

Jacobstow Journal



Providing news and information for the Parish of Jacobstow

www.jacobstovvillage.co.uk

Issue: 84
Oct/Nov 2024



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

Editorial by Sarah

I'm in the hairdressers, retrying to get some sort of order to my bonce. When I arrived they told me that all the card machines are down and that they can only accept cash. This brought it into glaring focus about how much we rely on cards and technology. I had to bustle down the road to a cash point as I hardly carry any cash anymore. I even know of people who don't even carry cards anymore, they rely on their phones to make payments. It is really alarming on how quickly we have adapted to this way of living.

So I think the moral to this story is always make sure you've got enough in your purse to pay for a haircut.

As I'm away Sue and Celia have complied and edited this edition, thanks to them for letting me run away clipping my heels, with a lovely new haircut.

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 (DATE OF NEXT EDITION) edition will be (DATE) 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: Mrs Charmaine Smith

Parish Clerk: Mrs D. Turner 01566-781269

Members: Mr Norman Osborne Mr John Shepherd Mr Andy Vogel
Mrs Ilona Franklyn Mrs Sarah Smith Mr Peter Chapman

The Parish Council meets in the Parish Hall on the 1st Tuesday of every month (except for August). Meetings commence at 7.30 pm. Members of the Public are welcome to attend but any items for inclusion on the Agenda should be submitted to the Parish Clerk at least 10 days before the meeting. There is an opportunity to raise questions at the beginning and end of the Council meeting but questions (and answers) raised at these times are not recorded in the Minutes.

Editor's Note The report on each month's Parish Council meeting is a summary prepared by the Parish Clerk. *We have omitted certain minor items for brevity* but a full version of the minutes is displayed on the Parish Hall notice board (after formal approval) at the following month's Parish Council meeting also the Agenda and Minutes of previous meetings are on the village website www.jacobstowvillage.co.uk

Summary Jacobstow Parish Council Meeting held on 6th August, 2024

Cllr Charmaine Smith chaired the monthly meeting with four councillors attending.

Penhallym – Email received saying that detailed plans and quotes for the installation of the replacement bridge had been obtained however it is extremely unlikely that English Heritage will have the funds to complete this work in this financial year.

Planning Application No PA24/05096

Conversion of chapel into dwelling and change of use of outbuilding to ancillary residential use etc. Reply saying councillors disagree with this application they would like a more definitive plan for the ancillary building and the sewerage system.

Goldfinch Close – Parishioners were not happy with the way allocations for the new dwellings were dealt with. The properties should have been for Jacobstow residents first. Clerk to write to the local MP Ben Maguire and Angela Morrissey, Head of Housing, regarding this and saying that any future developments should have a representative from the Parish on the selection committee.

Accounts to pay:- Chris Lloyd, Annual Footpath trimming - £680.00

Solar Farm – It was agreed Cllr. Chapman represent the Parish Council at the Planning hearing.

Summary of Jacobstow Parish Council Meeting

Summary Jacobstow Parish Council Meeting held on 3rd Sept 2024

Cllr. Charmaine Smith chaired the monthly meeting with five Councillors, The Clerk and four members of the public attending.

Mr Fernley Chambers spoke saying how unhappy he was at the way the allocation process for the new properties at Goldfinch Close had been dealt with. The properties were supposed to be for people in the Parish first and after that, adjoining parishes.

Jacobstow Journal – *It was discussed and agreed to give the Journal £1,000 from the Solar Account.*

Planning Application PA24/06339 Double garage with cake decoration/store room. - Jacks Meadow, Wainhouse Corner. Councillors support this Application.

Defibrillator – *Email received advising that there will be an account to pay for the next four years use of the defibrillator.*

Goldfinch Close – *Reply received from Mrs Angela Morrissey of Cornwall Rural Housing saying that each and every application had been scrutinized, investigated and verified. They acknowledge Councillors request that any future properties include a local Parish Council member on the Selection committee.*



Thank you to everyone who supported our annual 'Tractor Rally', super day raising £712, profit going towards the Scout hut and Scout Group.



Have you taken note of Scouting updates?

Cubs: Monday 6.30-8pm - Daphne Dowling 01288352786

Scouts: Tuesday 6.30-8pm - Robert Medland 07842084971

Beavers: Wednesday 5.30-6.30 - Josie Shepherd 07855001284

All meetings are at the 'Scout Hut', Rosecare, St Gennys.



Jacobstow Neighbourhood Watch



NEIGHBOURHOOD WATCH - Mobile phone security.

With increasing numbers of mobile phone thefts here is the latest police advice: Don't leave your phone, iPad, tablet or camera unattended, out of your sight, or left on a table. Thieves can grab a phone from a table in seconds. Be aware of your surroundings and only use your mobile when it feels safe to. When you've finished using it, put it away.

If your phone gets stolen: Use your phone's security features to stop someone using your phone if it's stolen. Choose a strong PIN, passcode, password or pattern. Get your phone's IMEI number by typing *#06# on your phone keypad. Keep a note of it somewhere other than on your phone. The IMEI can help track the phone down if it's lost or stolen. Set up a tracking app on your phone so you can see where it is from another device like a laptop. Use it as soon as possible, before thieves have a chance to disable it. Turn off message previews, so that thieves won't see any messages about reset or login codes when your phone is locked. Make sure your phone data is regularly being backed up, either automatically over wifi or by plugging it into a computer. There's somewhere else you can get access codes sent to (two-factor authentication codes) to access your data from another device. You should keep important information like family and friends' phone numbers and passwords somewhere else secure, not just on your phone. See your device's help pages for help with device location tracking, account recovery and message preview settings. Apple help pages for iPhones Google help pages for Android phones.



