



No. 102 April / May 2020

THE POUNDSTOCK PACKET

KERNOW BYS VYKEN !



Let's help each other

Normal life has just been cancelled. Many of our parishioners are self-isolating and wondering how on earth to manage during the next few months in this strange new world. Others are wondering whether there's anything they can do to help.

Do you need help with shopping or caring for a pet? Are you feeling cut off or lonely, or would you simply enjoy having a chat after hours of your own company?

Could you perhaps offer to do some shopping, walk someone's dog, pick up a prescription or just have a friendly chat on the phone with someone who's feeling isolated or needs to be cheered up?

Contact the Packet. We'll act as a hub for offers of and requests for help. If you send us your phone number and/or email address, we'll do our best to put people in touch with each other.

Ring Liz Jones on 01288 361147 or email the Packet at poundstockpacket@gmail.com.

Or you can contact the Parish Council chairman, Steve Pawley, on 01840 230697 or steve.pawley@poundstock-pc.gov.uk.

Tell us what you are offering or what you need and we'll try to pair people up.

Please note, though, that of course we aren't able to offer medical help. We won't do anything that puts anyone at risk, but we will do whatever we safely can to help make life a little easier for those who are self-isolating, particularly the most vulnerable.

If you're well and not in an at-risk category, help us if you can.

If you're having to keep apart, never feel isolated: we are all here for each other. And never be embarrassed to ask for help.

Normal life may be cancelled. But this is Poundstock!
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We always welcome any input from our readers. If you want to get in touch or to send us an article or local information, contact the editor: Liz Jones, Langford Hele Farm, Marhamchurch EX23 0HR. Tel. 01288 361147. Email: poundstockpacket@gmail.com

The deadline for our next edition is 20 May.

To advertise with us for a year (six issues) costs a total of £30 for an eighth of a page or £40 for a quarter-page (£45 for colour). For more information please contact Jen Spettigue, 36 St Marwenne Close, Marhamchurch, tel. 01288 361525 or Liz Jones (as above).

We do our best to deliver to everyone in the parish. If you know of anyone who has been missed, please let us know. Copies of the magazine are available at the Beach House and Wainhouse Country Stores, by post for 50p + postage or via email; please contact us for information.

The editorial board does not necessarily endorse the views expressed by individual contributors and we can't accept any responsibility for the accuracy of information provided. We reserve the right to edit items submitted and decide on what is suitable for publication.

Welcome spring?

The sun is shining, the birds are singing, the fields are full of celandines and the verges covered in primroses. Spring has finally come – and with it stalks a new disease, coronavirus, and all the fear and uncertainty of a pandemic. It's only too easy to be disheartened, but surely this is a time when the old Victorian adage 'Count your blessings' comes into its own. For me, high on the list is where we live. This is such a beautiful area, and as long as we're sensible there is space for us all to be able to go out and enjoy it without endangering ourselves or others. We also have a wonderful spirit of community and friendship, and that above all else will see us through. Let's make the kindness and generosity of Poundstock's people the lasting legacy of this dreadful epidemic.

May we all stay well,

Liz

Thank you all

I would like to thank our most wonderful friends and neighbours who have rallied around us these last few months.

My wife was diagnosed with ovarian cancer three years ago and just when she was coming to the end of her treatment I got diagnosed with a brain tumour just before Christmas. I had an operation just after Christmas to remove it. That's when I found out how wonderful our community is. Everybody just rallied around us. I was told I would not be able to drive for at least two years. People like Chris and Gregg Smith, Peter Marfleet, Maz Menzies from Bude, Phil and Marie, Ron and Marie Stopher and Malcolm and Jackie Ure from Crackington Haven.

They have all done us proud. Thank you one and all from the bottom of our hearts.

Derek and Angela Midson, Polventor, Vicarage Lane

The parish car park in Vicarage Road

Unfortunately someone – apparently turning a lorry or similar vehicle – has recently caused a lot of damage to the gatepost at the top entrance to the car park. This has happened more than once and has led to the decision to close the top gate except when a large number of vehicles are expected.

Please note: the car park is most definitely open as usual for cars and small vehicles. Anyone using it to park for the parish cemetery, the church, the Gildhouse or just going for a walk is more than welcome. We simply ask that you use the lower gate only.

We are sorry for the inconvenience but it seems that closing the top gate is the only way to prevent this happening again and avoid further expensive repairs.

Please remember the garland

Readers may remember that in our previous issue we published a plea to find space in the garden for some everlasting flowers, to help make a replacement garland in the Gildhouse. As the weather improves and we are finally able to get into our gardens (and thank goodness we are), please spare a little space if you can for any flowers that will dry and last – hydrangeas, statice, helichrysum, love-lies-bleeding, Chinese lanterns, ornamental grasses, anything that will add colour and shape. Maybe by the time autumn comes we'll be able to get together and create something lovely together.

Plants intended for the (now cancelled) Gildhouse plant sale are available from

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What's in a name?

