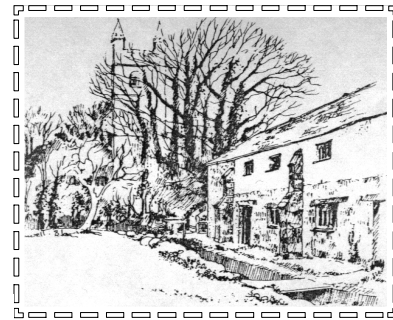




THE POUNDSTOCK PACKET

KERNOW BYS VYKEN !



Fighting the tide – of rubbish

Dozens of volunteers got the new year off to a clean start, attacking the rubbish washed up on Widemouth beach. The tide had brought in the usual collection of debris: several miles of plastic twine, numerous oddments of fishing net, scraps of rope, endless plastic bags and containers, old toothpaste tubes, a surprising number of old clothes pegs and the occasional rubber glove. Only a few plastic bottles this time – and no treasure maps or messages from ship-wrecked sailors, just a collection of goose barnacles hitching a ride. In all, 162 bin bags full of rubbish were collected: a good morning's

work. Watch the Beach House shop window for details of future beach cleans: they take place every month, weather permitting.



Heidi Clelland and her dogs Rex and Ruby are aiming to take Crufts by storm again. See p. 5.



With Tudor Days at the Gildhouse more and more popular, extra costumes are always needed. Ten beautiful headdresses such as Ann Boleyn might have worn arrived recently from a talented milliner based in Canada. They are modelled here by Ann Hammond and her granddaughters Georgina and Millie Moores.

Supported by
funding
from ...

Poundstock
Parish
Council

**DISTRIBUTED FREE TO EVERY
HOUSEHOLD IN POUNDSTOCK PARISH**

**PRODUCED EVERY
TWO MONTHS**

No. 53 February/March 2012

February

- 9 Jacobstow WI, Medical mishaps, 7.30 pm
 12 Sankey afternoon at Bangors Chapel, 3 pm
 12 Bude Music Society Concert, 3 pm (see p. 18)
 14 Marhamchurch WI—Silversmithing & silverware
 17 BCC 4.30 *Mr Popper's Penguins* (PG) and 7.30 *Midnight in Paris*, both at the Parkhouse Centre
 18 Table top sale at the Gildhouse 10-12.30
 27 Lent lunch, Bangors Chapel hall, 12-2

March

- 5 Lent lunch, Bangors Chapel hall, 12-2
 8 Jacobstow WI, AGM and Members' evening, 7.30 pm
 12 Lent lunch, Bangors Chapel hall, 12-2
 12 Poundstock Packet AGM 7.30pm Treskinnick Farmhouse
 13 Marhamchurch WI—Annual Meeting
 14 Gildhouse AGM, Gildhouse, 7.30 pm
 14 St Winwaloe's PCC meeting, Widemouth Bay, 7 pm
 17 Book Sale, Canworthy Water (see p. 3)
 18 Mothering Sunday
 19 Lent lunch, Bangors Chapel Hall, 12-2
 25 Clocks go forward one hour: summer time
 26 Lent lunch, Bangors Chapel Hall, 12-2

FREE ADVERTISING HERE FOR YOUR LOCAL COMMUNITY EVENT

Just send us the details by 20th March for events in April/May

LOCAL CONTACTS

MP: Dan Rogerson 01566 777123
 Parish council chairman: Colin Gilbert 01288 361894
 Parish council clerk: Lynn Pluess 01288 361368
 County Councillor: Phil Tucker 01288 341617
 Jacobstow WI president: Mrs. P. Lane
 Marhamchurch WI president: Mrs. S. Steward 01288 361556
 Poundstock Ladies Skittles: W. Orchard 01288 361653
 Rebel Cinema 01288 361442
 Tilley's coaches: 01840 230244
 National childline: 0800 1111
 Police—non emergency 08452 777 444
 Farm Crisis Network 07002 326326
 Floodline 0845 9881188
 Citizens Advice Bureau: 01288 354531
 Cornwall Council: 0300 1234 100
 Doctors' surgery: Neetside 0844 8151358
 Stratton 01288 352133
 Boscastle 01840 250209
 Anchor Staying Put 01208 815615 (help at home)
 Wheels minibus service 01579 349389

BUDE CITIZENS ADVICE BUREAU:

Neetside, Bude, EX23 8LB

Tel:- 01288 354531

Monday 10.00am–12.15pm, 12.45–3.00pm
 Tuesday 10.00am–1.00pm
 Friday 10.00am–1.00pm

MOBILE LIBRARY

Will call at Bangors Chapel on the following Mondays
 at 11.35–11.50:

February 6, 20, March 5, 19

A cup of tea or coffee and a friendly chat awaits you,
 even if you don't borrow books.

Why not give it a try?

2nd BUDE SCOUTS

Meet in Wainhouse Scout Hut

Thursday: 6.30–8.0 pm SCOUTS

(Daphne Dowling 01288 352786)

And at Jacobstow Village Hall

Monday: 5–6pm BEAVERS (Sally Grigg 01566 781356)

6.30–8.0 pm CUBS (Pat Moyes 01840 230026)

Wednesday: 5.0–6.0 pm RAINBOWS (Geraldine Skinner

6.0–7.30 pm BROWNIES 01566 781234)

7.0–8.30 pm GUIDES

Bangors Chapel Hall is available for hire.

Enquiries 01288 361309

or 01288 361775

MARHAMCHURCH W.I.

Meetings

FEB14th Silversmithing & Silverware
 Mrs M Bolton

MARCH 13th Annual Meeting

JACOBSTOW WI

Meetings

9 February Dr Charlie Morwood, Medical mishaps

8 March AGM and Members' evening

Bude Community Cinema

Friday is film night in Bude – Top movies
 The Parkhouse Centre Bude, doors open at 7pm

Tickets on the door

or from the Ark Angel bookstore in Bude

Information www.budecinema.org.uk

Poundstock Gildhouse

can be hired for any event
 from meetings and parties
 to meals and receptions.

For details, visit

www.poundstockgildhouse.co.uk

or contact 01288 341537

POUNDSTOCK PARISH HALL

Is available for bookings £8 per session + heating /lighting

Call Colin Gilbert on 01288 361894



SOUP AND SWEET AT BANGORS CHAPEL

TABLE TOP SALE AT THE GILDHOUSE SATURDAY 18th FEBRUARY

10am – 12.30pm

£5 per table

Bookings: Sandy Dingle 01288 361356

Book Sale

at Canworthy Water Sunday School Room
Saturday 17 March 2012 from 10.00 a.m. to 12 p.m.

All donations for Help the Heroes
Free coffee, tea and biscuits will be served.

Stag Dark Wood dressing table free for anyone to collect,
would suit a holiday home.
Phone 01566 781 306 (Canworthy Water)

Easter Craft and Gift Fair
The Bray Hall, Marhamchurch
6/7/8 April – Fri/Sat/Sun
10–4 each day
Free entry
Light refreshments available
Bring this advert for a free tea or coffee

ANYBODY OUT THERE?

I don't give up easily. So I'm continuing my campaign to raise, or maybe provoke, some response from our readers. Of course, I make an assumption that some of you may cast a brief glance over this column! This time I'm asking some more specific questions. What do you think of ;

The Sky at Night? The weather report? The new way of reporting Parish Council Minutes? The Interviews? The Kids Page ? Your comments, sent through any of the contacts given opposite on any or all of these regular items could surprise us. Go on, don't leave it to someone else, do it yourself.

Another way of giving us your views is to come along to our AGM 7.30pm on 12th March at Treskinnick Farmhouse. Just give us a call (01288 361525). All Poundstock Parish residents may attend.

Dudley Moore



POUNDSTOCK CAROL SINGERS

We cancelled our first date in December due to the appalling weather conditions. When we finally ventured out on 21st December we were blessed with the most favourable weather we could hope for and a most heart-warming welcome at the homes we visited. Thanks to the great generosity shown, we were able to send £125 to Children's Hospice South West.

