Woman 4. Superman 5. Captain America 6. Iron Man 7. Batman 8. Aqua Man



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Letters Page

Something you want us all to know about? Email and address for letters is on page 2

I would like to thank everybody who sponsored me on the Moonlight Memory Walk at Falmouth for the Children's Hospice. It was an amazing atmosphere which I enjoyed very much.

I raised a total of £267 thank you for your support -

Maureen Chambers



Free concrete hardcore - please ring Keith on 01840 230957

BIG BREAKFAST

Il would like to thank everyone who came to Jacobstow Parish Hall and helped to give the hall a spring clean; it was very much appreciated. We hope to make this an annual event as it was not just a good job done, but a lovely social event with welcome tea and cakes to finish, courtesy of Mary.



Also I would like to say a big thank you to everyone who helped and supported the Big Breakfast, which was again a great success.

Lin Harris

WEATHERWISE by Monitor



March produced very much what one would expect, quite stormy on a few days with named storms, of which "Gareth" was one. It was also wet, 0.63" being collected overnight on the 12/13th, of which a lot fell in the morning. The River Ottery peaked at 0.86m early in the afternoon. Nothing of great note was observed wind-wise.

The second storm event to affect us wasn't named, I believe, and was on the 16th, but didn't affect us locally to any degree. The month was fairly typical for March, and the total rainfall collected was 4.15".

A couple of days were mild, 16.5°C was recorded on the 27th, and 15°C on the following day.

April started wet with wintery showers. 0.83" of rain was collected on the 4th, of which most fell overnight. Very mild conditions followed in the period 6th-11th, with the maximum daytime temperatures peaking at 17.2°C on the 11th. The 16th onwards saw warm conditions, 19-21°C being recorded and 24.5°C on the 19th. The 22nd was a strange day, however. Quite humid and 23°C by mid-afternoon, and then a notable drop in temperature by 5 in the evening with the air drying out considerably for no apparent reason. The brisk SE wind which had persisted most of the day dropped light. All of which happened in less than an hour. Most odd.....

The rainfall collected for April here at Canworthy Water was 2.71," around the 5 year average. No days saw any significant frosts here.

Storm "Hannah" so named by Met Eireann on the 26th tracked much further north than forecast and had no impact on our area

HIGH TIDES and SUNSET - June - July 2019

Date	7 June	14 June	21 June	28 June	5 July	12 July	19 July	26 July	2 Aug
AM	8.41	3.25	8.24	2.00	7.45	1.54	7.29	** **	6.44
PM	21.01	15.55	20.43	14.32	20.06	14.31	19.46	12.23	19.05
Sun set	21.29	21.33	21.36	21.35	5.17	21.28	21.21	21.12	21.02

Regular Events In the Parish Hall unless stated otherwise.

