

Jacobstow Journal

*Providing news and information for the
Parish of Jacobstow*

Issue No. 57

June/July 2020



Brilliant banner - well done, whoever designed it

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Editorial by Sarah

Lockdown seems to be interminable. I know the government advice is now to Keep Alert, but I can see a lot of people still sticking to the Stay at Home advice.

As people who regularly read my editorial, and I know you are out there, will know, I'm always banging on about the pace of life and people's attitudes. I honestly think that although the day to day threat of Corona is obviously scary and heartbreaking, I am seeing amazing amounts of community spirit peaking through the cracks. People are reaching out to check that elderly neighbours are coping. Family and friends are keeping in contact with each other, just touching base to make sure that you don't need any loo rolls!

I would hope that this change to our pace of life has also caused people to stop, breathe and think "Umm maybe I don't need to be tearing around all the time."

I've taken to walking my elderly dog Zola down the lane. As you can imagine, the pace is nice and sedate, and I've actually watched a tree coming into leaf, every day a bit more unfurling.

So, I think the message I'm trying to get across is "Head down, keep going, stay safe, be sensible and take time to enjoy life." It's certainly to be cherished!

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 (July 15th) 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

Jacobstow Parish Council Chairman - Norman Osborne

The parish council meetings have been suspended for the foreseeable future, and as three councillors and the clerk are over seventy, this might be for a long time. We are still carrying on business over the phone or by email; the world must carry on.

We were in discussion to re-finance the defibrillator at Wainhouse Stores but this came to a halt with Lockdown, so we have put new pads and battery in it and paid the insurance. We will discuss it again after Lockdown. In the meantime the defibrillator is now working.

There will be no AGM in May so the officers will stay in place till May 2021.



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

I want to thank you for all playing your part in keeping the numbers of cases of Corona Virus in the South West low, and Cornwall has some of the lowest cases in the South West. I am very proud of all of our health care workers and many people have contacted me to highlight the great job they are doing on our behalf. I would also like to thank our police force for their effort protecting Cornwall during this pandemic. It was disappointing to read that people are still ignoring the Lockdown protocols and visiting Cornwall and to anybody thinking of visiting us at this time I say again, please, stay at home and protect lives. My team has been working flat out dealing with constituent casework. Our priority at the moment is to ensure that our businesses and local communities are supported. I have now published ten in-depth business updates with the latest guidance for employers and employees. If there is anything my team or I can do to help you, do not hesitate to email via



Your MP Scott Mann - - For full version of this letter follow the link on www.jacobstovvillage.co.uk

NEW FLOWER BED AT WAINHOUSE.

Here is a photo of the wonderfully public spirited Eric developing the garden at Wainhouse Corner. He is constructing a huge W shaped flower bed, as I observed from a social distance whilst taking the photo!



Community Telephone Box update

At the moment, plans for the new defibrillator for the phone box are on hold. But, other plans have been put into action. First of all, many thanks to Mick Carter for repairing the door of the box. You will see from the second picture that a small library and toy swap have been incorporated into the space. Please feel free to help yourself (I actually found a Bill Bryson book I wanted to read in there) and pop any books in there for other people to enjoy.



www.devonandcornwall-pcc.gov.uk

This is your link to the Police Commissioner's Report



Nicky Chopak, your County Councillor contact details -
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Email: nicky chopak@gmail.com.

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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.



Jacobstow Neighbourhood Watch



As unbelievable as it may seem, the present situation has produced a spate of scams by unscrupulous people. Here are some you may want to be aware of.

Fake Texts Claiming to be From 'The Government'

Banking industry body UK Finance and communications regulator Ofcom are warning of scam texts from criminals claiming to be from official government sources, issuing you a fake relief payout or a fine for leaving your home. UK Finance says criminals are also using a technique called 'Spoofing', which can make a message appear in a chain of texts alongside previous genuine messages from that organisation.

Email scams

Action Fraud has warned about the most common scams it is seeing via email, known as 'Phishing' scams. Again, these are often very convincing – so be on your guard and question anything that seems too good to be true.

Fake Requests for Payment to Access Covid-19 Info

These claim to be from research organisations affiliated with the Centers for Disease Control and Prevention (CDC) and the World Health Organisation (WHO). They may say they can provide the recipient with a list of coronavirus-infected people in their area. In order to access this information, you'll be told to click on a link, which leads to a malicious website, and you'll be asked to make a payment or 'donation' in cash.