Poundstock Lent Lunches in aid of Stratton Hospital League of Friends

At Bangors Methodist Chapel Hall

Mondays 12-2pm

February 27th March 5th, 12th, 19th, 26th
April 2nd

Help will be needed please. As always, I'm looking for helpers, who can spare just a couple of hours on the dates above. Or, if you could make soup, give bread, butter, cheese, that would be a great help. Please call me on 01288 361525. Come and enjoy a great social time and help give support and comfort to the patients of our much needed hospital at Stratton Thank you
Jen Spettigue

M&M Electrical Services



01288 359920
07810828206

Part P Qualified for all Domestic
Electrical requirements

Fully insured and backed by
ELECSA

From changing a light bulb
To a complete rewire

Call Mark for a FREE quotation



Professional Mobile Foot Care

Toe Nail Cutting
Hard Skin Removal
Corn Removal
Foot Massage



All in the comfort of your own home
Lorraine McIlwham S.A.C.Dip
01288 354761

JOSIE'S BOARDING KENNELS

TREFRIDA FARM, JACOBSTOW

Purpose built heated kennels

Licensed and insured

Daytime to long term boarding available

Viewing welcome

Tel: 01840 230330

Mobile: 07855001284

Domestic Plumbing

Bathroom and shower
installation

Tiling

General home
maintenance & repair
Careful and reliable

Tim 01840 230188
07903535881



D G MASON MOTOR ENGINEER

Unit 1, Heywen, Tresparrett,
Camelford

*Car & Commercial Servicing—Welding—Exhausts
MOT Work—Tyres & Clutches—Recovery*

01840 261218 (day)

01840 261510 (evening)



QUINCEBOROUGH FARM SELF-CATERING COTTAGES

GUY & PAT ROWLAND
WIDEMOUTH BAY BUDE, CORNWALL
EX23 0NA
TELEPHONE 01288 361236
WINTER LETS CAN BE ARRANGED

The interview with . . . Heidi Clelland

Have you always lived at Helscott?

I was brought up in Crackington: we moved there when I was three years old and were there for twenty years, and then we moved here eighteen months ago. We've got more space for the dogs and a bit of training, and I run my little dog club from here as well.

Have you always had dogs?

We got our first dog when I was about seven. He was a whippet, and probably more catlike than dog-like. With him we did the puppy classes and then we got involved in agility but he was never very good – he liked to do his own thing a lot better! Mum had a black Labrador three-year-old that enjoyed agility, and my trainer at the time offered me one of his dogs to run so I ran his dog, probably when I was about eight to twelve.

When you say you ran his dog, you went into competitions with the dog?

Yes, I went into competitions with the dog, and trained with it. That was probably what started it all off. And then when I was fifteen I was bought my own dog, and since then I've got a few more dogs and haven't really looked back. About seven years ago I really started taking it seriously. My first dog had gone up to the top level there is, and when he started doing really well I got a bit of a buzz for it. It's enjoyable to do well, and that's what really started it. Before that I was doing it just to have a bit of fun with my dog.

How do you qualify for something like Crufts? Do you have to go to local shows and build up?

Yes, we actually travel most of the country throughout the year – we're away at shows just about every weekend. The two dogs I took to Crufts last year both qualified on a points system, which means that every show they go to they have to collect certain points in classes, and then the dogs with the most points at the end of the year are invited to Crufts.

That sounds like a bit of an undertaking.

It's a bit of a lifestyle!

And expensive as well?

In fuel. Entry fees are actually quite cheap, if you compare it to something like the equestrian world. There's no prize money, just rosettes and trophies.

What's it like when you get to Crufts? It must be a whole step up from other shows.

The first year I was petrified, absolutely petrified! I didn't get anywhere – I think I was too nervous. I was only about seventeen. But that was good experience. Then I went in 2010 and I came sixth in my class. And then last year I was second, and only by something like 0.1 of a second. It was good!

Crufts is very different. At other shows you're probably looking at about a thousand dogs being there, and in the classes you enter there can be about three hundred dogs that you're competing against, whereas after you've had to go through that class of three hundred and then a semi-final, only twenty go through to Crufts. So only a few really get there.

Also it's all on carpet, so it's very different for the dogs and they find it quite slippery – you can't quite run it as you normally would, like on grass or in an indoor sand-school. My oldest dog has been there three times now, and I've got a rescue bitch who went for the first time last year. She was a bit spooked by the speakers, but apart from that she did really well.

How many dogs have you got now?

I've got four border collies of my own.

They are the breed you always see doing agility. Are they the most intelligent?

They're the ones that are best suited to it because they like to learn and they like to work for people, and they're also athletic, but really it's a sport that any dog can do. We have everything from a big Alaskan Malamute that comes training, right down to Staffordshire Bull Terriers. And little miniature poodles, they're actually really good, they're cracking little dogs.

I run a little training club and we do everything from puppy socialisation to classes for dogs that need a bit of obedience training, and also all the agility side, from real beginners with their pet dogs who have never done anything like it before up to competitions and Crufts. I do a bit of behavioural work as well. I did a psychology degree and I find it quite interesting. Rescue dogs can come with problems, and you take that on when you take a rescue dog. We've got two at the moment, and it's just about trying to understand them and helping to train bad habits out of the dogs. It's about giving them something positive to do, because really all they ever want to do is to please you.

And you teach the people more than you teach the dogs. We have quite a wide range of ages that come to us. The youngest is probably about eight and the oldest must be between seventy and eighty, so I teach a very wide age range. They can all have just as much fun, regardless of their capabilities. You can still have a really good time.

Once you start, I should think you're hooked

Yes, and you can do it with so many types of dogs. The dogs wouldn't do it if they didn't enjoy it – if they don't want to do something, you can't make them. It's all about learning about your dog and building a relationship with them, and working out how you and your dog work best together – just having a good time, having fun.

If you'd like to know more about Heidi's dog training club, ring her on 07971 783597.



Distinctive Wedding Cars



enquiries@distinctiveweddingcars.co.uk

Telephone 01288 341 371

NEATE FEET



MOBILE FOOT HEALTH PRACTITIONERS

07870 508867

Toenail clipping, Callus Removal, Paddings & Dressings, Verrucaes, everything you need to keep your feet in tip top condition, Reflexology also available.



members of the Alliance of private
sector chiropodists

Wharf Woodcraft

Bespoke Joinery
Furniture & Repairs

Lower Wharf, Telephone 01288 352921
Bude, Cornwall, Mobile 07752 124414
EX23 8LG

www.wharfwoodcraft.co.uk
enquiries@wharfwoodcraft.co.uk



G. J. T. HODGSON
Insurance Services
Belle Vue Lane, Bude

FOR ALL YOUR INSURANCE NEEDS

- | | |
|---------|--------------------|
| -Motor | -Household |
| -Travel | -Liability |
| -Office | -Commercial |
| -Farm | -Breakdown |
| -Shop | -Personal Accident |

Contact Your Local Broker Today
For Advice and Quotations from our
Large Panel of Insurers

Phone
01288 353999
www.hodgsoninsurance.co.uk

Authorised and regulated by the Financial Services
Authority



**ERIC HARRIS
BUILDERS**



WIDEMOUTH BAY

**Local Builders Working
With You & Your Home**

**All Building Requirements
Catered For**

Mob: 07800 818396



Then and Now

In the previous issue of the *Poundstock Packet* there was an article that mentioned the sons of an old Poundstock family, Richard and George Ferrett, having to walk up to Poundstock School from their home down at Widemouth. Their home was called Clarendon House and I understand it had been built by the Ferrett family around 1900. By all accounts it was quite an imposing building worthy of its great location on Widemouth Bay with the grand sweeping view of the Atlantic through all its many moods. It is not clear why the house was named Clarendon House; It might have been that in the politics of the day there was the fourth Earl of Clarendon who held the post of British Foreign Secretary under four prime ministers. He was greatly admired and was known as the Great Lord Clarendon.

Clarendon House at Widemouth was built on the land side of the coast road and had an imposing driveway going up to the house. The entrance to the driveway had a distinctive pillar on each side. At that time the house was situated on the land side of the coast road; however, since then the coast has eroded and the house is now on the side nearest the sea, the road having been relocated a considerable distance inland to avoid erosion. The house is now called the Beach House. *Packet* Issue 44 interviewed Shane Wilkins whose parents bought the house 44 years ago. He describes the many changes made to the house over the years; the stable was made into a shop; the main house has become a hotel; there is a restaurant, a fish shop, ice cream and surf hire down at the beach end of the driveway. In short, the whole place is a thriving business establishment and is a far cry from that private residence known as Clarendon House. The sea end of the grand driveway has suffered the same fate as the eroded cliff and road, with the entrance to the drive fallen and crumbled.

