

# *Jacobstow Journal*

*Providing news and information for the Parish of Jacobstow*

Delivered free to every household in the Parish

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Issue No. 2    October/November 2010

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*Drawing by Zoe aged 8 from Poundstock*

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## **Editorial**

Issue 1 of the Journal has come and gone and judging by the phone calls, letters and comments we have received it seems to be appreciated throughout the Parish. The number of articles we have received for printing has also increased to the extent that we have had to include four extra pages in this issue. Even that wasn't really enough and there are still some items that have had to be held back for lack of space. It would be great if we could keep adding pages for extra articles but unfortunately there comes a point where this isn't possible for economic reasons. We received three separate small grants as start-up funding to purchase equipment and software for the Journal, but the actual on-going publishing costs are met through advertising revenue and that limits the number of pages that we can have. It does have the advantage though that we are not funded by any outside body and can operate independently.

I never cease to be amazed by the kindness of people in this Parish. We even had one advertiser (I won't mention the name to avoid embarrassing them) who said that they didn't need to advertise, but wanted to contribute to make sure that the Journal had enough funds to be published. It's comments like those (and the letter on Page 30) that make all the hard work very worthwhile.

In conclusion I would like to ask that if you do have any items for the Dec/Jan edition could you please try to get them in early. If you wait until the final deadline of 6th November there may not be enough space left!

*Mike Quance, Editor*

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### **Editorial Team**

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The deadline for adverts, letters or articles for the December/January edition will be 6th November. Please note this does not guarantee that the item will be published due to possible limitations on space.

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### **Enquiries, Articles and Letters**

[jacobstowjournal@gmail.com](mailto:jacobstowjournal@gmail.com)

*or in writing to:*    The Editor  
                             Jacobstow Journal  
                             Lodestone Edge  
                             Jacobstow EX23 0BP

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### **Advertising Rates**

The current Rate for 6 issues is £20 for a half-page advert.

Contact Sarah on 01840-230565, or via e-mail, for further information.

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The Editorial Team do not necessarily agree with the views expressed in the articles or Letters Page and accept no responsibility for transactions with advertisers. All information is believed to be correct at time of going to press. This publication is independent of the Jacobstow Parish Council.

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## **Jacobstow Parish Council**

Chairman:	Mr. Norman Osborne	01840-230592
Parish Clerk:	Mrs D. Turner	01566-781269
Members:	Mr. Dennis Adey	Mr. Bob Reason
	Mr. Jim Cory	Mrs. June Rose
	Mrs. Ilona Franklyn	Mrs. Charmaine Smith

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The Parish Council meets in the Parish Hall on the 3rd Tuesday of every month (except, usually, for August). Meetings commence at 7.30 in Winter months and 8 pm in the Summer. 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.

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*Editor's Note     The report on each month's Parish Council Meeting is a summary prepared by the Parish Clerk . A full version of the Minutes is displayed on the Parish Hall Notice Board (after formal approval) at the following month's Council meeting.*

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## **Jacobstow Parish Council**

*Mr Norman Osborne chaired the monthly Meeting of the Parish Council with a full attendance of Councillors, Cllr Phil Tucker and five members of the public.*

***Minutes**–The minutes of the last meeting were read, signed as correct  
**Cornwall Council - Dog Control Orders** - Notices and Stickers received showing that failure to clean up after your dog may result in a Fixed Penalty of £80 or a Court appearance with a maximum penalty of £1000.*

***Audit** – It was noted that the Audit had been successfully completed. Proposed we pay the outstanding account.*

***Dementia Carers** – Outlook South West are providing support sessions aimed at family or friends who care for someone who has dementia or memory problems. The course is free.*

***Speedwatch** – Mr Adey reported on Speedwatch. Three Sessions done recently. 580 vehicles passed through with four people getting a letter from the Police.*

***Planning Application – Mr. Nigel Denford** - for the construction of roof to cover existing yard area. Councillors support this application.*

## Jacobstow Parish Council

### **Summary of Minutes of Meeting held on 21<sup>st</sup> September, 2010**

*Mr Norman Osborne chaired the monthly meeting of the Parish Council with four Councillors, Cllr. Phil Tucker and five members of the public attending. Apologies received from two Councillors who could not attend.*

**Public Question Time** - *Parishioners were concerned about the speed of some vehicles going through the village.*

**Road Closure** – *Edgar Road, Wainhouse Corner & Ferrets Cross to Beckaveans will be closed from 1<sup>st</sup> November, 2010 for two weeks to enable patching work to be done.*

**Clean Cornwall Week** – *18<sup>th</sup> – 26<sup>th</sup> September is Clean Cornwall September Spruce Up week.*

**A.O.B** – *It was reported that the new village sign had now been fixed. A special thank you was expressed by Councillors to the members of the Jacobstow Journal for all the hard work in producing such a wonderful Journal.*

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## Times of Church Services

### **St.James, C of E, Jacobstow**

#### October

3rd 6.30 Evensong  
10th 9.45 Holy Communion  
17th 9.45 Morning Prayer  
24th 6.30 Holy Communion  
31st T.B.A.

#### November

7th  
14th  
21st  
28th

### **Canworthy Water Methodist**

Service are held at 11am  
  
every Sunday

### **Dimma Methodist**

**October** 3rd at 11.00 am. 10th, 17th, 24th and 31st at 9.30 am

**November** 7th and 21st at 11.00 am. 14th and 28th at 9.30 am

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### **Mobile Library** (for enquiries phone 0800-032-2345)

A mobile library service stops at Wainhouse Corner every two weeks on a Monday from 11.05 to 11.20. It also stops at Canworthy Water every two weeks on a Wednesday from 10.20 to 10.40.

# SUMMER BUS TIMETABLE until 30th Oct. NOTE. November not yet published.

## 208 Warbstow – Canworthy Water – Bude – Launceston - Holsworthy

Mondays, Wednesdays, Thursdays and Fridays only  
(except Public Holidays)

Webbers Coaches 01208 74711

	MTh	W	F
Warbstow Cross	0935	0935	0935
<b>Canworthy Water</b>	<b>0940</b>	<b>0940</b>	<b>0940</b>
Week St Mary	1000	1000	1000
Whitstone	--	1008	1008
Titson	--	--	1015
Marhamchurch	--	--	1020
Bude Strand	--	--	1030
North Tamerton	1015	1015	--
Boyton	1025	--	--
Launceston Westgate	1040	--	--
Launceston Tesco	1050	--	--
Holsworthy	--	1030	--

	MTh	W	F
Holsworthy	--	1300	--
Launceston Tesco	1250	--	--
Launceston Westgate	1300	--	--
Boyton	1315	--	--
North Tamerton	1325	1315	--
Bude Strand	-----	-----	1300
Marhamchurch	--	--	1310
Titson	-----	-----	1315
Whitstone	--	1322	1322
Week St Mary	1340	1330	1330
<b>Canworthy Water</b>	<b>1400</b>	<b>1350</b>	<b>1350</b>
Warbstow Cross	1405	1355	1355