Fake 'HMRC' Tax Refunds or Demands for Tax Payment

These emails direct you to a fake website that collects your personal and financial details, often displaying the HMRC or Gov.uk logo (so they can seem very legit).

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



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On behalf of the members of
Living Water Methodist church,
Canworthy Water, I would like to let our
friends, members of our clubs and fellow
worshippers know that you are never far from our thoughts and
prayers in these difficult times. We look forward to the time
when we are able to meet safely again.

Please ring Rev Linda Barriball 01840 779155 for further
information and support.

VIRTUAL SUMMER SOLSTICE AT STONEHENGE

The summer solstice at Stonehenge will stream live through the early morning of Sunday 21st June on English Heritage's Facebook page. This is the first time in history that this has happened. The director of Stonehenge said "We have consulted widely on whether we could proceed safely and would have dearly liked to host the event as per usual but in the end we feel we have no choice but to cancel." Hence the virtual event on Facebook.



CHURCH AND CHAPEL SERVICES

Jacobstow Church Remains Closed.

Following discussion & decisions made by the House of Bishops, a phased approach was agreed to the lifting of restrictions over the months ahead, in parallel with the Government's approach.

PHASE ONE: An initial immediate phase allowing very limited access to church buildings for activities such as streaming of services or private prayer by clergy in their own parishes, so long as the necessary hygiene and social distancing are taken.

PHASE TWO Access for some rites & ceremonies when allowed by law observing appropriate physical distancing & hygiene precautions.

PHASE THREE Worship services with limited congregations meeting when government restrictions are eased to allow this.

The Church draw has not taken place since lock down came in force & services cancelled. Hopefully later in the year, may be when the phased approach of lifting of restrictions comes, the draw will continue with previous months' prizes distributed.



LIVING CHURCH

All services and clubs
suspended until further notice
For more information contact
Alison 01566 781418 or
07557916073



Coast Church
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further notice.
Stay safe everyone



Message from Rev'd Heather Aston - Jacobstow Parish Priest

These are indeed very strange times that we are living through, unlike anything that any of us have ever known. As I write, we are being told that some aspects of our 'Lockdown' are to be eased, with the hope that there will not be a further 'spike' of Covid-19 cases. As you read this you may know how this plan is going.

At the moment our church buildings remain locked, but the work of the church continues as we pray and try to support each other as best we may.

I am live streaming a church service via Zoom on Sundays – usually a morning service at 10.30, and then Evening Prayer or Evensong at 6pm. If you would like to join us please send me an email (heather_solo@msn.com) so that I can send you the link. I have also got printed material for you to use at home for private prayer – again please contact me (email as above or call 01840 250359) and I will post them out to you.

This is a time when we should remember the words of Jesus when he was asked what the greatest commandment was. He replied that we should love God, and love our neighbours as ourselves. These difficult times, and the community spirit being shown across the land, shows how well we are responding to that instruction.

Lord Jesus Christ,
you taught us to love our neighbour,
and to care for those in need
as if we were caring for you.
In this time of anxiety, give us strength
to comfort the fearful, to care for the sick,



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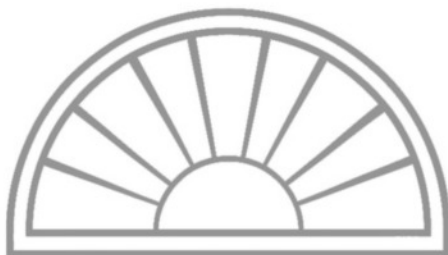
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JUBILEE BENCH USERS.

Roy & Nellie enjoying a little break on the Jubilee bench. I cycle past this bench almost every day and enjoy having a sit down there most rides. On this ride it was being enjoyed by Roy and his lovely dog, Nellie. If you use this bench, do send us your photos.

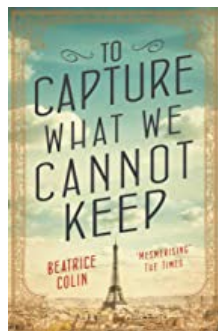


Book Club

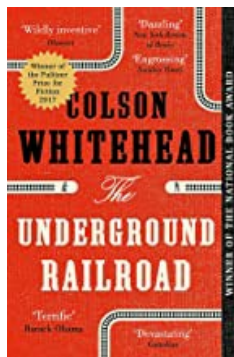
For obvious reasons, we were not able to meet as a group last month but in March we had two books to read:

‘To Capture What We Cannot Keep’ by Beatrice Colin.

