

Jacobstow Journal



Providing news and information for the Parish of Jacobstow

www.jacobstovillage.co.uk

Issue: 84
Aug/Sept 2024



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

Editorial by Sarah

“Buyer beware” is a well know phrase and I can certainly relate to that. A while ago I advertised a wheel from my car with the tyre still on it. Now, to give you a little back story, maybe an insurance claim was involved and maybe I ended up with a wheel and tyre just knocking around the shed. So, when I cleared it out I discovered the wheel for a car I didn't even own anymore. In the spirit of use and recycle I decided to pop it on Facebook and sell it on.

Someone messaged me and said they were interested in buying it and could they please come and look at it. No problem, would 6 o'clock tonight be ok? Doorbell rings at 6 and a chappie is stood there, all good so far. I say to him “ Hello, if you come round the driveway to the back of the car, it's there.” At this point he looks at me slightly strangely but round we trot. Get to the back of the car and I point at the wheel. “What's that?” he says. “ It's a wheel” I say in a slightly sarcastic tone of voice. He looks at me like I've completely lost my marbles and said, “I'm here to buy a pair of jeans”.....He was at the wrong address. You couldn't make it up!

Anyhow, hope you enjoy this edition of the Journal and maybe just maybe you can sit in the garden and read it in the sunshine.

Enquiries, Articles and Letters

email to:

jacobstowjournal@gmail.com

or in writing to the Editor.

Sarah Smith

Almar, Jacobstow, EX23 0BN

Editorial Team

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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 October/November edition will be 10th September. 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.

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

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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.jacobstovvillage.co.uk

Summary of minutes of meeting held on 4th June, 2024

Councillor Charmaine Smith chaired the monthly meeting with four Councillors and the Clerk attending.

Minutes - The minutes had been Emailed to all Councillors and were agreed and signed as correct.

Planning Application PA24/02227 – Land at Broad Langdon. Cornwall Council had approved this.

New Development – Goldfinch Close, Wainhouse Corner. Details received regarding the size of the new houses and the rent for each.

Conflict of Interest for External Auditors – Form confirming there is no conflict of interest with the Auditors BDO LLP duly signed.

Accounts to pay:- All Points Accountancy £55.00 Clerk, Mrs D.A. Turner Salary & Expenses

Councillor matters:-

- a) The School car park was discussed
- b) Excess water on road at new Housing Estate. Clerk to contact the Housing Assoc.

Donation to Jacobstow Journal. Discuss next month



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

Email: nicky chopak@gmail.com.

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

Summary of Jacobstow Parish Council Meeting held on 2nd July, 2024

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

Road Closure – It was reported that the road from Edgar Road to Eden Road will be closed from 15th-17th July, 2024 (24hours)

School Parking – Parking arrangements at the School were noted. New markings to be put in place to start from the new September term. This is to get more children to use the buses rather than so many cars coming to the school.

Footpaths – A broken bridge needing repair was reported. Clerk to ask Chris Lloyd to inspect this and give an estimate for the repair.

Signs at Wainhouse Corner – A complaint was received regarding The Wyldes sign and The Crackington Carnival sign at Wainhouse Corner as they are blocking the view of traffic from the Bude road.

Neighbourhood Watch – Find out if anyone would be Interested in co-ordinating this.

BEN MAGUIRE MP

Member of Parliament for North Cornwall

Weekly Update:

- ✓ **Sworn into Parliament** in Cornwall.
- ✓ **Raised issue** of Crooklets Car Park closure during summer season with Cornwall Council - now postponed until September.
- ✓ **Organised a meeting** with South West Water boss to discuss urgent sewage issues.
- ✓ **Underwent Parliamentary introduction** and security briefings.
- ✓ **Visited Bude Climate Partnership Jury** and Bude Animal Friends Awareness Day.
- ✓ **Attended** the annual Summer Fete at Launceston Hospital.
- ✓ **Joined celebrations** before the England Final today at the Panda Inn in Lanivet.

Liberal Democrats



Jacobstow Neighbourhood Watch



NEIGHBOURHOOD WATCH - Mobile phone safety. Aimed at young people but some good advice here for anybody.