## 220 Higher Crackington – Launceston

(Partial listing of stops only)

Tuesdays only (except Public Holidays)

Webbers Coaches 01208 74711

Higher Crackington	0910
<b>Wainhouse Corner</b>	<b>0925</b>
<b>Jacobstow</b>	<b>0930</b>
Week St Mary	0945
<b>Canworthy Water</b>	<b>1005</b>
Warbstow Cross	1010
<b>Canworthy Water</b>	<b>1015</b>
Launceston Westgate	1040
Launceston Tesco	1050

Launceston Westgate	1245
Launceston Tesco	1255
Launceston Westgate dep	1305
<b>Canworthy Water</b>	<b>1330</b>
Warbstow Cross	1335
<b>Canworthy Water</b>	<b>1340</b>
Week St Mary	1400
<b>Jacobstow</b>	<b>1415</b>
<b>Wainhouse Corner</b>	<b>1420</b>
Higher Crackington	1435

## 595 Boscastle – Bude

(a = Schooldays only)

(Partial listing of stops only)

Western Greyhound 01637 871871

### Monday to Saturday

Boscastle	0755	0955	1155	1355	1555	1755
Crackington Haven	0807	--	1207	1407	1607	1807
<b>Wainhouse Corner</b>	<b>0815</b>	<b>1010</b>	<b>1215</b>	<b>1415</b>	<b>1615</b>	<b>1815</b>
<b>Jacobstow School</b>	--	<b>1013</b>	--	--	--	--
Treskinnick Cross	0818	1018	1218	1418	1618	1818
Widemouth Bay	0821	1021	1221	1421	1621	1821
Budehaven School	0828a	--	--	--	--	--
Bude Strand	0830	1030	1230	1430	1630	1830

### Sunday (Summer only)

0855	1055	1355	1655
0907	1107	1407	1717
<b>0915</b>	<b>1115</b>	<b>1415</b>	<b>1715</b>
--	--	--	--
0918	1118	1418	1718
0921	1121	1421	1721
--	--	--	--
0930	1130	1430	1730

### Bude – Boscastle

(Partial listing of stops only)

Bude Strand	0725	0925	1125	1325	1525	1725
Budehaven School	--	--	--	--	1528a	--
Widemouth Bay	0733	0933	1133	1333	1533	1733
Treskinnick Cross	0737	0937	1137	1337	1537	1737
<b>Jacobstow School</b>	--	--	--	<b>1342</b>	--	--
<b>Wainhouse Corner</b>	<b>0742</b>	<b>0942</b>	<b>1142</b>	<b>1347</b>	<b>1542</b>	<b>1742</b>
Crackington Haven	--	0950	1150	--	1550	1750
Boscastle	0752	1002	1202	1402	1602	1802

0930	1230	1430	1730
--	--	--	--
0937	1237	1437	1737
0940	1240	1440	1740
--	--	--	--
<b>0942</b>	<b>1242</b>	<b>1442</b>	<b>1742</b>
0950	1250	1450	1750
1002	1302	1502	1802

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### **Church and Chapel News from Pat Cottell**

#### **Jacobstow Church Harvest Service, Sunday 3<sup>rd</sup> October 6.30pm**

The service of Evensong will be held in the parish church and will have a harvest theme as the actual Harvest festival is not until the following Tuesday.

#### **Harvest Festival, Tuesday October 5<sup>th</sup> 7:30pm**

This year Jacobstow Parish Church will hold its harvest festival in the PARISH HALL. There will be a short service with the old familiar harvest hymns followed by HARVEST SUPPER and an auction of produce. It is always an enjoyable event and being in the parish hall instead of the church there is no restraint on conversation (well gossip really), so don't miss it!

*PS. Please bring your purse for the auction*

#### **Church Stall At Crackington Haven**

On a glorious day weatherwise, Wednesday 10<sup>th</sup> August, Jacobstow Church members manned a stall at Crackington Haven Beach with the theme "Food for a picnic on the beach".

For sale were cakes, pasties, filled rolls etc. and very quickly they sold out of food raising £110 for Church Funds.

***More news on Page 16***

*Jacobstow Journal Oct/Nov 2010*

## **RAINBOWS, 1st WAINHOUSE BROWNIES and GUIDES, 1st JACOBSTOW**

After many years situated in the hall by Wainhouse Corner the Girl Guides have finally come home to where they truly belong – in the heart of Jacobstow.

For many years you would have started Brownies from the age of seven and become a Guide from the age of eleven. However, about twenty-two years ago Rainbows was introduced for children between the ages of five to seven. So covering the ages between five and sixteen, there is something for everyone.

With all three groups having their own unique uniform the children are easily recognisable. Rainbows in red, Brownies in yellow and brown while the Guides wear navy blue.

Rainbows (aged 5-7) and Brownies (aged 7-10) come along on a Wednesday evening between 5.00pm and 6.00pm with Guides (aged 10 onwards) following on at 6.30pm until 8.00pm. The children have already contributed to the community by making a mural for the hall, and with their artistic flair will carry on helping decorate the hall for many more occasions.

While Rainbows enjoy the experience of meeting new friends, playing games and doing art, the Brownies and Guides have the same experiences as well as an opportunity to earn badges on a variety of subjects and skills. During the summer months the children have been able to go outside, maybe for a walk by the canal or a trip to the beach ..... lets hope the weather is kind for some more outside fun.

This is just a quick insight to the Girl Guides hopefully you will be able to read more about what we do in other issues of the Jacobstow Journal.

For more information contact Mrs Geraldine Skinner 01566-781234

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### **Womens Institute**

**Jacobstow W.I.** usually meet on the 2<sup>nd</sup> Thursday of the month in the Jacobstow Parish Hall 7.30p.m and **Canworthy Water W.I.** in the Canworthy Sunday School on the 3<sup>rd</sup> Wednesday of the month at 2.30p.m.

If you are interested in joining or for further information please contact either:-

<b>Jacobstow W.I</b>	Jen Spettigue	tel. no. 01288 361545
<b>Canworthy Water W.I.</b>	Hilda Hicks	tel. no. 01840 261514

Friends of Jacobstow Parish Hall  
invite you to an evening of  
**Wine & Wisdom**

Saturday 23<sup>rd</sup> October 2010 at 7.30 pm  
Teams of six - £5 per head. Come on and have a night out!

Bookings to Janet Cory 01840 -230329

Cover Picture congratulations

Well done to Zoe from Poundstock for designing the cover picture for this edition of the Jacobstow Journal.

Any more little artists out there who would like to see their work in print? Why not set aside the next wet afternoon and put pencils and crayons to paper. The theme can be anything to do with village life, but please make them wide from side to side and not tall from top to bottom. Thank you.