What's in a name? That which we call a rose
By any other name would smell as sweet.

(Romeo and Juliet II, ii, 1–2)

TAXONOMY is a fanciful made-up word which simply means arranging in order. It actually means the classification of living things into organised groups. Take the Buzzard, which is a member of the **Kingdom** of animals. But there are lots of different animals, and the Buzzard is a member of the **Phylum** of chordata which means they have a backbone; and below chordata are **Classes**. The Buzzard is part of the class of **Birds** which is part of the **Order** of falconiformes, which is part of the **Family** of Accipitidae, which is part of the **Genus** Buteos, and is the only **Species** with the name of *Buteo buteo*.

I'm so pleased I have got that off my chest.

Now, who on Earth actually names birds such as, say, the Buzzard? The word came from French, then Latin; and then all the way back to Sanskrit. And that is far enough, thank you.

I went birdwatching with a friend the other day and we heard a Cetti's Warbler. On the way back we agreed that neither of us knew why it was so called, so I looked it up, and this is the story: Francesco Cetti was an Italian man of God. He was an accomplished mathematician. Born in Germany, he lived in Italy, and was sent to Sardinia to improve the standard of education there.

Cetti was also a zoologist (what polymaths they were in those days!). So, Francesco Cetti identified and named Cetti's Warbler. If you can identify a Cetti's Warbler, you're a better man than I am, Gunga Din!



Some keen birdwatchers will have heard of a bird of prey called Montagu's Harrier. I saw one for the first time a few weeks ago at the RSPB Greylake Bird Reserve in Somerset. Wonderful yellow legs and talons: this bird was pure elegance on a branch. The bird is named after George Montagu.*

The Greylake Reserve is not far from Taunton. Some time ago a Bonaparte's Gull was spotted there. Who on Earth was Bonaparte? Surely not the Corporal idiot who got most of his army slaughtered by the Russian winter? No, his nephew Lucien, a keen bird spotter.

There are plenty more birds we could consider: Bewick's Swan, Pallas' Leaf Warbler, Ross's Gull, White's Thrush (after Gilbert White – another cleric) and more.

But what about St Francis of Assisi, the patron saint of animals? The slim evidence we have is that one day he preached to a flock of birds. They all listened intently, and only moved off when he let them go. St Francis was a great believer in the restorative calm of woodland. So am I.

What I have yet to work out is that 70 million years ago there was a beastie called *Tyrannosaurus Rex*. How did they know then that it had such a fabulous name?

Christopher Asbury

Spring Watch

Things to look out for now that Spring is here:

- Frogs are the first amphibians to emerge from their homes under logs, stones and dead leaves, and hop off to the nearest pond where the males croak loudly to attract a mate.
- Bees – some bee species start to emerge from their winter hiding places as early as February. Watch out for them buzzing around early spring flowers.
- Ladybirds wake up in February too. The one you are most likely to see is the seven-spot ladybird.
- Early spring flowers you will see include snowdrops, primroses and daffodils. In the woods, you might also begin to see the bright green shoots of bluebells poking up through the leaf litter.
- The fluffy catkins on hazel and willow trees are flowers too and will soon be releasing their pollen into the breeze.
- The first migratory birds have already started to fly in to start building their nests and breeding.
- Look out for the wheatear – a tiny bird with a white underneath and orange-tinted breast, hopping about on the ground on moors and rocky fields near the coast.
- Listen for the tweeting of the song thrush announcing that Spring is here!



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Jacobstow WI

Our speaker in February was Terry Faull who kindly came at short notice to give us a very interesting talk about the lives of two Cornish women from the late eighteenth and early nineteenth centuries. Mary Delaney and Mary Bryant came from very different backgrounds; the former the landed class and latter a poor background. Delaney was forced into an unhappy marriage by her family for money, of which she saw very little, despite promises from her husband. Bryant was transported for seven years for theft and escaped Australia, returning to England. Both women made the best of the hands that life had dealt them, showing the stoicism and strength found only in Cornish women!

We held our Annual Meeting in March, reflecting on our activities in 2019 and looking ahead to our forthcoming programme. After the business part of the meeting, members were invited to speak about their hobbies/interests; Jen Cowling showed us a selection of her beautiful embroideries, Jen Congdon told us about her bridge-playing group, Jill and Hilda talked about quilting with some examples of this craft and Jen Spettigue shared her passion for sewing, knitting and crochet crafts.

We're also beginning to plan for the show season as each year Jacobstow WI enters the Royal Cornwall Show and the Holsworthy and Stratton Show competitions. The Royal Cornwall show has now been postponed until 10–12 September with the WI competition theme being 'Visions of the Future'. At the Holsworthy and Stratton Show in August, each WI entry will represent a different decade from the 1920s onwards – the decades were chosen by lucky dip by each WI and this a closely guarded secret until show day!

Given the current situation, our meetings for April, May and June have been cancelled along with all County WI events so we're keeping in contact with each other by telephone, email and post in the meantime! Our new 2020 programme of events is therefore on hold for the time being.

