



THE POUNDSTOCK PACKET



KERNOW BYS VYKEN!

Many congratulations to two much-loved and respected Poundstock ladies who have celebrated big birthdays recently.

On the right is Jean Corne of Widemouth Bay who has just turned 90. Below is Sybil Dickenson of Box's Shop, who celebrated her 100th birthday at the end of November.



We're grateful to them both for all their contributions to Poundstock life through the years, and send them our best wishes and warm congratulations.
Many happy returns, ladies!

Distributed free to every household in Poundstock parish
Produced every two months

Bangors Organic Veg Boxes

Veg, salad, fruit,
bread, eggs, milk
and more!

All products are
certified organic

Simple online
ordering

Pause, cancel
and restart your
subscription at any time

Free local delivery in our
zero emission electric van

To order visit: www.ooooby.org/north-cornwall

T: 01288 361 297 | 07792 108 541

E: info@bangorsorganic.co.uk | EX23 0DP

- GROWING LOCAL ORGANIC FOOD SINCE 2003 -



We need help!

All the work of producing, financing and delivering the Packet is done by a handful of volunteers; the only thing we pay for is the printing. We hope that people feel the Packet is worthwhile and useful, and we enjoy doing what we do. But right now we are worried: we don't have enough helpers.

Could you check a few details for us, provide a photo or two, or - and this is where we really are desperate - help put the magazine together once in a while? We don't expect you to know what to do (though it would be wonderful if you do) and would happily show you the ropes and help as much as needed, and we certainly won't ask anyone to do more than they choose. But we do really need you. Just give me a call to find out more - please help.

Liz

Contributions

We always welcome input from our readers. If you want to send us an article or local information, contact us at poundstockpacket@gmail.com or ring the editor, Liz Jones, on 079040 88779.

We do not necessarily endorse the views expressed by individual contributors and while we do our best to make sure all information is accurate, we can't accept any responsibility for errors. We reserve the right to edit items submitted and decide on what is suitable for publication. If you wish to copy or reuse any of our content, please contact the editor or article author for permission.

The deadline for our next edition is 20 January 2022.

Advertising

Advertising in the Packet costs from £35 a year (six issues), depending on the size of ad you choose. This includes delivery direct to all the homes in the parish – currently 550. For more information please contact Karen Proberts via poundstockpacket@gmail.com or Jen Spettigue, 36 St Marwenne Close, Marhamchurch (01288 361525),

We do our best to deliver to everyone in the parish, but if you know of anyone who has been missed, please let us know. For those who live elsewhere, copies are available at the Beach House and Wainhouse Country Stores, on our website (poundstockpacket.org.uk) or by post; please contact us for details.

Printed by Parish Magazine Printing

Email: Philip.tucker@homecall.co.uk; tel: 01288 341617

CREATING EXCELLENCE AND EFFICIENCIES IN BUILDING



We are an Established Building Company with over 40 years' experience working in Bude, North Cornwall and surrounding areas.

We provide free, no obligation quotations. We pride ourselves on our quality products, high standard of workmanship and excellent customer service.



EXTENSIONS

Contact

NEAL HOBBS

07739 535476

nealhobbsbtsw@gmail.com

www.buildingtransformationsssw.co.uk

TD GARDEN SERVICES

Tom Willoughby
07757024820

td.gardenservice@outlook.com



YOUR LOCAL INSURANCE BROKER

**Offering A Whole Range Of Products
Including Business, Motor, Home,
Liability, Travel & More!**



CALL US TODAY - 01288 353999

Chapter House, Burn View, Bude (by Coop)

www.hodgsoninsurance.co.uk

www.guesthouseinsurance.co.uk

**We Search The Market So You
Don't Have To!**

Around the parish ...

Stop press news: According to the Cornwall Council website, an election has been requested for Poundstock Parish Council and will take place soon. Over the years vacancies on the council have been filled through cooption – it's quite a few years since anyone was actually elected – so this is your chance to stand and/or vote for your local Parish Council. The Parish Clerk will provide details.