Another building that today is a far cry from its original purpose is the Bude Lifeboat House. It was built around 1837, next to the canal, across the road from the Falcon Hotel. It has a chapel-like appearance and was built to house the lifeboat. The boat rested on a carriage and when it was needed the volunteer crew was called out and the boat carriage hitched to a team of horses that pulled it out to the beach and into the surf. Since then the Lifeboat House has been converted into self-catering accommodation for holiday visitors. I wonder how many summer holiday-makers realize the dramatic role the building served in those wild stormy days that battered the North Cornish coast so frequently and wrecked so many ships.

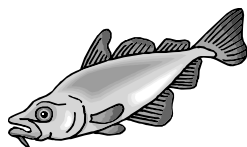
A really remarkable reason why and how a building came to be built is located in a popular sea-side resort about 50 miles from Poundstock. How it evolved over the years and how it came about was by the heroic campaign to end slavery by a Member of Parliament called William Wilberforce. He was appalled by the brutality of the slave trade and the work the slaves had to do on the plantations. At the beginning of his life-long crusade against slavery, public opinion seemed to be somewhat indifferent. Over the years he worked hard to convince people, important and otherwise, how evil the slave trade was. One of those important people was John Wesley, who wrote a letter of encouragement to Wilberforce. The letter became famous and ends, 'If God be for you, who can be against you?' Wilberforce continued to use his position and energy to get a Bill through Parliament, and in 1833 the Abolition of Slavery Act was finally passed into law in British possessions. Sadly, three days after the Act was passed Wilberforce died. Many people had bought into plantations as an investment, and to ease the loss of their investment the British government set up a system of compensation for slave owners. The amount received was based on the number of slaves they had on their plantation. It was surprising to learn that the Bishop of Exeter, the Rt Rev. Henry Phillpotts, received £12,700 for the 665 slaves on the plantation in which he had invested. It has been said that the Bishop was perhaps not aware that he had made such an un-Christian-like investment. It is not known for certain what he did with his compensation money, but about that time he restored the Bishop's Palace behind Exeter Cathedral and also built himself a Bishop's Palace in Torquay. He seemed to prefer living in his Torquay palace and was actually there when he died. The building has gone through many changes since then and finally became the Palace Hotel. During World War II it was commandeered by the government as a recuperation home for Royal Air Force pilots. It was bombed a couple of times by the German Luftwaffe, causing many casualties, but was carefully restored and is once again the first-class Palace Hotel. A far cry indeed from the vision of that dedicated Member of Parliament, William Wilberforce and his lifelong work to end slavery.

Don Sutton

Wholesale Wet Fish to Hotels,
Pubs and Restaurants

We can vac pack any of your fish

FISH FILLETED, STEAKED
SKINNED, SCALED
AND SMOKED



BEACH HOUSE WET FISH

Widemouth Bay, Nr Bude 01288 361261

(after hours fax/answer machine)

MOBILE 07752 626186

*A big thank you to all existing customers,
And a friendly hello to new*

**ALL FISH IS LOCAL CORNISH, CRAB
AND LOBSTER FROM BUDE**

Visit our shop, open 7 days a week
Sundays and Bank Holidays

**WE ARE PLEASED TO SUPPORT BUDE RNLI
KEEP UP THE GOOD WORK**

www.beachhousewidemouth.co.uk
beachhousewetfish@yahoo.co.uk

Beach House Diner Widemouth Bay



Licensed Café/Restaurant

Open 12–8.30 Daily

**Now serving Sunday Carvery
(£7.50)**

Enjoy home-cooked, locally sourced food
with unique foreshore sea views

Take away available including

our famous Fish & Chips

Tel: 01288 361306/256

**BOOKINGS FOR PRIVATE PARTIES
ALSO TAKEN**

BROOKS GARDEN CENTRE

**EVERYTHING FOR YOUR
GARDEN**

**Wide Gift Selection
Books and Cards**

01288 352897

RESTAURANT OPEN EVERY DAY

Sunday Lunches

Outdoor Seating

Bookings 01288 352897

Extension 4

**W. SANDERS & SONS LTD.
WAINHOUSE CORNER,
ST GENNYS
BUDE, CORNWALL. EX23 0AZ**

Tel. 01840 230708 Fax. 01840 230731

Contact: LISA SANDERS

**MOTOR REPAIRS AND SERVICING
M.O.T. CLASS IV, & VII
TYRES & EXHAUSTS**

**24 HOUR BREAKDOWN
& ACCIDENT RECOVERY**

**SLIDEBACKS ~ SPECLIFTS
HIAB & DAMAGE- FREE LIFT**



ST WINWALOE POUNDSTOCK

Parish Priest: Revd R. Dickenson
01288 341134

Wardens: Peter Marfleet 01288 361233
Graham Jones 01288 361147

February

5 9.30 Holy Communion
12 11.00 Joint service at Bangors
19 10.30 United service at Jacobstow
26 9.30 Morning Prayer

March

4 9.30 Holy Communion
11 11.00 Joint service
18 9.30 Mothering Sunday service
25 9.30 Morning Prayer

CHURCHES

OUR LADY AND ST ANNE WIDEMOUTH BAY

Warden: Judith MacDonald 01288
362254

Services:

1st, 2nd and 4th Sundays 8 am
Wednesdays 8.30 am
Fridays 5 pm Evensong

JOINT SERVICES

St Winwaloe's Church and
Bangors Methodist Chapel join
together for worship on the
second Sunday of each
month.

12 Feb. 11.00 Bangors
11 March 11.00 St W.
Do come and join us.

BANGORS METHODIST CHAPEL

Circuit minister: Rev. Neal Street
01288 352404

Services 11.00 a.m. Sundays

February

5 Rev Neal Street
12 Mrs Mary Street (united service)
19 Mrs M. Hodges
26 Mr B. Bryne

March

4 Rev Neal Street - HC
11 United service at St Winwaloe's
18 Mrs Beryl Harper
25 LA

DIMMA METHODIST CHAPEL

Lay pastoral assistant: Brian Parkman
01840 212736

Contact: Audrey Wickett
01840 230268

February 5 11.00 CF
12 11.00 F.Routley
19 9.30 Rev.Doreen
26 9.30 B. Parkman

March 4 9.30 Eva Paynter
11 9.30 Peter Parsons
18 9.30 R. Heywood
25 11.00 S. Smith.

Confirmation preparation

During Lent, at the end of February and through March, Confirmation classes will be offered at Week St Mary Rectory, on Tuesday evenings from 7.30 – 9.00 pm. This will lead to those who have attended, if they wish, to be confirmed by Bishop Tim shortly after Easter.

It is possible also that a parallel course will be offered after school especially for any younger people (i.e. in their teens) who are also considering Confirmation. There will be no pressure at the end of the course to be confirmed so, if you are at all interested, please contact Revd Rob on 01288 341134 asap.

Ruminations from the Rectory

Wednesday, cold and early and the Conversion of St Paul to be celebrated at Widemouth Bay. Through a misted kitchen window, I watch the night give way to dawn. Over little St Anne's a raging gold begins to thrust through the darkness, giving a brazen backdrop to the dark profiles of horse-chestnut and oak in the glebe. But, as the light begins, I feel a sudden regret; the Collect for the coming Fourth Sunday of Epiphany praises a God, 'who in the beginning commanded the light to shine out the darkness', but now, at 7 a.m., the arrival of the daylight makes me realise that natural darkness is at a premium these days! Ironically, the last Sunday in the month of January is of itself an ancient celebration of an *extinguishing* of the light.

The Presentation of Christ in the Temple, or Candlemas, has in recent years been sidelined by the more popular celebration of Christmas. And yet it is not meant to be some optional extra. Rather, in the Christian calendar it is recognised as one of the principal feast days of the church, because it is a turning point in the Christian year. Forty days after Christmas, and as a climax of the Epiphany season, it recalls the child Jesus being greeted in the Temple by the priest and priestess, Simeon and Anna. They recognised, with much rejoicing, his true identity as the Son of God. However, during their conversation, Simeon also gave a sombre prediction of Jesus' eventual crucifixion. And so Candlemas becomes a kind of pivot upon which worshippers can turn to say, 'One last look back at Christmas and then we turn towards Lent!'

Most religions generally view darkness as a symbol of all that is unwholesome and threatening. But I have always loved it, especially that old night of the countryside with all its shades from light-enough-to-read-by to a pitch-black which gradually hushes the day-time clamour of sheep and cattle and, in the case of owls and foxes, gives them the all clear. How often in approaching one of our night-time churches do I gratefully turn my back upon the sodium glare of the street and enter the velvet darkness of the porch unseeing and unseen. Nature's darkness has its own security. Humankind's deeds of darkness are, of course, quite another matter!

