

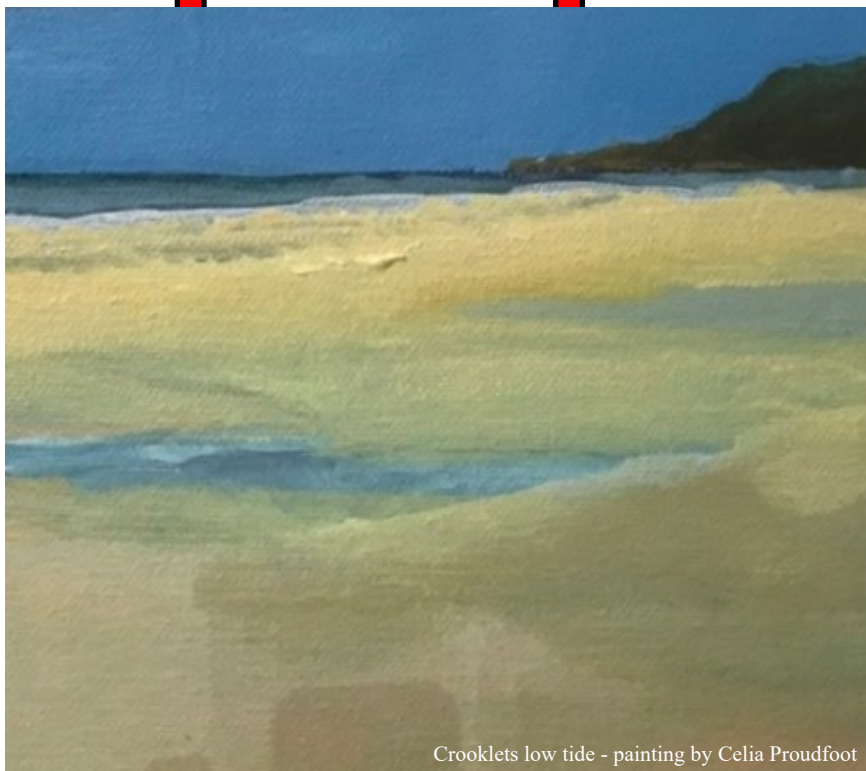
Jacobstow Journal

Providing news and information for the Parish of Jacobstow

www.jacobstovillage.co.uk



Issue: 77
June/July 2023



Crooklets low tide - painting by Celia Proudfoot

Delivery free to every household in the Parish - otherwise 50p

Editorial By Sarah

Bin Day.....I can hear you groaning from here!. We have recently set up a WhatsApp group within our little group of neighbours, and one of the first things that was mentioned was the dreaded BIN DAY! The usual jokes about, “I just look up the road and see what everyone else has done,” were immediately apparent. I then waded in (I definitely suffer from FOMO ((Fear Of Missing Out)) with a comment about, “Oh yes, don’t forget its bin day tomorrow.” So, the next day I take the dog down to the beach and when I return Mum says to me, “We forgot to put the bin out.” Good grief! Then to make it worse, we had family staying and my sister-in-law said, “Oh yes, we heard the lorry pull up.” Now of course, if I hadn’t taken the dog to the beach she would have gone apoplectic at the bin man and all would have been right in the world. We now have the bin days jotted on the calendar, I’ve set up a reminder on my phone and I will note it on the blackboard in the kitchen, so if you need to know when bin day is...I’m your man!!!

Enquiries, Articles and Letters

email to:

jacobstowjournal@gmail.com

or in writing to the Editor.

Sarah Smith

Almar, Jacobstow, EX23 0BN

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Advertising Rates

The current Rate for 6 issues is £30 for a half-page advert.

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

The deadline for adverts, letters or articles for the August /September edition will be 10th July 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 April, 2023

Cllr. Charmaine chaired the monthly meeting with five Councillors, County Cllr. Nicky Chopak, The Clerk and two members of the public attending.

Salt Bin – It was discussed and unanimously agreed to purchase a salt bin, filled, for Cory Close, Wainhouse Corner. The cost for this is £273.44.

Footpath Step – It was discussed and unanimously agreed to pay for installing another step at Witchy Pool Lane at a cost of £50. Proposed we pay when the work is finished.

Cornwall Council – Cornwall Council had approved (with traffic management) Planning Application No PA22/08049 – Land East of Little Beckaveans.

Planning Application No PA23/01388 - Construction of ground floor extension and a first floor extension – Beckaveans, Jacobstow. – Councillors unanimously support this.

Councillor matters – It was reported that the sign saying "Cory Close" was taken away some time ago for repair and it has not been returned. Cllr. Chopak will look into this.