No doubt, like many people, we'll be catching up with all those hobbies and interests we rarely find time for in normal circumstances – and preparing for the shows!

Jill Baker



Jacobstow Rainbows, Brownies and Guides joined with all units from our district on 22 February to celebrate World Thinking Day, the day that celebrates Girl Guiding and Girl Scouting around the world, where all Girl Guides and Scouts think about each other and celebrate the positive impact that the movement has on every member. The girls completed a round robin of activities including making a glass vial filled with different coloured sand, where each colour represented a different emotion, decorating cupcakes with flags of the various nations with a Girl Guide or Girl Scout organisation, making a paracord bracelet, completing wordsearches ... They also coloured a dove and leaf, writing something they were proud of about themselves and something that they liked about one of their friends in Guiding to put on our very own trees.

Two members of the Rangers (girls aged 14–19) were awarded their Ranger gold award and their Chief Guide award, two of the highest awards available for their age range. The morning ended with everyone renewing their promise and enjoying a slice of celebration cake. If any one knows of any girls aged either 5–7 (Rainbows) or 7–10 (Brownies) who would like to join us, please do let us know as we are always open to welcoming new friends.



Louise Cowling

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All services are cancelled until the coronavirus outbreak is over, but both churches are always open in daylight hours for private prayer and meditation. Information from rector or wardens.



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From Bishop Philip

My friends, I'm sharing this message today not just with the clergy and people of the Diocese of Truro, but with everyone here in Cornwall at what is a very challenging time for us all.

You'll be aware of how much has changed in just a few short days. By now you will probably have heard too the call of the Archbishops of Canterbury and York to suspend public worship for a season. That will come as a shock and challenge to many of you, but in the circumstances, and following the best medical advice, I'm sure it's right.

But I want to say very clearly to you that does not mean the Church is shutting up shop! Far from it. Now is the time for the Church of God to rise to this great challenge of our times. I cannot help but feel that this crisis challenges us deeply to be just the kind of Church our God is calling us to be.

And I believe too that that this crisis challenges Cornwall to be its very best: to express in heart and soul the spirit of One and All. So to us all in Cornwall I would say – let us be the very best we can be. This is the opportunity we all have to shine, to be our better selves. It's a great challenge: but let's rise to it.

And if you are feeling isolated and fearful, remember you are not alone. There are many people standing by you, even if you can't see them – and our God has not changed: he remains good and faithful and we can trust him and rely upon him. He won't let us down.

And if you're working in the public services, our NHS, the emergency services and the caring professions, planning and working to respond in the best way possible to the many challenges we face and who may be very stretched in the days to come: do know that we are cheering you on. We're deeply thankful for you and are praying for you – and for your families too.

For the Church – whilst our pattern of worship will change significantly I think our church buildings need to be more open, not less, providing space for people to come and pray and be and socially interact (at an appropriate distance of course). We should use digital media creatively wherever we can and we are working on identifying a few churches in the diocese where live streaming of worship might be possible.

And we need to be the feet on the ground in our communities – identifying those who are lonely and isolated, fearful and grieving, and doing all we can, within the constraints that are placed up on us, and without exposing people to unnecessary risk, to show in word and in deed the love of Christ.

Likewise there will be others who will find these times very challenging economically: again we need to do all we can to meet their needs. Let's keep the foodbanks well stocked up.

So for us as a church this will not be business as usual. But it will NOT be no business, it will be 'business unusual'. We'll still be about the business of the Kingdom of God, but in new, different, committed, creative and deeply caring ways.

The big question this crisis asks of us as a Church is this: will we meet its challenge to love and serve and give as Jesus did, for we are nothing less than his Body here on earth? I pray we will and will not be found wanting at this great hour of need.

And to all of us I would say, across Cornwall, in this crisis, let's be people of prayer. This crisis is bigger than any of us. But God is greater. So we need not be fearful – in the end we can be people of hope, as we become people of prayer: because there is a good future for us, beyond this, a good future that God holds out for us all.

And as this virus is no respecter of borders, I'm going to close with a prayer written by our neighbour, Bishop Robert, Bishop of Exeter. If you'd like to, do pray with me now:

Keep us good Lord under the shadow of your mercy, in this time of uncertainty and distress. Sustain and support the anxious and fearful, and lift up all who are brought low; that we may rejoice in your comfort, knowing that nothing can separate us from your love in Jesus Christ our Lord. Amen

And may God bless us all.