This is a love story between a Scottish widow and an engineer, working on the construction of the Eiffel Tower in Paris in the late 1800s. They meet during a ride in a hot air balloon and then their relationship develops. If you love Paris, this is the book for you; the history is well researched and the descriptive writing evokes the atmosphere and real sense of what it was like to live in Paris back then.



‘The Underground Railroad’ by Colson Whitehead.



A harrowing but vital read about the brutal and horrifying cruelty of slavery in America in the 19th century. Cora, a young, black slave girl, escapes from her owner and then finds help from the people, both black and white, who, in reality, risked their lives to organise the ‘underground railroad’, which was a network of secret routes and safe houses used to assist those who were enslaved to escape to free states and Canada.

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Bob's Gardening Spot



In the last edition of your Journal we focused a lot on planting trees to help the environment. So, I would like to inform you about which trees suit your garden.

Any tree you want to plant needs to be not too tall so that it can withstand the strong winds we tend to suffer with around here.

I like Acers because they have a habit of starting the year with one colour and ending with another, which makes them interesting and they do not grow too large. Other trees you might think about are witch hazel, prunus, lilac, euonymus, cercis, cornus and sorbus. Native trees that are suitable for smaller gardens are alder, silver birch, blackthorn, crab apple, dog rose, elder, hawthorn and hazel.

Whatever tree you pick, be aware of where your drains and foundations are. Try to plant it at least 12 feet away from your property.

JACOBSTOW WALKING GROUP IN LOCKDOWN - Celia Proudfoot

Well we can't walk as a group can we, but almost everyone is out on walks and we are so lucky that we are allowed out (I have friends who are not, for either health or political reasons,) and that we live in such a beautiful part of the world. I have to say that I am a cyclist more than a walker, but my pace is slow and allows me time to reflect and just enjoy the world around me. The more I miss my family and friends, the more keenly I appreciate the



countryside around me. It started with watching the daffodils coming out, then primroses, then tiny buds, then pussy willow then bluebells and watching for champions and cow parsley and, with a few warm days, the leaves appeared on the trees and hedgerows. I confess to carefully picking wild flowers and putting them in my rucksack to take home in place of the non existent shop bought varieties.

Please send in stories of your walks and photos. We all need each other more than ever at this time.

Mary : 01840 230656; Celia : 01566 781 473; Sue : 01288 361197



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Just before the Lockdown started, on the 14/15th March the Scouts took part in the North Cornwall District Camel Run which this year was hosted by 3rd Bude Scout Group.



This is a night hike, following a set route of about 10 miles, stopping at various checkpoints to do a scouting activity. Each team walks with 2 adults, however adult help is strictly forbidden! The aim is to walk the correct route and reach all the checkpoints and complete the activities. Sounds easy but at night with only torches and a map and compass, it's not so easy! We had 2 teams for this event (Team Mongoose and Team Gators,) both having a mixture of experience and youth!!

The evening started dry, however rain was on the way so the plan was to get around as fast as we could and get back in the dry! First we had to mark our route on the map. All we had to do this were 6 figure grid references and some compass bearings.

We plotted our route and set off. Our 2 teams left at the same time, shortly before 8pm Saturday evening. However we were walking in opposite directions (the clockwise route or the anticlockwise)! We headed from Stratton school into the unknown. Along the route we would face steep hills, mud, grassy fields, roads and smooth canal paths! Our challenges would include problem solving, Morse code, remembering our law and promise, tracking signs, memory test, knowing the correct knot for doing the correct job, and first aid with the RNLI.

Team Gators made it back just before 3 am. Team Mongoose just after 3.30am. Team Gators missed 1 checkpoint but walked the route in the fastest overall time finishing in 6th place overall. Team Mongoose reached all the checkpoints and won the event overall by 1/2 a point. This is a great achievement for a small group like us. Well done to all the scouts who completed the walk and thanks to the adults who helped.

The winning team are pictured with the trophy.

Unfortunately our next event and all our Beaver, Cub and Scout meetings for the foreseeable future have been postponed due to the Covid 19 pandemic. Hopefully we will be able to meet again soon.

Wow, what a change. Girl guiding stopped all face to face meetings on 16th March. We managed to squeeze in one last Brownie session on that evening where we were preparing entries for an art and craft show (which was obviously cancelled), so the biscuits went in the bin and the treasure island models are still sitting on the stage in the parish hall, waiting until we are allowed back and hopefully will be entered in the show when it is allowed to happen.