Revd Rob

fresh and innovative flower designs

Bleujen Florist
Unit 1, The Lower Wharf,
Bude EX23 8LG

Tel 01288 354606
www.bleujenflorist.com
Email erica@bleujenflorist.com

Bleujen Florist



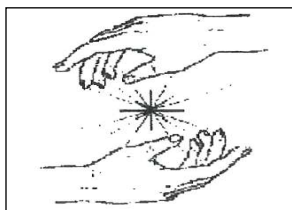
N & S FISHING

PETS * DARTS SUPPLIES

5 Belle Vue, Bude,
Cornwall. EX23 8JL
01288 359184



FROZEN BAIT
MONDAY—SATURDAY 9am-5pm
SUNDAY CLOSED
DELIVERY 5 MILE RADIUS



Relieve stress and
tension with a
back/body
Swedish massage.

Relaxing Aromatherapy/holistic mas-
sage with soothing essential oils.

Facial massage

Specific medical conditions i.e. trapped nerves and
whiplash. Skin disorders-psoriasis, eczema. Arthri-
tis/rheumatism, sciatic pain, minor aches and
pains. Slimming treatment. G5.

By appointment only
home visits by arrangement

LYNNE KELLY

I.T.E.C. Qualified Physical Therapist
Tel. 01840 230933, 07751 508800
St. Gennys & local areas

LAUNDRY SERVICE

HOLIDAY LET LAUNDRY
FREE COLLECTION & DELIVERY
SERVICE AVAILABLE
PROFESSIONAL & RELIABLE SERVICE
QUALITY PRODUCTS USED
REDUCTIONS FOR MULTIPLE LOADS



FOR MORE INFORMATION PLEASE CONTACT:
angela98@hotmail.co.uk HOME :01288 350285
MOBILE : 07596631743
Angela Flamson, Houndapitt Farm, SandyMouth
Bay, Bude, EX239HW.

For whatever reasons, flowers by...

FOUR SEASONS

... FLORISTS

Specialising in fresh flowers
Local deliveries
Eflorist member for National & International
Relay service



Arundell House
Belle Vue, Bude
Cornwall EX23 8JL

TELEPHONE; 01288 355352

www.fourseasonsbude.co.uk

It's panto time! ¹¹ KIDS CORNER

Why was Cinderella such a poor football player?

She had a pumpkin for a coach!

Why is Cinderella still such a poor football player?

Because she's always running away from the ball!

On which side of the house did Jack's beanstalk grow?

The outside!

What kind of pet did Aladdin have?

A flying car-pet!

Why did Dick Whittington have a beard?

Because nine out of ten owners say their cats prefer whiskers!

How did Jack know how many beans his cow was worth?

He used a cowculator!

What's beautiful, grey and wears glass slippers?

Cinderellephant!

What's the scariest pantomime?

Ghouldilocks and the three bears!

Who wears a red cape and goes round shouting 'knickers' at the Big Bad Wolf?

That's Little Rude Riding Hood!

A panto quiz

Here's a panto quiz to try – most of the questions are really easy (oh yes they are!). How many can you get right?

- 1 Can you name all seven dwarfs?
- 2 What told Dick Whittington to turn around?
- 3 How many sisters did Cinderella have?
- 4 What did Jack find at the top of his beanstalk?
- 5 What sort of eggs did the golden goose lay?
- 6 Who did Aladdin's washing?
- 7 What did Cinderella's fairy godmother change into a coach and two ponies?
- 8 Who gave Snow White a poisoned apple?
- 9 What was special about Aladdin's lamp?
- 10 What did the Babes in the Wood do to the Wicked Witch's cottage?

Answers:
 1 Doc, Grumpy, Happy, Sleepy, Bashful, Sneezzy and Dopey.
 2 The bells of London.
 3 Two (and they were both ugly!).
 4 The giant's castle, and the giant was inside!
 5 Golden ones.
 6 Widow Twankey.
 7 A pumpkin and some mice.
 8 Her wicked stepmother.
 9 It had a genie trapped inside.
 10 They ate it – it was made of gingerbread!

Plymouth Pantomime 2012



The children at Jacobstow Community Primary School and Preschool had great afternoon on January 6 when they made their annual trip to Plymouth to see this year's pantomime, Cinderella.

The children were agog to see the very ugly sisters in their outrageous costumes, the very decadent Dandini, played by Julian Clarey, the very silly Keith Harris with Orville the duck and of course the beautiful Cinders and her very handsome Prince Charming.

It was a very traditional pantomime, 'Oh no it wasn't!', 'Oh, yes it was!' and thoroughly enjoyed by all. What better way could there be to start our new year with some live theatre. Many thanks to the Friends of Jacobstow School who funded the £400 coach bill and to the parents for their support of this fun time out.

WAINHOUSE COUNTRY STORE POST OFFICE

(The Post Office also has Banking
Services, including Foreign Currency Facilities)
Euros available over the counter at the Post Office

& OFF-LICENCE ST GENNYS 230 554

Local cheese and cream
Fruit & Vegetables, Frozen Foods,
Bacon
Barnecutts Pasties Freshly Baked

Newspapers & Magazines

OPEN

Monday to Saturday 7 am–7 pm

Sunday 8 am–6 pm

With friendly and helpful staff

Busbys

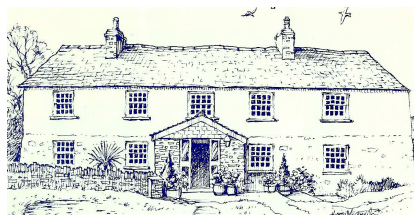
Solicitors & Notary Public
The Strand, Bude EX23 8TJ

**OFFER YOU
A WIDE RANGE OF
LEGAL SERVICES
01288 35 9000**

www.busbyslaw.co.uk



TRENCREEK FARM HOUSE St. Gennys, Bude, Cornwall. EX23 0DG



Traditional
Sunday Lunches
Evening Dinners

Midday Lunches
Special Occasions
Family Celebrations
Vegetarian Meals Available

All served in an informal, relaxed and
unhurried atmosphere.

All food is freshly prepared and home cooked
Bookings are essential. 24 hours notice please.
Non-licensed, so bring your own choice of drink

Ring Richard or Margaret Heard
01840 230219



BUDE EYE CENTRE 13 QUEEN STREET, BUDE EX23 8AY

Tel: 01288 350041

Fax: 01288 350140

**Bude Eye Centre is an independent practice
conveniently situated in the town centre.**

Some of the services we offer include:

- ◆ Same day service available
- ◆ Thorough eye examinations
- ◆ Large choice of designer brands including Prada & Gucci
- ◆ Large choice of complete spectacles from £50 complete with single vision lenses
- ◆ All children's spectacles including Barbie, Beano & Action Man ranges free with an NHS voucher
- ◆ Large choice of free spectacles for those entitled to an NHS voucher
- ◆ All contact lenses fitted including, daily, monthly progressive & toric
- ◆ New hearing aid service available with competitively priced hearing aids. Repair service and half price hearing aid batteries.
- ◆ Wheelchair/disabled access

The weather in Poundstock during 2011

Yet another interesting and varied weather year in Poundstock, or at least as recorded by our slightly sheltered weather station two miles inland in the north-east corner of the parish.

The weather in 2011 was very strange at times; for example, the highest temperature of 27.3°C was recorded twice. The first time was on 26 June – nothing unusual in that, but who would expect that same temperature on 2 October? Overall the temperatures in 2011 were much warmer than the 30-year averages that the Met Office publish. For eleven months of the year the average maximum temperatures were greater than the 30-year averages. Ironically it was only August that was slightly cooler. For the year, the average daily maximum temperatures were 1.5°C higher than would normally be expected. In particular, the average maximums for September, October and November were all over 2°C higher than average. The year saw 25 days of air frost; this was just about average, but what wasn't average was the distribution of the frosty days – 24 in the first three months of the year and just one in the autumn. The last springtime air frost was on 19 March, much earlier than usual.

The rain in 2011 fell mainly in December, when we had 1.5 times the usual monthly total and 25 days with more than 1mm of rain (usually defined as a 'wet day'). This is in great contrast to December 2010, when the rainfall was only 38 per cent of the average for the month. Overall, the annual rainfall total of 878mm was 95 per cent of the 30-year average but there were 161 'wet days', 10 more than the average. The wettest day was 24 October, when we had 27.3 mm of rain, and March and April stand out as very dry months, having 42 per cent and 25 per cent respectively of the average for those months.