Any urgent information will be posted on the jacobstow village facebook page, don't worry if you do not use Facebook, go to the jacobstow village web page and follow the link from there

www.devonandcornwall-pcc.gov.uk

This is your link to the Police Commissioner's Report

Ingredients : For the cupcakes

140g/5oz butter, softened
250g/9oz caster sugar
2 free-range eggs, lightly beaten
1 tsp vanilla extract
150g/5½oz plain flour
75g/2½oz self-raising flour
1 tsp bicarbonate of soda
50g/2oz cocoa powder
200ml/7fl oz buttermilk or plain yoghurt

For the marshmallow icing

250g/9oz sugar
120g/4¼oz golden syrup
4 free-range eggs, whites only
2 tbsp chocolate sugar strands

Method

Preheat oven 180C/350F/Gas 4. Line twelve muffin tins with muffin cases. For the cakes, beat together butter and sugar with a hand-held mixer until very light and fluffy. Add eggs little at a time, beating well after each addition. Add vanilla extract with the last of the egg. Sift together the flours, bicarbonate of soda and cocoa into a large mixing bowl. Gently fold the flour mix into butter mixture along with buttermilk until completely combined and smooth. Place dessertspoonful of the batter into each muffin case then bake in the oven for 20 mins until firm to the touch. Place on a wire rack to cool.

For the icing, place sugar, golden syrup and four tablespoons of water into a large saucepan. Heat gently, stirring until sugar has dissolved. Bring the sugar syrup to the boil and cook for about 5-6 minutes until the syrup reaches 115C/239F when measured with a sugar thermometer. Remove pan from heat. While the syrup is boiling, in a large bowl whisk the egg whites with a hand-held mixer until soft peaks form when the whisk is removed. Then, with the mixer on a low speed, pour in the sugar syrup in a thin steady stream - be careful not to pour the syrup onto the beaters as it may splash onto your hands. Once all the syrup has been added increase the speed of the mixer and mix for about 10 minutes until the icing is completely cool, thick and glossy. Do not skimp on the whipping or your icing will be too soft and your ghosts will sag. Place the icing into a piping bag fitted with a large plain nozzle. Pipe a circle of icing onto each cupcake. Then, holding the bag upright over the centre of the cake, pipe a tall mound of icing, then quickly pull the tip away to form a small peak on the top. Add chocolate sugar strands for eyes or any decoration you fancy. The meringue icing will keep out of the fridge (the sugar syrup will have pasteurised the egg white), but make sure they don't get too hot or the meringue will melt.

Halloween Ghost Cupcakes



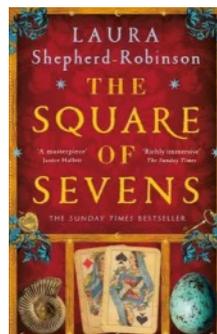


SUNDAY
27TH
OCTOBER
@ 2am

Jacobstow Book Club

'The Square of Sevens' by Laura Shepherd-Robinson

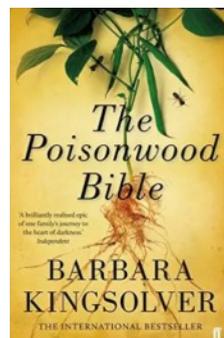
This is the story of Red, a young woman, who earns a living, with her father, telling fortunes in the fairs and villages of Cornwall, using an ancient method known as the Square of Sevens. When her father dies, she becomes the ward of a gentleman scholar and moves to Bath, where her reading of the cards proves popular with high society visitors. Red harbours an interest in who her mother was and how she died and, with her new found contacts, begins a journey to help solve the mystery. This takes her to London and into the grand houses of two of the richest and most powerful families in England. It also leads into grave danger.



The group generally enjoyed this novel but, with so many characters and so many twists and turns and references to the past, it sometimes became quite confusing.

'The Poisonwood Bible' by Barbara Kingsolver

Nathan Price, a Baptist minister, moves his family to a remote mission in a village in the Belgian Congo. He is determined to convert the locals to Christianity but, when he tells the chief that he intends to hold baptisms in the river, which is full of crocodiles, the villagers turn against him, believing he wants to kill them and they start to regard the family with suspicion. The mother and children have to adjust to the harsh conditions of living in the jungle, with no electricity no running water and very little food. They have to deal with mosquitoes and poisonous snakes, days of heavy rain and then terrible drought. When The Congo gains independence, they are warned that they are in danger and should leave but Nathan refuses to go, despite heartfelt entreaties from his family. This has dramatic and dire consequences.



A beautifully written story, told through the voices of the mother and her four daughters but many in the group found it too long and difficult to engage with.

CHURCH AND CHAPEL SERVICES

Sept 29th Benefice Service Lesnewth 10.30am
Jacobstow
Oct 20th Harvest Communion 10.30am
Nov 3rd Morning Prayer 10.30am
Warbstow
Oct 6th Harvest Service 15.30pm
Nov 11 Communion Service 10.30am
Remembrance Sunday 10th Nov
Warbstow War Memorial 10.30am
Remembrance Service St Gennys Church 15.00pm

Sunday 13th Oct 14.30pm Jacobstow Hall £5
All at Sea - Ukalale Band and Cream Teas



Jacobstow Church



Living Water Methodist Church - Sun 10.30

6th Oct Morning Worship and HC
13th, 20th, 27th Oct Suda Morning Worship
3rd, 10th, 24th Nov Morning Worship
17th Nov 10 Morning Worship and HC

Bethel Methodist Church - Sun 10.30

14, 27th Oct, 10th, 24th Nov Sun Morning Worship 10,30

Monday 14th Oct 7.30pm **Harvest Supper and Sale Bethel**

Friday 29th Nov 6.30pm **Christmas Wreath Making Evening Bethel**



Coast Family Church

Sunday services on the
first, third and fifth Sunday of
the month at 10.00am Jacobstow
Village Hall.