Since it was so close to Easter, all the units decided to have an extended break and see how the lie of the land was after Easter.



Well as we all know, nothing has really changed, so we are to start running all the units virtually over zoom. It will be great to see everyone's faces again, catch up on how everyone has been spending their time in Lockdown and play some scavenger hunts and other virtual games.



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PUZZLE PAGE

Welcome to your "tea break" puzzle page, Claire Retallick was pulled from the hat and wins a £10 voucher to spend at 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 10th July 2020.



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

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

ANTMAN	AURORA
BUMBLEBEE	DADS ARMY
DUMBO	FROZEN
FURY	JUNGLE
KINGKONG	MALEFICENT
MADAGASCAR	PADDINGTON
STAR WARS	TAG
TAKEN	ZULU



Can you name the films?



Last edition answers word search missing word readers. Cat names 1. Garfield 2. Felix 3. Sylvester 4. Tony 5. Cheshire Cat 6. Top Cat 7. Tom 8. Cat in the Hat

4.

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JACOBSTOW SCHOOL - Mikaela Rolfe

None of us could have expected or planned for the effects of the Covid - 19 virus and it certainly wasn't something that they cover on Head Teacher courses, or in the parents' manual. However, at Jacobstow School we have worked really hard to explain what is happening, using the information we have had available. Although it has a very serious side, we enjoyed focusing on how germs spread, using green glitter and the importance of washing our hands, while singing 'Happy Birthday' twice whilst doing so. We have had lots of food parcels to hand out to children and families to help provide lunches for children at home. Thanks to Joanne Wilton for working tirelessly to prepare 41 packs of lunches and to Penny Maloney who has been there each day to help give out the packs with me. Lidl's of Bude presented us with over 10 boxes of Easter chocolates. We have been using our online platform, Class Dojo and Facebook to keep in touch with families, as well as to provide home learning activities. Thank you to the parents for all their efforts at home to support their child's development whilst trying to work from home themselves. We have had amazing life skills learnt, activities mastered and events commemorated. Each week parents and children share their learning adventures using Dojo by uploading messages, videos and pictures which the staff team love looking through and commenting back to the children. We have also introduced a virtual Supersonic Learner Assembly where we post a video celebrating all the achievements at home and post certificates to children. Similarly, we have been having an online vote for a picture story and share a video storybook each week and have started to trial Zoom meet ups with our youngest children who are missing their friends. The staff team are committed to reassuring our children and supporting their social and emotional well being as they emerge from the safe bubble of home back into the classrooms. A whole team of staff are raring to go when it is safe to do so. We are also looking forward to welcoming our new starters in Reception in September 2020, but also celebrating with our year six cohort and giving them the ending to their primary school years that they had anticipated and deserve as they prepare to move on to Secondary School. From all the staff team at Jacobstow School - stay safe, be happy, stay kind and try to look for rainbows when it rains and stars when it is dark.



WEATHERWISE by Monitor



As there was to be a reduced Journal for this edition, there are only the basics for March/April.

March was pretty much ordinary, with no notable events. The total rainfall collected at Canworthy Water was 3.62" which was close to the average for the month. In fact, the last very dry March in recent years was 2012 with only 0.9"

April was noted for being exceptionally sunny with only 1.58" of rain collected. There was no significant weather during the

month until the last three days which gave most of the 1.58" rain collected. April very often doesn't turn out to be a very wet month even with the traditional showers. The exception was again 2012 which gave 6.04".



HIGH TIDES and SUNSET - June- July 2020

NB - Heights based on Newquay for Bude +25minutes)

Date	5 June	12 June	19 June	26 June	3 July	10 July	17 July	24 July	31 July
AM	5.19	10.38	4.38	9.32	4.11	9.22	3.17	8.32	2.56
PM	17.42	2.05	16.56	21.53	19.39	21.41	15.44	20.52	15.32
Sun set	21.28	21.33	21.35	21.36	21.34	21.29	21.23	21.14	21.03

Wainhouse Stores



I am sure everyone will join us in a big 'Thank You' to Julia and all the staff at Wainhouse Stores for helping everyone out during Lockdown. Julia would like to add her thanks to everyone for supporting the shop. They are also having screens installed and hope to be able to welcome you back into the shop (2 at a time, please) by the end of the month.