Make sure your parents know what you mean when you send a text
Before you go out, make sure all the numbers you need are stored on your phone

Make sure your battery is fully charged and that you have credit before leaving the house

Put your friends' numbers in your parents' phones, or write them down, just in case they need to contact you and your phone isn't working

Only give out your mobile number to your friends and family

Don't reply to texts from people you don't know

When you're out and about don't keep your phone on display and put it on vibrate, so only you know when it's ringing

Don't walk and text at the same time, you won't know what's going on around you

If you don't have any credit, you can still call 999 if you need to

112 is the international emergency telephone number, it will put you through to the emergency services even if you are elsewhere in Europe

If your phone is out of action, you can call 100 or 0800 REVERSE (7383773) in a phone box to reverse charges and call home

Store a number to contact in case of an emergency under ICE (In Case of Emergency) in the contacts list in your phone

Follow your school rules about mobile phones.

If you can, lock your phone. It means if someone takes it, they can't use it

Only give your telephone number to people you trust.

If you get a nasty text message, don't reply, but tell a grown up you trust.

www.devonandcornwall-pcc.gov.uk

This is your link to the Police Commissioner's Report

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

MENTION US PLEASE! If you respond to any of the advertisers shown in the Journal it would be very helpful to us if you mentioned that you saw their advert here in these pages. Thank you.

Jacobstow Parish Hall Forthcoming Events.

Saturday 31st August: Car treasure hunt starting at the hall from 5pm. A catering van will be in attendance from 6pm. If not partaking in the hunt anyone is welcome to support the catering van. Look out for the posters which will have more details of this event.

Saturday 26th October 7pm Quiz night. Tables of up to 6 people at £5.00 a 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. £5.00 a table. Proceeds jointly to the hall and church.

Tuesday 3rd December : OAP Christmas lunch at 12pm for 12:30pm. Please book your place by Monday 25th November with Lin on 01840 230266. This event is as usual is free to all residents of Jacobstow over 67

The Wild Sallies of Jacobstow

They warned me of her wicked ways
A look of real despair
She bounces here and bobs up there
That Sally dances everywhere

Not quite tame she's green and wild
Not like Poundstock tame and mild
Look to, trebles going, she's gone
Watch that Sally she's oh so strong

A bell ringing poem by Paul



She whips you here an straps you there
Given half a chance she's everywhere
Wary we ring the clapper let go
The Sally went mad flying to-and-fro



Weary we ringers no more of this fight
It's time to go home, we bid you
"Goodnight"

THE SPOOKY HOUSE WESTWARD HO!

Seafield House, Westward Ho! – Creepy, ghostly, atmospheric, imposing, empty, but also incredibly alluring – also known as ‘The Haunted House’ or ‘The Spooky House’. Built in 1885 as a summer residence by a wealthy banker, used by British Officers during the war, and becoming a B&B in the 1950’s. Its final residents were an elderly brother and sister, Jean and Geoff Ware, and since 2015, it has been empty, slowly crumbling with the decay of time. Is Seafield House really haunted? Rumour has it that an old lady can be seen waving from a window upstairs - is this Jean? Child spirits sliding down banisters have been detected by a visiting paranormal group, and some visitors to the house have felt touches on their hands. There is great news for this house. Its present owner is going to restore her to its former Victorian glory, which we think is amazing. If you want to see what this house looks like inside, the present series of ‘Help, My House is Haunted’ which is on Discovery Plus will soon be running an episode dedicated to Seafield House. Why not go for a walk past her on the South West Coast Path just as it is going dark and have a look up at the windows. Who knows what you might see! Taken from Scary Southwest Facebook page.



CHURCH AND CHAPEL SERVICES

Jacobstow

18th August Holy Communion 10.30

15th September Holy Communion 10.30

Warbstow

4th August Morning Prayer 10.30

22nd September Holy communion 10.30



Jacobstow Church



LIVING CHURCH all start 10.30

August

4th No services at Living water,
service at Tintagel

11th Service - Mrs Julie Swann

18th - Rev Steve Swann including
Holy Communion

25th Service led by congregation



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

Other Church Dates for Your Diary

25th August Benefice Service on Boscastle Harbour Lawn 10.30.
Followed by Church Fete with stalls, various attractions and teas.
All Churches in the Benefice are involved.

1st September Our Rector Rev Heather Aston final Sunday Service
before retirement 10.30 am at Otterham St Juliot Hall followed by
Benefice Lunch.