Philip Truro

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Kids' page

Easter quiz

Have a go and test your Easter knowledge



- 1 'Easter' comes from the name of an Anglo-Saxon
 - (a) Goddess
 - (b) God
 - (c) Food
- 2 Easter Sunday is preceded by a 40-day period known as
 - (a) Advent
 - (b) Whitsun
 - (c) Lent
- 3 The Thursday immediately before Easter Sunday is known as Maundy Thursday True/False
- 4 All around the world, Easter Sunday is always celebrated in April True/False
- 5 The first Easter eggs were made from paper mâché, but was it in
 - (a) the 16th century
 - (b) the 17th century
 - (c) the 18th century
- 6 Easter began as a pagan festival celebrating Spring True/False
- 7 The first chocolate eggs were made by which chocolate company
 - (a) Cadbury's
 - (b) Fry's
 - (c) Rowntree's
- 8 Cadbury's first produced their famous crème egg in
 - (a) 1951
 - (b) 1971
 - (c) 1991
- 9 In April 2011 in Italy, the world's largest chocolate egg was made, but what did it weigh?
 - (a) 2200 kg
 - (b) 4200 kg
 - (c) 7200kg
- 10 Easter Sunday is celebrated by Christians as the day when Jesus.....
 - (a) Came alive again
 - (b) Was put to death on a cross
 - (c) Was born

Answers are below. How did you get on? Give yourself a bit of Easter egg for every right answer!

Last Laugh!

Why was the Easter Bunny so upset?

He was having a bad hare day!

Why shouldn't you tell an Easter egg a good joke?

It might crack up!

What did one coloured egg say to the other?

Heard any good yolks lately?

Answers: 1 (a), 2 (c), 3 true, 4 false, 5 (c), 6 true, 7 (b), 8 (b), 9 (c), 10 (a)

Our Kids' Page just wasn't big enough this time! There's news from Jacobstow School and a fun activity on page 14. Don't miss them!

Our night sky in April 2020

Venus will continue to delight us after sunset until she sets in the west at about 11 pm in the middle of the month. Jupiter, Saturn and Mars will be rising in the south east at about 4 am, but will soon be lost in the early dawn sky. Meanwhile, Orion and the faithful Sirius will be going to bed about 9 pm, and I find it always sad to see them disappear until next winter.

Fast Radio Bursts (FRBs) were first discovered in 2007 and remain a mystery to this day. Normally they last only about a thousandth of a second but release huge amounts of energy, enough to fuel the Earth for 300 years. Until now, FRBs lasted milliseconds and were completely unpredictable. However, a new FRB has been detected which changes all that. It emits vast pulses of energy, each lasting two-thousandths of a second, about once an hour for four days. It then is silent for twelve days before going through the same cycle. This is the first FRB that has been discovered which repeats itself predictably and, in astronomical terms, is relatively close. The objects that produce FRBs are only about 200 miles across, and there have been a number of theories as to what causes them, most of which involve a black hole or a neutron star, or even a magnetar, a kind of neutron star with a magnetic field hundreds of times greater than others. If it was in orbit round another star, the gravitational interplay could result in blasts of energy periodically being directed towards Earth.

Astronomers at the beginning of the last century used to say that the universe was pretty boring, and that everything that there was to know had already been discovered; 'just dot the i's and cross the t's'. How wrong they were, and how fortunate we now are to be challenged with how mysterious it really is.

Bill Turnill

The root of all evil

It never ceases to amaze me how the lure of money can completely change people. In my professional capacity, I regularly communicate with recipients of gifts under Wills. Many have been the bunfights I have had to sort out and at times referee when next of kin squabble over who should get what following the recent death of their family member. That is very often followed by attempts to get money long before the estate of the deceased can be administered and legacies paid out.

I have seen saints suddenly turn into sinners. I have seen gentle-tempered people become super-aggressive. I have seen lambs turned into wolves. Underneath it all has been a seismic shift in placid personalities and all because the lure of money has had its effect.

I was therefore interested to see the recent case of Anita Border. She made a Will and appointed a 'good neighbour' called David Loveday to act as the sole Executor of her estate. Who better to trust than somebody she saw regularly and who always came across as such a sincere and pleasant gentleman? In her Will she gave £110,000 to his partner Emma Cullen and £110,000 to her friend of many years, Parminder Gibbs.

Sadly Anita died in August 2015, and it then fell to Mr Loveday to fulfil his legal role, bring in the estate assets and then pay out beneficiaries as the Will provided. Emma Cullen got her £110,000, and Mrs Gibbs began to worry very considerably when she received nothing. Loveday fed her a tissue of lies, prevarication and delaying techniques to the point where she really smelt a rat. She had to go to the High Court and apply through the Court to get possession of her rightful inheritance of £110,000, and asked the Court to remove Loveday as the Executor of her friend Anita's Will as he had betrayed his position of trust. It was through those proceedings that the Court discovered that Loveday had in fact spent the money on himself, buying himself cars and holidays and also paying off his own personal debts.

The Court locked him up for six months when he refused to say where the money had been spent. The Court imposed a further sentence of 43 months when he admitted to the fraud which he had committed. In this fact-finding exercise, the Court tried to discover where the money had been placed as Loveday had alleged it had been put into an ISA – but that proved to be nothing but a hoax.