Free parking: This year's free parking day for car parks run by Cornwall Council is Saturday 4 December.

Lost property: Someone will be missing a small white box containing two hearing aids, which was found in the church/Gildhouse/cemetery car park during the Craft Fair. Please contact Gail Morwood on 341537; she will be delighted to return it to you.

Housing survey: Every household in the parish should now have received a letter about the housing needs survey (see p. 41). This is a vital part of parish planning and we all need to complete the survey and record our opinions. The closing date is 19 December. Don't forget!

The Packet needs you! We are desperately short of help and would be so grateful for any help you can offer, from the odd hour or two to a regular commitment. We have two really pressing needs at the moment: people to help contact our advertisers in the spring, by email or phone, to see whether they'd like to advertise for another year, and people who would be willing to join an editorial committee and help put the magazine together. Don't be daunted: we will be more than glad to show you the ropes and give all the support you need. If you would like to know more, Liz Jones or Jen Spettigue will be delighted to have a chat and answer any questions (contact details are on p. 3).



The Packet Team

wish everyone

A Very Merry Christmas

and

A Healthy & Happy New Year

Kings Hill Florist Bude

Traditional and bespoke
floral designs

Please call Helen
07894869765

Eric Harris

@patcumminsphoto

ewharrisbuilder@yahoo.com

01288 361081

07800818396

Poundstock maintenance man
For those small jobs that need doing
Working with you and your home



CHURCHES

Christmas in Poundstock



Carol Service, Friday 10 December, 2.30 pm

Our Lady and St Anne's, Widemouth Bay

A traditional service of carols and readings followed by a welcoming Christmas tea for all

Carol Singing in the Warm and Dry, Sunday 19 December, 3 pm

St Winwaloe's, Poundstock

Carol singing in the church. Come and choose your favourites and enjoy a mince pie or two. Just like going carol singing but without trudging round in the cold and wet!

Christmas Communion, Christmas Day, 9.30 am

Our Lady & St Anne's, Widemouth Bay



A warm welcome to everyone to come and celebrate Christmas Day

Benefice Services for December

- 1, 15, 29 HC, Widemouth Bay 10.00
 5 HC, Bude 9.30; FS, WSM 10.00; **Christingle, Marhamchurch 4 pm**
 8 and 22 HC, Bude 10.00
 10 **Carol service, Widemouth Bay, 2.30 pm**
 12 **MP, Poundstock 9.30**; HC, Marhamchurch 9.30 and Whitstone 11.15;
Christingle, Bude 4 pm; EP, WSM 6 pm
 19 HC, Bude 9.30; MP, Marhamchurch 11.15; **Carol service, Bude 3 pm**;
Carol Singing in the Warm and Dry, Poundstock, 3 pm; Carol service
 WSM, 6.30 pm
 24 Crib service, Bude 4 pm, Marhamchurch 4 pm, WSM 5 pm; HC, Whitstone
 8.30 pm, Bude 9 pm, Marhamchurch 10 pm
 25 **HC, Widemouth Bay 9.30, WSM 10.00**
 26 United Benefice Service, WSM 10.00
 2 Jan HC, Bude 9.30; FS, WSM 10.00; EP, Marhamchurch 6 pm

EP Evening Prayer; FS Family Service; HC Holy Communion; MP Morning Prayer; special Christmas services in red; times are a.m. unless otherwise stated



BUDE EYE CENTRE

QUALITY . VALUE . COURTESY . SERVICE

YOUR MODERN INDEPENDENT OPTOMETRIC PRACTICE

Bude Eye Centre, established in 2005, are equipped with up to date equipment, a wide selection of eyewear and latest contact lenses to suit individual needs. We offer same day service and also hearing aid services.