Monday Cubs 6.30 - 8.00 Scout Hall Wainhouse Corner

Brownies 4.30 - 5.30 Canworthy Water Sunday School

Tuesday Scouts 6.30 - 8.00 Scout Hall

Rainbows 5.45 - 7.00

Guides 7.00 - 8.30

Wednesday Beavers 6.00 - 7.00 Scout Hall

Living Water Kids' Club 4.30 - 5.30 Canworthy Water

Sunday Coast Family Church 10.30

1st and 3rd Tuesday of the month, Young at Heart - Canworthy Water 1.30

1st Tuesday of month, Parish Council 7.30

2nd and 4th Tuesdays Arts and Crafts Club 2.00 - 4.00

2nd Thursday of month WI 7.30

2nd and 4th Thursday of month (recycling weeks) Coffee Club 10.30

2nd & 4th Friday Living Water Youth Club 7 - 8.30 Canworthy Water

To be arranged Walking Club - Parish Hall car park. 10am

SOME OTHER LOCAL EVENTS

2 June - Bude Earth Day 11am-4pm

6-8 June Royal Cornwall Show - Wadebridge

15 June The Darkside of Pink Floyd in Bude 6.30pm

21 June - Tsunami 7pm

22 June - Tsunami Coast Trail Races

7 July - Brass on the Grass

6 July - Live in The Wyldes 4pm

13 July Liskeard show

17 July - Evening of Mediumship

19-21 July - St Gennys Church Art Exhibition

21 July - Bude Heritage Day 12 noon

25 July Launceston Agricultural show

26 July - Julietter Garden Visit Rosemore 11am

28 July - Brass on the Grass

26 -28 July - Leopallooza at The Wyldes

4 August - Brass on the Grass

6 August - A Perfect World - The Castle 7pm

Brass on the Grass is back!

We're delighted to welcome
Bude Town Band and Bude
Metric Brass back to the
Castle grounds to perform in
the bandstand. 7th and 28th

July, 4th and 18th August
from 2-4pm



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Farewell Mrs Russell

Well the end of an era is nigh! After 13 years as head teacher at Jacobstow Primary school we are saying goodbye to Mrs Russell. Her journey with Jacobstow started in 2006, when she made the decision to join our community. During her time at Jacobstow she has taught and nurtured many children from Jacobstow and its surrounding areas, seeing them through triumphs and tribulations and supporting them along the way. Mrs Russell has managed the school brilliantly, keeping up with the ever changing curriculum and standards whilst maintaining some wonderful, fun ways to learn, like Forest School and the yearly residential trips. The trips to London were a firm favourite for many of the pupils. As we are approaching the end of another school year we will be saying goodbye to the latest group of year sixes, but for Mrs Russell this will be her final goodbye at Jacobstow. We wish her the very best in her retirement and look forward to visits when she is not off on her well deserved holidays.

Thank you and farewell Mrs Russell



We would also like to thank Norman Osborne who has spent many years as Chair of Governors, for all his hard work and dedication, helping to mould Jacobstow into the school it is today; his support has been invaluable.

The whole school walked to the Holy Well with the banner and wild plants. The well was guarded by a herd of cows but they watched from a distance as the whole group became trees and restored our memory of the event.



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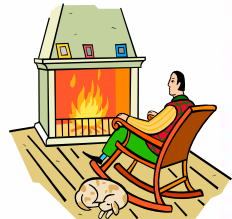


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We received a warm welcome from Mark Berridge at the Castle Heritage Centre, Bude in April and learnt much about its fascinating and surprising history which made the displays all the more interesting. We then enjoyed looking around and seeing the award winning Gurney Stove, railway memorabilia and model of the inclined plane that was unique to Bude., Followed by an afternoon tea.

Each year in May WI members have the chance to propose and vote for various Resolutions to become the national WI Campaigns. For 2019 the selected topics are the demise of rural bus services and "Don't Fear the Smear". After a lively discussion we voted to support both of these important issues. Members then had time to socialise over their refreshments and browse the Bring and Buy stall. For one of our Cornwall WI Centenary pledges, members have been busy knitting bonding squares for the Neo Natal



Pictured with their contributions are: Josie Shepherd, Jen Spettigue, Flavia Dunlop-Martin, Pat Lane and Ann Cross.

Department at Treliske Hospital - we currently have over 150 squares!



On 18th May, as part of the Centenary celebrations, 4 of our members were among the 190 ladies from all over Cornwall who braved the Sky Wire at Hang Loose Adventure over the Eden

Project. Nearly £800 was raised for Clean Cornwall's campaign to rid Cornwall of single use plastics.

We will be starting our 100 mile walk on 11th June, also to mark the Centenary and in place of our usual meeting, we will be visiting Pencarrow House and Gardens on June 13th.

Mrs Caroline Cudmore will be our speaker on 11th July on the subject of Button Making and the History of Buttons.

The W.I. always welcomes new members so do come along to a meeting at Jacobstow Parish Hall We meet on the 2nd Thursday of each month at 7.30 and you can be sure of a warm welcome .