Cllr. Osborne then said he wished to resign from the Council, for health reasons. Cllr. Chapman thanked him on behalf of the Councillors, saying that they appreciated all his hard work over many years.

www.devonandcornwall-pcc.gov.uk

This is your link to the Police Commissioner's Report

Summary of Minutes of Meeting held on 2nd May, 2023

As this was the Annual General Meeting it began with the Election of Officers:-

Re-Election of the Chairperson Cllr. Charmaine Smith

Re-election of the Vice Chairman - Cllr. P. Chapman

Re-Election of the Responsible Financial Officer –Mrs. D.A. Turner –

All unanimously agreed.

Minutes – The minutes of the previous meeting had been Emailed to all Councillors and were agreed and signed.

Forest for Cornwall – A free tree will be given to all Parishes. Clerk to apply for one. Annual Audit Forms – The Annual Audit forms were filled out and signed.

These will now be checked by the Internal Auditor before being sent to the External Auditor.

CPR & Defibrillator Basic Training – Details of times and places for the training will be put in the next Journal.

Damaged Stile – Email received from Mrs Mary Carter saying that a stile at Poulza was damaged and needs repair. Cllr. Nicky Chopak said she would deal with this.

Planning Application PA22/05958 – Land East of Cottage Farm, Jacobstow. Cornwall Council had refused planning permission on this.

SCOTT MANN. Extracts from his Facebook page.

I dropped by an event hosted by Omaze UK to thank them again for agreeing with my suggestion that they make a donation to the Cornwall Rural Housing Association. CRHA is a brilliant Cornish provider of housing to local people in need and I will continue doing what I can to help them in their work. Good to be at the debate in Westminster Hall on Farming on Dartmoor. After a recent meeting with Bodmin Moor farmers and Natural England, it's clear to me we have similar issues. I support Sir Geoffrey's call for an independent body to oversee moorland protection and farming sustainability and look forward to these concerns being resolved. New proposals announced on 13th April will introduce a requirement for planning permissions for short term lets in tourist hot spots. This will give Councils control over the number of properties used for this purpose for the first time. A consultation has also been launched on a new registration scheme for holiday lets to gather data and increase understanding of the impact of short-term accommodation on communities. Having campaigned vigorously on our housing challenges, I am absolutely delighted by this news. I am grateful the Government has worked with me and my colleagues on this vitally important issue.





Jacobstow Neighbourhood Watch



REPORTING A CRIME

You can go in person to **Bude Police Station** (open Monday - Saturday 10-3pm) Or **dial 101 for non-emergencies**. If you have a hearing or speech impairment, use their textphone service on 18001 101. If you want to remain anonymous phone Call 999 from a mobile. **Silent 999 calls: From mobile:** If you don't speak or answer questions, press 55 when prompted and your call will be transferred to the police. Pressing 55 only works on mobiles and doesn't allow the police to track your location. If you don't press 55 your call will be ended. **Silent 999 calls from landline:** If you don't speak or answer questions and the operator can only hear background noise, they'll transfer your call to the police. If you replace the handset, the landline may remain connected for 45 seconds in case you pick it up again. Calling 999 from a landline automatically gives the police information about your location.

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

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EAST CORNWALL

Would you like to learn lifesaving skills? Come along to our free CPR & Defibrillator session in your area! **This training is available to everyone at no cost** and will equip you with the knowledge and confidence to use these life-saving skills if the need ever arises. **No pre-booking required.** If you have a question, please contact amy@cornwalltraining.com

Upcoming Sessions (Each venue is running 2 x 1 hour sessions so you can either attend the first hour or the second or both!):

Altarnun Village Hall- Launceston- 17th May 6pm- 8pm

Bude Football Club- Bude- 5th June 6pm- 8pm

Rilla Mill- Callington- 11th May 6pm- 8pm

Calstock Arts- Tamar 2nd May 6pm- 8pm

Janreath Village Hall- Looe 1st June 6pm- 8pm

Yeolmbridge Club- Launceston 10th May 6pm- 8pm

St Agnes Miners and Mechanics Institute- 3rd May 6pm- 8pm

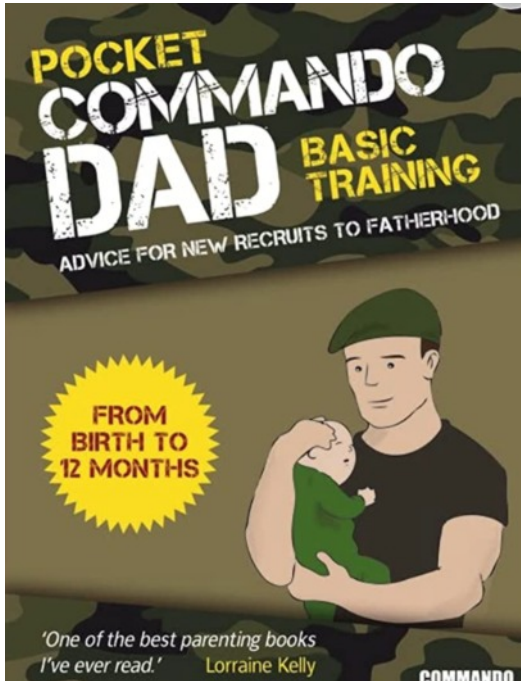
St Dominick Parish Hall- Saltash- 27th May 10am - 12pm