Sadly for Parminder, she and her husband had to take out a re-mortgage on their home to pay their legal fees. They would have expected to be reimbursed from Loveday. However, serious doubt had been cast on whether any money could be recouped because of the nefarious actions of this unprincipled individual. Anyone preparing a Will must be 100% sure that the Executors they nominate can be trusted 100%. This is another good reason why the safest action most times is to appoint a solicitor to act. Even were a solicitor (heaven help us) to be dishonest, the likelihood is that any losses will be fully reimbursed as a consequence of a solicitor's duty to ensure that indemnity insurance is in place.

John Busby



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News from Jacobstow School

At Jacobstow School this term we have been thinking about the phrase – 366 New Days ~ 366 New Chances to encourage children to be brave and adventurous and have a go at anything they think they might want to try. To support this, parents have completed a questionnaire about their child's talents, passions and interests to help us gauge what activities to try and put on in school. From this we will be able to get in outside experts and practitioners and introduce new and exciting clubs and learning activities.

We have introduced a board games club and chess club this term which have been really popular! Similarly our Songfest Club and auditions has had a lot of interest, with children from different age groups mixing well as they practise their singing. We are looking forward to the performance in Launceston Town Hall. We have been working with Sophie from Relax Kids Yoga to look at ways for the children to be more mindful and aware about their feelings and emotions and give them strategies to help them make healthy, happy choices. Our sports coaches have been working with our older children to look at different skills and strengths they have, before giving them all a series of 'tests' to try and see who the strongest all-round athletes are – there were some surprises in the results which was really pleasing. These children will now work further on their athletic strengths before taking part in a 'Born to Win' event in Bude. Currently our children in years 3,4,5 and 6 are having a first aid session with Ian Elson, a local first aid trainer, and soon our youngest children will be taking part in a mini first aid session all about staying safe, looking after ourselves and what to do in an emergency.

We are really lucky to have two trained wildtribe and Forest School practitioners in our school and this has enabled us to start up a Jacobstow Jungle Stay and Play session on Friday mornings for local preschool-aged children to attend, alongside our nursery, Reception and year 1 children. This is such a fun, enjoyable and resilience-building session for all the children involved.

We all enjoyed celebrating St Piran's Day and World Book Day in school on 5 March, with children wearing black and white or even some Cornish tartan to school, enjoying a pasty lunch and decorating a potato to look like a favourite book character!

Moving into the (hopefully) nicer weather, we are really keen to work further with our local community and would be really interested in making use of the interests and passions of our villagers to help guide our children and ignite a spark in them. Some of our governors and parents are keen gardeners and we wish to try and create a 'kitchen garden' which can grow and sell produce such as fruits, vegetables and flowers. Currently we have been selling our daffodils and soon we are hoping to sell fresh loaves of bread, which will be made by our wonderful cook Joanne and came from a suggestion from one of our School Council children. If anyone has any fresh produce or homemade products such as jams, chutneys or cakes we would be happy for them to bring the items in so we can sell them outside our school entrance. We think it is crucial that our children have the confidence to engage with and converse with different people in our community so would welcome the chance to do this.



Mikaela Rofe

Chocolate Easter Nest Cakes

These are really easy to make and don't need any cooking at all. Please be careful and ask an adult's permission before you get busy in the kitchen! You will need:

- 225g/8oz plain chocolate, broken into pieces
- 2 tbsp golden syrup
- 75g/3oz cornflakes or Rice Krispies, whichever you prefer
- 50g/2oz butter
- 36 mini chocolate eggs



Instructions

- 1 Line a 12-hole fairy cake tin with paper cases.
- 2 Put the chocolate in a heatproof bowl with the butter and golden syrup and gently melt in 10-second bursts in the microwave, or melt it over a pan of simmering water, making sure the bowl doesn't touch the water.
- 3 Stir until smooth, then take off the heat and stir in the cornflakes, coating them gently with the chocolate until they are all completely covered.
- 4 Divide the mixture between the paper cases. Decorate with some mini eggs so that the cake looks like a bird's nest. Leave to set. If you want them to set faster, put in the fridge for 1 hour.

Will keep in an airtight container for five days. *[Bet you eat them all long before that - Ed.]*

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Reminiscences of a wartime evacuee at Quinceborough Farm, March 1941–March 1947

The third and final instalment of Mr Smoker's memories

At first I went to school with my cousin in the building by the beach at Black Rock, Widemouth Bay, which is now a brand new house called Seacot. The building was divided into two by a curtain and the two teachers were from Plymouth, as were most of the pupils in the two classes which covered the whole age range.

On progressing to the school at Poundstock I remember the headteacher, Mr Cory, who had a quiet word with me as to being better behaved to my mother. This is still called the Old School House on the A39 in Poundstock. Although aged only four (1941) I still remember going to the Sunday school in the tiny St Anne's Church in Widemouth Bay and being frightened by the priest in fancy dress. This church was kindly donated albeit it had to be moved to its present site. And going with Mr and Mrs Rowland, in Sunday best, to the Methodist chapel at Bangors and joining in the hearty singing.