Please send your entries into Sarah Smith, Almar, Jacobstow, Bude EX23 0BN or you can leave them up at Wainhouse Country Stores for my attention.

**BRIDGE - Beginners and Improvers Classes**

Bude Bridge Cub will be holding classes at 2pm every Wednesday from Oct 6th until the end of March 2011.

A qualified English Bridge Union teacher will attend twice monthly & other experienced players will be on hand to instruct and assist weekly.

Venue: Parkhouse Centre Bude. For further information please contact M. Hicks 01288 359784 or J. Ridding 01288 352528



# Interview of the Month with Andrew Martin who rode from John O'Groats to Lands End

by Jeanne Gimblett



*Andrew Martin with Richard Groves*

Andrew and Hazel Martin moved from Week St. Mary to Jacobstow last year. Andrew works in Scotland at a Naval research establishment. All his children attended Jacobstow school as the family have lived in the area for the last 28 yrs. Andrew told me that his work base is near to John O' Groats, so what could be more reasonable than a long distance ride from John O' Groats to Lands End?

Andrew planned the ride as a way to celebrate the memory of his son, Peter. He and his companion Lt. Richard Groves planned to arrive at Lands End on the 1st of September which would have been Peter's 22<sup>nd</sup> birthday. There was only one small problem, the two of them had just over one week to cycle 908 miles, this meant they had to average more than 100 miles per day, a gruelling stint as most of those who undertake this ride allow two weeks minimum. In the event their average speed was 14.64 mph. and they spent 61hrs and 53mins in the saddle.

I asked Andrew how he'd prepared for this marathon. He told me that he had taken up cycling two and a half years ago and had regularly used his bike on his daily ride from base to work. The longest distance he had cycled, before the Lands End ride, was 80 miles. In the past he had taken part in the London Triathlon and had completed the Bude Triathlon this June; the sea was very rough at Bude which made it even more of a struggle for the competitors. I got the impression that Andrew was a man of great tenacity.

Andrew said that he rides a road bike made from carbon fibre, with twenty gears. A pretty good machine, but he still suffered from the inevitable saddle soreness and aching knees.

He gave me some advice for all would be cyclists (like me?) always wear a helmet and make sure the bike fits your height and leg length, or is appropriately adjusted. He assured me that this would lessen the aching knees. I am not completely convinced! Andrew and Richard took the A roads through the majority of the journey, their worst set-back was when a bearing went on Richard's bike at the top of Glencoe!

*Interview continued overleaf.*

It took the couple four hours to do twenty five miles before they were eventually able to get a repair done, the journey was undertaken without a backup vehicle or any trimmings, just the two of them and their bikes. Because of the time they had allowed they had to cycle through Glasgow and negotiate roads with considerable traffic. The worst event for Andrew was on day one at Brora on the A9 when he hit an unexpected pothole and took a dive, he was grazed, but luckily not too damaged. On another occasion a passing motorist clipped the side of Richard's bike but drove right on, not bothering to stop! Day five was probably the longest day of the journey as there was a high wind and they covered 137 miles! They booked B&B's for each night so they had to complete the journey despite set backs. Some of the hills between Exmouth and Holsworthy were very challenging and Andrew still remembers them! I asked what the best moments were and, not unnaturally, he said reaching the finishing line. The most hilarious moment was when Richard forgot to remove his pedal clips and went over with the bike, although maybe not so funny for Richard. One of the loveliest parts of the journey was the ride through the Wye valley, and the excitement of getting to Jacobstow before the last lap of the ride to Land's end. Andrew's son Paul joined them for this last lap. Andrew expressed his thanks to all who sponsored him, the final amount raised was just over £2300. All this money has been donated to Epilepsy Research. If anyone wishes to make a donation please visit [www.justgiving.com/endtoendorbust](http://www.justgiving.com/endtoendorbust)

## *BEARS AND BOXES*



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## County Councillor Report by Cllr Phil Tucker

I hope you had a good summer. My efforts to get smoke alarms into homes continue. I have heard a phrase a few times so wanted to draw attention to this. People have said to me that they didn't want to be "trouble" or cause work for other people. Fire & Rescue Service (FRS) and I am being tasked to ensure that, for every fire, there must have been a smoke alarm working in the property. The only "trouble" anyone could possibly cause is if that isn't so. The FRS have identified that the people most at risk are as follows and if any of these apply then a smoke alarm should be treated as **urgent**;

1. Homes with a person over 70-80.
2. Homes with one adult occupying (either living alone or single parent).
3. Homes that are outside a response time of 10 minutes.

Number 3 applies to all houses in my division so we (you & I) should regard our home and all our friends as a **priority**. I know I have asked people to contact me in the past, and that was very successful. I now ask all readers to consider their friends and neighbours homes as well as their own home. How many of the criteria above do they meet? When you next visit would you look at the ceiling to see if a smoke alarm is fitted, if not get them to contact me. The smoke alarm is fitted free and it helps protect the fabric of the home, the contents, occupants and pets. Please call me and remember, no one in Cornwall has ever died in an accidental fire where a working smoke alarm was fitted.

### Empty Homes

You may have seen in the news that Cornwall has now adopted a policy on empty homes. I have been working on this as a member of the Housing Task Group. This will mean that homes which have been basically abandoned and ruining the look of a neighbourhood will be addressed and brought back into operational use. Some owners have actually emigrated thinking they would keep the house incase they needed to come back to the UK. When do we say enough is enough? After 10 years? Perhaps after 20 years? We have taken the approach that a number of factors will be considered including the effect on neighbours, the street scene and the locality. All homes that have been unoccupied and unkept for more than 6 months will start to affect neighbours and owners will be encouraged to market the property or maintain it. This policy will take a few years to address all the 3,000 long term empty properties, but each property addressed will encourage others to be maintained and rather than get worse we could soon see a snowball effect of properties being returned to habitable standards.

*If you have any concerns, on any issue or if you simply want my help with something, please call me on 01288 341617 or [philip.tucker@homecall.co.uk](mailto:philip.tucker@homecall.co.uk)*

## **Wainhouse Country Store**

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# Hobbies and Interests Page

## NATIONAL COASTWATCH INSTITUTION by John Andrews,

The National Coastwatch Institution (NCI) is a charity set up to help protect life along the UK coastline not only keeping a watchful eye on those on the water but also on the many people who enjoy walking by the sea especially along the cliff paths.

Following the closure of most of the small local coastguard stations around our coasts and the concentration of coastguard activities in locations such as Falmouth, a vital visual watch in areas where these stations have closed no longer exists.

In 1994 two fishermen lost their lives at Bass Point on the Lizard directly below the abandoned coastguard lookout. As a direct result of this tragedy, The National Coastwatch Institution was formed with the aim to restore this visual watch in as many locations as possible. The first station to open was at Bass Point. Currently there are some 41 stations operational in England and Wales with more sites under negotiation.