The Victory Hall- North Tamerton 14th June 6pm- 8pm

Liskeard Scouts Hut- 6th June 6pm- 8pm



FATHERS' DAY Celia Proudfoot



I have mixed feelings about Fathers Day. For the majority of people it is a day to celebrate and look back on with fond memories. However some of us came from families where fathers had left for any number of reasons and they were not necessarily to be blamed but the fallout is still the same. The irony for me is that although I had a really complex and difficult relationship with my father (he left when I was 10) I still am in awe of the fact that he escaped Nazi Germany as a Jew and married my mother who was working in London helping refugees. In that respect has always been my idol and given me the strength to do

whatever is needed in life. These days I am so proud of my children's generation who have whole heartedly opted into co-parenting, with fathers taking on equal responsibilities for bringing up their children. When my son found out he and his wife were expecting their first baby, he immediately started doing the research and came across a book called "Commando Dad" aimed specifically at men and dealing with how to look after an infant in almost Bear Grylls style. All bullet points: How to change a nappy, what to pack when you leave the house etc etc. It was such a helpful book, he gave it to all male friends as they became fathers. I bought a copy myself!

Here are some of the most popular Fathers' Day quotes:

"Any man can be a father, but it takes someone special to be a dad."

"It doesn't matter who my father was, it matters who I remember he was."

"A father is a banker provided by nature. A father carries pictures where his money used to be."

"Fathers just have a way of putting everything together."

Our Beavers, Cubs & Scouts are enjoying the lighter, warmer evenings with a variety of different activities. The Beavers are busy growing vegetables, cooking on a campfire, doing nature walks & many more outdoor activities. The term will end with 'Wide games.' The Cubs are busy doing athletics, fire lighting, naturalist work & cooking. The Scouts will be pioneering, raft building & testing of the rafts, going on a beach visit & having a garden party. The Cubs & Scouts will finish the term with the annual slippery slide & river run.



On Sat 18th March, 7 Scouts (+ 2 adults) took part in the annual 'Camel Run'. At 7.30pm the Scouts set off on a 12 mile walk. Along the route were 9 checkpoints. At each checkpoint the team had to complete a challenge. The team completed the walk at 4am & managed a few hours sleep.

After a day of building at the hut on Sat 22nd April, it was transformed into a 'Bingo Hall' for a Bingo evening. I'm delighted to say the evening was well supported & a total of £737.50 was raised, all going towards the new scout hut. On the weekend of Fri 28th April to Sun 30th April, 2 teams ('Are We There Yet' & 'Wrong Direction') took part in the Scout Coast 2 Coast challenge. A total of 13 Scouts and 3 adults completed the 34 mile walk over the two days, camping at Nine Ashes, Bodmin. The walk started on the Saturday morning at Par beach to Nine Ashes and the following morning from Nine Ashes to Port Issac. Despite the hard going due to the wet conditions under foot, every scout completed the walk, which is a super achievement.

On Sat 29th April the Beavers took part in the 'Beavers Challenge' down at Nine Ashes, completing a 5 mile walk with different activities along the route. The Cubs now have a opportunity to take part in the 'Cub Challenge' in June. This is a 13 mile walk over 2 days with camping for one night.

On the 1st week in July all 3 groups will be taking part in a sponsored bike ride, with the money raised going towards the new scout hut.



On Saturday 13th May, the main hall of the hut was finally completely fitted out in plaster board by our dedicated team. The next step for us now is skimming but due to this being a skilled job, we are having a professional team come in to complete the job. We still have some areas to plaster board in the entrance and this can then be skimmed. Once skimming is completed, we will then be painting, fitting the kitchen, doors and skirting boards.

Our priority now is to raise funds for the electricity connection, and, fingers crossed, by the winter months this will be completed.

CHURCH AND CHAPEL SERVICES

Services for **June**

4th Morning Prayer 10.30 Warbstow
18th Holly Communion 10.30 Jacobstow
25th Holly Communion Warbstow

Services for **July**

2nd Morning Prayer 10.30 Warbstow
16th Holy Communion 10.30 Jacobstow
23rd for details see next page

For services across the Benefice see notice down at the church



Jacobstow Church



LIVING CHURCH

June Services

4th 10.30 morning worship led by
Mrs Julie Swann
11th 10.30 morning worship
18th 10.30 morning worship
25th no service at Canworth Water
Circuit service at Delabole



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

Jacobstow Church

The service on 23rd July for Jacobstow church will be a Deanary Service at Marhamchurch taken by the Rural Dean Rev David Barns who retires on 24th July 2023. The service will be followed by tea and refreshments in the Bray Institute.