When the vicar at Poundstock church either died or moved away (I cannot remember which) the contents of the vicarage were sold in a sale and, having no home, my mother bought many items at knockdown prices including a double bed, bedroom furniture, a bookcase, a dining suite with six chairs which had straw seats with evidence of beings living in them. We moved all this furniture back to London in a container on the railway and used it for many years after the war and still have the bookcase today.

After living at Quinceborough Farm with Mr and Mrs Rowland and Guy and Eileen, we were allocated commandeered accommodation but still visited the farm several times a week. Our first move was to a bungalow named Trellis in Coombe Lane, sharing it with another family. Having no radio my mother used to stand outside next door at 9 pm every night to listen to this gentleman's radio. He had the volume on loud as he was deaf from World War I, and she heard the news on how the war was going.

On the corner of Coombe Lane and Leverlake Road lived Miss James, who knew everything and everyone's business. We had to collect our post from her shop, there were no deliveries, but she steamed open letters and told my mother news from my father before my mother read it.

Next we went to live in the chalet at Salthouse on the low cliff right by the sea. It took quite a while to get used to the roaring Atlantic Ocean crashing onto the beach and rocks. Our next move took us to Longdown at the top of the hill with a beautiful view over Widemouth Bay and beyond. We shared this with a family who had been bombed in Plymouth. Next door at Rocklands the Herbert brothers, Archie and Cliff, were general builders and handymen. I remember them building some houses very close to Bude station and going with the lorry onto Summerleaze beach to collect sand. You just helped yourselves! Cliff had a secret lady friend over at Helebridge and they had a love child.

I used to go out with the Herberts in their lovely Morris 4 car. This included regular visits to Wainhouse Corner to collect the gas cylinders and they charged the seemingly wealthy widows in the area.

One day when on the way to Bude there was a rattle in the car, which gradually grew louder (it was the wheel nuts coming off and rattling in the hub cap). On the way back at Upton the rear nearside wheel flew off and went over a hedge into a field. No one had a jack and it took several people to lift the car onto blocks so the wheel could be put back on.

The evacuee children became quite friendly with a retired Colonel Chope who was a World War I hero. However, he suffered greatly from shellshock as well as being partly deaf and he could not walk in a straight line and the children had to guide him. He always carried his Colonel's baton and used to prod us and shout, 'Have you found any yet?' He was searching for conscientious objectors and we tipped him off that there were some hiding out at Brocks Moor, which is close to Widemouth Manor.

During this period my disabled Uncle Bob and his family lived at 2 Leven Cottages by Nanny Moore's Bridge in Bude and he was Bude's baker (only bread and rolls). His consumption level at the Carriers Inn on the Strand was quite something – medicinal, of course. We had to collect him from the Carriers every evening around 9 pm so he could start baking.

Next to Rocklands was Middle Longbeak, where a rather posh lady from Somerset lived with her two daughters. They were away at boarding school but each owned a horse. We evacuees were not allowed to ride them or indeed stroke them.

Nearly forgot being taken from Widemouth Bay to school at Poundstock on a school coach which had a Bedford engine which once heard you could never forget.

After the war we remained at Widemouth Bay until mid-1947. We had no home to return to but the government considered we were not homeless as we had a home in Cornwall. We may have physically returned to London but my heart has always remained in Widemouth Bay, especially at Quinceborough Farm, and remembering the wonderful Mr and Mrs Rowland and their children Guy and Eileen as well as their children and grandchildren.

There must be so much more about Bude, Widemouth Bay, Bangors and Poundstock that I have not included.

John R. Smoker

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Why is Lent called Lent?

The early Anglo-Saxons based their year on the lunar calendar, when a 'month' was marked by the phases of the moon (hence the name from *mona*, moon). They had extra months some years to make up the numbers! According to the great scholar Bede in the seventh century, the new year started on Modranecht, Mothers' Night, 25 December, also the day of Jesus' birth. However, many who still followed the Celtic ways celebrated the start of the new year in November, with the last day of the old year being Samhain or Halloween.

Most Anglo-Saxons were more interested in the seasons and months, markers which told them when to sow, plough or store their food or when they could go sailing or attack an enemy. Their whole year revolved around the tasks and activities they had to carry out in the warmer periods and as a result when they referred to how old something or someone was in years, they used the season of Hiems [winter]. For example, 'he was 18 winters old' or 'she has lived in that house for three winters.' Everything else, from the month of May until the beginning of October, was known simply as Sumer. This two season year was common amongst the Scandinavian kingdoms as well as in Anglo-Saxon Britain, although the later part of summer was called hærfest and what we call spring was lenctentid.

December was known as Ærra Geola, the 'first Yule' or 'before Yule'. This was because the winter solstice, known as Yule, occurred on 25 December. Similarly January was known as Æfterra Geola, or 'after Yule'. In the Christian period Yule was overshadowed by the chosen date of Christ's birth. The word 'Yule' still remains even today but it is now associated with Christmas more so than the pagan celebrations of the winter solstice.