Cornwall has the largest number of stations for any one county the local station being at Boscastle in the white lookout building on the cliff top just to the south of the harbour entrance. We cover an area from Tintagel in the South and Hartland Point in the North with ship movements as far away as Lundy Island, a distance of 28 nautical miles. Boscastle has been an operational NCI station since June 2003. Our equipment includes a set of tripod mounted 25 x 100 binoculars, a hand held set of binoculars with built in magnetic compass, an Emergency Channel Zero radio used only to monitor Coastguard communications with search and rescue organisations and a radar system useful in poorer visibility and for larger vessels further out. The radar is linked to an AIS screen that identifies and displays information on the larger vessels, e.g. speed, heading and distance from the station. There is a chart plotting table, weather station, pelorus, theodolite and telephones. We also have a Medi-Alert and the station is fully alarmed. The landline has a pre-set link to Falmouth Coastguard.

The station is funded entirely by voluntary contributions and all watchkeepers are volunteers most putting in at least one four hour watch per week. The station is manned 365 days of the year. It is not necessary to have a nautical background to become a watchkeeper as full training is given. All trainees receive a manual covering such topics as Health and Safety, Navigation, Communications (flag signals, radio, etc) Meteorology, Rules of The Road (for vessels at sea), Vessel Recognition and Incident Management. Training takes place usually over a period of six to nine months and following a pre-test and a final test, newly qualified watchkeepers are issued with a uniform to be worn when on duty and at other 'official' occasions.

Boscastle has just over forty qualified watchkeepers of which some seventeen are women. Members of NCI stations in Cornwall are extremely proud that this year we have won the queens award for voluntary service 2010. A presentation is to take place later in the year.

If you would like to become a watchkeeper please contact the writer of this article.

John Andrews, Windy Whistle Cottage, Jacobstow

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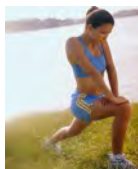
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## **Speedwatch - a report by Dennis Adey**

In this issue we would like to explain the workings of “Speedwatch”.

Motorists are logged if they pass through Wainhouse Corner, on the A39, exceeding the speed limit. It must be remembered that “Speedwatch” only monitors speeds on what is called a “Non-evidential speed gun”, accurate but not useable as evidence.

Our log sheets are handed over to the Bude Police Support Teams. They send out a letter and education leaflets to motorists who need to be reminded of further consequences if they are recorded at any survey point.

Over the last 28 months over 1,400 first time letters have been sent out with twenty second time offenders being warned that the police will take action in future, but at present, no third time offenders! It is evident by the small number of re-offenders that motorists can be reminded to be aware of road rules.

Figures of “speeders” are logged throughout Devon and Cornwall in Parishes where they too are concerned about speeding. However, we are convinced that a more permanent reminder would also be a good way to constantly remind motorists.

With this view, the Parish Council have put some of the 2008/2009 precept aside and also 2010/2011; also our County Councillor, Mr Philip Tucker, was very helpful by allocating part of his 2009/2010 budget to our pot.

It has been proposed that there should be at least one permanently sighted “visual flashing unit” (most likely on the A39 in the Bude to Camelford direction), but the cost of these will be £10,000 to £12,000 each!! We are asking ‘One Cornwall’ for a possible part-funding which is still in progress. Our councillor, Mr Philip Tucker, is hard at work trying to get help and support for a permanent result. The rest is up to you to assist wherever you can.

### Footnote

28<sup>th</sup> July 2010 Mr Oliver Jones (of ‘One Cornwall’) with some colleagues, took the time to meet with Mr Philip Tucker and myself on site to fully discuss our “Wainhouse Corner” traffic problem.

We are now waiting to see what help they can give!

## **St. Gennys Horticultural Show-----Jacobstow Parish Prize-Winners**

The 80<sup>th</sup> annual St. Gennys & District Horticultural Show was held at the British Legion Hall on Friday, 30<sup>th</sup> July.

Congratulations to three sisters, Sian, Cerys and Bethany Osbourne who, between them, won 12 prizes ranging over several Handicraft classes and doing exceptionally well in the miniature garden competition. Mum, Michelle, was also successful with three entries and won The Esme Hanna trophy for being the overall winner in the Rose section of the Show.

Congratulations are also well deserved by Joshua Cobbledick who won two 1<sup>st</sup> prizes and two 2<sup>nd</sup> prizes in the 8yr and over classes. Michael, his brother, also winning 3<sup>rd</sup> prize in the under 5yr old class for a collage. Mrs. Ada Brookes collected 16 prizes, amongst them three 1<sup>st</sup> prizes, in the vegetables section. "The New Witheven Workshop" also had successful entries. L. Goodle won 1<sup>st</sup> prizes for a hanging basket and a planted container. Well done to all the above.

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### **HOBBIES**

Are you a stamp collector (philatelist), or do you know of someone else who is, or would you like to take this up as a hobby?

If so contact Dennis Adey, "Springwood", Jacobstow.

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### **Church and Chapel News from Pat Cottell (contd from Page 6)**

#### **Jacobstow Revel**

The Jacobstow Patronal Festival of St. James' Church was celebrated over the weekend of 24/25<sup>th</sup> July. On Saturday, cream teas were served at the Old School House by kind permission of Mike and Mary Carter. Sunday Morning Service in the church was followed in the evening by a well attended Songs of Praise at Broom Park thanks to John and Jan Thrussle. The service was conducted by Rev James Rugg and St. Gennys Silver Band provided the music.

---

### **PRIZE WINNER !**

Winner of the Puzzle Page competition in the last edition was Roger Dawkins of Jacobstow whose name was drawn from a hat by the Asst. Editor. He wins 2hrs free gardening from "Bordering on Perfection" - see their ad on Page 32

Did you know that you can hire Jacobstow Parish Hall  
for parties, meetings etc?

For further details speak to any Committee Member or  
ring the Secretary on 01840-230173



## **Canworthy & Jacobstow W.I. Reports**

Mrs. Jen Spettigue, **Jacobstow W.I. President**, and her husband Chris welcomed members and their families and friends to a “Cornish Supper” evening at their home, Treskinnick Farm on Thursday, 15<sup>th</sup> July.

Despite the wet and windy weather a few hardy souls braved the elements and enjoyed a curtailed walk by the canal at Hele Bridge guided by Mr. Tim Dingle who recounted the history of the area. On their return a typical Cornish supper of pasties, jam and cream splits and saffron cake was served by Jen and her helpers. A successful and enjoyable evening raised much needed funds for the Institute.


