

Jacobstow Journal



Providing news and information for the Parish of Jacobstow

www.jacobstovvillage.co.uk

Issue: 82
April/May 2024



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

Editorial by Sarah

When I was young, many moons ago, I applied to Why Don't You for an information pack about what to do in the summer holidays. The highlight of receiving this pack, which was good, was that it came in a parcel. An actual PARCEL! We had never had one delivered before, the family where in uproar. Fast forward how ever many years (cough, cough) and parcels are being thrown at me every day. It really is an interruption in my day to have to deal with a loopy dog jumping up and down at the door and a delivery driver either hurling a parcel at me, (one in a hurry), taking my photo (at least warn me so that I can brush my hair and arrange my features) or the dog lovers (yes, she is lovely and here's her tummy for you to tickle!). It amazes me too when I get an email telling me that a parcel will be delivered between 1.57 and 2.57. This is annoying on two levels, I'm not in charge of an international spy ring, I do not need to have parcels delivered this specifically and also I pity the poor delivery driver who has to zoom around everywhere trying to keep to these deadlines. And then, once my parcel has arrived I then spend the next hour jumping up and down on cardboard boxes trying to get them flat for the recycling. On that subject, how annoying is it to try and get the cardboard out for the dust without getting wet in these monsoon times we are living in. Anyho, happy shopping and box jumping....see you next time Sarah

Enquiries, Articles and Letters

email to:

jacobstovjournal@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 June/July edition will be 10th May 2024. 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.jacobstovillage.co.uk

Summary of minutes of meeting held on 6th February 2024

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

English Heritage – Letter received from English Heritage saying English Heritage Trust's funds are limited but Penhallym is on the programme for renewal.

Planning Application PA23/09863 – Outline Planning for a proposed dwelling with all matters reserved - Dovedale Broad Langdon, Jacobstow. Councillors support this.

Planning Application PA23/09829 – Proposed change of use and conversion of barn to dwelling house together with reconstruction of existing garage to bat roost. Councillors support this.

Planning Application No PA23/10339 – Temporary siting of mobile home for agricultural worker - Land South of Tobarn, Jacobstow. - Councillors support this.

Planning Application No PA23/17589 – Erection of Slurry Store, Broadlands Farm, Jacobstow. - Councillors object to this Application. Reply saying they require more information on this Slurry Store. There is insufficient data. What are the dimensions. What is its construction and what is the Slurry ratio.

Bus Shelter. – It was brought to the Council's attention that the bus shelter needs cleaning. This will be looked into.

Jacobstow Parish Council Summary of Minutes of Meeting held on 5th March, 2024

Cllr. Charmaine Smith chaired the monthly meeting with six Councillors, County Cllr. Nicky Chopak, the Clerk and eight members of the public attending. As this was the Annual Parish Meeting it began with two speakers. The first was Miss Lisa Garside, acting head of Jacobstow School who gave an update on the school. The second was a report from County Cllr Nicky Chopak on the Cornwall Council year.

This was followed by the normal monthly Council meeting.

It was reported that a post was broken on Footpath No 6. Cllr. John Shepherd to inspect this.

Age Concern will be running a bus to the Royal Cornwall Show on Saturday 8th June, 24. Anyone interested can contact the Clerk for details.

Planning – Eden Chapel - The purchaser of Eden Chapel attended the meeting to show plans of how they wish to convert the Chapel into living accommodation. The Parish Hall committee had confirmed that Broadband can be installed in the Hall. Cllr. Chapman to find out how this can be done and the cost.

SCOTT MANN - Extracts from his Facebook page.

In February I had the honour of attending the Cornwall Apprenticeship Awards at the Eden Project. I was also invited to present the award for Academic Mentor of the Year, which was won by Tamzin Irvin - congratulations again, Tamzin! The event was organised by Truro and Penwith College, in partnership with Hertzian, Pirate FM, Business Cornwall and sponsors from across the Cornish business community. They did a brilliant job. I'm so chuffed to see apprentices getting recognition for the vital work they do in our communities. I'm very grateful to the Premier League for funding £50,000's worth of new solar panels for Launceston FC. It recently funded the replacement of the grandstand roof, and in previous years has also supplied The Clarets with pitch maintenance equipment and a contribution to new changing rooms. It's important that top tier football plays its part in supporting our small clubs - they are the lifeblood of the sports. It was a pleasure to welcome the Water and Rural Growth Minister, Robbie Moore MP, to the National Lobster Hatchery in Padstow. We heard about the science behind sustainable fishing, and the importance of this circular model which benefits local fisherman, restaurants, hoteliers and more. The Hatchery is a brilliant example of successful collaboration between stakeholders, and shows the importance to everyone of maintaining a healthy environment.