Come and join us

All are welcome

Non-denominational

CHURCH AND CHAPEL NEWS & EVENTS

Jacobstow Parish Hall Forthcoming Events

Saturday 26th October 7pm: Quiz night.

Tables of up to 6 people, **£5 per person.**

Please bring your own alcohol but soft drinks and nibbles will be provided as will tea and coffee.

Book your team with Lynsey on 07399 328206 before Monday 21st October.

Saturday 16th November Craft fare/table top sale at 2pm.

To book your table please contact Pat on 01840 230743. **£5 a table.**

Proceeds jointly to the hall and church.

Tuesday 3rd December: OAP Christmas lunch at 12pm for 12.30pm

Book your place by Monday 25th November with Lin on 01840 230 266.

This event is as usual free to all residents of Jacobstow over 67



Jacobstow Church Rector

The procedure is underway applying for a new Rector for the Boscastle Group of Churches which includes Jacobstow with Warbstow and Treneglos. In the meantime Services will continue for Services across the Benefice.

See the Notice at the Church and Church gate.

Contact numbers : 01840 230526 or 01840 250625

Church Draw Results

	1st	2nd	3rd
October	Mr T Smith	Mrs F Franklyn	Mrs W Smith
November	Mrs H Spry	Mr K Shelley	Mr K Fullor

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AUTUMN IN THE GARDEN

The garden is often filled with vibrant colour during the autumn months, with produce still being harvested and the changing colours of leaves and berries to enjoy. Vegetable plots can be dug over as space is vacated and manure added to replenish nutrients; over-wintering veg such as leeks, parsnips, winter cabbage and sprouts may need protection from excessive wet and windy conditions.



The best apples should be treated gently and stored, wrapped individually in newspaper in a cool, dry place. Windfalls are best cooked up as soon as possible before they deteriorate.

Rambling roses will benefit from pruning and re-training in October - remove any damaged or weak stems, and hard prune all old flowering stems back to ground level, then select the best new growth and tie these stems in to produce your desired shape and spread for next year's display. Late flowering clematis can also be hard pruned to encourage new growth next year.



When pruning and trimming shrubs, younger growth can be saved and used as cuttings, either pushed into an area of sheltered, fertile ground or into pots in the greenhouse or cold frame. Water those in pots sparingly and next spring, when shoots appear, cut back to 2 or 3 buds from the soil. They will be well rooted and ready to transplant the following autumn.

Garden birds will enjoy feasting on berries and rosehips as the weather cools and smaller birds like to shelter in the undergrowth, so leave some less tidy areas for them and leave some garden debris for hibernating insects and invertebrates.

As planters and pots look past their best, consider a winter display with pansies, evergreens, and cool grey foliage which looks good in the lower light levels. Add a few snowdrop bulbs for contrast with cyclamen and crocus for early spring colour.



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National and Healthcare lottery now available



A warm welcome from Sue, Neil and the Team is assured at the Old Wainhouse Inn. We hope you enjoy the warm relaxed atmosphere.

Sunday Carvery 12-8pm with limited Sunday menu

Daily meals 12-9pm

Please phone to check times and/or book your meals

The Old Wainhouse Inn

Booking is advisable Tel: 01840 230711



This Issue's Weird Hobby is Bog Snorkelling

For a truly unique test of skill and endurance, the only place to be is a muddy peat bog just outside Llanwrtyd Wells in Mid Wales. Here you'll find the challenging Rude Health Bog Triathlon and its sister event, the globally famous Rude Health World Bogsnorkelling Championships, which take place over the August Bank Holiday weekend. Whether you want to get down and dirty as a competitor or simply watch these brave athletes push themselves to the limits, it's an entertaining and unusual event.

There's a choice of options if you fancy competing, and why wouldn't you? There's the gruelling Bog Triathlon, which starts with an eight mile run, followed by a 12 mile mountain bike ride and ends with a length of the 60-yard bog trench. There's also a bit-size version which features a three-mile run and six-mile ride plus the obligatory dip in the bog which is ideal for younger and less hardened competitors. Then it's the turn of 150 elite Bogsnorkellers, each trying to swim the murky trench cut into the Waen Rhydd bog as fast as they possibly can. The time to beat is that of Neil Rutter, the present champion and four times champion, who set a record of 01.18.23 in 2018.