WE OFFER:

- ✓ NHS & Private Eye examinations
- ✓ Contact lens specialist
- ✓ 3D OCT Screening available
- ✓ Free children's eye care
- ✓ Regular hearing service, including free assessments
- ✓ Honest and expert advice on frame selection
- ✓ Wheelchair friendly practice

Bude Eye Centre, 7, Queen Street, Bude, Cornwall EX23 8AY 01288 350041 - budeeyecentre.co.uk

ARTHUR W. BRYANT FUNERAL SERVICE

CAMELFORD
01840 214891

BUDE
01288 352282

HOLSWORTHY
01409 253000

INDEPENDENT FAMILY
FUNERAL SERVICE

OUR FAMILY CARING FOR YOUR
FAMILY FOR OVER 50 YEARS

MEMORIAL
MASONRY

PRE PAYMENT FUNERAL
PLANS



AWBRYANT.CO.UK
CARING@AWBRYANT.CO.UK



Church News



Many people won't be aware of the Trebarfoote Memorial, a large slate slab once used to top a grave but for many years housed within the church, behind the font. It dates from about 1630 and commemorates three members of the Trebarfoote family: Mary, who died in 1616, her husband William, who died in 1628, and their son John, who died in 1630. It is beautifully carved, with embellished lettering and various images, including a man kneeling at a prayer desk, three angels and the Trebarfoote coat of arms, with its three bears' feet.

William Trebarfoote was a man of some substance. He owned property in Week St Mary, Jacobstow, Stratton, South Tawton, Lamerton, Great Torrington and Bridgerule as well as Poundstock. According to some records, he was only about 24 when he died. It's thought his son John was even younger, about 16; nevertheless, he had already been married off to someone suitable, as was the custom of well-off families of the time (his wife seems to have been a local lady slightly older than his mother), and had a baby daughter. The style of the memorial bears witness to the family's importance, wealth and education.



After more than three centuries, the slab was moved indoors in an attempt to keep it safe from weather, ivy, saplings and similar hazards in the churchyard. Three years ago, however, the memorial fell off the wall and broke into three pieces; ironically, the original fixings, buried deep in the wall and invisible to visual checks, had rusted through.

However, we now have very good news: the memorial was repaired by a specialist mason at the beginning of November and is now safely back on the wall, supported by new



rustproof fittings (fittings on the other indoor memorials have also been checked and replaced). We are extremely grateful for the generosity of a local benefactor who paid for the repair and ensured that this beautiful reminder of the past will remain for future parishioners to enjoy. Do go and see it, and the other fascinating memorials around the walls that tell part of the story of this parish of ours.

01840 211107
07881 309161

cornwall@diamondhomesupport.com

www.diamondhomesupport.com

**Domestic cleaning
from £15 per hour**



**Giving you back the
time in your life!**

- A regular, reliable & professional service
- Delivered by local, vetted & insured workers
- Same cleaner every visit
- Bespoke service to address your needs
- Home Assistance Offered
- Runners up for Franchisee of the Year 2020

We are looking for cleaners to work with us. If you are interested please email for an application form.



Handyman

Any job considered
Need a hand with anything?
Inside or out - house or garden
Light bulbs replaced ...
... to heavy objects moved
Fencing/woodwork/metalwork/
engineering
Mowing/tree work
Flat pack furniture assembly
Fixings and brackets
You name it, I'll happily discuss it
References on request

Please call **Jeremy Draper** on
07847893603

R & N FUELS

(Nicholls Bros)

COAL MERCHANTS

**DON'T BE LEFT IN THE
COLD!**

**LOCAL DELIVERIES, ALL
SOLID FUELS**

COMPETITIVE PRICES

01840 230111 (Colin)
01840 250568 (Roger)

Kids' page

Well, it wouldn't be Christmas without a few awful cracker jokes, would it?!



How do cats greet each other
at Christmas?

A furry merry Christmas and
happy mew year!

Knock! Knock!

Who's there?

Our Wayne!

Our Wayne who?

Our Wayne in a manger!

If I'm standing at the North Pole,
facing the South Pole, and the East is
on my left hand, what's on my right
hand?

Fingers!

What did one angel
say to the other?
Halo there!



Knock! Knock!

Who's there?

Police!

Police who?