February was called Solmonað [ð = th]. Bede writes that this came about because of the cakes that were offered to the gods around this month by the pagans. The word *sol* can also be linked to a word meaning mud and it is thought that perhaps this is the true link behind the name Solmonath. February would be the time when the winter snows began to melt, leaving puddles of mud everywhere.

Embolc or Imbold on 1 February is part of the Celtic calendar and marks the beginning of the lambing season. In the Christian calendar the same date is also used for Candlemas, the time when the Virgin Mary was purified after Jesus' birth. It is also the day of the year when people would light candles in a ritual to ward off bad spirits. The church used this date as the time to purify their own candles as well.

Hreðmonað was the month of March, named after the goddess Hreða. The vernal or spring equinox occurred in March on the 21st. During March and April, depending on the date of Easter, was the Christian season of Lent. Lent actually comes from *lenct* which means length and alludes to the lengthening of days after winter (called Lencten or Lenctentide). The church borrowed the word for the time before Easter Day when the Christians were fasting. The fast is in remembrance of 40 days that Jesus spent suffering in the wilderness. Shrove Tuesday, the day before the Lent fast begins, was marked by a feast and still is, with pancakes.

The month of April was known as Eostermonað, after the goddess Eostre; it too became absorbed into the Christian calendar so that even today we associate Easter with Jesus and how he rose from the dead.

May was called Ðrimilcemonað, the 'month of three milkings'. By this time the fields were so healthy and green and the calves were starting to be born and so their mothers would have to be milked three times a day. This was fantastic for food for humans as well as calves but if the cows were not milked regularly the udders would become swollen and sore and prone to infections. The first day of May was also known as Beltane and it marked the official beginning of summer. The Christian tradition of Rogationtide also fits in with this time of year. As a bit of a mix between the two religions the local priests usually led their people through their parishes, beating the bounds and blessing the crops in a tradition reminiscent of the Roman feast of Terminus, god of fields and landmarks.

A popular dish would have been **Nässelsoppa** (Nettle Soup)

Ingredients (makes 4 servings)

A bucketful of fresh nettles, well washed	2 tablespoons butter
2 tablespoons flour	1 ltr vegetable stock
½ – 1 tsp thyme	½ – 1 tsp marjoram
⅓ cup chopped chives	4 cooked egg yolks, chopped finely

Harvest nettles early in spring. To avoid the sting of the fine hairs of the nettle, wear gloves or grab the stalk very firmly. Personally, I always wear gloves as I've never got the 'grab firmly' part perfected and always get stung. Nettles are rich in vitamins and minerals, which the body craved after a long winter.

Cover nettles with stock and boil for 5 minutes or until just tender. Drain the liquid off the nettles and save it. Chop the nettles. Melt the butter in a saucepan. Add a little flour to the butter and stir until it starts to brown, then gradually add the stock. Add the nettles, then simmer for 3 to 4 minutes. Season to taste with salt and herbs. Pour into bowls and garnish with chopped egg yolk and chives.



A sheepish farmer

Seb *Bailey*

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Parish Council Chairman's Report

The Parish Council met very briefly at the end of March to approve a Business Continuity Plan to enable the routine work of the Parish Council to continue during the present crisis. Powers of delegation have been granted to the Clerk in consultation with the Chairman and Vice Chair, and any actions taken will be noted and reported at the next full Council meeting. The situation will be kept under review and information posted on the notice boards and on the website. The normal cycle of Parish Council meeting will resume when we have been given the all clear. In the meantime it is important that we safeguard the health and well-being of the Councillors, their families and our parishioners.

Regular meetings of the NDP Steering Group have also been cancelled, although work is still on-going behind the scenes, and a few weeks delay will not be of great significance in the long run.

The results of the two surveys concerning a replacement for the old Parish Hall carried out so far have been inconclusive, and it is hoped that a clear presentation of facts and figures will provide a firm basis on which a decision can be made. The Community Hall Working Group will be presenting a report later this year with more details, followed by public consultation.

Our thanks go to John Pearson for organising the supply of the defibrillator on the toilets at Widemouth Bay, and arranging the training.

There has been a very positive response from so many people in the Parish to the current crisis, and our thanks go to Liz Jones for using the Packet as an invaluable source of information. If you know of anybody who is in need of assistance, or you are willing and able to give support in any way, please do use the contacts noted elsewhere in this edition.

Meanwhile, stay safe and positive.

Steve Pawley, Chairman Poundstock PC



We are very sorry that, in our last issue, we managed to get it completely wrong: the minutes published were from January 2019, not 2020. This was entirely our mistake. Unfortunately minutes for the February meeting weren't available as we went to press, but they will be available on the parish website (www.poundstock-pc.gov.uk), and approved minutes are posted on the parish noticeboards by Bangors Organic and at Treskinnick Cross.