*Information taken from Visit Wales website



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

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BEN MAGUIRE Our new Lib Dem MP (Extracts from his Facebook page)

Quick announcement about the SEN Provision event: We're rescheduling it for SATURDAY 26TH OCTOBER so that more panelists, parents, and others are able to attend and have



their say. Please share with anyone who you know might be interested, including parents of children with special educational needs, teachers, and others. It'd be a pleasure to have them join us & give their input. Saturday 26th October 11am - 2pm: The Beat, Dennison Rd, Bodmin PL31 2JU



I've had many constituents get in touch regarding the cancellation of the National Express 503 service between London and Penzance. This route for those in certain areas, such as Launceston (with no nearby railway station or other coach routes), served as a very useful transport method indeed. But now that the 503 service is being scrapped, residents and visitors alike will have to travel even further to be connected to the rest of the country. That's why I'm launching a campaign in Parliament to bring the service back - and urge National Express to even consider additional routes through the towns of Bodmin, Bude, Camelford, Launceston, Padstow, St Columb Major and Wadebridge. I'm also calling on the Government to consider taking steps to ensure that inter city coach services are available to people living in and around towns in rural areas like North Cornwall that are not served by mainline rail services. I'll keep you all posted with my progress as the work is done - including the submission of an Early Day Motion to get the topic into Parliament ASAP for my constituents who are affected by the cancellation.



New legislation gives regulators more powers to tackle water pollution in England. Some very welcome news for my constituents here in North Cornwall - where the issue of sewage dumping affects the lives of thousands of residents & visitors on a daily basis. Some teeth for the regulator are finally being introduced. Rest assured I'm meeting with South West Water regularly to continue to hold them to account.



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Claire Neate, *DIP FHP* 07968 232 344

PUZZLE PAGE

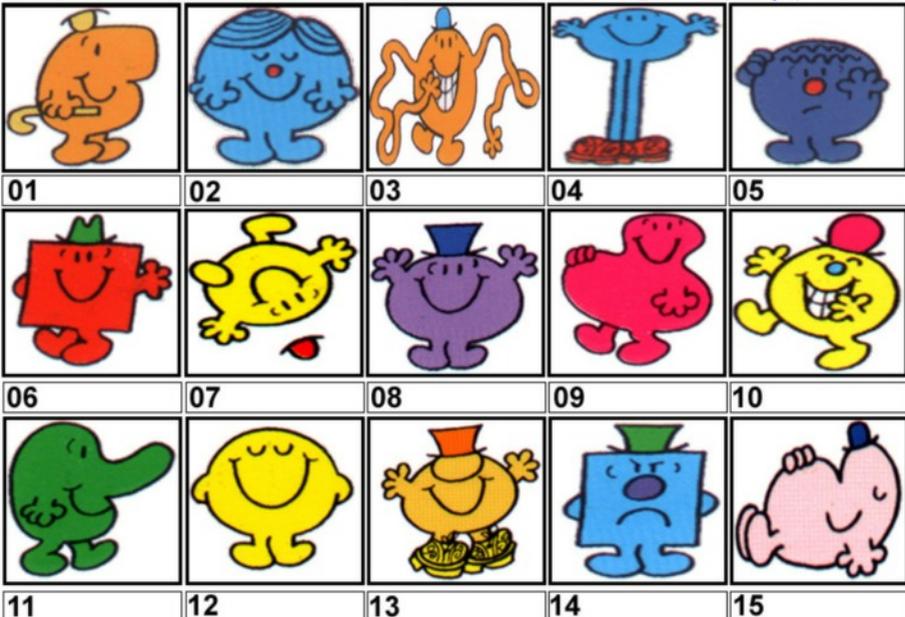
Welcome to your "tea break" puzzle page. This edition's winner is Anne Connelly
 If you would like a chance to win a £10 voucher to spend at Wainhouse Stores,
 just solve the puzzles and return the completed page to Sarah Smith, Almar
 Jacobstow EX23 0BN by 10th November 2024. Thank you to Wainhouse Stores
 for sponsoring this page.

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

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

- | | |
|--------|----------|
| APPLE | HAWTHORN |
| PLUM | ASH |
| PEAR | PALM |
| BEECH | HAZEL |
| YEW | BIRCH |
| HOLLY | CEDAR |
| WILLOW | CHERRY |
| LIME | CHESTNUT |
| SPRUCE | ELDER |
| MAPLE | ELM |
| PINE | OAK |
| POPLAR | |

Can you name the Mr Men?



Last edition's answers :dog breeds 1. German Shepard 2. Beagle 3. Rotweiller 4. Yorkshire Terrier 5. Great Dane 6. Dachshound7. Doberman 8. Belgian Shepherd 9. King Charles Spaniel 10. Shihtzu 11. Boston Terrier 12. Chihuahua 13. Vizslar 14. Newfoundland 15 Collie Missing word Leeds



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Letters Page

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

You may be having trouble Paul with your Sally being vicious.
Remember Sallies are female - unpredictable and capricious
They're as pretty as a picture in their green, white, blue and red
And totally without mercy as they thump you on the head
But bells can cause frustration when they're going through a phase
Our Number 4 in Somerset is difficult to raise
It rises very smoothly and you think it's just gone right
But it's hard to see inside it when it's set at such a height
Our Betty rang our Number 4 - It was her favourite bell
But half-way up she'd shake her head and mutter - she could tell
She'd smile that lovely Zummerzset smile her & eyes would start to twinkle
"Tis gone up wrong - I need some help - I've done another tinkle"

Mike Clay

Greetings and best wishes to Jacobstow ringers from the tower of Holy Trinity, High Littleton, NE Somerset)

Random Ramblings

I have to confess, Dear Reader, that the Norfolk B roads, of which I had such high hopes, turned out to be something of a disappointment and am sad to report that there was nothing in that eastern county that could possibly compare with the sheer magnificence of our own B3252 and B3262. Not even the slightest hint of a hidden dip. What a disappointment! However, since returning to the Duchy, I must confess that I have become completely obsessed with my latest ambitious DIY project, devoting every waking minute to building a time machine. So that's two months of my life that I'll definitely be getting back. And as an added bonus, that work has also allowed me to really hone my DIY skills. This has been to the extent that I've now come to realise that there are only two things that you ever need to complete any task: WD40 and gaffer tape. If something should move but doesn't, you use WD40. If something moves but shouldn't, you use gaffer tape. Any problem solved. Anyhow, I'll let you know how I get on with the time machine. How are you all fixed for 12 October 2017?