Police don't give me any brussels
sprouts with my Christmas dinner!



What question can you never
answer YES to?

Are you asleep?

How do sheep eagreetch other
at Christmas ?

Merry Christmas to ewe!

Knock! Knock!
Who's there?
Wenceslas!
Wenceslas who?
Wenceslas bus home?



Merry
Christmas
Everyone!

Why can't a bike
stand up by itself?
Because it's two-
tyred!



CBL STOVES

**CBL supply and install stoves,
woodburners, chimneys and flues
throughout Cornwall & Devon**

**The Showroom, Unit 5, Red Post
Bude, Cornwall EX23 9NW**

01288 381852
carl@cblstoves.co.uk
www.cblstoves.co.uk



Follow us



Pottery Painting workshops

Paint at Home Kits

Clay Craft Classes

Hand made items for sale



Unit 1 'The Stables'
Quinceborough Farm,
Leverlake Road, Widemouth Bay
Cornwall EX23 0NA

Phone or text: 07967044298

Email: jar@parsonspottery.co.uk

www.parsonspottery.co.uk



Parsons Pottery



Poundstock Craft Fair 2021

Poundstock's first craft fair and pumpkin festival for two years took place over the last weekend in October amid the inevitable covid precautions and concerns that people might not feel secure enough to come along. But the committee need not have worried: a wide range of craftspeople, stallholders, browsers and purchasers, to say nothing of helpers, made their way to the church and Gildhouse, enjoying the now traditional pumpkin soup and bringing their entries for the pumpkin competitions.

The Gildhouse committee would like to say a big thank you to everyone: those who turned out to move furniture and set up tables (and put it all back afterwards), those who provided and served the refreshments, the stallholders, the pumpkin-growers and carvers, and everyone who came along and made it such a happy and friendly weekend. We are so grateful for all you did, and are glad to say we made a good amount for Gildhouse funds.

Pictured below are just a few of the many stalls, and see p. 15 for some of the plethora of pumpkins, large and small, displayed downstairs in the Gildhouse.



P & B Interior Design

Ready made curtains, voiles, nets, cushions

Curtain tracks, poles, tie backs all in stock

Huge selection of roller and Venetian blinds

Suppliers of Velux blinds

Custom made curtain & blind service available

Farrow and Ball wallpapers and paints

DMC threads and kits

Haberdashery & accessories

Gifts for all occasions

2 Lansdown Mews

Lansdown Road, Bude

www.Budeblindsandcurtains.co.uk

01288 356 303

TRENCREEK FARM HOUSE

Tel 01840 230219

Traditional farmhouse food for
traditional value

All food freshly prepared, home
cooked and served in an informal,
relaxed and unhurried atmosphere.

Bookings are essential with 24hrs
notice please

Richard and Margaret Heard

trencreekfarmhouse@outlook.com
EX23 0AY

Moore's Butchers Traditional Butchers

Established over 100 years

BEEF and LAMB produced on
our own farm

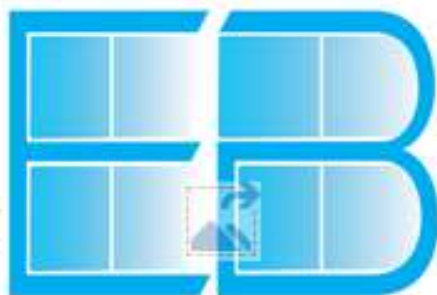
Local PORK, BACON and
FREE RANGE POULTRY

COOKED MEATS

Free deliveries to Poundstock,
Widemouth Bay

Bude: 6 Queen Street
01288 355552

Kilkhampton: 01288 321240



WINDOW CLEANING

PURIFIED WATER FED POLE SYSTEM

Ed Bragg - North Cornwall

e.bragg@hotmail.co.uk 07535 938140





DENISE WELLINGTON FUNERAL SERVICES

COMPASSIONATE, CARING,
TRUSTED & PROFESSIONAL

Memorials | Pre-Paid Funeral Plans

24 Hour Contact 01288 359277



Dementia
Friends

Golden Charter
Smart Planning for Later Life



denisewellingtonfunerals.co.uk
enquiries@denisewellingtonfunerals.co.uk

DB WALLING



Cornish Stone
Wall Specialists

- Dry stone wall repairs
- Retaining dry stone walls
- Stone work with mortared joints
- Earth stone hedging
- Landscaping
- General construction & ground works
- Garden features