Fish and chip Lunch



Tuesday 10th
September
12 for 12.30
Parish Hall
£12 per person
to book phone
Pat Lane
01840 230743
by Friday 6th
September

Church Lottery Results

	1st	2nd	3rd
August	Mrs A Curtis	Mrs J Trewin	Mrs A Connell
September	Mr J Osborne	Mrs S Burrows	Mr K Shelley

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Bude, Cornwall

David's Random Ramblings



Well, dear reader, the holiday season is now truly upon us as we rejoice in the arrival of our summer influx of visitors. However, as you read this, I anticipate that I shall be some way away from the Duchy engaged on my latest adventure. This is set to take place on the other side of the country, where I shall be enjoying a motoring holiday to explore the smaller routes and thoroughfares of one of England's more easterly counties. This expedition was prompted by reading a fascinating article, sadly not illustrated, that waxed lyrical about the sheer beauty of these highways and byways, their abundance of wildlife and how peaceful and relaxing a journey along them could be. Unfortunately, there was a minor but recurring typo in the article with the space between the 'B' and the 'r' consistently omitted. However, I'm absolutely certain that this small error isn't going to affect in the slightest my enjoyment of exploring the Norfolk B roads. I'll let you know how I get on and how the scenic beauty of the B1436 compares with that of the B1149 - and whether either is a patch on the magnificence of our own B3262 with its ever elusive hidden dip.

BRUSHING UP ON A MODERN LANGUAGE?

I am going to France this summer for the first time since Lock-down, so decided to brush up on my French. I did it for A' Level and my brother lives in France so the day to day stuff (eating out etc) is okay but when I am in a more social situa-



tion talking to French people, my French is very limited. I tried Duo Lingo - very useful free online and I am doing that but it wasn't tai-

lored to my needs. So I rang my brother in France. He immediately said, "Use Google Translate, it's really improved." (See pho-

to) We devised a system where I set up a word document with three columns. First column in English, second column in French, third to practise in.

If your language skills are basic, Duo Lingo is great for beginners and improvement. Just download the app. Celia Proudfoot.



Jenny is very calm and easy going. She has an amazing voice. She and Jane are sisters; they sing beautifully together.	Jenny est très calme et facile à vivre. Elle a une voix incroyable. Elle et Jane sont sœurs; ils chantent magnifiquement ensemble.
I love singing with them - we do great harmonies together. My voice is not so good any more now I'm older, but the low notes suit me.	J'adore chanter avec eux - nous faisons de grandes harmonies ensemble. Ma voix n'est plus aussi bonne maintenant que je suis plus âgée, mais les notes graves me conviennent.
We rehearse most weeks in a barn. It belongs to Jenny and Jane's dad.	Nous répétons presque toutes les semaines dans une grange. Il appartient au père de Jenny et Jane.
I play acoustic guitar and some keyboards. We use some percussion and a drum machine.	Je joue de la guitare acoustique et quelques claviers. Nous utilisons des percussions et une boîte à rythmes.
Jon plays lead and slide guitar.	Jon joue de la guitare solo et de la guitare slide.
I am quite shy and nervous on stage. The girls and Jon are natural performers.	Je suis assez timide et nerveux sur scène. Les filles et Jon sont des interprètes naturels.
I do most of the organising, getting gigs, sorting set lists, contacting and informing the band. I like doing that. My nickname is bossy cow!	Je m'occupe de la plupart de l'organisation, de l'obtention des concerts, du tri des setslists, du contact et de l'information du groupe. J'aime faire ça. Mon surnom est vache autoritaire!

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Booking is advisable Tel: 01840 230711

The Old Wainhouse Inn

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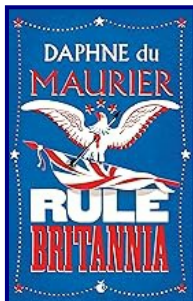
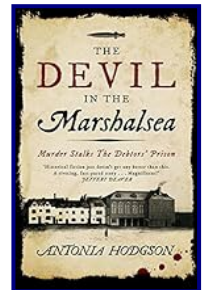
The Castle
Heritage Centre

Silhouette satellite illustration by Mat McIvor

Jacobstow Book Club

‘The Devil in the Marshalsea’ by Antonia Hodgson

A ‘whodunnit’ set in 1727, in the horrific confines of the London debtors’ prison of the title. A young man, Tom Hawkins, is attacked and robbed in the street and finds himself locked up and brutally treated because he cannot pay his debts. A murder has taken place in the prison and fear and suspicion is rife. If Tom can discover the murderer, he may be released or be the next to die. We enjoyed this trip into the desperate cut throat atmosphere of the 18th century.



‘Rule Britannia’ by Daphne du Maurier

Twenty-year-old Emma lives in a rambling old house in Cornwall with her eccentric grandmother, a famous retired actress, as well as the housekeeper, who was once her grandmother’s dresser, in the theatre, and six adopted boys of various ages, who more or less do as they please. She wakes up one morning to find that a military occupation has taken place.