Jacobstow Neighbourhood Watch



SCAM alert. Facebook users. Recently I was contacted by Pirate FM saying my reply to a post had won me £1,000.

What followed was a continuous attempt to get me to hand over my debit & credit card numbers, with a pin. Hopefully, lucky for me, I used an old account with not very much in. The person at the other end appeared to be a Pirate FM breakfast show presenter. They said I need to sign up to a TV streaming company and, within 15 mins £1,000 would be in my account. The give away, in the end, was a message saying I had insufficient funds in that account! Boom, the penny dropped; I had been sucked in but managed to stop it before the account was emptied. That account has now been emptied by me, but it was very very convincing, all from a cheeky comment on what I thought was a post by Pirate FM. Be careful folks. This happened to a person in Bude. It has been verified.

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



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

Email: nickychopak@gmail.com.

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

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.

MESSAGE FROM A LITTLE BAT

Hi there, I am a little bat. I do not suck your blood, I definitely don't want to get stuck in your hair, that's just gross. If I should accidentally fly into your house, please don't hit me with cricket bats and brooms.

It really hurts and I am so scared. It was an accident, I didn't mean to scare you. I am just as scared as you are. I am fighting for my life and it's not a fair fight. Should I land on the floor, I can't get up again. I will need your help. Just use a towel and take me outside. I will fly away immediately I promise. I eat mosquitos and a lot of other pests that can harm your garden. I have limited places where I can go with the increasing number of buildings. So if I do accidentally fly into your home, switch off your light and leave the outside light on with the door open. I promise I will be out in a flash.

Kind regards, your tiny little harmless bat. xx



MORE WONDERFUL LETTER BOXES.

One at The Crescent in Bude and one in Canworthy Water. Thank you amazing knitters!



JUBILEE CLUB

The Jubilee Club have organised a Coach Trip

LOST GARDENS OF HELIGAN

on

MONDAY 13TH MAY

You are very welcome to join us. Pick up at Wainhouse
Please contact Diana Hall 261366 for more details

Royal Cornwall Show Coach Trip

Saturday 8th June 2024



Cornwall Age concern are offering anyone aged 50 and over and living in any of the following postcode areas (Cornwall only), to join us on our annual coach trip to the Royal Cornwall Show: EX22, EX23, PL14 (Liskeard and north of Liskeard only), PL15, PL17, PL27 (Wadebridge and east of Wadebridge only), PL29, PL30 (east of Bodmin only), PL31, PL32, PL33, PL34, PL35

Thanks to the support from the Royal Cornwall Agricultural Association, they will be providing transport to and from the Show ground, entry to the Show ground and a lovely pasty lunch at the discounted cost of only £14.75 per person. They will provide a marquee throughout the day for any of the group to rest their legs and enjoy conversation. A refreshing beverage will be available from 3.15 – 4pm at no extra cost.

If you would like to take part in this offer, please contact The Journal for the link to the online application forms or you can call Age Concern on 01872 223388 or 01872 266384 as soon as possible, as places are limited; allocations will be on a first-come, first-served basis. It would be helpful if the forms could be received by Friday 19th April, with any booking adjustments and payments to be received by no later than Friday 3rd May. Please note: All guests must be able to cope with getting on and off a coach, coach transport, the terrain of the Royal Cornwall Show ground, a significant walk from the Show ground car park to our marquee and back, and the anticipated volume of people, as well as potentially very warm weather. Individuals requiring support may be accompanied by a family member/carer, who will also be required to pay £14.75. This offer is only valid using one of our coaches for travel to and from the Show ground; the offer is not valid for those who wish to use alternative forms of transport.

Gardeners Heads Up - PLANT SALES

April 6/7 - Cornwall Garden Society - Spring Flower Show
- Wadebridge

April 27 - Plant Sale - Juliotter Garden Club -
Otterham Hall - 10-12.30

May 18 - Plant Sale - Gildhouse, Poundstock - 10-12.30

May 11, 9.30-12 noon -Plant Sale - Egloskerry Garden
Club - Tresmeer Hall



Facebook nesting idea

CHURCH AND CHAPEL SERVICES

JACOBSTOW CHURCH

On Easter Sunday

Boscastle Look-out 6.30am

Warbstow Bury 7am

both have breakfast available afterwards

Jacobstow

April 21 HC 10.30am

May 19 HC 10.30am

Warbstow

April 28 HC 10.30am

May 26 HC 10.30am

These arrangements may change -
please check notice board on church gate

Rev Heather Ashton 01840 250359



LIVING CHURCH

Julieswann15@rocketmail.com

Email for more details



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If you are interested in learning to bell ring, having a go at a 'taster session' or want to know more about the bells, please contact me on mobile

07751485996 or Email:

psbengineering.uk@outlook.com.