Living Water Church

The July preachers are still to be confirmed but worship will take place at Living Water Methodist Church each Sunday morning at 10.30 with the exception of 30th July when the congregations of the Methodist Church will gather together at Tresparrett Methodist Church.

In addition to our morning worship there is a Toddler Group that meets from 11.00am to 1.00pm on Mondays during term time in Living Water church hall and anyone with young children is most welcome.

Church Lottery Results

	1st	2nd	3rd
April	Ms L Chidley	Mr L Loader	Mrs D Pratt
May	Mr N Osborne	Mr J Osborne	Mr S Cobbledick
June	Mrs G Trewin	Mrs A Curtis	Mr L LaBroy

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Bude, Cornwall



A quick thinking photo from Sue Burrows of a deer "just inspectng the hedge, nothing to see here!" Can you spot him?

If you have an interesting wildlife picture why not share it with everyone?

Email it to us at jacobstovillage@gmail.com

Moroccan Lamb Burgers

Ingredients

- 1 onion, roughly chopped
- 2 cm piece ginger roughly chopped
- 2 garlic cloves roughly chopped
- handful of fresh coriander
- 2 tsp ground coriander
- 2 tsp ground cumin
- 1 tsp cinnamon
- 75g ready to eat dried apricots chopped
- 500g lean lamb mince

wholemeal rolls, lettuce, sliced tomatoes, sliced red onion to serve.

Method

Blend the onion, ginger, garlic and fresh coriander in a food processor until finely chopped. Add the spices, apricots, lamb and seasoning. Blend until slightly chunky.

Shape the mixture into six burgers and cook under a medium/hot grill for 4-5 mins each side until thoroughly cooked. Assemble with the buns and salad and serve.



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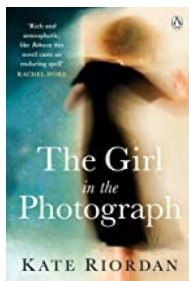
Monday 5 June Totnes to Dartmouth by Boat



For more information call -
Diana Halls - 01840 261366 or Tina
Martin - 01840 230182

Jacobstow Book Club

Books we have enjoyed lately:

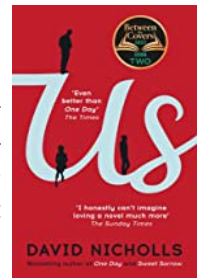


'The Girl in the Photograph' by Kate Riordan

This book deals with the tragic effects of post natal depression, at a time when it was not understood and a stay in an asylum the only form of treatment. Alice is sent by her mother to Fiercombe Manor to have her illegitimate baby, under the care of Mrs Jelphs, the housekeeper. She discovers the sad story of Elizabeth, wife of the former owner of the Manor and begins to feel a connection with her.

'Us' by David Nicholls

A bitter-sweet story about family relationships which begins with Connie waking her husband Douglas to announce that, after 20 years of marriage, she no longer wants to be with him. This is the night before they are about to embark on a cultural tour of Europe, with their son, Albie. They decide to go ahead with the tour, during which Douglas tries to get closer to his son, resulting in some disastrous and hilarious results.



Mobile Library - Enquiries phone 0800 0322345 or 01872 272702

The Mobile Library Service stops at Canworthy Water monthly on a Wednesday from 10-11 - 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 Tuesdays and Fridays.

AMY'S DAIRY DIARY

Long time no post in The Journal! It's been a busy time on the farm, especially with the weather being so awful! This now means that silaging has been delayed until further notice as our fields are so wet.



On another note, we've had lots of cows calve.

Back at the end of March one of the Dairy Shorthorn cows had twin heifer calves! The cow herself is called Strawberry, therefore it's only right that we called the girls Strawberry and Cream.



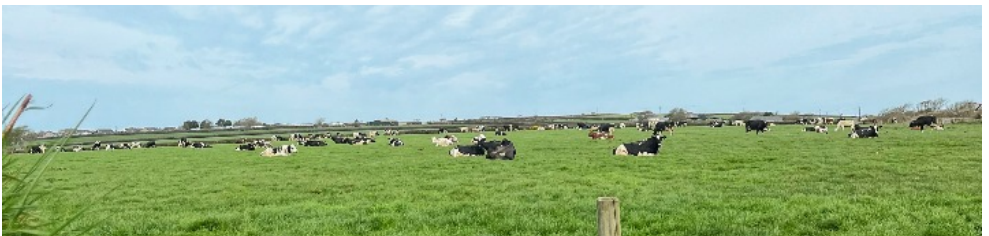
In April, we turned the main milking cows out to grass for the first time since they came in for the winter. They

can wander in and out of the shed to keep out of the rubbish weather that we have had since.



Some keen walkers may have notice a big Hereford bull in the field next to the lane. He's a big softy called Frank. Although, you should never trust a bull as they can be rather dangerous.