The number of hours of sunshine in 2011 was exactly the same as the 30-year average; however 'sunshine' is a very difficult thing to define and measure – does it count if the sun is behind a thin cloud, and what if there is only one cloud in the sky but it happens to be covering the sun? However, our figures show that the first four months of 2011 were much sunnier than the 30-year average, and January had nearly 2.5 times as many sunshine hours than the average. The 'cloudier' months were July, August, September and October.

At 5.4 mph the average wind speed during 2011 was slightly higher than the previous two years but not as great as in 2008. The highest wind gust in the year was 45 mph on 13 December. As always, the dominant wind direction was westerly.

Graham Jones

The weather report

Since the last *Packet* report our weather station in the northeast corner of the parish, two miles inland, has recorded:

	December	January (to 24th)
Wettest day	20.1 mm (2nd)	15.0 mm (3rd)
Total rain	171.7 mm	45.5 mm
Days of rain (>1 mm)	25	10
Highest temp	12.6 °C (12th 20:40)	12.6 °C (3rd 08 :30)
Lowest temp	1.4 °C (2nd 7:50)	-1.3 °C (16th 04:30)
Average max temp	10.7 °C	10.6 °C
Average min temp	7.0 °C	5.8 °C
Max wind gust	45.0 mph (13th 02:30)	46.0 mph (3rd 07:30)
Windiest day	18.1 mph (29th)	19.9 mph (3rd)
Total sunshine hours	41.7 hrs	44.4 hrs
Sunniest day	3.0 hrs (24th)	5.8 hrs (13th)

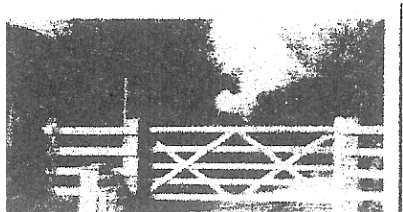
What a difference a month makes! In the November weather report I commented that 2011 had been (so far) a very dry year. December's total rainfall of 17.7 mm was 1.6 times the 30-year average, so the year finished only slightly drier than average. There was no one day of continuous rain, just a steady fall, with 25 days when the rainfall was over 1 mm (the usual definition of a wet day). The 30-year average number of wet days for December is 16.

December's temperature was also above average: the average daily minimum temperature was 2.4°C above the 30-year average and there were no air frosts in the month. There were five days when the temperature never fell below 10°C, and on two of the days the difference between the highest and lowest was less than 1°C.

So far January is much drier than on average and is also warmer – where are the frosts to kill all the bugs?

Graham Jones

FENCING SPECIALIST STUART BISCOMBE



All types of fencing undertaken
FIELD high tensile wire, stock, barb, post
and rail

GARDEN pergolas, decking, rose arches

GATES wooden, metal, and gate posts

SAND SCHOOLS

AND SECURITY FENCING

Phone for free quotation

Home 01288 361202

Mobile 07970421778

The Widemouth Manor Hotel

OPEN EVERY DAY 9am–11pm

Morning coffee, Breakfasts,
Lunches & Evening Meals.

Dine in our beautiful Restaurant
or choose one of the two bars.

Pool table, Plasma TV,
Sea View.

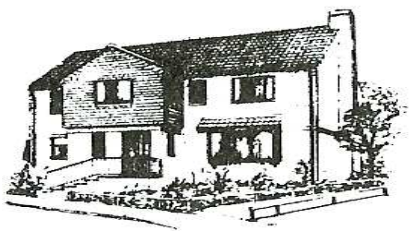
Children's Play Area
& Monthly Live Music...

ACCOMMODATION
WEDDINGS – SPA ROOM
SPECIAL OCCASIONS
CORPORATE EVENTS

01288 361207

info@widemouthmanor.co.uk

R.J.SARGENT & SON



BUILDERS
DECORATORS
FUNERAL DIRECTORS

Trewithian,
Poundstock, Bude
Cornwall EX23 0DS

Telephone: 01288 361468

NORTH COAST CARAVANS LTD



OUTDOOR TENT DISPLAY AREA
Summer Only

OUTWELL & COLEMAN TENTS
Wide range of sizes - pop up tents also available

CAMPING EQUIPMENT
Sleeping Bags, Camping Furniture, Gas Stoves, BBQ's

CARAVAN ACCESSORIES
ALKO, Truma, Whale, Thetford, Dometic, Dorema, Starcamp

**APPROVED ALKO ATC FITMENT
CENTRE**

Also now stocked –
CARAVAN DIGITAL TV's & AERIALS
CARAVAN AND CAMPING SATELLITE SYSTEMS

Based at Wooda Farm Park, Poughill, Bude, EX23 9HJ

www.northcoastcaravans.co.uk

01288 359365

I have heard this mentioned to me in the past so thought that I would do a “what have the Romans ever done for us” as we are approaching a new Council Tax year . I thought that I would run through just some of the work done by Cornwall Council. I am pretty vocal about wasted money in the council and remind officers regularly that it is vital to keep costs down because there are members of our community who find the council tax bill a ‘last straw’ in their ever rising costs. But to be fair to the council they do achieve a great deal of good work. I have excluded schools when talking about costs. Money for education comes straight from Westminster and is ringfenced.

Child Services.

The predominant role of the council is to ensure children are kept safe. Most of us raise our children with their welfare paramount in our minds. Unfortunately there are some people who don’t see this as their role and equally there are some who would intend harm. There are children and parents who simply need support. This service is roughly 25% of the cost of our council. At a guess this 25% is spent on much less than 3% of the population and while the 97% would see little (if any) of this service, most would understand it is a service which intends to maximise a Childs life chances. Within this budget there would be Children Homes & Children Centres, Social Workers, Special Education Needs, Speech Therapists, Adoption Service, Fostering Service, Educational Physiologists, Disabilities and inclusion depts., to name but a few. There is a raft of services provided to help, protect, include and support children. Most of us never use any of them but when we do need them they are there 24 hours a day. Councils actually succeed in these areas extremely well especially considering that those who wish to harm children are very devious and calculating. We hear when a mistake is made but not about all the successes which happen every day.

Adult Care

Although adult care starts for those over 18 we are all living longer and it is the ageing population that particularly puts pressure on this budget. Adult care is also a very costly department in the council which very few necessarily get to use to any extent. Again about 25% of all the costs of the council are spent in this area. Adults are actually more vulnerable to miscare than children and one of the primary roles of the team is safeguarding the vulnerable. Though obviously not exclusively, the danger to vulnerable adults tends to come from members of the family and again the team have to deal with very devious people. A high percentage of the population will use the services of Adult Care but this would still be relatively low compared to the number of Council Tax payers. We have acute care people who are tended 24 hours a day and 365 days a year at costs certainly exceeding £300,000 per year each. Teams include, Home carers, discharge (from hospital) teams, Care Homes, Residential Homes, Trauma Teams (stroke for instance), Physical Disabilities, Mental Disabilities, Sensory Loss, Acute Care, Therapy Teams, Respite Services, the list goes on.

In the two headings above I have shown where 50% of the costs of the Council are spent. It is pretty sobering that over two hundred million pounds (£200,000,000) is spent on those two areas.

Phil Tucker 01288 341617 philip.tucker@homecall.co.uk

NEWS FROM BANGORS CHAPEL

Following a wet and windy Friday early in December, Saturday dawned bright and sunny, as people began arriving for Bangors Chapel Soup & Sweet lunch. Soon everyone was chatting away, waiters and waitresses were busy serving 4 varieties of soup, delicious sweets, followed by tea, coffee and bargains on the stall. Everyone went home in the knowledge they’d had a good meal and given very generously to 3 children’s charities. We were able to send £82 each to NSPCC, CHSW and Action for Children. Chapel members are most grateful for the support given and hope to see you all again for our next Soup & Sweet.

The Parish Church and Chapel met together at Bangors on the 2nd Sunday in December for the annual Carol Service, which was led by Revd. George Rowe. Members of both churches read the Christmas story and everybody sang the lovely carols with gusto. Revd. George held the service together with his usual panache, ending with a Cornish Prayer. At the end of the service Dr. D. Moore presented Mr. and Mrs. Guy Rowland with a gift from chapel on the occasion of their golden wedding anniversary. This was followed by mince pies and coffee.