Church Lottery Results

	1st	2nd	3rd
January	Mrs S Burrows	Mrs G Trewin	Mrs A Connell
February	Mr A Smith	Mr K Fuller	Mrs J Baker
March	Mrs W Smith	Mr T Smith	Mrs E Thain
April	Mrs C Smith	Mrs P Thomas	Mr D Addy
May	Mr J Cobbledick	Mrs S Osborne	Mrs R Braund

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10-1) or go online to
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Free big fun day in the
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Whats On April -

- 12 Poundstock Gildhouse – Pasty & Cider with The Bencoolen Wreckers
– Ticket only from Jen 01288 361525, Alan 01566 781559 or Maria 01288 361
- 11 History tour Manor House, Pengenna, 11.00
- 13 13.00 Big Dog Boogie Band Crooklets
- 20 book to Home a Hen – freshstartforhens.co.uk
- 20 - 20.00 Abba Tribute Parkhouse Centre
- 26 - 16.00 Drag Queen Bingo and Caberet – Little Pig
- 27 - 20.00-12.00 Rewind 60s,70s,80s Falcon Hotel
- 27 - 21.00 Big Dog Boogie Band Marhamchurch, Bullers
- 29 - 7pm Old Cornwall-"The Old Hotels and Garages of Bude"

What's On May -

- 4/5 Werrington Hill Climb
- 6 Marhamchurch Food Fair
- 8 - 7,30 Gildhouse - Bob Rae Sewing B Finalist
- 11 - 19.00 Bude Methodist Church trio
- 16-18 Devon Show.
- 18 - 13.30 Stratton Heritage Walk Ian Saltern 13.30
- 26 - 9 Car Show Little Pig
- 26 - 12.00 Bideford Quay, Bike Show
- 24-26 Waterloo Farm, North Petherwin – Kindred Spirits Festival
- 27 - 19.30 "Bike" play at Crackington Institute
- June** 8/9 The Wylde Underworld

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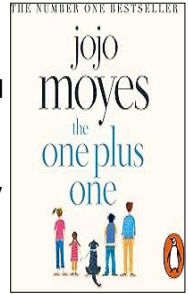
Mobile: 07855001284



Jacobstow Book Club

'The One Plus One' by Jojo Moyes

A young mother works as a full time cleaner and a part-time barmaid but still finds it hard to make ends meet. When she is told that her daughter is a Maths genius and should go to a special school, she wonders how on earth she is going to afford the fees. A very wealthy man, for whom she cleans, is going through a difficult time in his life and, on a whim offers to help her. He has to drive them to Scotland, with the mother, daughter, depressed teenage son and a huge, smelly dog in the car, in order that the daughter can enter a competition to win the money that could help her to attend the special school. It is not always a pleasant journey. This was quite an easy read but enjoyed by all, even if a bit predictable.



'The Midnight Library' by Matt Haig

Everything suddenly goes wrong in a young woman's life – her cat dies, she loses her job and her only piano student decides to give up. She thinks there is no point in carrying on, until she gets the chance to visit The Midnight Library and to experience the different career choices she could have made and the alternative lives she could have led. A very different read, which we all enjoyed and made us think about our own lives and what different decisions we could have made and what other directions they could have taken us in.



Tickets: Adults £10. U18 £8
From Crackington and Wainhouse Stores
or online - Cornwall 365.com

I don't know whether to
make a salad or ask him
what happened!



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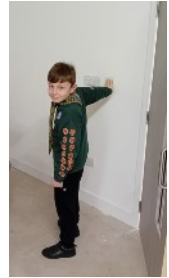
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Our first Scouting meeting in the new year was a birthday celebration for our Cub leader Daphne. What a super evening with Beavers, Cubs, Scouts, family and friends joining Daphne to celebrate her big day with party games and cake.



Beavers, Cubs and Scouts are back meeting weekly with its usual varied activities. The Scouts have the opportunity to complete the 'Camel Run' in March where they walk through the evening and into the night doing challenges along the route. Again, the Scouts in April can complete the Coast 2 Coast" challenge and the Beavers will have the chance to join fellow Beavers on a Beaver Day, all happening at Lanhydrock, Bodmin.