Now that more and more cows and sheep are being turned out to grass, not just around the village but along the coastline, on footpaths etc. I put a plea out to all dog walkers to keep your dogs on a lead and most importantly to pick your dog poo up. Please do not leave it lying around on the ground or even throw it over into a field! It can cause several diseases to an animal and can make them loose their unborn babies.





Sorry for the hiatus in guiding news, this was down to various reasons – mainly life taking over and a fight with technology over girl guiding's new branding (which I have eventually won!) All sections have been busy since Christmas, completing badges and generally having fun.

The guides have an exciting trip planned for February half term 2024, to visit Our Chalet in Switzerland. Our Chalet is one of 5 girl guiding world centres dotted around the world (London, Switzerland, Africa, Mexico and India). Whilst there, they will be doing adventurous winter activities including cross-country skiing, snow shoeing and sledging. They will also get the opportunity to meet with other girl guides from around the world who are also staying at the centre.

As you can imagine this will be an expensive trip to organise and take part in, therefore the unit along with the guides from Tregadillett who we will be joining with for the trip, will be completing a lot of fundraising in the coming months to help with costs. We have made a fantastic start with the Big Breakfast at the parish hall on Good Friday raising nearly £1000 and although at the time of writing the final total is yet to worked out, the sausage sizzle in the Sandpit at Crackington Haven with the band on Coronation day was very well attended so we expect to have done well there as well.

We have spaces in all 3 units – rainbows (aged from 4-7) brownies (aged 7-10) and guides (aged 10-14) so please do get in contact if you have a daughter who would like to join us. Louise the brownie leader, would also really love another adult who is willing to attend our weekly meetings to help her continue to provide all the fun that everyone has during brownies. Please contact her on 07817985661 or jacobstowbrownies@outlook.com if you would like to discuss this further.

For more information :

Guides and Rainbows - Mary Andrew 01840 230006
Brownies - Louise Cowling 07817985661



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PUZZLE PAGE

Welcome to your "tea break" puzzle page. This edition's winner is Steve Connolly. 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 July 2023. Thank you to Wainhouse Stores for sponsoring this page.



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

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

- | | |
|-----------|------------|
| BEACH | BEAUTY |
| COAST | DUNES |
| FOOD | HILLS |
| HOLIDAYS | HOTEL |
| ICE CREAM | INN |
| LOVELY | PUB |
| PARKLAND | SAND |
| STAY | SUMMERTIME |
| SUN | SUNSHINE |
| TOWELS | WANDER |



Can you name these famous cars?



Last edition's answers - Missing word: Rabbits TV programmes: 1. Hong Kong Phooey 2. Scooby Doo 3. Peppa Pig 4. Danger Mouse 5. Morph 6. Dora the Explorer 7. Bob the Builder 8. Paw Patrol

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Phone Box Refresh

Caroline Pallett has kindly given the village phone box a lovely new coat of paint. The box doubles up as a defibrillator base and our village lending library.

River Carter was one of the first to visit the newly renovated box and promptly sat down to read a book. Please feel free to follow her example and see what books are on offer. Also if you would be interested in defib training please see our article on page 5.



David's Random Ramblings



I am sure that you would all agree with me that there is so much to be grateful for, living in this corner of the world. Not least, of course, is being able to predict the weather with total accuracy. We must all be well aware that if, on your journey into Bude along the majestic Atlantic Highway, you can clearly see the satellite dishes at GCHQ - an organisation that strives to adhere to its motto "Always listening to our customers." - you can be completely confident that it is going to rain before too much longer. If, on the other hand, you cannot see those satellite dishes, you can be completely confident that it's already raining. Isn't it great to have such a foolproof way of forecasting how the weather is going to turn out? Michael Fish would be truly impressed. And, can anybody out there tell me what happens if you get scared half to death twice?

Best Wishes, David



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

Email: nicky chopak@gmail.com.

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

The Coronation of King Charles III **May 2023**



On Coronation Day, the bells of Jacobstow Church rang out the Coronation Peal by bell ringers Brian, Mary, Hilary, Barry, Paul and Sue, in celebration of the crowning of King Charles III.

The Coronation Peal was specially composed for Queen Elizabeth II's Coronation in 1953



Extract from Church Diary 1990 by Mrs Molly Parsons



A tractor and trailer loaded with bales demolished the church gate and pillars. The tractor driver was Mr P Andrews, North Petherwin. Mr Norman Osborne and his son kindly cleared the debris with their tractor and front-end loader aided by a band of helpers.

The pillars were re-built and the gate re-hung the following week. The Church Council praised the workmanship of the builder, Mr Roger Pooley and his helper, Mr Les Parnell stated that the gate fastens better than previously!

CORONATION CELEBRATIONS





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March didn't either come in or go out with anything of note this early spring. No notable gales, only one frost observed here in the valley although it did turn out to be rather a wet month with well above average rainfall. The 3rd gave a frost early at -2.7°C but that was the only one of note. Some misty mornings up to the 8th, when we had the first really wet day associated with a depression that ran along the channel from overnight. 0.89" of rain had been collected by 10.00 that morning on light southeasterly winds. The rain continued until midday, showers were noted into the afternoon with further heavy downpours early evening. Also of note was a rapid temperature rise during the day from just 4°C first thing to 14°C by mid-afternoon and 1.14" of rain was collected by evening.