At the July meeting of the **Jacobstow W.I** members were introduced to the art of Calligraphy by Mrs. M.Wood who showed beautiful examples of the craft and demonstrated the basic elements. Prize winners for the best “doodle” were D.Randall, J.Gimblett and J.Curtis who also won the Flower of the month competition. Members were shown a DVD on The Mustard Seed Shoebox Charity and an explanatory talk on the shoeboxes was given by Eve Thain and Pauline Farley at the Sept. meeting. Competition winners were J Spettigue, D.Randall, and J.Curtis. E.Thain won the Flower of the month competition.





The October meeting is on Thursday 14<sup>th</sup> when “A Butchers life for me” talk by Mrs. Margaret Warren from Launceston is scheduled. A slide show of “Garden Birds” by Tim Dingle is programmed for Nov. 11<sup>th</sup>.

At the July meeting of **Canworthy Water W.I.** Jen Spettigue and Pat Lane showed members various examples of their handicraft, e.g. knitting, patchwork, embroidery etc. The competition for home made biscuits was won by Elizabeth Heard, 2<sup>nd</sup> Hilda Hicks and 3<sup>rd</sup> Anne Cross. Members were entertained to a musical afternoon by the talented Mr. George Cook who played the guitar, saxophone and clarinet at the August meeting. The “A Mug” competition was won by Amy Dawe, Anne Cross and Elizabeth Heard.

Congratulations to **Canworthy W.I.** as September is the celebration of the 60<sup>th</sup> anniversary of their foundation. Members are going to celebrate their birthday at the Falcon Hotel, Bude. The October meeting at 7.30p.m. will be “The secret Language of Clothes” and will be open to non- members. November will see members celebrating Xmas early with a meal out and exchange of presents.

## **OCTOBER - events in the local area**

 Don't forget, clocks go  
BACK on Oct 31st.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			 = recycling		1	2
3	4	5 Harvest Fes <u>Parish Hall</u> 7.30	6  Coffee Morning 10.30 - 12.30 Guides 5 - 8pm**	7 Blood Donor Session, Bude Parkhouse Centre	8 Blood Donor Session, Bude Parkhouse Centre	9
10	11 Art & Craft 2pm	12	13  Guides 5 - 8pm**	14 W.I. Jacobstow 7.30pm	15	16 Military Whist Drive 7.30 pm (in aid of St.James Church)
17	18	19 Parish Council Meeting 8pm	20  Coffee Morn. 10.30 Guides 5 - 8pm** Canworthy WI 7.30	21	22	23 Wine & Wisdom 7.30pm
24	25 Art & Craft 2pm	26	27  <b>No Guides</b>	28	29	30
31 						

**NOTE.** Activities are in Parish Hall unless stated otherwise. Guides 5 - 8pm\*\* means Rainbows/Brownies 5 - 6pm, Guides 6.30 - 8 pm

## **NOVEMBER - events in the local area**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3  Coffee Morning 10.30 - 12.30 Guides 5 - 8pm**	4	5	6
7	8 Art & Craft 2 pm	9	10 Guides 5 - 8pm**	11 W.I. Jacobstow 7.30 pm	12 Beetle Drive 7.30 (in aid of St James Church)	13
14	15	16 Parish Council Meeting 7.30 pm	17  Coffee Morning 10.30 - 12.30 Guides 5 - 8pm**	18	19	20 Military Whist Drive 7.30pm (in aid of the Parish Hall)
21	22 Art & Craft 2 pm	23	24 Guides 5 - 8pm**	25 s	26	27
28	29	30  = recycling				

**NOTE.** All events in Parish Hall.

Guides 5 - 8pm\*\* means Rainbows & Brownies 5 - 6pm, Guides 6.30 - 8 pm

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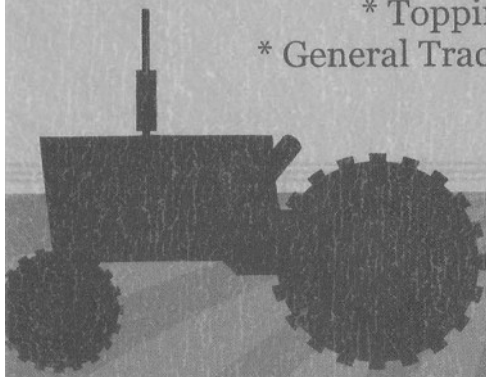
**\* Small Hay Baling**

**\* Topping**

**\* General Tractor Work**

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**Mobile: 07908 112814**



## **Certificate of Award**

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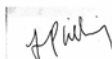
*The Jacobstow Journal*

Has been awarded a grant by the

**Cornwall Community Foundation**

On the 27<sup>th</sup> May 2010

in recognition of their contribution to the local community



James Williams  
Chairman

The staff of the Jacobstow Journal would like to express their appreciation to the Cornwall Community Foundation for their willing and immediate support for this publication.

The Grant received from them has enabled us to purchase a Laptop, a Digital Camera and a Voice Recorder - all of which will be put to good use in the forthcoming months and years to produce articles which, hopefully, will be of benefit to the whole community here in Jacobstow.

The Community Foundation is an independent grant-making charity whose mission is to help build stronger communities by encouraging local groups. They offer grants to small community groups, projects and individuals to help their services and causes, ultimately making their

communities better places to live. We have been informed that in 2007 the CCF approved 249 successful applications for funding and the distribution of £728,000 in grants, with a total of £2.8m since starting in 2003.

Should you wish to find out more about their work, or how you can help them, contact them on 01566-779333 or email [office@cornwallfoundation.com](mailto:office@cornwallfoundation.com) More details can be found on their website [www.cornwallfoundation.com](http://www.cornwallfoundation.com)

## **GET KNITTED**

Community Service Volunteers, Knitting Division, are looking for volunteers. Can you could help by knitting any of the following articles:

Cardigans and Jumpers 0-10 yrs, Hats & Scarves, Hats for the Troops  
Fingerless Mittens (pattern provided) 6 inch squares for knee rugs  
(knitted or crocheted)

If you can help with any of these items, you will be giving a child, elderly, or homeless person the chance to be a little more comfortable in the coming cold weather. Some of the people helped are made suddenly homeless and have small children. Contact Sarah Smith on 01840 230565 for further details.

## The Garden Spot by Bob Rudd

Now is the time to clear your vegetable plot to be ready for the sowing of early peas and broad beans. So dig the area to be sown and feed the ground with compost and "growmore". Take out a trench about a spade width and sow peas about 2 inches deep in a staggered pattern, cover with a cloche. Broad beans need to be sown about 4 inches deep, 6 inches apart and covered with a cloche or fleece.

Cut down perennials and grasses to ground level if they look untidy, but do not cut back large leaved plant's like Hostas. Prepare a bed for spring, clear the bed, fork it over and remove the weeds. It can be planted with a mixture of wallflowers, pansies and forget me nots. Bellis daises can be split and planted. Mix this with bulbs like anemone, tulips and daffodils.

This time of year is ideal for planting climbers because the soil is still warm to help the roots build up a good system of growth. All climbers should be planted with the root ball level with the soil, the exception is clematis which wants to be planted about 6 inches deeper than the soil level, give them a good mulch of chipped bark.