As for the Scout hut, work is on going. I am delighted to say on the 17th Feb our electrician Marcus completed all the wiring and testing. Then on Monday 19th Feb our oldest Cub Alex had the honour of switching on the lights. What a delight and difference this makes to the running of the groups and a huge milestone for the team. We thank Marcus for his tireless work to complete the job.



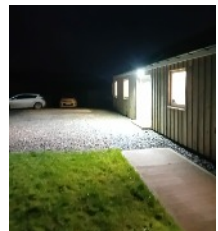
We are now on the final jobs within the hut. I am relieved to say the vast majority of the painting is complete. The kitchen is fully fitted just the up stand and hatch doors to be fitted.

Next steps within the hut include the fitting of the flooring, blinds, disabled toilet, sinks, storage cupboards and shelving. We are currently waiting on funding for these.

Bringing water on to site is our next big expenditure and one we are now working on.

When the weather improves, the outside area can be landscaped and the end will be in sight.

To keep the fundraising going we are holding a 'Bingo Evening' on Sat 27th April, 7pm for eyes down at 7.30pm at the New Scout Hut, Rosecare, EX23 0BE. Everyone is welcome to join us for an evening of bingo, raffle and refreshments.



Thank you, Jill.



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BEING GREEN - LET'S REDUCE!

We all know the Green mantra “Reduce, Re-use & Recycle” but often “Reduce” is overlooked and whilst we enthusiastically fill up our recycling bags every fortnight, there is an urgent need to reduce what we bring home in the first place. Plastics in particular remain a major problem, often ending up in landfill and whilst there are biodegradable plastic wrappers and trays, many still take a very long time to disintegrate or are too expensive for companies to use.



Could you reduce the number of plastic containers in your shopping? Some Brands and Supermarkets are clearly working to replace plastic packaging, using cardboard trays for fruits and vegetables for example, although it seems like a very slow process and without making changes to our shopping habits, the mountain of plastics continues to grow.

Buying from local markets, farmshops, refill shops etc is one option to reduce the packaging we bring home, as paper bags are often used and some allow the re-use of our containers from home. Toiletries are another product invariably using plastic containers - have you tried hair shampoo and conditioning bars? These are usually packed in a cardboard box and as their popularity has increased, the choice and quality of the products has much improved. They take up much less room when you're packing for a trip away too!



By considering what our parents and grandparents used in the past, we can see the advantage of using simpler cleaning products, made at home that are both effective and also very cheap. They probably used Bicarbonate of Soda and vinegar for example, for removing limescale and soap residue, stain removal and floor cleaning. There are many tv shows, blogs and magazine articles that advocate some of these forgotten cleaning ingredients, hopefully setting new trends that will save us all money and be kinder to the environment than the chemical cleaners sold in the Supermarkets.



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January can be a month of extremes, and this one was no exception. It started very mild and wet, 1.85", 47mm had been collected here by the 3rd. 13.5°C was recorded on the 2nd, which was also notable for a very spiteful squall that went through late morning associated with a vigorous cold front. The wind had been a fairly moderate westerly from overnight on the previous day, with 13°C early. The wind picked up rapidly by 11.30 giving very strong gusts into the early afternoon, 46 knots was observed here at 11.50, a severe gust of 76.76 knots, 88.3 mph was recorded at Gull Rock, Treknow with other stations recording 60+ knot gusts, it calmed down quickly by 13.00. Quite alarming while it lasted.

Matters started to cool down by the 6th, this marked the beginning of a cold period that lasted until the 20th. Many mornings had a frost of sorts, a severe frost was observed here on the 18th at -5°C, light snow flurries were reported along the southern coasts of Cornwall on the 9th. Generally dry here, some days gave light wintry showers but nothing of note.

The mild conditions returned towards the end of the month, 14°C was recorded here on the 29th.

A total rainfall of 4.38", 111mm was collected at Canworthy Water, this was against my 10 year average of 4.98", 126.5mm. No particular trend observed, quite typical for the county.

February was wet. It started in earnest overnight on the 6th into the following day, with 0.93" having been collected by the morning here. Further rain was observed on the 8th giving another 3/4", this got the Ottery going nicely with the usual road trouble spots flooding. It never really stopped for the rest of the month. Only the 12th was actually completely dry, and by the end of February a total of 8.5", 216mm had been collected here, against my 10 year average of 4.45", 113mm. A couple of days were almost spring-like, 15°C on the 14th, and 16.3°C the following day.