FREE QUOTES

Call Dan on

07968 996191



www.dbwalling.co.uk

WALLING | LANDSCAPING | CONSTRUCTION

The Farming Column: Geese

The goose has been perfectly created to make for the ideal Christmas feast. They are hatched in spring and ready to be eaten twice a year. Once when they are young or 'green' in the early summer and again when they are at their fattest and ripest towards the end of the year after having feasted on fallen corn. Geese were domesticated in around 3,000bc. Unlike wild geese, domesticated birds are effectively flightless and stand up straighter. Geese also have the softest fat in its category of animal. The fat turns to liquid at 111 degrees Fahrenheit (compared to duck fat, which liquefies at 126 degrees), making it easier to cook, and its fat is easier to consume – which is why it's sooooo wonderful to cook roast potatoes in!

Christmas is hardly the time to worry about healthy eating; however, the goose has benefits on that score too. As a grass-fed meat it creates a more even ratio of Omega 3 to Omega 6 in the meat, which is what you want – a grain-based diet is heavy in Omega 6. There's a plethora of benefits in eating a grass-fed animal – it's a great way of getting vitamins A and E, plus CLAs (conjugated linoleic acids) which have cancer-fighting properties.

They were thus used as the centerpiece at Michaelmas, a feast day celebrated during the Middle Ages, which fell at the end of September and honoured the end of the harvest and the change in season. Earlier than that, roast goose was an offering to Odin and Thor in thanks for the harvest.



It was also ritually eaten in ancient Greek culture in order to insure the crops in the months to come. It was only natural for goose to become the roast of choice for Christmas, which eventually took the place of other winter solstice festivities. For the American settlers, turkey took the goose's place because that's what happened to be living on their new home soil and it too followed the same pattern of maturation.

Here are some facts about the majestic goose:

'Goose' refers to a male or female. A gander is a male; a gosling is a young goose under four months of age.

Geese are pretty clever and notoriously territorial. If someone unknown tries to enter their domain, they are likely to attack. This characteristic has been appreciated through the ages; Romans kept geese (*continued on p. 19*)

Anglo Plumbing and Heating

**Gasafe registered for LPG
and natural gas**

**Domestic, commercial and
industrial appliances
serviced and installed**

All enquiries welcome

01409 261442

0795 8901 777

George.aph@googlemail.c

Wharf Woodcraft

**Bespoke Joinery
Furniture & Repairs**

**Lower Wharf
Bude, Cornwall
EX23 8LG**

01288 352921

07752 124414

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

Busbys Solicitors

The Strand, Bude EX23 8TJ

OFFER YOU

**A WIDE RANGE OF
LEGAL SERVICES**

01288 35 9000

www.busbyslaw.co.uk



Geese (contd)

at their villas as pets to protect their children and properties, and NASA has a flock to guard its launchpads.

Geese are a rich source of legend and folktales. Egyptian mythology tells that a goose laid the primal egg from which the sun god, Ra, sprang. Brahma, the Hindu personification of divine reality and spiritual purity, rides a great gander. Until the Romans conquered the Gauls, who taught them how to feed and cook their geese, the Romans considered the birds sacred.

Queen Elizabeth I was a big fan. When she was told about the destruction of the Spanish Armada, it was Michaelmas and she was dining on roast goose with sage and onion stuffing. She decreed that thereafter goose was to be served on this day in celebration.

The longbow, pride of the English army, was dependent on its feathering of goose quills for the arrows in the Middle Ages.