Thank you!

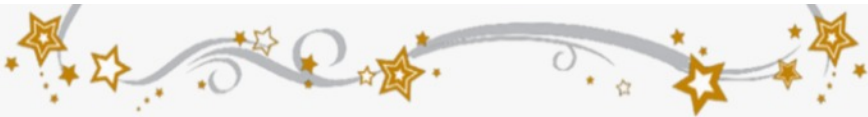
A big thank you to our distributors who have carried on delivering your Journal.

We really wouldn't be anything without your help

We have received a couple of lovely donations to the Journal to help with our funds. You know who you are and I won't embarrass you by naming names...but thank you very much, we really appreciate your support

Last thank you...promise!

I would personally like to say thank you to the Journal Team, Celia Proudfoot, Jill Baker and Sue Burrows. We have had to completely rearrange how we work and produce the Journal and they have met the task head on and I am so proud of the work we are still managing to produce for you. Sarah Editor





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A HISTORY OF JACOBSTOW SCHOOL

FINAL PART

In 1966 a programme of combining several small primary schools was embarked upon, with the chosen site being opposite the existing Jacobstow school, although a considerable amount of time passed before the school was actually completed. Mr Cuthill continued to run the school and his son went on to Launceston College and from there to Oxford where he gained a scholarship to study music. School trips expanded to Delabole Quarry, Cheddar, and Devonport Dockyard as well as many other places. Cycling Proficiency lessons were organised and touring theatre groups performed to combined children of local schools. In 1969 Mr and Mrs Cuthill retired and the school was run by two female supply teachers until in 1972 a new head, Mr Richard Harris was appointed, along with a new teaching staff and the new school (built by Mr I Barribal and his team) was ready to open. Children from other local schools which would close as the pupils moved to the new school, assisted in laying token block towards the base of the new school.



1971 Block laying ceremony. Photo by Ron Pearce

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At our Annual Meeting held in March we could not have foreseen that we'd all be in Lockdown a week later! Our speakers and events for the year had been finalised and the programmes printed just before we were told to "Stay At Home"!

With all meetings cancelled, we've since been keeping in touch by telephone and emails, online chats, cards and letters and socially distanced visits.

Members have been keeping busy too - one member has been knitting "ear savers" for NHS and Care Workers wearing elasticated masks, others have been sewing masks for Healthcare



Workers as part of the Cornwall Cloth Masks charity that mobilised to fill the gap in available protection and has already supplied over 4000 masks.

Now that mask wearing has been recommended more widely amongst the public, these mask-making skills are being used for our own families, producing more fitted masks in colourful fabrics. Along with everyone else, we've also been baking, sewing, knitting and crafting, gardening and helping others.

County WI has arranged a series of online workshops with Cornwall Connect where members can enjoy anything from painting to pilates and meditation to baking and crafts.

If you'd like to know more about the WI and its national and local activities, do contact Jill Baker by phone 01840 239829 or email: jacobstowwi@btinternet.com for more information. We always look forward to welcoming new members to our Jacobstow group.



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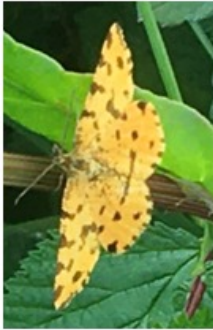
Tel: **01288**

Thornelea St. Anne's Hill Bude Cornwall EX23 0LT

www.denisewellingtonfunerals.c

enquiries@denisewellingtonfunerals.c

NATIONAL INSECT WEEK 22-28 JUNE 2020



The Royal Entomological Society organises National Insect Week every 2 years to encourage people of all ages to learn more about insects. In the UK alone there are more than 24,000 species found in almost every habitat. They can be pollinators, predators, pests, parasites and prey and their study is an important part of conservation, food production, medicine and ecology.

These beautiful damselflies were found in the hedgerow near to Eden Chapel and



the insects below were all found in the garden:

2 waterboatmen, unidentified flying beetle and a May bug.



There's no shortage of spiders after this family hatched - plenty of food for the nesting birds, frogs and other wildlife in our gardens!

The website has lots of information and resources:
www.nationalinsectweek.co.uk



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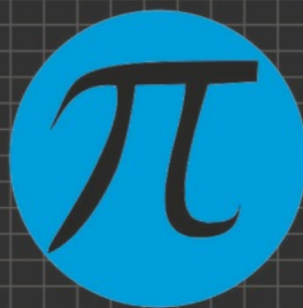


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HELP AVAILABLE & USEFUL INFORMATION

Bude and Stratton Town Council

If you need assistance – please ask. There are volunteers in your area waiting to help.