Get the tender plants in pots into the greenhouse or under cover. I always bring my peach tree indoors for the winter and spring to avoid peach leaf disease.

Before raking the lawn free of leaves and treating with an autumn feed, spot weed where needed. Don't forget the bag up the leaves and leave them to rot down for lovely compost next year. Make sure you spike the bags with a fork to allow ventilation.

Any questions? - if you have any gardening questions, Bob will endeavour to answer them. Just jot down your query and drop it into Almar, Jacobstow, or leave it up at Wainhouse Country Stores for his attention. He will contact you before the next edition to offer advice and the question and reply will feature in the next gardening column.

### REBEL REOPENS DOORS

You may have noticed the covered signs up at Treskinnick Cross and wondered if they are connected with the Rebel Cinema. We have contacted the owners of the Rebel and they have told us that they hope to have the Cinema open again by February next year, half term week was mentioned. As your first stop for local information we will keep you informed of any progress and hope to have a full interview with the manager in a future edition.

## Puzzle Corner

Welcome to your "tea break" puzzle page, this page is sponsored by 'Bordering on Perfection' gardening services, please see the advert on page 32 for further details.

Solve the puzzles and return the completed page (or a photocopy) by 5th November to Sarah Smith, Assistant Editor, Almar, Jacobstow EX23 0BN (or leave at the Wainhouse Country Store) for the chance to win 2 hours free gardening from Bordering on Perfection. In the event of a tie the winner will be drawn from a hat by the Editorial Team. The editor's decision is final.

M	O	R	N	I	N	G	S	I	T
F	I	R	S	T	A	R	E	G	L
R	E	S	T	F	U	L	D	O	A
O	A	U	T	U	M	N	A	L	C
S	I	G	H	Y	X	I	T	D	I
T	E	L	P	R	U	P	E	E	G
C	O	L	O	U	R	A	E	N	A
S	U	O	I	R	E	T	S	Y	M

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

Autumnal	Colour
First	Frost
Golden	Magical
Misty	Mornings
Mysterious	Nip
Near	Purple
Red	Restful
Sedate	Sigh
Sit	Star

### VOWEL PLAY

Can you add the missing vowels to complete these birds

- |          |             |
|----------|-------------|
| 1. R K   | 6. T C N    |
| 2. C R N | 7. V C T    |
| 3. R V N | 8. C C K T  |
| 4. B S   | 9. H P      |
| 5. P W T | 10. W H T R |



### QUICK QUIZ

- How many furlongs are there in 1 and a half miles?
- Who, with Tim Brooke-Taylor and Bill Oddie make up the Goodies
- In which European city is the Trevi Fountain
- Which is the largest: a basketball, a water polo ball or a football?
- Which car maker has produced the Astra and the Vectra?

Name: .....

Tel. No: .....



# **Wainhouse Allotments**

**Really local food  
Do you want to grow your own?  
Waiting list started**

St.Gennys Allotment Society started the allotments last November and have been reaping the rewards for their efforts over the summer. The small initial area has been drained, a rabbit fence installed and 7 plots developed by 8 of the members.

We have started a waiting list just in case anyone moves on. However, if there is sufficient interest we may be able to develop a similar sized area. The new area would face the same issues, including start-up costs of £50 for each small plot (approx 125 square metres). Starting from scratch is hard work, but the rewards are well worth the effort - healthy exercise and really fresh tasty nutritious produce!

If you are interested in joining the waiting list, contact Ron Muckleston on 01840-230127 or [stgennysfood@gmail.com](mailto:stgennysfood@gmail.com)

*Editor's Note. Although they are run by St Gennys Allotment Society, the allotments are in Jacobstow Parish, near The Old Wainhouse Inn on "our" side of the A39.*

## **Jacobstow Art and Craft Club** we

meet on a Monday afternoon every two weeks in  
the Parish Hall 2.00 pm until 4.00pm

Autumn meetings began on 27th Sept and new members are welcome

### **Autumn Programme**

27th September	Glass Painting
11th October	Making a papier-mache cat
25th October	Continue making the cat
8th November	Making Mosaics
22nd November	Making Mosaics
6th December	Cards and Boxes

You are also welcome to bring your own craft-work to continue.

There is a fee of £2.00 each week to cover the cost of the hall.

For further information phone Jeanne Gimblett on 01840-230113



## **Eden for all the family on Sunday's**

Oct 3rd – JAF Messy Church 10.30am – 11.15am – Tea, Coffee and cakes

Oct 10<sup>th</sup> - JAF Celebration 10.30am – 11.15am Tea, Coffee and cakes

Oct 17<sup>th</sup> – JAF – Verity 10.30 am

Oct 24<sup>th</sup> - JAF Praise with “Light Band” and “Little Lights” 10.30am – 11.15am Tea, Coffee and cakes

Oct 31<sup>st</sup> - JAF Something Different – Nicholson 10.30am – 11.15am

Nov 7<sup>th</sup> – JAF Messy Church 10.30am – 11.15am – Tea, Coffee and cakes

Nov 14<sup>th</sup> - JAF Celebration 10.30am – 11.15am Tea, Coffee and cakes

Nov 21<sup>st</sup> – JAF & Brigade 10.30am – 11.15am Tea, Coffee and cakes

Nov 28<sup>th</sup> – JAF Praise with “Light Band” and “Little Lights” 10.30am – 11.15am Tea, Coffee and cakes

Dec 5<sup>th</sup> - JAF Messy Church 10.30am – 11.15am – Tea, Coffee and mince pies

Dec 12<sup>th</sup> – **JAF Christmas special 2.30pm** Tea, Coffee and mince pies

Dec 19<sup>th</sup> –JAF Christingle 10.30am Tea, Coffee and mince pies

Come and join us and find out what fun it is for your self – one mum who came for the first time not long ago said I thought it would be boring but I have really enjoyed it!

### **Happy Days for Jacobstow Nursery**

Staff, children and parents at Happy Days Nursery are celebrating following a recent inspection visit from Mr Anthony, an Ofsted official. The nursery, which is based in the grounds of the village school, achieved the highest possible grade from Ofsted - Outstanding.

Mr Anthony's comments included “a very well organised and secure setting” and “enhanced and imaginative use of the outside area”.

Becky Johns, the manager of the nursery, said “I am overjoyed with the result, which is entirely a team effort” and the director of Happy Days, Sarah Karkeek said “we are extremely proud of the Jacobstow team, the local community must be delighted to have such a wonderful facility”.

We are grateful to Happy days for showing support to the Jacobstow Journal by placing an advertisement with us that can be found on Page 35 (inside Back Cover).