The weather took its time clearing eastwards on the following day, with heavy showers from late morning onwards on veering winds south to southwesterly and 15.6°C recorded by the afternoon.

The winds turned northerly by late pm that day, and the northerly gave near gale conditions along the North Coast for a while, with one gust of 40 knots recorded here but rather short-lived at least inland. Another mild but wet day was observed on the 22nd with overnight rain and passing showers giving 0.62" by late. Something more like March was noted on the 24th, with upper air conditions becoming very unstable by afternoon with a torrential downpour early evening and squally southwesterly winds and hail.

Convective rain showers were observed on most days to the end of the month, with the 31st adding a wet 1.4" to the totals which amounted to 7.53" for the month as against my 10 year average of 3.9". This was the wettest March recorded here at Canworthy Water that even beat the 6.81" of 2018.

April was showery as Apriils should be but nothing too spectacular. A wet day of sorts was observed on the 11th, with squally winds into the following day on northwesterlies gusting 38 knots. Quite a few coastal locations reported hail storms making the ground white on the 12th. Matters warmed up considerably later with 18.4°C recorded on the 16th, 19.5°C on the 17th and also on the 19th & 20th before matters cooled down once more on the 22nd with a wet day giving 0.51" during the afternoon. We managed a thunderstorm tracking eastwards off Hartland Point late morning on the 24th, with another wet day on the 27th. It became quite warm by the end of the month, with both the 29th and 30th at 19.4°C, and the total rain collected was 3.15", against my 10 year average of 2.05"

NB - Heights are based on Newquay for Bude +25

Date	June 2	June 9	June 16	June 23	June 30	July 7	July 14	July 21	July 28
AM	5.06	9.58	4.30	9.06	2.54	8.54	3.14	8.09	0.58
PM	17.29	22.25	16.54	21.23	15.27	21.19	15.46	20.22	13.42
Sunset	21.24	21.30	21.34	21.36	21.35	21.32	21.26	21.19	21.18

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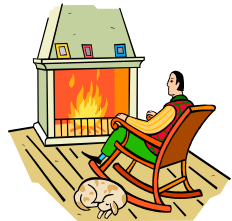


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In April we went to West Balsdon Farm at Whitstone for a long overdue visit to Cornish Farmhouse Bacon. It was well worth the wait as we enjoyed a walking tour of the facilities, suitably dressed in the most fetching blue protective clothing. We followed the route taken by the pigs from field to plate and ended our visit with - of course - a Bacon Butty! We were impressed with the scale of the operation and that the processed meats are supplied to so many butchers, farm shops and catering outlets locally and across Cornwall and parts of Devon.



Each year in May, WIs discuss and vote upon the selected Resolution prior to the national Annual Meeting which, this year is being held in Cardiff on 25th May. This year's Resolution is:

Clean rivers for people and wildlife - The proposal relies upon the same legislation that has improved water quality at coastal beaches, by seeking to promote applications for designated bathing sites on appropriate stretches of rivers. Legally, designated bathing waters must be regularly monitored for pollution and this is seen as a way to increase monitoring along our rivers. Water quality has received much media attention and publicity over recent years and is often in our local news. A 2022 Environmental Audit Committee Report recommended that water companies in England should designate a stretch of each river for bathing as a way to drive the clean-up of rivers and Surfers Against Sewage have set a goal for 200 inland bathing waters to be recognised. The Rivers Trust is also encouraging volunteers to help monitor water quality as part of their Citizen Science Project.

Looking ahead:

- 8th June - Talk on the Landscape and Wildlife of Bodmin Moor
- 1st July - Craft Day
- 13th July - Budeful Jewellery

If you would like to find out more about the WI, do come along to our next meeting or give Jill a call on 01840 239829.

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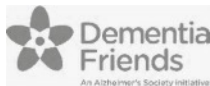


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JACOBSTOW AMBLERS

Celia Proudfoot

Our walk was on Thursday 20th April starting at the small car park at Penhallam. Penhallam is owned by English Heritage and entry is free. It is essentially an easy walk leading to the ruins of the remains of a moated 13th century manor house built by

Andrew de Cardinham. The walkers were Mary, Mick, Anne, Sue, me, Kevin and Lucy (new to Jacobstow) plus 3 dogs. The weather was perfect although it was still very muddy underfoot in places. At one point on the walk Lucy noticed 2 lambs tails hanging in a tree. It looked a bit macabre to me until Anne explained that the rooks collect sheep wool for their nests and had obviously given up and dropped the tails. I got chatting to Lucy asking where she had moved from before coming to Cornwall. When she said she used to live near Hampton Court,

I told her that I used to teach at Esher College many years ago. She then said she had been a student there. On the off chance I asked if she had been taught by Bill Mac. Lucy was so effusive about his teaching and his sharp wit. Bill Mac is one of my oldest friends and has now moved to Devon and plays accordion in my band. Lucy and I both commented on the theory of Six Degrees of Separation which contends that because we are all linked by chains of acquaintance, we are just just 6 introductions from another person on the planet. This is what happens when you join a walking group! Or you can just enjoy our wonderful countryside.