July continued where June left off, with generally high pressure holding to the west of the country, cool Atlantic winds and local depressions giving unsettled conditions at times. A notable wet day was the 5th, 0.89" of rain was collected by late with a thunderstorm observed to the north offshore. It didn't affect us locally although further rain overnight gave another 0.49" in the rain gauge by the following morning. Another wet night

extended into the 9th, bringing the total amounts to 2.27" in just 9 days, not the best of starts for a high summer month.

Friday the 12th saw a slack area of low pressure over the southwest, light northerly winds, and convergence resulting from southerly sea breezes to the south in the afternoon set quite a thunderstorm off south of Bodmin Moor with torrential downpours observed mostly along southern coastal areas which persisted into early evening. Further rain was had on the 15th and 16th, it quietened down by midweek and we actually managed 25°C on the 19th but somewhat humid.

More settled by the 20th to the end of the month, some reasonably warm days were had with 26.5°C on the last day but generally rather disappointing for July.

A total of 3.62", 92mm was collected for the month, as against my 10 year average of 3.18", 81mm. No observable trend, typical of recent years.

August continued on the cool side but was fairly dry by recent standards. Winds kept around west again, there were some southerly elevated moisture incursions that set a couple of thunderstorms off at extreme distance late evening offshore of the north coast, but didn't affect us inland. With winds generally persisting with the westerlies, temperatures remained middling with only the 15th getting to a more summery 25°. Matters continued similar during the rest of the month, but there were a couple of notable events. On the days up to the 18th, high level smoke haze blown across the Atlantic from Canadian wild fires gave some strange bright orange sun effects during the day and interesting sunsets, and overnight on the 23rd a spiteful squall line developed on an active cold front passage which gave rain showers and gusty winds in the early hours, a gust of 59 knots was observed at Treknaw which didn't go down very well with the local camp sites, to say the least. The rest of the month was uneventful, still seeing days of light rain and drizzle but not amounting to much though.

The total rain collected was 1.55", 39mm as against my 10 year average of 3.4", 86mm, so if nothing else, on the dry side. August 2022 actually was exactly the same for rainfall but it never seems a very reliable month down west.

HIGH TIDES & SUNSET October-November 2024 (NB - Times are based on Newquay +25mins)

Date	4 Oct	11 Oct	18 Oct	25 Oct	1 Nov	8 Nov	15 Nov	22 Nov	29 Nov	6 Dec
AM	6.44	11.20	6.10	*****	4.43	8.57	4.03	9.28	3.40	8.03
PM	18.55	*****	18.30	12.19	16.57	21.32	16.25	22.05	15.56	20.29
Sunset	18.49	18.34	18.20	18.06	16.54	16.43	16.33	16.25	16.20	16.17

BONFIRE & FIREWORKS at Canworthy Water

Saturday 2nd November

Bonfire being lit at 6.30pm with fireworks later on.

Hot-dogs and drinks available.

No entry charge but donation buckets will be there for your use!

November 5, Guy Fawkes, Gunpowder Plot celebrations are fast approaching and I understand the if you are having a special bonfire would be a good idea to let Cornwall Fire and Rescue know to prevent any false alarms and the re crews will be available for any real emergencies
Fire Service 0203 162 2240



it
fi

FISH AND CHIP LUNCH - The Lunch went off very well. Brian brought the Fish and Chips and an excellent selection of desserts were on offer. Afterwards the Raffle was drawn with a cuppa.





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Pick up from Wainhouse

Contact : Diana Halls 01840 261366



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

Email: nickychopak@gmail.com.

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

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INSPIRING WOMEN

WEEK ST MARY BONAVENTURES WI

“Molte grazie e buona salute!” This was the toast to our hosts at our Summer Social Evening. As a change to our regular monthly meetings with speakers, in the summer we



all get together with guests so that we can meet socially and enjoy wonderful food and drink. On this occasion Micheline and Stephen were kind enough to host the evening – we were hoping to be in their garden but, unfortunately, the weather was not kind to us. The entertainment committee planned an Italian theme

and provided excellent food washed down with Prosecco and red wine. Several other members provided an incredible offering of various desserts. After a speech of thanks by our President, Sue Dickenson, we raised a toast to our hosts and thank you gifts were presented to both the hosts and members of the entertainment committee for all their hard work. A thoroughly enjoyable evening was had by all and the committee has been left wondering how they can top this for the next event!

Regular meetings are held on the **second Thursday of each month at 7.00 pm for 7.30 pm start** in the **Methodist School Room**. In September David Thorn from Spencer Thorn will be “Sharing the History of Bude” with us.

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

INCREASE IN POSTAGE RATES



First class postage rates will increase on 7th October:

1st Class stamps will rise to £1.65

The cost for 2nd class will remain at 85p



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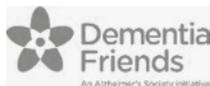


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ST JAMES PILGRIMAGE on Thursday 25 July



The Pilgrims started at St James's in Kilkhampton with prayers and a walk to the Holy Well.