Bude-Stratton Town Council has a Covid-19 Repsonse Team working alongside the NHS Responders and Community Support Groups.

For those without Internet, there is a dedicated Link-Line Telephone number: **01288 353576** available **Mon-Fri 10am - 4pm** where you can ask for help with any supplies you need, including food and medication or to stay in touch during isolation.

If you have Internet access, you can find and ask for support from these groups on Facebook:

Bude Stratton Town Council Covid-19 Response and the **Bude and Surrounding Areas Quarantine Support Group.**

Meals on Wheels – 01288 350850

DELIVERIES AND TAKEAWAYS

Cornish Coast Farmshop & Cafe is offering deliveries of local produce and orders for collection. Telephone 01288 361380. They also offer Takeaway Pizza and Fish & Chips on Fridays and Saturdays for collection or delivery. The shop is open 9am – 3pm, closed on Tuesday.

Catch A Snack Mobile Chippy stops by Jacobstow Village Hall every Thursday from approx 6.30 then stops at Wainhouse approx 7pm. Serves Fish & Chips, Burgers, Sausages and more.

The Old Wainhouse Inn is serving Takeaway Meals 5-8pm on Thu, Fri and Sat. Children's Menu available. Telephone 01840 230711

Boscastle Farmshop is offering deliveries of local produce and has Pie & Pudding Wednesdays, Saturday Takeaways and Sunday Roasts & Pudding available for collection or delivery. Telephone 01840 250827. The shop is open 9am – 3pm.

Landsdown Dairy is offering deliveries of groceries. Telephone: 01288 352556

Morrisons has launched a "Doorstep Service" for anyone isolating. You can telephone them on 0345 611 6111 and choose from a list of around 45 everyday items for direct delivery the following day and payment made with the delivery driver. Full details are available online.

Mirchi Indian & Bangladeshi Cuisine can be found on Facebook and online at www.mirchibude.com and is taking orders from their full menu on www.foodhub.co.uk or Telephone 01288 350300.

2YOO for groceries and meals delivered Telephone 01288 358074.

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LOCKDOWN STORIES

As our editor has said, there is a lot to be grateful for in Lockdown and indeed a positive mindset is essential to keep us going. The first thing that comes to mind when I think of the word “Lockdown” is that I’m pretty certain they won’t be singing that again on “Pointless.” No more “Ooh ooh ooh ooh LOCKDOWN!” Anyway, I’m mostly fine, allowing for missing my adult children, just having the odd bout of crying. However we are embracing the best that technology has to offer, and the best thing about young people is they do this so well. Our kids have talked us through “Zoom” and we meet up about once a week and all see each other and chat. At first it was very formal and in fact I was miserable after our first attempt but we got better so that last time we were all talking as if we were at home in the same room and it gave me a warm, happy feeling. Like many young people, my son’s wedding has been cancelled this summer. This makes me count my blessings; I think it’s really tough for young people in Lockdown. One of my son’s friends has recently married but he is over here and his wife is stuck in the USA. Also all those teenagers who can’t meet up and kiss! I am so lucky to live in a beautiful house in Cornwall. As a retired teacher I am particularly aware of children who would actually like to be in school. The very pupils who get into the most trouble at school, who are sent out of lessons for disrupting the class are the ones who most need the pastoral care they get in school. Schools are doing a lot of work under the radar and trying to look after individual children. On a lighter note, I have had some interesting “social distancing” encounters. One was at Wainhouse Shop. In front of me was a lady at the shop door. There was a parked car next to her. A man got out and walked right up behind her. I thought “Oh God she doesn’t know he’s there, I need to say something,” So I said “Excuse me Sir, please can you keep your distance?” He turned and yelled, “You stupid woman, mind you’re own business, she’s my wife!” Well this should have been funny but he said it with so much venom, I was quite shocked, especially when his wife turned to me and spat, “Yes mind your own business!” Or words to that effect. The other episode was a lady walking her dog in a narrow lane. I pulled over on my bike, struggling to get on a lumpy grass verge. She called out in a jolly voice, “Are you afraid of dogs?” To which I meekly replied, “No” (I should have added “but I am afraid of Corona Virus”) Anyway she suddenly ran towards me, so I ran away (it was a bit like a comedy farce without the comedy.) All she was doing was picking up a stick for her dog, which had fallen from the tree I was standing under. Crazy! Other people like the lovely assistant at Pets @ Home who I had a long chat with, are so nice, as are the majority of people. I have not been going to supermarkets, but had to drive to Pets @ Home. I did not have to leave my car. I paid over the phone for everything, went to the store, rang from my mobile when I was outside the store, then they came out and put all the goods in my boot.