Lansdown Dairy

3-5, Lansdown Road, Bude
Telephone: 01288 352556

For convenient grocery shopping
in the town centre
at sensible prices with traditional
service and quality
Delicatessen counters with over
100 cheeses, cooked hams,
beef, turkey, ox tongue
hand made Cornish sausages
Large selection of superb olives
Milk delivered daily
Rodda's Clotted Cream,
Fresh bread/rolls daily
OFF-LICENCE

CONGDONS CARPET & FURNITURE CENTRE

Tel. 01288 354575 or 354111
Fax. 01288 354111
Email: sales@congdons.co.uk
Www.congdons.co.uk

Carpets- Vinyls- Beds- 3 piece suites
Dining room, Bedroom and
Occasional Furniture
Removals - Van Hire

Bay Tree, Hospital Road, Stratton, Bude
Cornwall EX23 9BP

BRIGHT BUILDERS



BARN CONVERSIONS, RENOVATIONS & LANDSCAPING

Specialising in RAG SLATE ROOFING
STONWORK & TRADITIONAL LIME MORTARS

All Building Trades Undertaken

07866 525034 01840 230692



The Bude Meat Supply Ltd

*Purveyors of only the best quality local meat and
poultry*

Hand Made Sausages and Burgers

Quality Breeds from Local Farmers

Hog Roast Rental

*I deliver daily throughout our Parish: Why not try
the free delivery service?*

SHOP TEL: 352034

*Or phone me, Steve Mobbs, at home on 361597
if you want to discuss what we can offer.*

Over recent weeks I have been meeting with individuals and organisations in the area to discuss people's anxieties over changes in the out-of-hours doctor service in the Bude area. I have already met with both SERCO and the Primary Care Trust and, at the time of writing, will be attending a follow-up discussion with all involved to respond to the main points discussed with members of the public. It is unreasonable for people in the far north of Cornwall to receive a different level of provision from those elsewhere. Decision makers need to understand the real travel times involved, rather than looking at what their route-finder software tells them.

I recently had the pleasure to welcome my colleague, Paul Burstow MP, to North Cornwall. Paul is the Minister for Social Care and came to see how the use of assistive technologies known as 'telehealth' and 'telecare' are working in our area. These technologies allow people to monitor health conditions in the comfort of their own home, with information sent electronically to doctors and nurses, so that they only have to travel to a GP or hospital when it is necessary. Later that week Mr Burstow announced an extra £1.7 million in social care funding for Cornwall over the next four years. This extra cash will be used to help people leave hospital earlier and receive better care at home. We all prefer to be out of hospital, receiving care in our own home, and it is important that we do everything we can to ensure people are cared for at home in a safe and familiar environment, with their family and friends close by.

This was the second visit by a government minister to North Cornwall in as many months. Back in December I welcomed the Lib Dem Business Secretary, Vince Cable, to Bodmin where he helped launch an £18.7 million Higher Apprenticeships Fund. The money will fund apprenticeships at the same level as university degrees, enabling employers and colleges to deliver the advanced skills needed to help get our economy back on track. I am delighted that Vince chose to come to North Cornwall to highlight the government's determination to give young people the very best in training and employment opportunities. It is great to see the Government recognising the need to value and invest in Cornwall.

Dan Rogerson

Our Night Sky in February 2012

Venus is now a brilliant object in the South West after dark, and will be joined by Jupiter as the month progresses. Mars rises in the South East about 8pm, and its orange glow becomes more pronounced and brighter as it approaches Earth. Saturn also rises in the South East about midnight, and will be due South at about 5am in the middle of the month. The winter constellations continue to delight our southern skies during the early part of the evening.

I wonder how many of you saw the stunning conjunction of Venus and the very New Moon on Boxing Day evening? It was a glorious sight, and matched by the close approach of the Moon to Jupiter on 3 January.

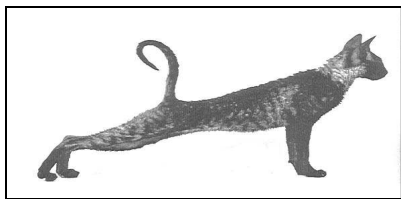
Our planet of choice this month is Pluto, although it has been recently relegated to being called a dwarf planet, following the discovery of many other bodies in the Kuiper Belt that were as large, but which would have overwhelmed the number of traditional planets, if Pluto had been allowed to keep its previous honoured status as the ninth planet of the Solar System. It was discovered in 1930 and has so far been the only one of the original known planets not to have been visited by a spacecraft; that omission will be remedied in 2015, when the spacecraft *New Horizons* approaches within 8,000 miles on 14 July. On 2 December last year it became the closest any spacecraft has come, nearly a billion miles away, but getting closer by about 600,000 miles a day.

Since Pluto is so far from Earth, little is known about the planet's size or surface conditions. Pluto has an estimated diameter less than one-fifth that of Earth or only about two-thirds as wide as Earth's moon. The planet probably consists of a rocky core surrounded by a mantle of water ice, with more exotic ices such as methane and nitrogen frost coating its surface. Pluto's orbit is highly eccentric, or far from circular, which means its distance from the Sun can vary considerably, and at times Pluto's orbit will take it within the orbit of the planet Neptune. When Pluto is closer to the Sun, its surface ices thaw and temporarily form a thin atmosphere, mostly of nitrogen, with some methane.

Until recently, Pluto was thought to have only one moon – Charon – but new images from Hubble have detected three more; however, as *New Horizons* approaches ever closer, we will undoubtedly discover a great deal more about this enigmatic dwarf planet. I hope to be able to tell you about it in three years' time!

Bill Turnill

Remember skywatchers Bill Turnill will host a skywatching evening for everyone interested in finding out more about our night sky. The evening will have to be arranged at fairly short notice. If you'd like to come along, send your contact details to the Packet (see page 3) .



Cozy Cats Boarding Cattery
Garth Vean, Tresmorn, St Gennys,
Bude,
Cornwall, EX23 0NU

Tel: 01840 230239

E.mail: devon2rex@btinternet.com

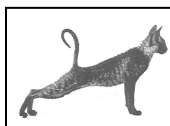
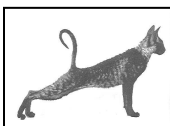
www.cozycats.biz

Purpose-built luxury cattery
Indoor sleeping quarters
with outside runs

Licensed and insured

Inspection welcome

For a friendly chat give Val or Peter a call



T. H. TEAGUE & SONS LTD.

Registered company no. 5582028

BUILDERS, CONTRACTORS
& DECORATORS.
(ESTABLISHED 1860)

CRACKINGTON HAVEN,
BUDE,
CORNWALL

01840 230 366

Federation of Master Builders
 Registered House Builders

REGISTERED OSTEOPATH

For information or
 an appointment

Call **NICOLA HALSE**

On **01840 230032**

ROSECARE VILLA FARM
WAINHOUSE CORNER



THE ARK ANGEL CHRISTIAN BOOK- SHOP

Wide selection of
 Bibles, Christian Books,
 CD's, Gifts, Cards
 & Traidcraft food

THE ARK ANGEL CHRISTIAN BOOKSHOP

Wide selection of Bibles, Christian books, CDs, gifts,
 cards & Traidcraft food

We are happy to order items for you

***"Thy Word is a lamp to my feet
 and a light for my path"***

For all your
 Christian
 resources

Cutz Ahead



**Charlotte
 of
 cutz
 ahead**

***Would like to offer to all new and
 existing clients a 10% discount to any
 of the services in the salon.***

**We are now offering ear piercing,
 hair accessories, nail enhance-
 ments, birthday parties, wedding
 hair. Wella professional products
 used and could be purchased!**

**For any appointment please
 contact Charlotte on: 01288 359123**

The Legal Horizon 2012

The year 2012 sees some major changes in the legal world. After a raft of reviews and reports the government has decided to proceed with the Legal Aid, Sentencing and Punishment of Offenders Bill. The Bill has been sent to the House of Lords for scrutiny, and it would appear that, despite objections made and amendments sought by the Lords, the Bill will be passed into law later this year with few amendments.

So we are likely to see a substantial curtailing of Legal Aid provision in most areas of law. Criminal Legal Aid has already seen the axe swung repeatedly over the years. The result has been that many firms of solicitors have simply stopped doing crime. Many of those that remain have had to amalgamate. Clients' files are necessarily processed by increasingly junior staff otherwise it simply does not make economic sense to continue.