Or contact the president, Mrs Jill Baker 01840 239829.



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JACOBSTOW WALKING GROUP

We met at Boscastle car park and began our walk along the stream. The walk was well attended with some men actually joining us, as well as children. Anne brought her labrador puppy for his first walk with us and he was very well behaved, which is more than can be said of the adults! Although it was muddy, the weather was fine as we made our way to Minster Wood and on to

Minster Church.

Mary showed us the grave of Joan Wytt, who died in Bodmin Jail in 1813, accused of being a witch. (See photo left). The churchyard was very pretty with snowdrops just out. One of the trees appeared to have a strange smile. (See photo) We walked across fields and then took a path where we saw a small tree bearing Kiwi fruit, which I have never seen before! (See photo) It was fun ending the walk at the back of the Wellington Hotel, and walking through the pub to emerge on to Boscastle High Street. The walk finished with several members having lunch at Boscastle FarmShop.



All welcome: Contact Mary 01840 230656

Julian Trick

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t : 01840 779169

m : 07760238756

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Jacobstow Church Revel Sunday Concert

21 July 2019 at 7pm

Torridge Male Voice Choir

With Guest Artists

Followed by tea in Parish Hall



Jubilee Club

10th June Boat Trip - destination to be confirmed



10th July Antony House &
Kernow Mills

BUDE CONCERT CHAMBER ORCHESTRA

SATURDAY 22nd JUNE 2019

ST MARTIN'S CHURCH,

KILLERTON RD. BUDE 7.30pm

Shepherd King Overture, W A Mozart

Keyboard Sonatina in C, F Kuhlau

Soloist Hilary Daniel

Serenata for Flute, W Boyce

Soloist Gill Stone

Adults £6. Children £2 on the door

Light Refreshments

Conductor- Barry Carrington Moule





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Bob's Gardening Spot

Mary Carter send me this query about her rhubarb:

"Please could you ask your Dad what's the matter with my rhubarb. It was one of his plants that he gave away years ago. It's always been ok. except now. That's manure it's buried under. Thanks, Mary"



This stem vegetable is very easy to grow. There are some things you should not do. One example is do not cover the tops of them when you put compost or manure on in the Autumn. This allows the crown to get some cold spells and causes the buds to grow strong. Another is that you should not bury them too deep when first planting and if you find your plants are now growing well, dig one up and split it so you have some buds and roots. Then let the frost get to them and replant them in the Spring. If your plants look sickly (like Mary's, unfortunately) you could have crown rot. If that is so you should dig them up and destroy them. Remember to cut out the flower stems when they grow. If all else fails, come and see me in the Spring and I'll let you have a new crown if I have some spare.

Good Luck, Bob



Calstock Arts, The Old Chapel

By Celia Proudfoot

Just recently I discovered this wonderful venue. It is about three quarters of an hour's drive from Jacobstow and well worth it. My husband Jon and I are great fans of live music and the arts and we discovered the folk musician Eliza Carthy (MBE) and her father Martin Carthy were playing at the Old Chapel in Calstock in May. We had frequently walked around Calstock and walking along the river Tamar and had seen the Old Chapel and it's incredible window as we walked the footpaths, never realising it was a major Arts venue. We decided to make a night of it and start our evening at The Tamar Inn where we had booked a meal for 6pm. In their words when we rang to book, "The

world and his wife will be here!" Service was good and we went on to walk to the Chapel at 7pm when doors opened prior to the 8pm performance. We were bowled over by the beauty of the venue and it's intimacy - it only seats 116. The staff (mainly volunteers) were charming. There was a bar upstairs and we were allowed to take drinks to our seats. The stage is directly in front of the chapel window, with breathtaking views. Think Minnack Theatre, but warm! The chapel was built in 1910 but completely refurbished in the late 1990s. It's programme is varied and includes, folk, jazz and classical music, dance, films, talks, comedy, workshops and exhibitions. It can also be hired out as a wedding venue. Tickets are reasonably priced. For me it was about the spectacular location, quality of the music and the intimacy of the venue. I shall be a frequent visitor.