The UK has left the European Common Market and has formed an alliance with the USA but who has the most control? Emma’s household and the local community are not happy about the way they are being treated, so they rebel and it all gets rather out of hand. An enjoyable but slightly crazy read, enjoyed by most of us.

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2nd Bude (Jacobstow) Scout Group

Our Beavers, Cubs & Scouts have been enjoying the lighter evenings with various activities.



All groups have enjoyed an evening at the beach, nature walks & sports. A rather wet & cold evening was had at Trengune with our Cubs & Scouts taking part in our annual slip & slide & river run.

On the weekend of the Sat 29th June, 10 Cubs took part in the 'Cub Challenge', a 15 mile walk with one night camping at Lanhydrock. All our

Cubs completed the walk, a super achievement all receiving a certificate & badge.

On a Tuesday evening in June, 280 ducks were released into Tregune river, for our fundraising 'duck race' followed by a BBQ. A successful well supported evening was had, raising £419.

On Sunday 7th July members attended a 'North Cornwall District Fun Day' at Camel Creek; a great day was had by all.

On Sat 3rd Aug our Beavers, Cubs & Scouts will be taking part in St Gennys Carnival.

As for the hut, we are almost at the finish line. The 12th July was our 1st day with running hot & cold water & flushing toilets, which is an absolute delight & a massive achievement for us. Finishing touches are now happening all in preparation for the opening ceremony.

On the 27th July 2021 a contracting team started the ground works & concrete foundations were laid. Once this was completed, apart from the plastering, the remainder of the construction has been completed by a dedicated team of volunteers lead by Robert Medland. This project has taken 3 years to construct, with numerous hours of hard work and constant fundraising. The hut will withstand the test of time & benefit many generations of scouting.

By the time you are reading this article we will have had our 'hut opening ceremony'. Hopefully some of you reading this will have joined us in our celebrations. The opening ceremony also is the last event before the start of the autumn term, giving our Leaders & team a well-earned break.

Scouting will restart in September & our annual 'Tractor Rally' will once again take place in September (date to be confirmed).

New members are always welcome -Beavers 6-8 years of age (Wed 5.30pm-6.30pm), Cubs 8-10 years of age (Mon 6.30pm-8pm) & Scouts 10-13 years of age (Tue 6.30pm-8pm). For further details please contact



Robert Medland -

robert.medland1988@gmail.com / 07842084971.

Thank you as always for your support, Jill.



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PUZZLE PAGE

Welcome to your "tea break" puzzle page. This editions winner is Debbie Collins

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 September 2024. Thank you to Wainhouse Stores for sponsoring this page.

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

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

- | | |
|------------|------------|
| PENDENNIS | DROGO |
| BELVOIR | LAUNCESTON |
| BAMBURGH | RESTORMET |
| DOVER (X2) | TINTAGEL |
| LEEDS | LYDFORD |
| WINDSOR | BOLSOVER |
| TOTNES | CORFE |
| LUDLOW | |



CAN YOU NAME THE DOG BREEDS ?



Last editions answers : Famous couples 1. Shrek and Princess Fiona 2. Fred and Wilma 3. Miss Piggy and Kermit 4. Homer and Marge Simpson 5. Popeye and Olive 6. Beauty and the Beast Missing Word on the wordsearch was Pansy



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GREENER LIVING

It is estimated that every year 92 billion kilos of textile waste is produced worldwide. Whilst some of this is recycled, textiles make up around 7% of global waste going to Landfill.

According to a recent study, the UK is the fourth largest producer of textile waste in Europe, with each person discarding around 3.1kg of textiles every year, resulting in **1.7kg of fashion waste being sent to landfill yearly per person.**



Clothing is difficult to recycle as it is made up of so many different materials, even pure cotton items may have been made with polyester thread, zips, buttons etc containing plastic, metal and man-made fibres.

There is a need for all of us to reduce the amount of clothing we buy, to re-use items we no longer want - by selling them on at vintage and pre-loved sales, charity shop donations or by making them into something else - and recycling items that are worn out or beyond repair. This

would save us all money - directly at the point of purchase (or non-purchase!) and indirectly by reducing the amount of textile waste being collected and transported around the world.



The fashion industry clearly has a role to play and some clothing manufacturers are looking for more sustainable ways to source, make and recycle their products. The industry also uses huge amounts of energy and water during the manufacturing process. However it is fast becoming a trend to mend and alter clothing and to re-use fabrics from old clothes, duvet covers, curtains etc, to make new garments, bags, cushions, household items - the list is endless!