In Family law, there are likely to be large reductions in the availability of Legal Aid. When the new law comes in, we can expect to see no Legal Aid for most children's disputes and no Legal Aid for money or property claims on divorce. Legal Aid will still be available for domestic violence injunctions, but a number of hurdles will still be put in the way of potential victims. Legal Help, which has enabled free advice to be given across an important range of legal issues - from help with getting disability benefits, help with employment problems, help with debt and bankruptcy, and so on - has already been removed from the vast majority of high street firms.

To make high street Legal Aid lawyers even leaner and meaner, the Government, through the Legal Services Commission, has reduced from 1 February by 10 per cent the amount solicitors will be able to claim at the conclusion of a court case. Many solicitors simply cannot make a viable business model out of these cuts, and have opted to come out of the Legal Aid system altogether.

With the cuts in the availability of Legal Aid, the courts are already struggling to cope. Each citizen has a right under European law to a fair trial. That means that Litigants in Person (i.e. people acting without legal help in court) must be afforded as much help as possible by judges and court staff. They are finding that, with the best will in the world on the courts' part, trials are becoming more cumbersome, lengthier, and often lack appropriate and even basic evidence and documentation.

Add to this potential mix the opening up of legal services to virtually all and sundry, and you may detect more problems on the way. The so-called 'Tesco's law' is now a reality. Many cash-rich enterprises see what they consider to be rich pickings available in the high street. I recall that many banks and building societies used to have the same attitude towards estate agents a generation ago. By deserting their core business of running their banks prudently and for the benefit of customers, they have spearheaded the worst recession since the 1930s. So don't hold your breath if you think all this will lead to a better deal for their customers. Research has shown, for example, that banks may do a will more cheaply than some solicitors. They do this so they can act in the estate following death. The same research shows their average costs to be very significantly higher than those charged by solicitors.

You pay your money and you take your choice. Bigger does not mean better. Nor does smaller. But the more local the legal provider, the more likely you are to meet local people who understand local people and local needs. They survive on the basis of the service they provide.

John Busby

A FEW WEBSITES YOU MIGHT FIND USEFUL

<http://www.poundstockpacket.org.uk>

<http://www.poundstockgildhouse.co.uk>

www.cornwall.gov.uk

www.rebelcinema.co.uk

www.strattondocs.co.uk

www.neetsidesurgery.co.uk

www.visitbude.info (tourist information)

<http://www.northdevonhealth.nhs.uk> (Barnstaple Hospital)

<http://www.plymouthhospitals.nhs.uk>

<http://www.firstgreatwestern.co.uk> (trains)

THE OCEAN SPA ROOM

MASSAGE & BEAUTY FOR LADIES & GENTS

Locals and visitors welcome

RACHEL SHORLAND

WIDEMOUTH BAY, BUDE

07866557028

Please leave a message if I don't answer
and I will get back to you

NATURAL BEAUTY THERAPY

MANICURES, PEDICURES, BROW SHAPING,
WAXING...

MASSAGE THERAPY

AROMATHERAPY, MASSAGE, FACIALS, INDIAN
HEAD, HOT STONE THERAPY, REFLEXOLOGY,
REMEDIAL SPORTS THERAPY

SPECIALISED TREATMENTS

BESPOKE HOLISTIC THERAPY USING A
COMBINATION OF TREATMENTS TO RELIEVE
CHRONIC CONDITIONS

Rachel Shorland CIBTAC/ITEC/CIDESCO
20 years experience. Internationally
trained

You could advertise here
Reaching 500 homes

At a very reasonable cost

For details contact

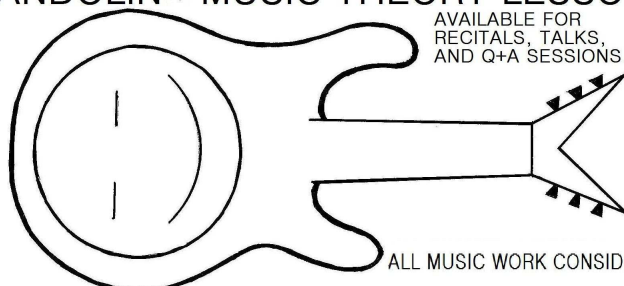
Jen 01288 361525

Or Dudley 01288 361309

Or email

thepoundstockpacket@tiscali.co.uk

GUITAR, BASS, KEYBOARD,
MANDOLIN + MUSIC THEORY LESSONS



Private tuition in a purpose built music suite with full
time professional musician/BAhons qualified tutor
HOUSE OF FUN MUSIC (side of Natwest bank) Bude
07817573505

Dolly Rockers



Ladies & Girls Fashion Shoes

Funky Fashion Shoes at Fab Prices!!

Come & Visit us at :
The Strand Shopping Centre
The Strand, Bude EX23 8QT
Tel: 01288 488009

ROB HOADLEY
AGRICULTURAL CONTRACTOR
Specialising in Smallholding Work

- ◆ Hedge Cutting
- ◆ Small Hay Baling
- ◆ Topping
- ◆ General Tractor Work

Tel: 01840 230353
Mobile: 07908 112814



BUDE GARDEN SERVICES

LAWNS CUT
HEDGES TRIMMED
TREES PRUNED
Maintenance Contracts Welcome
Hotels- Pubs-Retirement Homes
Industrial Units-Clubs
Free Estimates
Hillside, Poundstock, Bude
Cornwall EX23 0DZ
01288 341076 07768 963778

PARISH COUNCIL MEETING REPORTS FROM CLLR POWELL

The November meeting received confirmation that overnight parking in W/B's public car park was not permitted and the issue of litter emanating from the Black Rock area was being investigated. (It seems we are never going to resolve the encroachment on Marine Drive which has resulted in a fence being erected within the verge where refuse lorries would otherwise have stopped to collect rubbish from the approved place!). A report was received from Cllr Tucker who was looking for representatives from the constituent parish and town councils to assist with the development of a rural bus scheme. Cllr Brian Furse volunteered.. Reports were also received from the Bude Community Network Panel and, in his absence, a written report by Cllr Powell from the Widemouth Bay Residents' Forum highlighting the litter problem at Black Rock and the proliferation of large signs on the Coastal Footpath.

In respect of the future Community Centre, it was agreed to try and negotiate a lesser sum for the chosen site. It was reported that permission had been given for a traditional Bonfire Beacon at Swelle Farm in celebration of the Queen's Diamond Jubilee. The churchyard footpath had been inspected with a contractor to assess the extent of works needed to reinstate it and a quotation would be received at the next Meeting. Cornwall Council's public convenience review was discussed and it was agreed that this would receive further consideration when the full extent of proposals for the W/B beach conveniences were placed before the next Meeting. Parking charges received a concession for Blue Badge holders who are to be entitled to an extra hour free over and above the time they've paid for, but you'll still have to have a Nil/Disabled tax disc to be able to park free. The meeting closed at 9.15 pm.

The December meeting had to be postponed to the first Tuesday in January, yet, surprisingly it attracted a nearly full house of councillors but no public for the initial Public Participation item.

As seems so often the case, a month is not long enough to get a full response from Cornwall Council so the issue of refurbishment of the North Beach Public Conveniences remained unresolved. Also the question of reinstatement of the path to the Church raised a matter which requires further exploration. The question is "How much do you take on trust?" The answer is: when dealing with public money- nothing! A reasonable quotation was received but we realised that we had failed to give a full specification of the materials and method to be used. How often have you seen roads being repaired by stripping off a couple of inches of tarmac and replacing with a new running surface? Nine times out of ten this is a waste of time: it is the base or sub-base (foundation) which has failed- usually due to poor ground drainage. In the meantime at the churchyard, it looks as though nothing is being done, but it will be- dreckly!

Councillor Tucker was not available to give his report and the reports on our new Community Hall showed that we are nearing the end of a long, drawn-out process. This is largely because it is easier to spend your own money than someone else's. Members wished to be absolutely sure that the best is being done for Poundstock. We took the trouble to find out what was wanted; we've identified the perfect site; assistance in obtaining finance will be forthcoming but it is quite scary to embark on such an enterprise without satisfying ourselves that all aspects of negotiation have been exhausted. To keep abreast of the saga, look at the full minutes of this last meeting and the agenda, when it also appears in the Parish Hall window in advance of the next (end of month) meeting. In the meantime, I would welcome any correspondence through this medium on this subject because things have moved on so much since the Parish Plan first identified the Hall as our main objective. What we have learned since then is that it is usually cheaper to fund a new hall and virgin site from the sale of the existing site. Poundstock people, don't forget that Widemouth has its own little "hall" for the more intimate gatherings.