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Kid's Page. Let's Make Seedballs!



There has been a lot in the news recently about young people trying to help our environment. You can do your bit in the garden by growing wild flowers like cornflowers and poppies which are great for bees and butterflies.

Seedballs are a fun way to sew wild flowers and the compost mix keeps the seeds warm and moist while they grow and hides them from birds.

To make 14 seedballs you will need: 5 small cups of compost and half a cup of flour in a mixing bowl. Sprinkle the wild flower seeds into the bowl, then mix with a wooden spoon. Slowly add a cup of water until the mix is sticky but not sloppy.

Use your hands to roll the mix into balls the size of a ping pong ball. Put the balls on a plate to dry for a day or two. Then plant in a sunny spot on top of a flower bed or pot of compost or window box. Give them some water and wait!



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Tudor Rebellion!

The Commotion Times come to Poundstock



The weekend of 22nd and 23rd June will turn the clock back 470 years in Poundstock Gildhouse and churchyard, when living history group the Commotion Times bring the mid-Tudor period to life through a range of military and civilian displays and activities.

In the summer of 1549, enraged by the introduction of the new English-language Book of Common Prayer and a series of abuses of their traditional way of life, the people of Devon and Cornwall rose in open rebellion against royal authority. After several battles and an

unsuccessful siege of Exeter, the rebellion ended in defeat, with Simon Morton, the vicar of Poundstock, among those hanged for their involvement.

Drop in during the weekend and meet the sixteenth-century men and women of the village as they try to go about their daily lives while preparing to go to war. Watch the men practise their archery with the mighty English long bow and check that their armour still fits, meet their families as they make sure the men folk have everything they need for the trials ahead. Handle the Tudor armour, try your hand at spinning wool, or just talk with them and find out what it meant to live in quiet Cornwall 470 years ago.



This time-travelling event is absolutely free, thanks to the generosity of the Commotion Times members. It is an amazing opportunity to see the Gildhouse as it once was. Come and experience the Tudor life of ordinary Cornish people at a time of turmoil.

More information from 01288 361147, 01288 361525 or 01566 781559.

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It's back and in use!

For several weeks we waited patiently (?) for the black wrapping to be removed. Finally, during the first week of May, it happened and our Post Box at Ferrets Cross was back in service again. If you have followed previous articles in the Journal you will know that it could not be re-installed at the original location as wall-mounted boxes are no longer made and this was the next best option. I understand that the Parish Council had some concerns over safety at this location and wrote to the appropriate authorities about this. After taking the photos I spoke to the postman who confirmed that positioning of boxes is discussed with the Highways Agency who can refuse if they believe there is a likely safety problem. The three photos below clearly show that a bright red Royal Mail van is easily visible from all directions and should not prove a problem. My own opinion is that the previous location was actually more dangerous as any vehicle approaching from Eden Chapel and turning left into Edgar Road could suddenly find a stationary car in front of them. Not good, although I don't know if there have actually been any accidents there in the past. Anyway it seems perfectly safe now and as we said last time:

USE IT OR LOSE IT.



Article and photographs by Mike Quance.



CREAM TEA AND CAKES

The 11th annual fundraiser in support of the
Cornwall Air Ambulance will be held on

Sunday 21st July 2019

At the Crackington Haven Institute EX23 0JL

From 2pm - 6pm

Come and enjoy homemade Cream Teas and browse the plants,
DVDs and CDs

Please help us raise funds for this much needed service. For
further information please contact Julie on 01840 230106