Then on to Jacobstow where packed lunches were eaten. Thank you to Pat Lane and her helpers for drinks.



Afterwards hymns were sung and the Pilgrims made their way to St James Church and gathered around the granite altar for a short Eucharist which was taken by Bishop Hugh.



After the service the Bishop and Rev Heather led most of the Pilgrims across the fields to Jacobstow's Holy Well.

The path was rather muddy but all the Pilgrims who went made it to the well.



On returning to the village, the next stage was to Boscastle, where the Holy Well at Minster was visited and tea was taken at the Village Hall, the former site of St James Chapel.



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NEW BIN COLLECTION REGIME

Cornwall Council have delivered new bins and instructions to most of the area. The next landmark will be a letter in October to state exactly when you must use these bins and **ONLY** these bins.



Cornwall Council say it will save 18,00 tonnes of CO₂



The recycling containers are as before:

- black - glass
- blue - paper
- red - plastic and metal
- orange – cardboard

Black wheelie bin/sack – for up to 3 bin bags of rubbish

Grey bin – for your kitchen waste (use compostable bags)



Cornwall Council - Did you know that you can get rid of your DIY waste for free at nine household waste and recycling centres across Cornwall?

You can drop off a limited amount of plasterboard, asbestos, soil and rubble at the sites

Get rid of your DIY waste

at **nine** Household Recycling Centres across Cornwall...

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cornwall.gov.uk

Nine of Cornwall's Household Recycling Centres accept DIY waste for free

ECO FOUR FUNDING IN CORNWALL.

Having recently had solar panels, radiators, insulation and a heat pump installed in my house completely free, I thought I should share this information with readers of The Journal. We received a phone call in January and found that we qualified for ECO FOUR funding. You may qualify for funding to insulate your home and upgrade your heating **all completely free**. You do not need to be in receipt of benefits to qualify. If you are in a property with no access to mains gas you could qualify. Phone 08006696165 or 07514506092. Go to info@allseasonsenergy.co.uk and www.allseasonsenergy.co.uk. A free home energy visit will be arranged to confirm what you are entitled to such as wall insulation, loft insulation, electric storage heater upgrade,



first time central heating air source heat pump, boiler upgrade from oil, LPG, electric and solid fuel to air source heat pump, solar panels. We qualified for complete central heating radiators, heat pump, wall insulation, new water heater, and solar panels. The time given for all work to be done was 3 - 6 weeks. It took 5. I think we got about a weeks notice. We basically had to pack up the entire house into boxes and bags for bedding and soft furnishings (a small fortune on Amazon)The upside was we had a massive clearout of the loft (3 trips to the tip) and the house (more trips) Why do our grown up children still keep their rubbish with us? We camped out in our bedroom which was only built in 2017 so no work needed doing there. I have no idea what you do if this is not the case. The team moved in very efficiently but chaos reigned. The only rooms they don't touch are kitchens and bathrooms. At least 2 walls in every room were insulated from inside. Each wall reduces the room size by 4 cms.

entire house



ECO FOUR FUNDING IN CORNWALL.

Window and wall sizes also reduce. We had to buy new curtain fittings and blinds because all the window sizes changed. The curtains were ok because we just had to take the hems up. They put in new window sills. They take care to make good. The radiators were delivered and put wherever they could put them. More chaos. The heat pump was delivered. It was HUGE. If you have limited outside space, this is a MONSTER and HIDEOUS. Approx 4 foot by four. Our neighbours fenced theirs in. We were lucky and had it put on the flat roof. Job done! We had a new hot water heater in our airing cupboard which I'd previously dumped cleaning buckets etc in. They had to go to the outside shed.



We made endless coffees and teas for a very nice work force and bought sugar which we hardly ever use. I always think the thinner the builder the more sugar they have in their tea! The scaffolders arrived. So professional and with so much respect for the garden. Solar panels went up. Then a solar inverter had to be installed inside (we were not prepared for that.) It is about 2 foot by 1 and 3 quarter foot and has to go on an internal wall. I wanted to cry at this stage and felt as if my beautiful home was being destroyed. At 72 years old I felt so tired, the whole process was exhausting. The lovely solar panel people found a space in a big cupboard to put the inverter. But be careful; where you once had lovely pictures there might be just electric gubbins. We had to get rid of a pine trunk, a chest of drawers and adjust a bookcase because the rooms shrunk. We still needed storage space and replaced them with 2 IKEA bookcases and an IKEA trunk (£100 total)



The curtain rails and blinds cost £350. Once the walls had been replastered (all free) we then spent £150 on paint, and exhausting hours redecorating. You discover that if you paint the new walls the old ones look filthy! Finally it was done. While it was happening I hated it and thought we'd made a big mistake. Also if you are on a tight budget, the hidden costs like curtain fittings and replacing furniture are a consideration. Now it's done though, I like putting on the washing machine, tumble dryer and dishwasher (12 -4pm) and knowing it's not costing. We will hardly buy any wood for the wood burner and the heating bills should be down by 40%. We re now just waiting for a smart meter from Octopus Energy.