Perhaps we need to value our clothes much more and consider whether they are really at the end of their life and not just dated in terms of style, or colour. Could they be updated with an alteration or a colourful addition? There are lots of websites for inspiration on how to upcycle clothes and accessories - why not have a look and create your own

Thanks go to Mike Clay for his kind contribution to
the Journal

May actually behaved like a true summer month for once, starting with 19°C on the 1st with just a light rain shower early. Northern France was noted as having extensive thunderstorms by late evening which spread along the Channel into the southeast of the country but didn't trouble us at all. The following week was on the cool side, but better by the 8th with 22°C recorded here at Canworthy Water by early afternoon. It got to 24°C on the following day and also on the 10th, with dry conditions and light ESE winds. Clear conditions in the evening to late pm was indeed most fortunate, as enhanced solar activity the previous few days produced a G5 geomagnetic storm which gave an exceptional Aurora visible by 2300 in North Cornwall. This was bright enough to produce weak shadows and was notable in the banding and rays visible which varied in shades of pink, red and green. The display was visible for some hours.

Matters remained fairly dry until the 16th, when what looked like a normal shower development in the afternoon turned out considerable convective activity with a torrential downpour late afternoon around 1700. This gave 20mm of rain collected here in 25 minutes and thunder was heard although at a distance. A thunderstorm was observed to the east of Launceston on the 21st, it was quite intense but kept its distance.

The rest of May produced no weather of note, and the total rainfall collected here was exactly 3", 76 mm against my 10 year average of 2.49", 63mm.

June was notable as having very little in the way of rain until the 14th, when 0.79" was collected by late evening with further wet conditions the following day. Generally quite cool throughout the month with only the 29th giving anything like what one would expect at 23.6°C by mid-afternoon. All rather disappointing.....

A total of 1.78", 45mm was collected against my 10 year average of 2.96", 75mm.

HIGH TIDES and SUNSET August - September 2024

Date	2 Aug	9 Aug	16 Aug	23 Aug	30 Aug	6 Sept	13 Sept	20 Sept	27 Sept	4 Oct
AM	4.27	8.47	2.43	8.24	3.23	7.43	0.31	7.15	1.44	6.44
PM	16.52	21.00	15.21	20.46	15.54	19.55	13.34	19.37	14.30	18.55
Sunset	21.00	20.48	20.35	20.21	20.06	19.51	19.35	19.20	19.04	18.49

MINSTRELS, CANWORTHY WATER

Singers for the choir are much needed and would be made most welcome. We are on summer recess at the moment but re-start on 4 September 7.30pm

Ring Veronica : 01566 781491 or Penny : 079229021151

After Foot and Mouth in 2001 there was a concert in an old shed at Canworthy. This was to celebrate the Millennium and the end of Foot and Mouth outbreak in our area.



This was so successful that Raymond and his family decided to diversify into specialised holidays featuring music. So the old cow houses were knocked down and an auditorium was created.



Minstrels holidays and concerts were held successfully over the following years until Raymond and Veronica decided to retire.

Now there is musical tuition, a choir, palates and occasional concerts

The Choir had an excellent well attended concert at Christmas and more recently in July



where there was an enjoyable selection of sea and water based songs, including some for the audience join in.

Afterwards an excellent supper was provided.

Divertimen to Quartet will be having

their concert this autumn on Sunday 6 October at 3pm.

The hall, facilities and tuition are available, talk to Penny

Mobile : 079229021151

Email : penny@rosendalecottage.co.uk





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Pilates Classes In North Cornwall

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Crackington Warbstow
Week St Mary/Canworthy Water



What does Pilates do?

- Targets the deep core stabilising muscles
- Improves muscle tone, strength & joint mobility
- Improves posture, alignment & body awareness
- Corrects muscle imbalances & encourages pain-free movement
- Classes are progressive and operate on a school term basis.
- Classes limited to 12 people
- All equipment required is provided.

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Martin Brooks 07812 959 879
www.northcornwallpilates.co.uk
martin@northcornwallpilates.co.uk