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## **BRIGADE**

**The 1<sup>st</sup> Eden Brigade (North Cornwall) Company** got off to a flying start on September 9<sup>th</sup> 2010 when 19 children and young people joined. The three sections – Anchor Section - 5 -8year olds, Junior Section 8 – 11 year olds and the Challenge /Company Section 11 – 15 year olds, all enjoyed an evening of various activities including making a Christmas cake, marching, playing games, cutting out and colouring. After a great evening everyone had 25p to spend at the tuck-shop before leaving for home. The Company minibus was a great attraction and will be a valuable asset for trips out and fetching & delivering children / young people on Thurs. Nights.

### **Autumn Term Programme started Sept 9th . Activities from Oct. shown below. Junior Section Crafts**

- Oct 7<sup>th</sup> - Start making calendar
- Oct 14<sup>th</sup> - Make mince pies
- Oct 21<sup>st</sup> - Make Christmas decorations
- Oct 28<sup>th</sup> - Finish calendars
- Nov 4<sup>th</sup> - Guy Fawkes evening – For all the family
- Nov 11<sup>th</sup> - Almond paste Christmas cake
- Nov 18<sup>th</sup> - White ice Christmas cake
- Nov 25<sup>th</sup> - Decorate Christmas cake
- Dec 2<sup>nd</sup> - Prepare for Christmas presentation day
- Dec 9<sup>th</sup> - Prepare for Christmas presentation day
- Dec 12<sup>th</sup> (Sunday) - Christmas Presentation and display of this terms work 2.30pm  
All the family and everyone welcome.
- Dec 16<sup>th</sup> - Christmas party

If you are 5 - 18 years of age why not come and join us for a fun packed evening .

---

**The 1<sup>st</sup> Eden Brigade (North Cornwall) Company  
meet every Thursday 6.15pm -7.45pm  
at Eden, Headon Cross, Jacobstow  
For - Boys, Girls and young people - 5 -18 year of age  
Own minibus pick up and drop off points. Call 01566 781346**

---

### **JAF & Brigade Christmas Presentation at Eden**

**On Dec 12<sup>th</sup> at 2.30pm**

A full program of singing, drama, music, dance and our  
“Light Band” and “Little Lights”

Carol singing for all to join in. Tea coffee and mince pies

Please come and support these children and young people and see how gifted  
they are!

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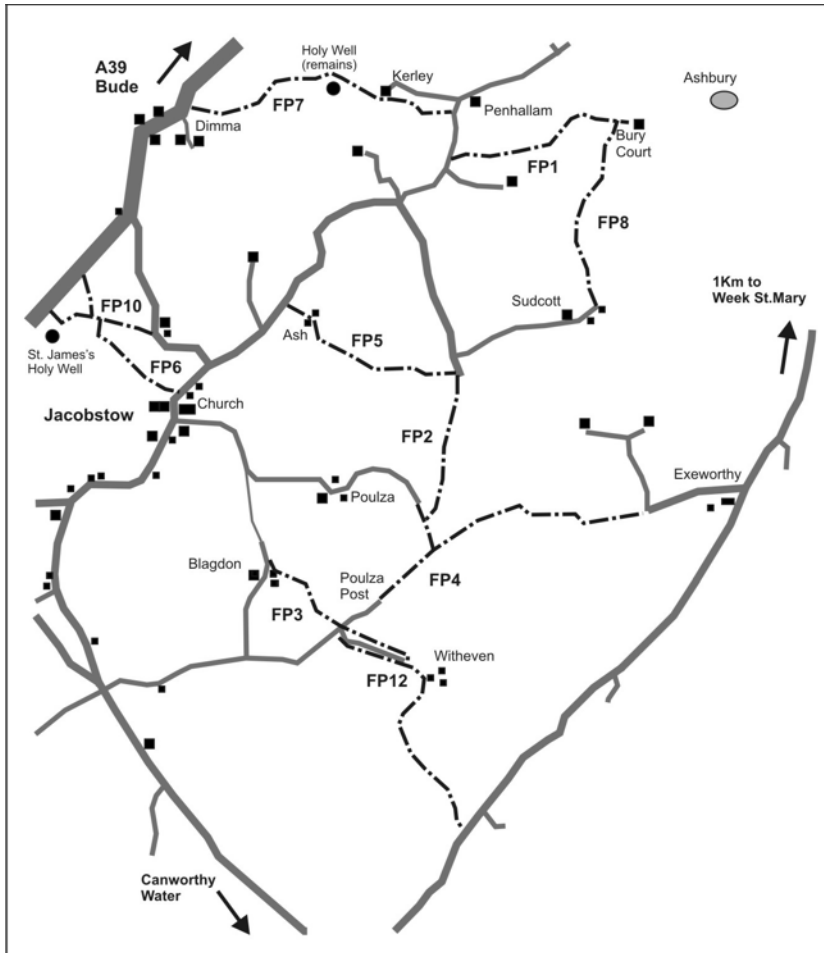
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## FOOTPATHS OF JACOBSTOW

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- ① Enjoy the countryside and respect its life and work
- ① Guard against all risks of fire
- ① Leave livestock, crops and machinery alone
- ① Keep your dogs under close control
- ① Use gates & stiles to cross fences, hedges and walls
- ① Take special care on country roads
- ① Take litter home with you
- ① Help to keep water clean
- ① Fasten all gates
- ① Protect wildlife, plants and trees
- ① Make no unnecessary noise

If anyone is interested in being guided through the walks in the autumn or winter then please contact Mary Carter on 01840-230656 so that a group walk can be organized.

## Letter to the Editor

Dear Editor

What a super journal we now have!! It is extremely enjoyable, useful and comprehensive, suitable for anyone living in or around Jacobstow.

I wondered if you might like to include a "poets corner" as I believe there are several poets in or around Jacobstow. My little rhyme might be suitable for the blackberry season if you want it, if not, please ignore it, as I am sure we will all still enjoy this brilliant little journal.

Yours, Eve Tilsley.

*Editor's Comment.*

*Thank you Eve for your very kind words, these are much appreciated. As you can see we have printed your poem on the next page and would be pleased to hear from any other budding poets in the Parish. If there is enough interest we will certainly consider a Poets Corner as you suggested.*

---

### **An invitation from the Editor.**

If you would like to see your letter in print then email [jacobstowjournal@gmail.com](mailto:jacobstowjournal@gmail.com). Don't worry if you don't have access to the internet, just write the letter by hand and post it to us (address on the inside cover page) and we will do the rest.

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## **IN A BIT OF A JAM** - by Eve Tilsley

I went brambling in Jacobstow one sunny afternoon

I thought of jams and tarts that I'd be making very soon

Stout leather boots were just the thing, my new mac "just in case"

I set off optimistically to find a starting place

I spotted one just in the field, the brambles ripe and full!

I jumped and dropped the five I'd picked, when chased by a bull!

I tried again along the road that leads to Week St Mary

And spotted just above the hedge the ripest blackest berry!