Advertising in the Jacobstow Journal

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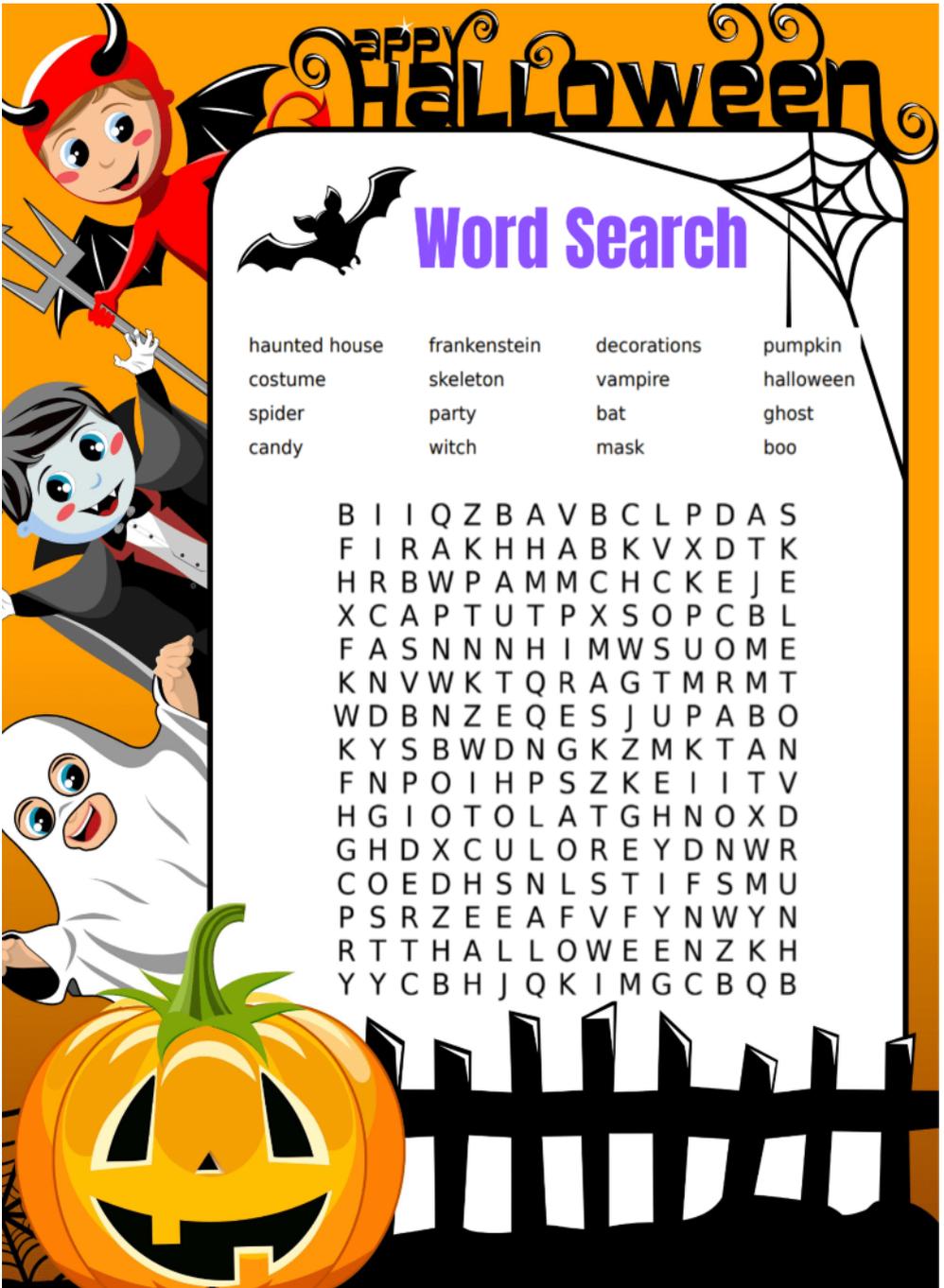
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Word Search



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Ghostly goings on in Launceston - Musical Menace

*Information taken from Tamar Cottages website



Dockacre House is an Elizabethan mansion that was built on Dockacre Road, the old road into Launceston, and was deliberately surrounded by trees (and now a thick hedge). In 1714, local gentleman Nicholas Herle moved in with his wife, Elizabeth – but by the end of that year she was dead and buried in St. Mary Magdalene’s church. Immediately rumours rose about whether she had been done-in by her husband, and even her memorial in the church says she was killed by

“starvation or other unlawful means”. Nicholas became the mayor of Launceston, then the High Sherriff of Cornwall, before moving to London where he died 14 years later – and to add further mystery, his obituary stated that he “had the misfortune accidentally to shoot his lady”. So how had poor Elizabeth met her end, and why?

It was only after his death that the spooky happenings began. An apparition of Nicholas was said to frequently appear in the house, playing a wooden flute – but even more strangely, the tune was a recognisable Elizabethan madrigal, the lyrics of which are as follows:

“Since that I saw your face I resolved
To honour and renown you.
If I be now disdained I wish
My heart had never known you.”

Could it be that in the afterlife, Nicholas was finally showing remorse for a crime never proven? And yet this is not the end of the story. Each successive owner of the house has added their walking-stick to a sack of 13 that has remained in the house. It is said that the sticks have to be kept in a certain order, or they rattle at night. Even more mysteriously, the one that was added by Nicholas Merle was found to have begun its life as a wooden flute that at some point had been blocked up and turned into a walking stick. Could it be that Elizabeth had become sick of Nicholas’ playing and had ruined his beloved instrument? Had he taken the ultimate revenge? No one will ever know for certain, but one thing is for certain – Dockacre House has retained a long history of spooky stories.