What's on - events in our local area

August

Camelford Show cancelled

Music at Cobweb every Saturday night

1 The Hound of the Baskervilles Ebbingford Manor 7.30

3 Crackington Carnival and Fete

4 Cream Tea at the Gildhouse 2-4

4 The Wind in the Willows The Castle Lawn 5pm

7 Doctor Dolittle Ebbingford Manor 6.30pm

8 Okehampton Show

9 Quiz and Pop-up pub Gildhouse

9 The Secret Garden The Falcon Hotel 6.30pm

10 The Merry Wives of Windsor The Falcon Hotel 6.30pm

10 Cats Protection League Bazaar – Parkhouse, 11am

11 Bude Food Festival

13 Love Riot Ebbingford Manor 7pm

13-16 Plymouth Fireworks Competition

16 Boscastle Boys at Napoleon, Boscastle commemorating the Floods
20 years ago

16-18 Rosemoor Flower Show

18 Dog Show Dizzard in aid of Boscastle and Crackington Gig Club

18 Cream Tea Gildhouse 2-5pm

20 The Secret Diary of Henry VIII Ebbingford Manor 6.30pm

22 Twelfth Night and A Midsummer Night's Dream The Castle Lawn
6.30

22 Holsworthy & Stratton Show

23-26 Bude Lifeboat Weekend

25-26 10-4 Ed Fox and Friends, Tudor re-enactment Gildhouse

27-30 Jazz Week

September

4 Re-start Choir Minstrels, Canworthy Water 7.30pm

11 Disappeared Bude, Adrian Abbott 7.30pm .Gildhouse

12-14 Calendar Girls HATs Holsworthy

21 Golf Day at Launceston Golf Club in aid of Town Band

October

6 Divertimento Concert at Minstrels, 3pm



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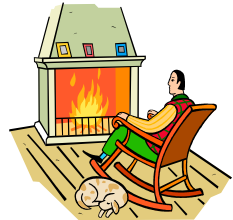


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OUTINGS, FUNCTIONS AND EVENTS
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WEEK ST MARY BONAVENTURES WI

Our May speaker was Paul Martin, a local man who has appeared in the TV series "Doc Martin" for all 10 series filmed over 22 years; firstly as an extra and, in later years, as a body double for the Doc himself. Paul was keen to emphasise that it was not all glamour! Extras are given 24 hours notice and often provide their own clothes. Filming was normally from 9am until late and was often done in very cold weather with bright lights simulating sunshine although the actors had to be in summer clothes. Don't believe everything you see on screen!

Paul enjoyed being involved, it was a very happy set and all the actors were extremely friendly. Following this experience, Paul has continued to appear as an extra in several tv dramas and films, including the series "Beyond Paradise" when many of the outside shots were filmed in Launceston.

In June, we were delighted to welcome Martin Brooks, our local Pilates teacher. Martin has been teaching Pilates for over 14 years and shared his experience of becoming a teacher following a back injury 25 years ago. He explained that Pilates can help with many skeletal conditions and can also supplement other treatments for joint pain in areas such as hips and backs to help avoid surgery.

Martin quizzed the group about the name and purpose of various body joints and muscles and worked through a variety of gentle exercises to assist with joint pain and mobility issues. He explained that there may be many reasons for joint pain and how it is essential to maintain good posture to help relieve joint pain. He used his spine model "George" to explain how nerves connect to our joints via the spinal column. His overall message was "keep moving" if at all possible as our bodies are designed to be active.

Martin runs weekly Pilates classes at Week St. Mary Village Hall on Thursdays at 9.15 am and 10.30 am, as well as other classes locally. More information can be found by visiting his website at www.northcornwallpilates.co.uk

Our regular WI meetings now take a break for the summer and regular meetings resume in September. For further details please contact our Secretary, Roberta Jones, on 07788 548875.



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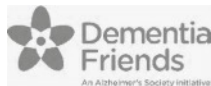


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JACOBSTOW WALKING GROUP



Thursday 20th June was a beautiful day, perfect walking weather, hot but not too hot. It was just Mary Jeanne and me (Celia) meeting at 10am at the village hall and taking the footpath from Mary's house to do a circular walk to Ash. We paused almost immediately at the little bridge where Mary took a photo to show one of the wooden railings was unsafe. Then on we strolled into the woods where Mary showed



Jeanne and I this amazing free app called Merlin. If you hear a bird singing, you just stop and press the record on the app and it instantly comes up with an image and name of the bird singing. We got 4 immediately: wren, chiff chaff, yellow hammer, blue tit. (See photo I took of Mary's phone screen) It's been a while since I have been on a walk with the group and I found it so relaxing and joyful. Near the end of the walk Mary found a feather and recited a delightful ditty, "Today is the day you worried about yesterday and all is well. So stick a feather in your hat and be happy." And we were!



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

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JUBILEE CLUB

The Jubilee Club have organised a Coach Trip

PLYMOUTH AQUARIUM

MONDAY 9TH SEPTEMBER

You are very welcome to join us

Pick up at Wainhouse

Please contact Diana 01840 261366
for more details



Jacobstow 2019 Leavers go to this year's Prom -

Rachel Wren

This fabulous bunch left Jacobstow Primary School in 2019 and have just finished their time at Budehaven. They decided amongst themselves to have this photo taken a few months ago when the prom was being arranged. The fact that they wanted to get together as a group again is a testament to the friendships they made back when they were children. Most of them would have been together through playgroup, preschool, primary and secondary school, some from birth and a few will head off to college together too. They have all grown into amazing young adults and we wish them all the best for their next chapters.