Traditional Goose Roast with Rabbit (farm labourers' fare): In a large family they used to pack the legs of a couple of rabbits into the goose, among the sage and onion stuffing, with slices of fat bacon. The rather dry rabbit meat absorbed the flavour of the goose and stuffing, and smaller children got these inside pieces for their serving as it was not so rich and left more goose for the hungry men. The goose was always served with bread sauce, apple sauce, plain boiled potatoes and greens.

Sheepish Farmer

A Christmas Shipwreck

From the West Briton of 20 December 1846:

During the whole of Friday night and Saturday it blew a strong gale with heavy squalls from NW to NNW; and on the latter morning a brig was discovered embayed at Widemouth. The unfortunate master used every exertion to keep off the land with the ebb tide but gradually came nearer the shore, when she anchored some distance from the breakers and rode it out until nightfall. The wind continuing to increase, she broke from her moorings with all her crew in the rigging and came ashore near Millook. Seven of the men, including the captain, were drowned and two saved themselves by swimming to the rocks and getting up over a very high cliff, which enabled them to reach Millook. The vessel is the *William and Ann* of Sunderland; and she had just before disclosed a cargo of timber from Quebec at Swansea, whence she sailed laden with stone coals for London. She went to pieces just after getting on the rocks, and the fragments of the wreck were sold by auction on the beach. Five of the dead bodies have since been picked up; those of the master and one of the crew have not yet been seen.



Plumbers
on tap

All plumbing work undertaken

- Solar and thermal systems
- Oil boiler services
- Air source heat pumps
- Bathroom repairs and renovations
- New builds



Get in touch for a free quote

- plumbersontap1@outlook.com
- 07837 675 111

West Country Carpets

1 – 2 Pethericks Mill Ind. Est.
(Opp. Rugby Club)

**40 YEARS + SUPPLYING QUALITY
DOMESTIC AND CONTRACT
FLOOR COVERINGS**

Call Jeremy on 01288 352912

info@westcountrycarpets.co.uk

REMNANT WAREHOUSE

01288 355320

CARPETS AND VINYLs

ROLL-ENDS FACTORY

CLEARANCE

MANY AT HALF-PRICE OR LESS

W. SANDERS & SONS LTD WAINHOUSE CORNER GARAGE

ST GENNYS, BUDE, EX23 0AZ

MOTOR REPAIRS AND SERVICING

MOT CLASS IV & VII

TYRES & EXHAUSTS

AIRCON

Tel. 01840 230708

Email: Sanders.garage@yahoo.com

Contact: **Lisa Saunders**

Local Contacts

NHS non-emergency helpline	111
Coronavirus test and trace hotline	119
Stratton Hospital Minor Injuries Unit	01288 320100
(Currently open 24 hours a day every day. Please phone before attending.)	
Doctors' surgeries: Neetside	01288 270580
Stratton	01288 352133
Boscastle	01840 250209
MP: Scott Mann	01208 74337
Parish council chair: Robert Gavin	(see p. 35)
Parish clerk: Lynn Pluess	0776 8100 560
Cornwall Councillor: Nicky Chopak	0781 030 2061
Cornwall Council	0300 1234 100
Bude Library/One-Stop Shop	0300 1234 111
Library renewal line	0845 607 6119
Recycling centre/tip (Tiscott Wood)	0845 630 0300
Samaritans	116 123
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 cuts)	0800 678 3105
Jacobstow WI: Mrs J. Baker	01840 239829
Marhamchurch WI: Mrs P. Hazeldine	01288 682193
Poundstock Skittles: Pam Gilhespy	01288 361570
Poundstock Ringers	079040 88779
Juliottter Garden Club	01566 781559 or 01840 261237
Rebel Cinema	01288 361442

Local Organisations

Libraries

Bude Library is currently open 10.00–4.00 Mondays, Wednesdays and Fridays, 10.00–1.00 Saturdays. Reserve books by phone (0300 1234 1111) or online at capitadiscovery.co.uk/cornwall/login.