Mobile Library - Enquiries phone 0800 0322345 or 01872 272702

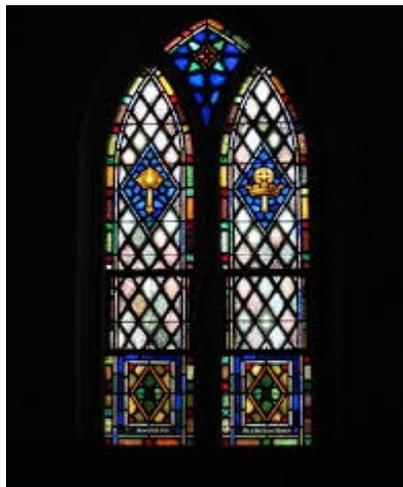
The Mobile Library Service stops at Canworthy Water monthly on a Wednesday from 11.15ish - Coffee and Chat.

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

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

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WHAT'S ON

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- 3 15.00-Divertimento Concert at The Minstrels C'worthy
- 3 18.00-Launceston Ghost Walk book EXTOURS.CO.UK
- 8 WI M'church Harvest Festival, soup & sweet
- 9 at 19.30-Friends Evening Poundstock Gildhouse
- 26 10 & 5) Craft/Food Fair & Pumpkin Festival,Gildhouse
- 27 10 - 4) at the Gildhouse
- 26 19.00 Quiz at Jacobstow Parish Hall
- 26 19.30 Cracky Institute - Jaclarabag Band £10
- 26 20.00 Fleetwood Unchained Parkhouse
- 28 19.00 Churchill's Secret Army by Adrian Wilson, Parkhouse
- 30 20.00 Dracula:The Vampyr

November

- 2 18.30 bonfire Hot Dogs, drinks and fireworks - Bucket Donation
- 5 Bude Rugby Club. Bonfire 6.30 Fireworks 7
- 7 20.00 Edge St Live-Dr John Cooper Clarke-Parkhouse
- 12 WI M'church Reindeer for Little Harbour
- 16 14.00 Craft Fair, Jacobstow Hall
- 16 10-2 Slow Fashion, Parkhouse
- 25 19.00 Old Cornwall, Parkhouse
- 16 14.00 Autumn Craft Fair, Jacobstow
- 22 19.00 Bude Roots (Music) Parkhouse
- 23 11.30-12.30 Sustainable Xmas Mkt, Falcon
- 30 11-12.30 Children's Xmas Crafts Falcon



December

- 3rd December: OAP Christmas lunch at 12pm for 12.30pm

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EVENTS - In Parish Hall unless otherwise stated

Arts & Crafts Club Day courses as arranged. Check your Journal or phone Jeanne Gimblett on 01840 230113 for details

Monday Cubs 6.30-8.00 Scout Hut

Brownies 6-7.30

Jive Club Parkhouse

Tuesday Scouts 6.30-8.00 Scout Hut

Rainbows 5.45-7.00

Guides 7.00-8.45

Wed'day Beavers 5.30-6.30 Scout Hut

Sunday Coast Family Church 10.30

last Monday monthly, 7.30 -Old Cornwall at Parkhouse

1st Tuesday monthly, Parish Council meeting 7.30

2nd Tuesday monthly, 7.30 WI Marhamchurch

3rd Tuesday monthly 7.30 Juliotter Garden Club, Marshgate

1st Wed'day Camelford Garden Club 2-4pm monthly Camelfd Library

2nd Thursday monthly 7.15pm WI Week St Mary

LOCAL BUSES

Please Note If you are unfamiliar with the buses - check the times. If you want to walk one-way always catch a bus **FIRST!**

95/95B and 94 These are regular buses along the coast between Bude, Crackington, Camelford and beyond. - Get the App and times of arrival are accurate. I understand.

Transport for Cornwall - 08081962632 - www.transportforcornwall.co.uk

220 - Launceston, Tues;

371 - Launceston, Mon/Thurs;

372 - Holsworthy, Wed;

373 - Bude, Fri

These buses all pick up in Jacobstow and Wainhouse Corner 9.30ish reaching Holsworthy and Bude 10.10am and Launceston 10.30am

These buses include Warbstow, Canworthy Water, Week St Mary and other way points.

Travel Cornwall - 01726 861108- www.transportforcornwall.co.uk

Local Authority

Cornwall County Council 03001 234100
Bude "One Stop Shop" and Library also) 03001 234111
Library Renewal Hotline)
North Cornwall MP Ben Maguire
Nicky Chopak (County Councillor)
Police Force Enquiry Centre 07810302061
Crimestoppers (Anonymous) 101
Floodline 0800 555111
Power Cut-Western Power Distribution 0845 9881188
Sita Recycling Centre, Tiscott Wood 08006783105
Dog Warden (Environmental Health) 01288 355131
Cats Protection, Holsworthy 03001234212
Citizens Advice Bureau-Advice Cornwall 0345 3712717 03444994188

Healthcare

NHS, Non-emergency 111

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Jacobstow Infants School 01840 230337
Jacobstow Church, Mr Brian Marshall 01840 230526
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Parish Hall Bookings, J Gimblett 07706927197
Beavers, Josie Shepherd 01840 230330
Cub Groups, Mrs D Dowling 01288 352786
Scouts, Robert Medland 07842084971
Guides and Rainbows Mrs M Andrew 01840 230006
Brownies - Jane Bailey 07816394966
Wainhouse Post Office and Stores 01840 230554
Jacobstow Walks, Mary 01840 230656
Jubilee Club Diana - 01840261366 or Tina 01840 230182
Julietter Garden Club, Pat Thorne 01840 261237