TEMPORARY ROAD SURFACE - I WISH!

This road sign made me chuckle and got me thinking. If only our road surfaces were temporary. That would be the end of extremely permanent road surfaces, most of which are full of pot holes. A nod to David's Random Ramblings.





A busy summer term, with lots of outdoor activities -enjoying this fabulous summer! Luckily Guides Motto is "Be Prepared" so we still ventured out despite the weather!

A midsummer walk up Roughtor was so cold we needed woolly hats -In June!

All the sections, Brownies , Rainbows and Guides have enjoyed an evening with the RNLI -learning water safety and what this amazing organization do for us



these creatures and their environment -they planted bee friendly flowers , visited a local Apiary and imagined a world without Bees - which was very sad

We played games, did quizzes and learned about the History of Saving Lives at sea, and we made Mugs to celebrate 200 Years of the RNLI - In September we are planning a fundraiser to support this great charity

Brownies enjoyed working on their pollinator badge , learning how important it is to protect



Rainbows Brownies and Guides all had a great last evening of term, joining with our friends in the Launceston District For a summer's evening on Widemouth Sands, for once the sun shone and we had a great evening

Guides are planning a camp during the holidays watch this space for update on our summer adventure.



Contact details on back page.

Focus on a Journal Advertiser,

We are planning on focusing on an advertiser in your Journal whose services we have personally used. If you have used one of our advertisers and would like to write a short review of the service you have received please email it to us.

This edition's focus is on Kym's Cakes.

"I have ordered two cakes from Kym. Both of them were cakes in the shape of football shirts with the club shirt design and colours. The cake was mounted on a board and surrounded by green butter cream icing which looked convincingly like grass. The actual cake was a lovely chocolate cake with butter cream filing. Really great, fast service and you can collect the cakes from Wainhouse Stores. Her advert is on page 34 of your Journal if you would like all the details - Sarah "

BEELIEVE IT OR NOT, THIS IS A HARMLESS BEE

This is a bee that is appearing in the gardens right now. It's called a Xylokope bee. This is the biggest bee in Europe (2.5 cm). She doesn't sting (unless we chase her, of course). Xylokope is the so-called "lonely" bee. But it can live in colonies, i.e. side by side. Black with blue wings.. she is very beautiful but can be scary, her flight is fast and very loud but not aggressive and rarely stings. It is for protection, because it is rare and very useful.... some people mistake her for an Asian hornet!!! Please spread the word....



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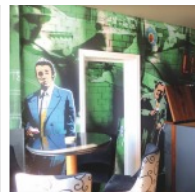
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KIDS' PAGE - STICK GLUE - A game of tag

1. One player is chosen as "it." The rest of the players spread out and the person who is "it" tries to catch them.



2. As soon as another player is caught, they join hands. Together they now try to catch the other players.



3. If either of them touches another player, that player too is caught and joins hands forming a chain.

4. The chain continues to grow until all the players are caught. The last person becomes the new "it."

You don't need any equipment to play this game, just some family or friends. It's exciting and energetic. Great for playing outdoors in the summer.



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Strange hobbies - our new article to inspire a slightly different interest, first up we have



Toy Voyaging

Members of the Toy Voyagers website co-ordinate a worldwide release of toys into the streets to see how far they can travel with the help of strangers who find them. Each toy is dispatched on their journey armed only with a label asking anyone who comes across it to take it with them.

Inspired partly by the film *Amelie*, which included the tale of a gnome taken on various trips by an air hostess, Toy Voyager volunteers have been dispatching teddy bears, dolls and cuddly toys since 2005.

Travel guardians are asked to take photographs of the toy in each new destination and then update the toy's progress on the Toy Voyagers website and, if possible, take pictures of it posing in front of local landmarks.

One bear, named Ivor, travelled more than 88,000km (55,000 miles), visiting exotic places as far-flung as the USA, Ecuador, Australia, Azerbaijan and Norwich. If you want to send your own toy off on an adventure, you can register for free on the Toy Voyagers website and see how far it goes. Visit www.toyvoyagers.com for more information.



ASSISTANCE is sought to track the spread of butterfly species until 4 August.