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KIDS' PAGE

Hello there! Hope you are all safe and well in Lockdown. We are thinking of you at The Journal and send our best wishes to you. **If you need help, there is Childline on 0800 1111 or contact www.childline.org.uk**

Here are the stories of 2 local children, Alfie and Reggie, who live on a farm. Alfie: "Home school is different and is more fun because we do just a couple of hours and in normal school some lessons are boring, but I don't get to see my friends which is sad but we know the Lock-down measures have to stay in place, but I can't wait to go surfing again but the best thing is I have time to go on the farm. I think I am lucky because I can go outside and do things outside."



Reggie: "I like being off school because I only get to do 2 hours work and I get to go down the farm more often, but I can't wait to see my friends again. I am lucky because I have a whole farm to go on. I feel sorry for the people who live in a flat and have no space. I like playing with my cousins and friends online."

Cornwall Community network:

01566 788865 for more help.

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Green Ideas by Jeanne Gimblett

Covid 19 has changed our lives. We did not expect this pandemic, but we are coping with it, so surely we can feel positive about facing any challenge to our world, even the prospect of dealing with Climate Change ?

I find it is easy to get disheartened when facing seemingly insurmountable problems. Talking about this to Sarah, Journal editor, she reminded me to look at the small things we can do to reduce climate change. Before the schools closed we started to discuss the idea that children could be involved with local tree planting and growing of wild-flower areas. This is now on hold but we can still encourage children at home to plant seeds and to find out about pollinators:- bees , hover flies and other insects.

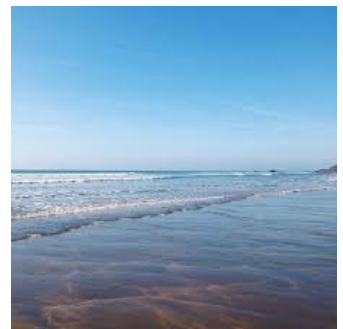
Cornwall Council has reduced the frequency of verge cutting to allow

wild flowers to grow and set seed, something we could copy as regular mowing reduces plant growth. Leaving patches of grass to grow in early summer helps increase wild flowers such as dandelions, stitchwort, speedwell , pink campion and Queen Anne's lace. Patches of stinging nettles are food for the red admiral caterpillar (nettle soup is delicious.) A really good book on this subject is *The Garden Jungle* by Dave Goulson.

Cornwall Council's Climate Change Development Plan document is now on line and you can let them know your views and any suggestions before 26th May. We are all getting very good at shopping with our own bags, although at present it may well be delivered in boxes! Our

wonderful local shop has now installed a milk machine so we can refill our glass bottles and save any amount of plastic. Staying at home has made me realise that many journeys are not necessary. We also seem to be buying less, making things last and repairing when possible. This too is very good for the environment, as billions of pounds worth of discarded fashion garments find their way into landfill each year! * Of course it is less good for those shops that depend on our custom. Maybe our way of life has to change and this has been the wake- up call. Our recycling collections continue and there is soon to be a new system but for the moment I am grateful to our collection teams, who run a much higher risk from this virus, just to help us. Perhaps one day we will not need to recycle at all.

*Times newspaper 16-03-18



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WILLIAM HENRY SLEEMAN 1788-1856

Sleeman was born in Stratton, Cornwall, the fifth of eight children of Philip Sleeman, a yeoman and supervisor of excise of St Tudy. The family moved to Bideford after his father died money was short.

In 1809 Sleeman joined the Bengal Army and later served in the Nepal War between 1814–1816. He contracted malaria in 1813, symptoms of which occasionally reappeared for the remainder of his life with sometimes debilitating intensity.

In 1820 he was selected for civil employ, and became junior assistant to the Governor-General's agent. He was gazetted to Captain and later assumed charge of Jubbulpore District.