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SUMMER GARDENING



As we enjoy the longer days of June, the warm temperatures and moist soil provide excellent conditions for growth. Keep sowing and planting out to make the most of this period and continue to feed your vegetables and plants throughout the growing season. Look out for any signs of pests and diseases and act promptly to minimise the damage. Hoe between rows when it's dry

and remove weeds regularly. Final sowings of greenhouse crops must be made early in summer to allow time for them to grow to maturity.

As crops ripen, harvest frequently as this ensures the plants continue to produce more fruits - any surplus can be frozen, shared with others or made into pickles and chutneys. Cut salad leaves and herbs to enjoy while they are young and tender. As soil becomes free, sow quick growing crops of beetroot, french beans, radishes etc and a late sowing of salad leaves to ensure ongoing supplies.

Remember to take time to enjoy your garden as well!

WATER SAVING IDEAS

Water plants in the evening or at night to reduce evaporation and target the water at the roots rather than watering generally over a wide area. Leafy crops such as cabbage, spinach and lettuce benefit from watering at each stage of their growth and newly transplanted crops need a good supply for their roots to recover. Root crops like beetroot and carrot need less moisture but potatoes particularly need moisture once the tubers have formed to give a good yield. Tomatoes, peas, beans and sweetcorn need regular watering when flowering starts to help the fruit to set and whilst the fruits and pods are swelling - overwatering before flowering can increase leafy growth at the expense of the crop.

Collect as much rainwater as possible from guttering on sheds and outbuildings and in buckets when rain is forecast. Re-use "grey" household water from washing up, baths etc for established plants and collect water from handwashing and rinsing in a bowl or jug. Place a bucket/jug in the shower to collect water whilst you wash and use any liquid remaining in the tea and coffee pot for your plants too.

Any reduction in mains water usage assists with the current drought situation and saves money. Can you reduce the number of times you flush the toilet and reduce your showering time to 3 minutes or less?



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“From Squadrons to Satellites”

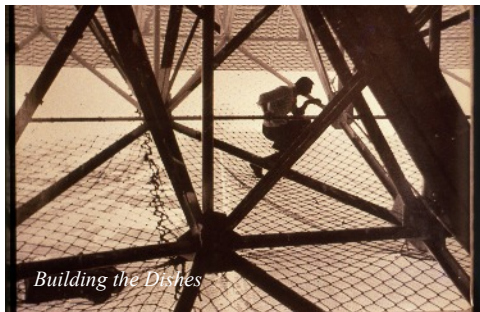
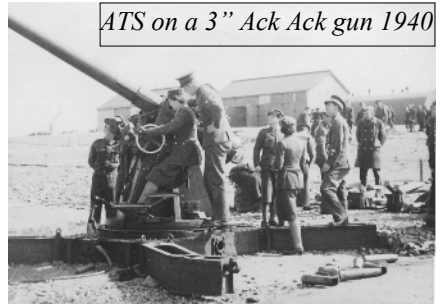
‘From Squadrons to Satellites’ is an exciting new exhibition, curated in conjunction with GCHQ Bude and PK Porthcurno. It will tell the story of the GCHQ site near Morwenstow, from its origins, to becoming RAF base, Cleave Camp and later GCHQ as we know it

today. The exhibition is based on ‘Watcher of the Skies’ originally at PK Porthcurno, the Museum of Global Communications.

The area known as ‘Cleave’ stands high on the edge of cliffs at Sharpnose Point.

During the 13th Century, a manor house stood on the site, and the land was continually inhabited until it was bought by the Ministry of Defence in 1939. ‘Cleave Camp’, as it became known, was actively used by the RAF throughout the war. The exhibition will feature the stories of some of the people who were based there, such as Bill Young, with some of his personal artefacts on display.

In 1969, work began to build the Composite Signals Organisation, known as CSO Morwenstow. The site would officially open in 1974, and next year will



celebrate its 50th anniversary. In 2001, the site was renamed GCHQ Bude and is one of a number of GCHQ’s operational locations across the UK including the main headquarters at

Cheltenham and also Scarborough, Manchester and Lond.

From Squadrons to Satellites will include information on the history of GCHQ itself, from its beginnings in 1919 as the Government Code & Cypher School. on.



“From Squadrons to Satellites”

The exhibition will reveal what it is like to work at the GCHQ Bude site, and the challenges of maintaining the satellites in extreme weather, such as heavy snow and high winds. Although most of the work carried out at GCHQ remains classified, the exhibition will also shed light on some of the ways in which the organisation supports the community, such as working with schools and community groups and raising money for charity.