I've only picked on a couple of issues but if you want more details, either come along to the meetings or get hold of a copy of the Minutes from our Parish Clerk.

Rupert Powell, Parish Councillor for Widemouth Bay

Widemouth Bay Residents' Association

The Fish and Chip Evening on 2 December was a great success with over 50 people attending. Many thanks to the Beach House for laying on a delicious supper, and for all their hospitality. The raffle raised £120 for the Stratton Hospital Appeal, and thanks are due to the many people who donated prizes. A fun-filled and noisy evening, with requests to plan next year's!

The next meeting of the Residents will be on 14 March at 5pm. We shall start to plan a celebration for the Diamond Jubilee, so please come along with some inspirational ideas to share!

Nicky Vereker

Viola and piano recital

The distinguished viola player, Sarah-Jane Bradley, and pianist Anthony Hewitt will be playing for Bude Music Society at Minstrels Music Centre, Canworthy Water, on Sunday 12 February at 3 pm, with a programme that includes sonatas by Mendelssohn and Delius, and pieces from Romeo and Juliet by Prokofiev. Regularly heard in British concert halls, Sarah-Jane has also made numerous recordings of both contemporary and traditional chamber music and of concerti with leading orchestras. Tickets £12 at the door, students free.

Barefoot Mobile Foot Clinic

Do you suffer from ...?

- ♦ Thickened or painful toe nails
- ♦ Nail infections
- ♦ Athlete's foot
- ♦ Corns
- ♦ Callus
- ♦ Cracked heels
- ♦ Are you unable to cut your nails?
- ♦ Just want advice about foot care?



For an appointment in your own home
call Julia

01288 362974

07730678997

Julia Kington

Bed. (Hons) S.A.C. Dip. FHPT/FHPP Nurse

THE CABIN
CRACKINGTON HAVEN,
BUDE,
CORNWALL EX23 0JG
TEL: 01840 230238
BEACH CAFÉ & SURF EQUIPMENT-HIRE & SALES

LIGHT LUNCHES

PIZZAS

EVENING BARBECUES

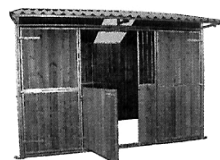
**GREAT ASSORTMENT
OF HOMEMADE CAKES**

ICE CREAM

**WHERE POSSIBLE LOCAL
PRODUCE IS USED**

GRAHAM PLUESS LIMITED

Agricultural Machinery & Equestrian Sales
Trevoultier Barton ~ Poundstock ~ Bude ~ Cornwall ~ EX23 0DH
Tel: 01288 361368 ~ Mobile: 07977 480962



- 18ft -25ft x 8ft Bale Trailers
- 4-16ft Chain Harrows
- 4ft, 5ft & 6ft Land Rollers
- Stock Box
- 4ft & 5ft Tipping Boxes
- 4ft 6" In Line Topper
- 6ft Semi Off Set Topper
- 8ft In Line Topper
- 1-tonne Tipping Trailer
- 2-tonne Tipping Trailer
- 5-tonne Tipping Trailer
- PP Mobile Shelter & Stable
- Internal Stabling Partitions

Royal Cornwall Agricultural Show Awards
SILVER MEDAL AWARD 2004
VERY HIGHLY COMMENDED 2004
COMMENDED 2004
SILVER MEDAL AWARD 2005
COMMENDED 2005
SILVER MEDAL AWARD 2006

GP-ENGINEERING 

www.grahampluess.co.uk

R.A. ROWE & Co. Ltd

Architectural Design

Est. over 20 years

Planning Permission

Building Regs

SAP Ratings

Please feel free to contact
us for a free no obligation
visit and quote

First Floor, Bude TIC, The Crescent, Bude, EX23
8LE

Tel. 01288 352121 email debbie@rarowe.co.uk

Web www.rarowe.co.uk

Bangors Organic



Cornwall's only certified organic B&B and restaurant

Fresh, home grown, totally organic food served in our licensed evening restaurant

Open Monday to Saturday evening

NEW FOR 2011 – SUNDAY LUNCH

2 organic courses £19 per person

(children charged according to size and appetite!)

Ensuite rooms from £110 per night B&OrganicB



Please phone Gill for enquiries and table reservations (essential) on
01288 361297

www.bangorsorganic.co.uk

Bangors Poundstock Bude EX23 0DP

BRIAN TEAGUE & SONS

BUILDING • CARPENTRY • ELECTRICAL

01566 781 751 01288 354 331

WE CAN NOW SUPPLY AND INSTALL YOUR SOLAR P.V. SYSTEMS

For all your building requirement from start to finish

**New Builds
Extension**

**Members of:-
Federation of Master
Builders, MasterBond**

Barn Conversions

**FENSA
NICEIC Approved
Contractor
MCS Accredited**

Loft Conversions

**Windows & Doors
Conservatories
Fascias, Soffits &
Guttering**

**REAL
We have the Govern-
ment
Endorsed TrustMark**

All Electrical Work

www.brianteague.co.uk



Chiropody

Routine nail care

Diabetic nail/foot care and advice

Corns and callus removal

Registered foot care practitioner

Jane Lumley R.G.N.

S.A.C. Dip. FHPT S.A.C. Dip. FHPP

For a home visit call

07904 469735



SEWING UNDERTAKEN

**GENERAL SEWING
AND ALTERATIONS**

**MOST BROKEN ZIPS
CAN BE REPLACED**

**SKIRT AND TROUSERS SHORTENED
OR LET OUT—TAKEN IN**

CURTAINS SHORTENED ETC.

**PLEASE CONTACT
HAZEL on 01288 361229
OR EMAIL
afisher741@btinternet.com**



**Individual Care and Attention
given to each pet**

- **Special: 10% Off grooming Services with this coupon**
- Heated Kennels and Cat Chalets
- Individual Runs
- Large Play Runs
- Grooming Service
- Doggy Day Care
- Pick Up and Return Service available

+++++

www.breezelyn.co.uk info@breezelyn.co.uk
TITSON, NR BUDE, EX23 0HH TEL: 01288 361680



SURF SCHOOL & Multi-Activity Centre

DAYS - HALF DAYS - RESIDENTIAL

For further information or to book: call Claire on

01288 362900

outdooradventure.co.uk





Outdoor Adventure, Atlantic Court, Widemouth Bay, Bude

P & B Interior Design

Ready made curtains, voiles and nets

Shower curtains and rails

Curtain tracks ... Poles & Hold backs

All in stock

Huge selection of Roller, Venetian, Roman Blinds
in stock

Suppliers of Velux Blinds

Custom made curtain and blind service available

DMC & Anchor threads, wools & kits

haberdashery & accessories

Gifts for all occasions

2 Lansdown Mews, Lansdown Road, Bude

01288 356 303



NEIL DAVIES ASSOCIATES CHARTERED ACCOUNTANTS AND BUSINESS ADVISORS

"Taxing times calls for specialist help,
Need help with your personal tax returns,
Business accounts or Tax Planning.
BE PROACTIVE.

We are helping businesses **PROFIT AND GROW** and giving people peace of mind..

"Without paying the taxman a fortune"

Free Initial Consultation

at your business, home or in our office
Prompt Professional Service

Tel: 01288 350616, Mobile: 07972765312

Email: Neil@neildaviesassociates.co.uk

Web: www.neildaviesassociates.co.uk

Bude Business Centre, Kings Hill Ind. Est.
Bude, Cornwall



Martin Group Services

46 Queen Street • Bude • Cornwall

Tel: (01288) 355477 • Fax: (01288) 357931

www.mgs.uk.com

8.00 a.m. to 5.30 p.m. Monday to Friday

8.00 a.m. to 1.00 p.m. Saturdays

CLOSED Sundays & Bank Holidays

martingroupservices@gmail.com

mgssales@googlemail.com • mgsaccounts@googlemail.com

Stationery

Tel: (01288) 357920 • Fax: (01288) 357921

Home & Office Stationery • Colour Photocopying,
Laminating, Binding, Labels, Signs and more....

Computers

Tel: (01288) 357930 • Fax: (01288) 357931

Computer Systems, Upgrades & Repairs
Inkjet & Laser Printers - Consumables & Papers
The PC specialists

Design & Print

Tel: (01288) 355477 • Fax: (01288) 357931

Complete design & production of brochures,
leaflets and all general office stationery