HIGH TIDES and SUNSET April - May 2024

Date	Apr 5	Apr 12	Apr 19	Apr 26	May 3	May 10	May 17	May 24	May 31
AM	3.02	8.21	3.18	7.13	1.18	7.16	1.13	6.17	*****
PM	15.38	20.36	15.47	19.30	14.02	19.35	13.55	18.35	12.15
Sunset	20.01	20.12	20.24	20.35	20.46	20.56	21.06	21.15	21.23

A little bit of History from Jacobstow Church Diary

1827 the west aisle should be plastered overhead same as the middle aisle.

Meetings to be held in the Belfry while Vestry repaired

In 1828 a new bridge over the splash at Churchtown built for £2.50.

A teak beam from the Tower to be used

1829 The Tower to be re-pointed using Dozmary pool sand. The Pinnacle should be fastened with iron crampon and roof repaired all by end of August.

1829 More road works. All described precisely, right down to saying no mud or dirt on road!

1830 New seating is ordered from John Hoskin, carpenter of Stratton for £104 exacting conditions.

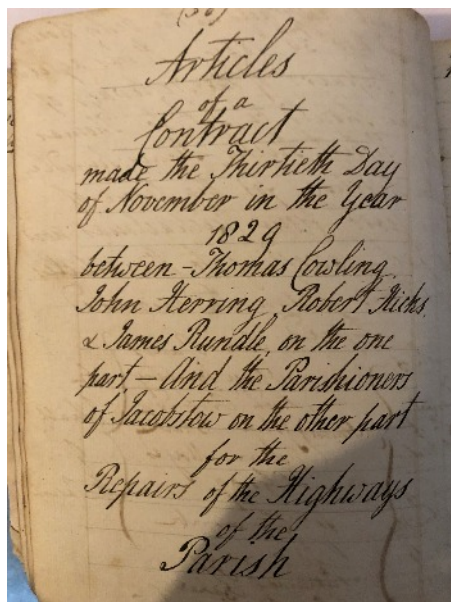
Here are some of 25 parameters.

Pews to be level across top, 3 feet 10 inches high from the stone floor.

The framework is to be 1/4 inch thick when worked. The tiles 3/2 inches wide, the rails 3/2 inches wide except at the bottom rail which is to be 4 inches wide. The frame to be mortised into the Sleepers.

1835 The Parishioners to pay towards the purchase of houses at Sowercott £60.

Once one gets your eye in the diary makes fascinating reading.



On a more up to date note - **The History Group** have started to collate the memorabilia collection. Soon all the documents and photographs will have a number and will be easily accessible for all to find and read.

THE CRAVEN PLAYERS PANTOMIME - PORRIDGE

I went to the matinee performance on February 17th. The plot is nothing to do with the prison comedy, Porridge, but is loosely based on the story of Goldilocks and the 3 Bears, with other nursery rhyme characters thrown in for good measure.

Directed by Cathy Turner, and with a tremendous supporting crew from the local community to cover all things needed to put on a play. It was great to see so many children of all ages taking part. The few musical numbers were sung with enthusiasm by the whole cast along with

some really lovely individual performances. Photos are from the Craven Players Facebook page and are taken by Beverley and Jerry Teague.



Do you live in any of these parishes - St. Gennys, Poundstock, Week St. Mary, Otterham, Lesnewth, Jacobstow, St.Juliots, Warbstow, Tremaine and North Petherwin?

Then you can enter
The St Gennys and District Horticultural Show
held at the Legion Hall on Friday 26th July.



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CREATING MY PAINTING - “HARBOURS & SEA WALLS” by Celia Proudfoot

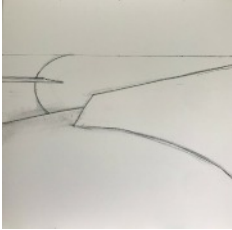
At 72 years old, it really is a wonderful feeling to know you have done your best work. I trained at art school in London, sold some work in galleries, worked as a photographer and then trained as a teacher. Moving to Cornwall, having a family, playing in a band and holding

down a job meant I never had the time or creative energy to do any serious art work. Even in retirement, time was taken up with house renovations and when Covid hit, even though I had all the time in the world, it just made me very depressed. I missed my family.