While Sleeman maintained a chauvinistic belief in the superiority of British culture, he still had a good relationship with locals he met on his travels, due, in the main, to his ability to speak in many of dialects throughout the sub-continent of India

Sleeman became the earliest discoverer of dinosaur fossils in Asia when in 1828 and serving as a Captain in the Narmada valley region. By digging around in the Bara Simla Hills he unearthed several petrified trees, as well as some fragmentary dinosaur fossil specimens. Subsequently he sent these specimens to London and to the Indian Museum in Calcutta. In 1877 the genus was named *Titanosaurus Indicus* by Richard Lydekker.

Sleeman wrote about wild children who had been raised by wolves. This was included in part of his diaries and which were re-printed in 1852 as *An Account of Wolves Nurturing Children in Their Dens*, by an Indian Official and in *The Zoologist*. This caught the imagination of many and ultimately inspired Rudyard Kipling's Mowgli character in *The Jungle Book*.

He is best known for suppressing the Thuggee Society which bedevilled the area. It is where the word Thug and Thuggery has come from.

He died and was buried at sea near Ceylon on a recovery trip to Britain in 1856, just six days after being awarded the Order of the Bath.

The village Sleemanabad in Madhya Pradesh, India was named in his honour. His descendants are still welcomed when they return.

There are a number of books and computer games which are vaguely based on his adventures.



Coronavirus - Stay alert

We can all help control the virus if we all stay alert.

This means you must:

stay at home as much as possible

work from home if you can

limit contact with other people

keep your distance if you go out (2 metres apart
where possible)

wash your hands regularly

Do not leave home if you or anyone in your
household has symptoms.

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BUS TIMETABLES DURING COVID-19

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- Download their app from your App Store
- Call free on 0808 196 2632
- email them on ask@transportforcornwall.co.uk
- If you need a printed copy contact them and it will be posted to you.
- There is also  TFCbuses



There are mighty changes starting May 31st.

420 Higher Crackington – Launceston not sure about this one.

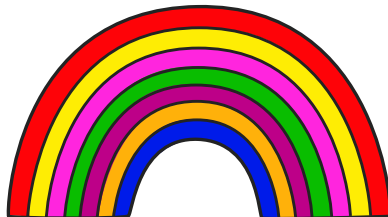
480 will be come Bude 373; Launceston 371; Holsworthy 372

AND the times are all going to change. So if you want details ring

Travel Cornwall - 0808 196 2632 or one of the above.

95 Monday-Sunday to Bude

Camelfd	0943	1143	1343	1543	1743	1919
Boscattle	1005	1215	1415	1615	1815	
Crackgton	1033	1233	1433	1633	1833	
Wainhs	1041	1241	1441	1641	1841	1936
'skni X	1045	1245	1445	1645	1845	1940
Widmth M	1048	1248	1448	1648	1848	1943
Widmth B	1050	1251	1450	1650	1850	1945
Bude Strd	1100	1300	1500	1700	1900	1955



95 Monday to Sunday from Bude

Bude	0810	1000	1200	1400	1600	1800
Widmth B	0817	1007	1207	1407	1607	1807
Widmth M	0819	1009	1209	1409	1609	1809
'Skni X	0822	1012	1212	1412	1612	1812
Wainhs	0826	1016	1216	1416	1616	1816
Crackgton		1024	1224	1424	1624	1824
Boscattle	0841	1041	1241	1441	1652	1841
Camelfd	0915	1115	1315	1515	1715	1915

Please Note

My advice is - if you are unfamiliar with the buses check the times especially during the Covid-19 pandemic. If you want to walk one-way then catch a bus **FIRST**.

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

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National Express coaches
Farming Community Network
Rebel Cinema
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Child Line
Womens Refuge

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08717818178
07002 326326
01288 36 442
116123
0800 1111
01872 225629

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NHS, Non-emergency

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Hospitals

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

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01208 251300
01566 761001
01566 761030
01288 320100
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Neetside, Bude
Medical Centre, Stratton
Drs Nash & Uglov, Camelford

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01288 270580
01288 352133
01840 213894

Jacobstow Organisations

Jacobstow Infants School
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Women's Institute, Mrs J Baker
Jacobstow Church, Mr Brian Marshall
Art Group, Jeane Gimblett
Happy Crafters, Eden Chapel - Alison
Parish Hall Bookings, J Gimblett
Beavers, Josie Shepherd
Cub Groups, Mrs D Dowling
Scouts, Robert Medland
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Jullietter Garden Club, Greg

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