Poundstock Parish Council

www.poundstock-pc.gov.uk

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Diary Dates

For the moment, we aren't aware of any events that are definitely taking place in April and May. Annual events including the Revel, the blessing of St Neot's well, the plant sale and the summer series of Gildhouse talks have been cancelled or postponed until the C19 emergency is over. Also cancelled are the regular Wednesday openings of the Gildhouse and all scheduled openings of gardens that planned to open under the National Gardens Scheme.

FREE ADVERTISING FOR LOCAL EVENTS

The Packet will always advertise local community and charity events free of charge. As soon as circumstances allow meetings and events to take place, we will be delighted to publish the details: deadlines are 20 May for events in June and July, 20 July for events in August and September.

Don't forget: tell the Packet!

Defibrillators in the parish

There are three, all in Widemouth Bay. One is next to the Summerhouse (at the church in Leverlake Road), one is near the top of Long Park Drive by the entrance to Pencarra and Bellair, just below the junction with Edith Walk, and the third is at the back of the public toilets just above Widemouth beach. The RNLI lifeguards also have a defibrillator.

Local Contacts

MP: Scott Mann	01208 74337
Parish council chair: Steve Pawley	01840 230697
Parish clerk: Lynn Pluess	0776 8100 560
Cornwall Councillor: Nicky Chopak	0781 030 2061
Cornwall Council	0300 1234 100
Jacobstow WI: Mrs J. Baker	01840 239829
Marhamchurch WI: Mrs P. Hazeldine	01288 682193
Poundstock Skittles: Pam Gilhespy	01288 361570
Rebel Cinema	01288 361442
Bude Library/One-Stop Shop	0300 1234 111
Library renewal line	0845 607 6119
Recycling centre/tip (Tiscott Wood)	0845 630 0300
National Childline	0800 1111
Police – non-emergency	101
Farming Community Network	0845 367 9990
Bude Food Bank	01288 448748
Citizens Advice	03 444 111 444
(Phone advice line, operates 10–4, Monday–Friday)	
CCS helpline/Age UK Cornwall	01872 266383
Floodline	0845 988 1188
Western Power (power cut)	0800 678 3105
Doctors' surgeries: Neetside	01288 270580
Stratton	01288 352133
Boscastle	01840 250209
NHS non-emergency helpline	111
Stratton Hospital	01288 320100
(Minor Injuries Unit is now open 24 hours every day)	

Local Organisations

Libraries

Bude Library is open 9.30–5.00 Mondays, Wednesdays and Fridays and 10.00–1.00 on Saturdays.

The Pub is the Hub library (Old Wainhouse Inn) is open whenever the pub is; take your library ticket.

Poundstock's two pop-up libraries, in St Winwaloe's and Our Lady and St Anne's, are open all day every day. No need for tickets or membership; just help yourself.

Poundstock Post Office

Still based in the old shop at Cornish Coasts Caravan and Camping Park on the A39. Open Mondays and Thursdays, 9.00–1.00 (ask at the new shop).

To the best of our knowledge meetings of the following are suspended until further notice:

Scouts and Guides

Cubs: Monday 6.30–8.0 pm (01288 352786)

Guides: Monday, Jacobstow parish hall

Scouts: Tuesday 6.30–8.0 pm

Beavers: Wednesday 6.0–8.0 pm (07855 001284)

Rainbows, Brownies and Guides: ring Louise on 078 1798 5661 for more information.

Marhamchurch WI

Meets in Marhamchurch Methodist Hall at 7.30 pm on the second Tuesday of the month.

Jacobstow WI

Meets in Jacobstow Parish Hall at 7.30 pm on the second Thursday of the month.

Juliotter Garden Club

Meets on the fourth Tuesday of the month in Otterham and St Juliot hall at 7.30 pm. More info from Alan on 01566 781559 or Paul on 01840 269178

Launceis/Bude Dog Training/Agility

Puppies, pet dog training, problem dogs, clicker training, socialisation. Classes for all ages and abilities, Bangors Chapel hall, Mondays from 6.30pm. All profits to charity. Details from 01566 86500 or 01288 321922.

Bude Bridge Club

Meets Tuesday and Friday evenings and Wednesday afternoons in the Parkhouse Centre. Further information from www.bridgewebs.com/Bude or ring 01237 471111.

Widemouth Bay Summer house

A friendly group (and their dogs) meet alternate Fridays at 2pm in the Summerhouse (by Widemouth Bay church). More information from Jann Bowers, 01288 361931.

Whist drives

Whist drives are held at the Bray, Marhamchurch, every Thursday afternoon at 2.30. All are welcome.

Bangors Chapel Hall

Although the chapel has closed the hall can still be hired. It has easy access and parking, and is very convenient and comfortable. Ring Debbie Marsh, 01288 488195.

Poundstock Gildhouse

You can hire the Gildhouse for events from meetings to parties and wedding receptions. Ring 01288 341537 or 01566 781559, or visit www.poundstockgildhouse.co.uk