On my 70th birthday, I resolved to start painting again but I was very cautious and played safe, working small and pretty and nothing felt like the real me. After Christmas, I popped over to a

friend’s house. They had just bought a large painting to go in their new extension. I thought, “That’s what I’m supposed to be doing and I can do it as well or better.” I ordered a 100x100cm canvas and as soon as I started drawing on it in charcoal, I felt alive. I am always trying to capture that sense of being surrounded by space you get walking the beaches. I looked at Cornish abstract painters for inspiration. Kurt Jackson, the St Ives painters. The photos show the work in

progress including sketches to the final piece. I put the canvas on the work top in my utility room and worked 2 hours at a time. This kept me seeing the painting with fresh eyes all the time. The main change I made was to the sky, which I originally planned as grey/beige over a black base. When I put the black base on, that’s where I left it. I used some hessian for collage; Kurt Jackson uses texture in his work (grit, crumpled paper etc.).



A great article from Celia about her hobby that she really enjoys. If you have a hobby that you would like to share with us why not drop us an article that we can use in our new Hobbies page?

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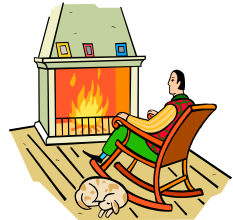


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In February, we welcomed Jude Wood, one of the County WI Climate Ambassadors who gave an interesting talk, explaining the current government climate targets and what they mean for all of us. Coincidentally, it had just been announced that 2023 was the warmest year since global records began and that global warming had exceeded 1.5°C across an entire year for the first time. Importantly, one of the aims of the Paris Agreement is to keep global warming below 1.5°C in the longer term to avoid escalating impacts across the world. We shared our own recycling experiences and agreed that the guidance can be confusing, leading each of us to deal differently with some items! With strong views on using natural household cleaning agents rather than the chemicals in proprietary brands, Jude inspired us to make greener choices, saving money in the process.



JACOBSTOW WI October 1938 - March 2024

Jacobstow WI has served the local community for 85 years and is justly proud of its history and achievements. Unfortunately prior to our AGM in March, we were unable to find sufficient members willing to stand for the Committee and therefore we had to prepare for Suspension of the group.

Despite this sad news, the AGM/Suspension meeting was well attended and we looked back over our activities of the past year, awarded competition prizes and thanked the Committee for their hard work. Our WI Adviser then conducted a ballot of members and announced that the group would be suspended. Later, members enjoyed refreshments with a glass of bubbly, a tasty spread of food and of course, tea and cake!

The group is now suspended for 3 years. Should there be sufficient interest to re-form the WI within that period, it can be re-launched and continue to operate, but if not, it will be closed.

The WI in Cornwall continues to thrive with more than 3,000 members across the County and local groups have already offered a warm welcome to members from Jacobstow.

We hope you have enjoyed following our activities and achievements in the Journal.





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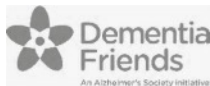


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JACOBSTOW WALKING GROUP. Celia Proudfoot 29th February

It has been such a long time since our last walk so it was delightful to meet up again at St Gennys

Church where we took the cliff path down to Crackington. The atrocious weather has taken its toll on the cliff edge at Penkenna which is looking quite dangerous. Keep a respectful

distance. Mary, Anne, Jeanne, Sue and I paused to try and identify a flower and then had delicious hot beverages at The Cabin where Rachel kindly took our photo. We did like

the Jaws style clock. I take my hat off to Jeanne who just joins in where she can with these walks. We continued up the hill, taking a short detour off the road, walking the beautiful primrose lined path. I didn't know primroses are edible. Anne and I tried them but they didn't taste of anything. We stopped to greet

some very sweet horses and arrived back at our cars just before the rain came down, followed swiftly by hail. It was so nice to be out after the relentless rain this winter.



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An amazing adventure!

The culmination of 2 years planning and a year's fundraising, Jacobstow and Tregadillett Guides (Launceston District) 14 Guides and 7 Adults headed off to Switzerland for half term .

The journey there took 24 hrs of coach, plane, bus, train, another train bus and finally a hike up the mountain to our Chalet - made it!



A 24 hour rest day and then it was full on, days of cross country skiing, sledging, hiking, snow tubing and games, whilst in the evenings we met our international sisters in Guiding from Sri Lanka, Argentina, Australia, Malawi, Nigeria, the Philippines and other parts of the UK.