Parish Hall Clean up Complete. By Anne Connelly



In the previous Journal, the Parish Hall Committee had asked for volunteers to help them after the AGM to give the Hall a much needed deep clean. We only expected a few, but were absolutely delighted when around 10 people turned up to help. Mick and Mary Carter had spent the previous day up a scaffold tower, hoovering and washing the ceilings and walls, so that just left lots of cleaning of skirting boards, doors, cupboards, windows and floors etc. The kitchen and

toilets were also deep cleaned, the stage was given some attention, and the curtains were taken down for some airing and possible cleaning. About an hour and a half later, with only a short, well deserved break for tea and cake, - the Parish Hall was transformed and looked absolutely gleaming. A huge thank you to everyone who gave their time to help and turned a boring chore into a fun, community spirited event, from which everyone using the hall will benefit.



SWIM SAFE BUDE

Swim Safe Bude will be based outside the lifeboat station in Summerlease car park and will run every Monday, Tuesday, Wednesday and Thursday from the 29th

July until the 8th August. Sessions can be booked via Swimsafe.org,

from 15th May - choose a location and the sessions should appear.

Free of charge to all 7-14 year olds who can swim 25m or more.

A fun way to learn how to stay safe in open water.



A huge thank you from Jen Spettigue goes to everyone who purchased Easter chicks from Wainhouse Stores, Week St Mary Stores, Stratton Shop and Cornish Coasts Cafe. Sales raised £660 for the Stratton Hospital League of Friends.

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

95 Boscastle – Bude First Kernow! 01872 305950

Mondays to Saturdays

Monday to Friday from Bude

Bude	0653	0853	1053	1303	1533	1733
Widmth B	0700	0900	1100	1310	1540	1740
Widmth M	0702	0902	1102	1312	1542	1742
'ski Cross	0705	0905	1105	1315	1545	1745
Jacobstow				1320		
Wainhs	0709	0909	1109	1325	1549	1749
Crackgton	~	0917	1117	1332	1557	1757
Boscastle	0723	0933	1133	1349	1613	1813

Monday-Friday to Bude

Boscastle	0751	0956	1215	1431	1611	1841
Crackgton	0807	1012	1231	1447	1627	~
Wainhs	0814	1019	1238	1454	1634	1854
Jacobstow		1024				
'skni Cross	0818	1029	1242	1458	1638	1858
Widmth M	0821	1032	1245	1501	1641	1901
Widmth B	0823	1034	1247	1503	1643	1903
Bude Strd	0839	1043	1256	1512	1652	1912

95 Winter Schedule - Correct 26 November 2017!

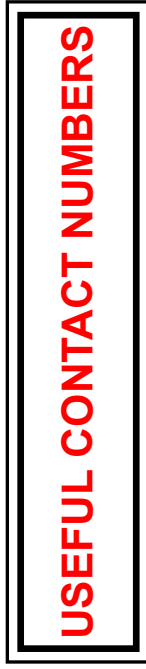
Local Authority

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

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03001 234111
01208 75656
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



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, Boscawen 01840 250209
Neetside, Bude 01288 270580
Medical Centre, Stratton 01288 352133
Drs Nash & Uglov, Camelford 01840 213894

Jacobstow Organisations

Jacobstow Infants School 01840 230337
Parent/Teacher Association Jenny Johnson 01840 230456
Women's Institute, Mrs J Baker 01840 239829
Jacobstow Church, Mr Brian Marshall 01840 230526
Art Group, Jeane Gimblett 07706927197
Happy Crafters, Eden Chapel - Alison 01566 781418
Parish Hall Bookings, J Gimblett 07706927197
Scout and Cub Groups, Mrs D Dowling 01288 352786
Beavers, Josie Shepherd 01840 230330
Guides and Rainbows Mrs M Andrew 01840 230006
Brownies Becky Shute 01566 781717
Wainhouse Post Office and Stores 01840 230554
Jacobstow Walks, Mary 01840 230656
Jubilee Club, Mo 01840230428 or Eve 01566 781452
Juliet Garden Club, Paul Greateorex 01840 269178