On the inter-net type in www.bigbutterflycount.org There you can make your selections of survey, newsletter, butterfly chart, membership etc - all free unless you want to send a donations.

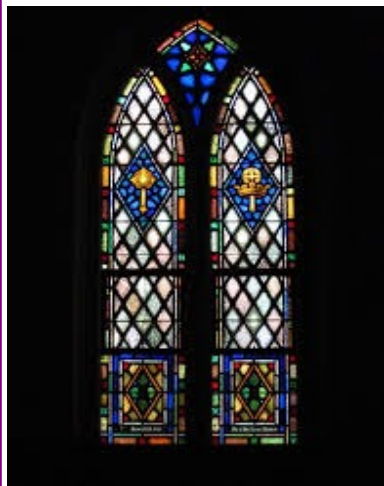
PLEA to fill in a survey as part Cornwall Council's public consultation for its Draft Housing Decarbonisation Strategy. Whether you own a home or not, this Survey will help Cornwall Council to plan how to make all our homes more energy efficient as well as supporting skills, training and employment in our growing green economy says Cllr Martyn Alvey and Cllr Olly Monk.

www.cornwall.gov.uk/council-news/communities-and-housing/have-your-say-on-plans-to-make-homes-more-energy-efficient-for-a-carbon-neutral-cornwall/

This is a bit of a mouthful! I went on cornwall council and asked for "decarbonisation strategy"

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PEACOCKS IN MY GARDEN

The other morning I got up as usual, ambled to the kitchen, switched the kettle on and glanced up to see two peacocks. Well that woke me up! They were incredible, so beautiful. I was really excited and my first thought was to grab my phone to take a picture, fully expecting that by the time I organised the camera, they would have gone (which is what usually happens when there is something exciting to photograph.) No, they were perfectly calm and happy.

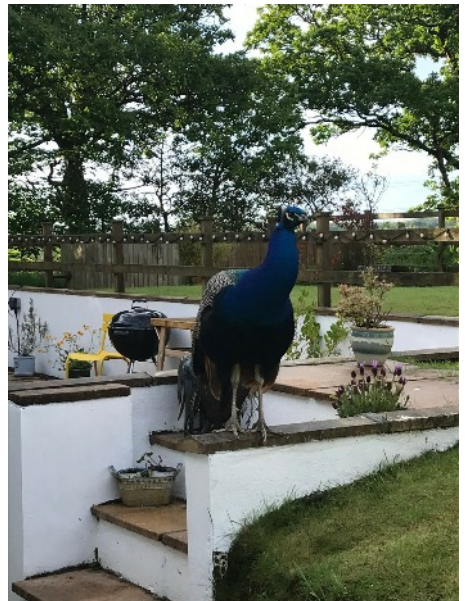


They weren't even fussed when I opened the kitchen door and went out in my dressing gown, getting my slippers soaking wet on the wet grass.

Meanwhile our cat Rosie was watching with great interest at the window. Interestingly she sensed how calm and gentle they were, unlike crows which frighten and upset her, and small birds which make her very excited. The next thing I did was go to our bedroom where my husband was still fast asleep. "Jon! There are peacocks in the garden!" He just grunted and went back to sleep.

he thought I'd said something about a pheasant; he would have got up to see the peacocks. I was then concerned about where the peacocks came from, so went on Facebook, sending some photos.

There were a variety of responses but the only person who'd lost some was looking for a peacock and peahen. They stayed for about an hour, then hopped onto our roof where they stayed a while, then flew away. I wish





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In Parish Hall unless otherwise stated

Monday Cubs 6.30-8.00 Scout Hut
Brownies 6-7.30
Tuesday Scouts 6.30-8.00 Scout Hut
Rainbows 5.45-7.00
Guides 7.00-8.45
Wednes Beavers 5.30-6.30 Scout Hut
Sunday Coast Family Church 10.30

1st Tuesday monthly Parish Council meeting 7.30

Arts & Crafts Club Day courses as arranged.

Check your Journal or phone

Jeanne Gimblett on 01840 230113 for details

4th Tuesday monthly Juliotter Gardening Club,
Otterham Hall, 7.30

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
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Rebel Cinema 01288 36'442
SAMARITANS 116123
Child Line 0800 1111
Women's Refuge 01872 225629

USEFUL CONTACT NUMBERS

Jacobstow Organisations

Jacobstow Infants School 01840 230337
Jacobstow Church, Mr Brian Marshall 01840 230526
Art Group, Jeane Gimblett 07706927197
Happy Crafters, Eden Chapel - Alison 01566 781418
Parish Hall Bookings, J Gimblett 07706927197
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