We enjoyed a Swiss evening, and an international evening where we were very definitely the Cornish Contingent , NOT the English! We found out so much about other cultures and traditions, some odd superstitions in the Philippines and

some amazing traditional dancing from Malawi, (very different from the Floral dance.) We played new games, learned new campfire songs and survived an eventful evening of activities which included a yoga session....which was perfect after all that hiking!

So many firsts, first flight for some, first skiing, first deep snow (up to our knees in places) first time meeting guides from around the world, first time climbing a mountain, first time singing in Swiss German, first time trying new food.

We all had an amazing time, thank you to Mary and Emma who planned it, all our amazing Guide parents who supported the girls and raised the funds to enable us to go and the Guides who were one and all Absolutely Fabulous!



Despite a challenging journey home all the guides were discussing ... "Next time we go can we....?"

Guiding is about pushing your boundaries and trying new things, and we certainly did that! We are open to all girls of any faith, background or ability, we'd love to see you.

My contact number is 01840 230006



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

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The Knockers of Cornwall. Taken From Scary South West Facebook page.



The Knockers are supernatural creatures of Cornish Folklore who inhabited the dark corners of Cornish tin mines. Some people also believed they lived in wells and in caves & rocky outcrops along the Cornish coast. Many Cornish people were of the opinion that the Knockers were the spirits of tin miners who had sadly died in the mines. For those who claimed to have seen the Knockers, they said they had skinny legs and arms, with huge, hooked noses on a large head, but were tiny in stature, and they wore similar clothing to the miners. Other names – Knacker, in Wales they are

known as Coblynau, and in America they are known as The Tommyknockers (believed to have been taken to Pennsylvania by immigrant Cornish and Welsh Tin Miners in the 1820's). Who remembers Stephens King's 1987 horror novel of the same name? Where did that name, 'Knockers', come from? – the Knockers were thought to knock on the walls of the mines to tell the miners a disaster was about to happen such as a cave-in, and some believed their knocking would lead the miners to good veins of tin. Alternatively, some thought the Knockers deliberately caused the cave-ins by knocking on the supports of the walls! Good or bad? – they were seen by some as benevolent and others as malevolent! It was thought the Knockers did not like the noise miners made and that they really disliked whistling. When disturbed, Knockers would mischievously throw stones at the miners and some miners stated they would also steal or hide their tools. Appeasing The Knockers – Cornish tin miners would leave offerings for the Knockers, especially the last piece of their Cornish pasty. This would keep the Knockers on their 'good side' and help to keep 'good relations' so the Knockers would keep telling them about impending disasters in the mines. It was thought bad luck could happen if offerings were not left for the Knockers and most miners did not whistle either when working as it was believed to bring bad luck. Can you still hear the Knockers today? No one has heard from the Knockers since the closure of the Cornish tin mines. Some locals believe they still live in tunnels under the Cornish Moors and haunt the abandoned mines. Today, tourists who visit the closed mines, still leave bits of pasty for the Knockers, just in-caseIncredible artwork copyright to the amazingly talented Marc Potts.

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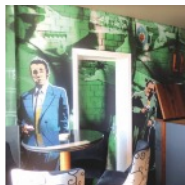
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KIDS' PAGE In my backpack. Game for 2 or more.

Someone begins the game by saying "In my backpack, I have.." followed by an object. Example: "In my backpack I have a soggy sandwich." The next person repeats this and adds another object. Make it more fun by adding silly things. "In my backpack I have a soggy sandwich and a rusty trumpet." Take turns to repeat the growing list of objects and adding your own in the correct order. When someone forgets an item or says the list in the wrong order, then that person is out of the game. The winner is the last person left in the game.



Blue car, red car. 2 or more people. Each person chooses a different kind of car to count, such as blue, red or white ones, or a particular make of car. Someone shouts "Go!" Then everyone counts the kind of car they have chosen. The first one to see 10 is the winner. Another idea: You could count trucks or bicycles or anything else you like. Our family made special score cards up for this one. You could design them in the car or at home.



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Wearing Lipstick in Cornwall. By Geraldine Wiley

Believe it or not, I used to be a bit of a dolly bird, back in the day. I would never think to leave the house without a faceful of makeup, my hair carefully coiffed, a zazzy short skirt and, (absolutely essential), teeteringly high stiletto heels. So necessary were the heels, that I even wore them on my push bike.

Many years ago, I crossed the border into Canworthy Water and instantly sunk to my knees in mud. Out went the stilettos and in came the wellies. Ruefully, I waved goodbye to the short skirts, too...not practical when mending fences and making up pathways. Shortly after I got here, my first daughter arrived. I dumped the whole concept of hairdressers - it all seemed unnecessary when the little squawking bundle loved me regardless of my increasingly scarecrow-like appearance. I do attend the hairdressers regularly now, though, once every ten years.