Another addition to the exhibition will be the remarkable story of Geoffrey Perry, a physics teacher from Kettering, who retired to Bude during the 1980's. It will tell the fascinating history of how he and fellow students were able to track Russian satellites during the 1960's, using only short – wave radio equipment.

The exhibition will open from 16th July, at The Castle Heritage Centre, Bude. Photographs from The Archives are by Bill Young additional ones by Sue Burrows



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Kids' Page. The Hungry Alphabet Game.

Good to play in the car. 2 or more people.

One person says "I'm so hungry, I could eat an apple," (or some other kind of food that has "a" as the first letter)

Someone else says "I'm so hungry, I could eat an apple and a banana."

The next person says "I'm so hungry, I could eat an apple, a banana and a cake."

Each person then takes it in turns to add a kind of food beginning with the next letter in the alphabet. The game ends when someone forgets to say something that is already on the list, or can't think of a kind of food that begins with the next letter.



TIP - Not many foods have q,x, or z as the first letter so before you start, you could decide which letters are too hard and leave them out of the game. You could go on to choose other subjects, like animals instead of food! "The Animal Alphabet Game."



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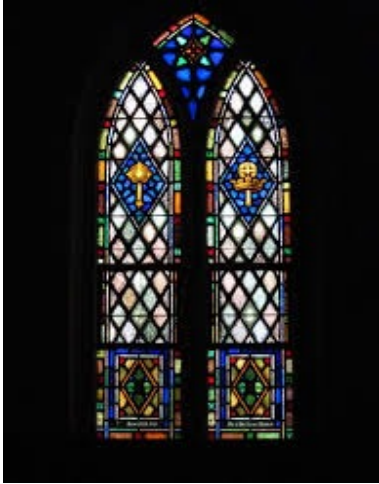
What's on - in and around our village

- 1 June - "Emma" Open air theatre at Ebbingford Manor, Bude
- 4 June - Bude Sea Pool Big Lunch & Big Supper at Crooklets
- 5-11 June - Bude Ocean Festival
- 8-10 June Royal Cornwall Show
- 11 June Open Gardens in Morwenstow
- 17 June The Wyldes - Rudimental
- 27 June Launceston Show
- 1 July - Bude Pride at the Castle
- 2 July Garden Party in aid of SWSW Holloborough Eastcott
- 14th July - Flower Festival at St Swithins Church, Lancells 10-4
- 15th July - Cornwall Air Ambulance Helifest at Trevethen Farm, Padstow PL28 8EX
- 16 July - Bude Heritage Festival 12-5pm
- 21 -23 July Leopallooza
- 22 July - "Twelfth Night at Ebbingford Manor, Bude 6.30 - 9pm
- 27th July - Robin Hood at Ebbingford Manor, Bude 6.30 - 8.30 pm
- 28 July St Gennys flower show
- 28th July Ghost Hunting Chit Chat at the Castle in Bude 5.45 - 9.15
- 30 July Cream Tea Gildhouse
- 3 August Poughill Revel & Cuckoo Fair



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Haunted Cornwall - Poundstock, Bude by Sarah Smith



The parish of Poundstock, has the dubious honour of being haunted by two members of the same family. The earliest ghost is that of William Penfound who was the curate of St. Winwaloe's church, Poundstock, in 1356. This was the time of the Lollard movement – a group of people who wanted the bible to be published in English, and who saw the clergy

as corrupt. At the end of mass, once the congregation had left the church, a group of armed men broke in and found William in the chancel. They 'cut him down' swiftly, and two men were later apprehended, but pardoned, and no one was ever convicted. William's ghost is said to still haunt the church and churchyard.

Around 300 years later, the Penfound family were in the midst of the English Civil War. Fervent Royalists, they were instrumental in the local victories against Cromwell's forces. As was often the case, neighbours fought against neighbours, and their long-standing friends, the Trebarfoot family, were on the side of the Parliamentarians. In a tale to rival Shakespeare, John Trebarfoot had fallen in love with Kate Penfound, despite both sets of parents expressly forbidding their relationship. They had resolved to elope on April 26. John tied his horse outside Penfound manor and waited for the stroke of midnight. Kate's father had not slept, and was still downstairs drinking when he saw his daughter Kate sneak her way to the front door. In a fury, he rushed outside with his sword and found John Trebarfoot. Kate desperately tried to calm her father but he lunged at John and she threw herself between them. The tragic result was that Kate and John were both killed. Kate's ghost has been seen many times in Penfound manor, both in the upper bedroom, and descending the stairs. *Some information copied from Tamar Valley cottages website





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Tuesday Scouts 6.30-8.00 Scout Hut
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 Guides 7.00-8.30

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

2nd Thursday monthly WI 7.30

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.

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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

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