I stretched and reached high as I could, my hands and arms got scratched

The thorns that tore my blouse to bits, ignored my prize was snatched!

I need at least a pound, I thought, I must pick many more.

My new boots found a cowpat and now my arms were sore.

The stinging nettles did their job, the thorns scratched through my hair

My new Mac brought along "in case" received a six inch tear!

I ricked my ankle in the ditch no clouds were coming yet.

I left the Mac and wondered off, wrong move, I ended up wet!

It cleared again and on I went, I knew I'd need a pound.

A lovely patch came into view, at last my goal I'd found.

Why is it that the largest ones are always out of reach?

I pulled a muscle stretching up to get eight ounces each!

The next ripe fruit I then did spy was just within my grasp

I didn't notice, till the sting, it came complete with a wasp!

With stings and scratches, ankle sprained, it seemed complete disasters

My clothes all ripped would cost me dear, not to mention plasters.

I carried on my picking though my ankle still felt strained

And the dripping of the purple juice had made my trousers stained!

Now both new boots were ruined as another pat I found

But, I gaily turned towards Jacobstow, at last I'd got my pound.

---

### **Congratulations to Irene Webster!**

Irene, who is not one of the youngest people in the Parish, has been working hard in her (very) limited spare time and has just been awarded a City & Guilds, Level 1, in Functional Skills, Information and Communication Technology. She says she is thrilled that her hard work in learning computer skills has earned her an "ology"! This just proves to all of us that if you really want to do something, then age is no barrier.



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## Recipe of the Month by Marion Reason

### This month - Classic Dauphinois

---

150ml Single Cream	2lb Maris Piper potatoes
150ml Double Cream	Salt & Black Pepper
1 large clove of Garlic	Butter for greasing



Grease a fairly shallow oven-proof dish.

Put the double and single cream in a dish and add crushed garlic.

Peel and thinly slice the potatoes. Do not leave the sliced potatoes in water as the end result will be watery.

Put a layer of potato in bottom of the dish, slightly overlapping. Season with salt and pepper and pour over a little of the cream mixture. Continue layering until all is used up, finishing with cream. Bake in a pre-heated oven 160 deg C (325 deg F, Gas Mark 3) for about 1 ½ hours or until the potatoes are cooked.

#### Variations:

1. For Gratin Dauphinois use 4oz grated Gruyere cheese in layers finishing with cheese.
2. Instead of potatoes use thinly sliced Aubergine or Fennel or even parsnips (if using Fennel leave out the garlic).

---

## The Friends of Jacobstow Community Primary School

Registered Charity No 1097360

The Friends of Jacobstow Primary School (FoJPS) have found a good way to raise much needed funds for the school. 'BAGS 2 SCHOOL' involves collecting unwanted items of clothing (including shoes and handbags), bedding, towels and general household/family linens, putting them into bin/recycling bags and taking them to school ready for collection on 16<sup>th</sup> November. The more the school collects the more money we raise. The 'friends' would be very grateful to anyone who is able to contribute – it's easy, quick and gets rid of your unwanted things! The FoJPS raise money to buy the extra things which make school life more interesting and fun and which can't be afforded from the normal school budget; we are currently raising money to pay for an adventure trail on the school field.

# Neighbourhoodwatch - a report by Dennis Adey

## Unwanted BT Telephone Call?????

Within two weeks of the starting of our scheme, members were alerted of a verified new scam beginning to sweep the United Kingdom.

It starts with a supposed telephone call initiated by BT informing you of a non-payment and unless you pay up £31.00 there and then, by card, the BT line would be disconnected (cost to re-connect £118.00).. That day he then demonstrates that he can do just that!!

Unbeknown to you, by pressing his mute button, you can be fooled into thinking your line has been disconnected.

He will then re-ring you to make his point.

**PLEASE DO NOT BE FOOLED !**

BT will only take this action having first sent out several reminder letters.

Never give your full card details over the telephone as with this sort of pressurised attitude, it could be disastrous to you financially.

If you would like to join Jacobstow's Neighbourhood Watch Group for your peace of mind, instant notice of potential problems and a possible reduction in your house contents insurance, please contact the Asst. Editor, Jacobstow Journal. Details on Page 2 of this issue

### **Camel Ramblers - Crackington Haven Walk**

Saturday 23rd October at 10.30am

Meet at Crackington Haven car park. Grid reference: SX 142 971

Route: Hallagather, Pencuke, Rosecare, Mineshop.

Distance: 5 miles, 3½ hrs. Moderate. Bring: Boots, food and drink

NB: Not suitable for very fast walkers, dogs welcome.

Contact: Gill - 01840 230773

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Jacobstow

### **Happy Days Nursery**

(off A39 at Wainhouse corner)

24 place Nursery for children up to and including 8yrs old

Open 51 weeks of the year

Monday-Friday 8am-6pm

Happy Days is pleased to offer up to 15 hours per week FREE early years education and childcare for all 3 and 4 year olds throughout the year, including school holidays.

FOR FURTHER INFORMATION contact us on 01840 230507 OR visit our website

[www.happydaysnurseries.com](http://www.happydaysnurseries.com)

A WARM WELCOME GUARANTEED



Dereck A Smith

## Quality assured Painting and Decorating

2 South Park

Jacobstow, Bude

Tel: 01840 230631 (Home)

07811235761 (Mobile)

[thepainterandhiswife@tiscali.co.uk](mailto:thepainterandhiswife@tiscali.co.uk)



## **Useful Contact Numbers**

### **Local Authority**

Cornwall County Council	03001 234100
Bude "One Stop Shop"	03001 234111
Cornwall Library Service	03001 234111
North Cornwall MP Dan Rogerson	01566 777123
Phil Tucker (Local County Councillor)	01288 341617
Police (Non emergency)	08452 777444
Crimestoppers (Anonymous)	0800 555111
Floodline	0845 9881188
Sita Recycling Centre, Tiscott Wood	01288 355131
Dog Warden	01208 893407

### **Healthcare**

NHS Direct	0845 4647
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### **Hospitals**

Derriford, Plymouth	0845 1558155
Treliske, Truro	01872 250000
Barnstaple	01271 322577
Bodmin	01208 251300
Launceston	01566 765650
Stratton	01288287700

### **Doctors Surgery's**

Boscastle	01840 250209
Neetside, Bude	0844 8151358
Medical Centre, Stratton	01288 352133
Camelford	01840-213894

### **Jacobstow Organisations**

Infants School	01840 230337
Women's Institute Mrs J Spettigue	01288 361525
Jacobstow church Mrs R Fox	01840 230153
Art Group	01840 230113
Parish Hall Bookings Mr R Reason	01840 230173
Scout and Cub Groups Mrs D Dowling	01288 352786
Guides and Brownies Mrs G Skinner	01566 781234
Wainhouse Post Office and Stores	01840 230554

### **Other Numbers**

National Rail Enquiries	08457 484950
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