Then, one day, I said hello to my first dog - the idiosyncratic Eddi. This started a trend of rescue dogs, cats, pigs and chickens that I can only say has escalated (almost, but not entirely), out of control. Since that hallowed moment, not a day has passed here with my clothes left undaubed in the muddy paw marks of an enthusiastic hound, my coat never

without the soily nose prints of an earnest pig. Sometimes I gaze nostalgically at old photos of the girl I once was and compare it to the older (definitely not) wiser woman into which I have seamlessly metamorphosed. Cornwall has done that to me and I couldn't be happier about it.

The lipstick is still on though. There's still a bit of the Dolly Bird left in the Old Girl.



ST PIRAN'S DAY PASTY LUNCH

There were a few missing faces at the Lunch but the funds of the Church and Hall were helped.

Thank you for the school for cooking the pasties from Cornish Maids, thank you for all the delicious desserts. Thanks also go to all the helpers.

Some people made an effort with the Cornish tartan, some people didn't - Well Done!



Tickets Please



Pasties Arrive



Mr Biscombe



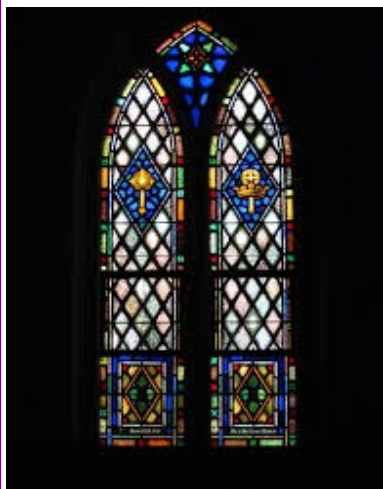
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THE DRIVING QUESTION ABOUT DRIVING - Celia Proudfoot

D.V.L.A. Stands for Driver and Vehicle Licensing Agency. For the sake of this letter I am going to change this to Driving. Values. Learn from our mistakes.

Arguments. The reason for this is that a couple of months ago I was knocked off my bike by an elderly driver. Although my bike was a write off, I luckily escaped with just lots of bruises. The driver had not seen me even though I was wearing high viz and was the only thing on the road, but more shockingly they did not even realize they had hit me, and continued to drive on up the road. This left me thinking about the big dilemma we face, particularly in a rural community, a large percentage of which is retirement age and over, reliant on cars for practicalities and socialising: When should we stop driving on the grounds of health & safety?



DRIVING: Involves a complex and rapidly repeating cycle of skills and the ability to interact simultaneously with both the vehicle and the external environment. There is no upper age limit on driving - you just have to renew your licence at 70 and then every 3 years.

VALUES: As things stand, doctors have a duty to tell a patient if they feel they should stop driving or inform the DVLA. **The onus is on the patient to pass the information on.**

LEARN FROM OUR MISTAKES: My oldest brother has dementia. He had always loved driving and was a superb driver, navigating the busy streets of London like the back of his hand until one day he found himself somewhere and didn't know where he was. This was when he went to the doctor and told them he thought he might have dementia. My brother stopped driving immediately.

ARGUMENTS: Oh goodness, there are so many of these amongst caring and distraught families! My cousin took the car keys away from his dad. My husband took the car keys away from his dad after his mum had refused to get in the car with his dad because she was terrified about the deterioration in his driving and so worried he would end up killing someone. Big family arguments where you are accused of not caring, of taking precious freedom away (so precious). And when our backs are up against the wall and the rug is being pulled from under us we don't act logically. I would not dream of preaching and pointing fingers. It is not my place. I really hope that when I reach the point where I am a risk to others, I have the dignity, grace and wherewithal to stop, or accept advice without argument and see the bigger picture. I hope I see that I have had a good innings and I need to allow others the opportunity to have theirs. My husband and I plan, God willing, to move from our beloved Canworthy Water to somewhere with easy access to public transport should the need arise.



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- Monday Cubs 6.30-8.00 Scout Hut
 Brownies 4.30-5.30 - Canworthy Sunday School
- Tuesday Scouts 6.30-8.00 Scout Hut
 Rainbows 5.45-7.00
 Guides 7.00-8.30
- Wed'day 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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220 - Launceston, Tues; **371** - Launceston, Mon/Thurs;
372 - Holsworthy, Wed; **373** - Bude, Fri

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