Poundstock's two pop-up libraries, in St Winwaloe's and Our Lady and St Anne's, are available when the churches are open (currently Wednesdays for St Winwaloe's and all day, every day for Our Lady and St Anne's).

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).

The following are accurate to the best of our knowledge, but check before you go (contact details below or p. 21).

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.

Marhamchurch WI

Marhamchurch Methodist Hall, 2.30 pm, second Tuesday of the month (note change of time to afternoon).

Jacobstow WI

Jacobstow Parish Hall, 7.30 pm, second Thursday of the month.

Juliotter Garden Club

Otterham and St Juliot Hall, 7.30 pm, fourth Tuesday of the month.

Launceston/Bude Dog Training/Agility

Puppies, pet dog training, problem dogs, clicker training, socialisation.

Classes for all ages and abilities. All profits to charity. Further details from 01566 86500 or 01288 321922.

Bude Bridge Club

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

Poundstock Gildhouse

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

Diary Dates

December

- 4 Free parking in Cornwall Council car parks
- 7 Guides, Brownies and Rainbows: Christingle service, Jacobstow church, 6pm
- 9 Jacobstow WI, Christmas Party
- 10 Widemouth Bay carol service, 2.30
- 14 Marhamchurch WI, Christmas Party,
- 19 Carol Singing in the Warm and Dry, St Winwaloe's, 3.00
- 25 Christmas Communion, Our Lady and St Anne's, 9.30 (see p. 9)

January

- 11 Marhamchurch WI, 'Cancer Research'
- 13 Jacobstow WI, 'Beekeeping'

FREE ADVERTISING FOR LOCAL EVENTS

The Packet will always advertise local community and charity events free of charge. As restrictions ease and circumstances allow meetings and events to take place, we all hope to get back to a more normal pattern of life with a lot more going on. As ever, we will be delighted to publish the details: just let us know.

Our deadline for the February and March edition is 20 January.

DON'T FORGET: TELL THE PACKET!

Defibril lators 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, available when they are on duty, from the lifeguard centre in the council car park. Another is planned for the phone box at Treskinnick Cross and it is hoped it will be in place soon.

Pilates Classes In North Cornwall

**Week St Mary, Canworthy Water,
Warbstow, Higher Crackington
Launceston, Bodmin, St Kew**

What does Pilates do?

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

**BODY CONTROL
PILATES**

Martin Brooks 07812 959 879

www.northcornwallpilates.co.uk

martin@northcornwallpilates.co.uk

Smart

Window Cleaning

**Reliable experienced
window cleaning**

George Onslow

**Already working in your area
windows soffits fascia gutter
and solar panel cleaning**

Please ring for free quote

07866744524

**[smartwindowcleaning@
yahoo.com](mailto:smartwindowcleaning@yahoo.com)**



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



ATLANTIC **PLANT & GARDEN MACHINERY** **Sales, Servicing & Repairs**

**Servicing
Repairs
Maintenance
Used Machinery Sales
On Site Repairs**

**All Machinery Undertaken,
Diggers, Ride-Ons, Rollers, Strimmers,
Wacker Plates, Disc Cutters, Mowers,
Hedge Trimmers, Leaf Blowers,
Chain Saws & Much More.**

Call Simon On 07581015320

Or Email

**atlanticgardenmachinery@yahoo.com
Poundstock Bude**

The Holly and the Ivy

THE HOLLY AND THE IVY
WHEN THEY ARE BOTH FULL GROWN
OF ALL THE TREES THAT ARE IN THE WOOD
THE HOLLY BEARS THE CROWN



Ovid was a Roman poet. So was Virgil. And, as poets, they both wore crowns of ivy on public occasions. A crown of ivy for a poet was a mark of respect for and recognition of his profession. Leigh Hunt, an English romantic poet, was flattered by Keats, who gave him a crown of ivy.

Nobody wears a holly crown, although some people believe that the crown of thorns which Jesus wore was a crown of holly.

Be that all as it may, the holly and ivy are wonderful plants. We have a holly tree which is about seventy years old with a trunk twice as thick as my leg. It (the holly – not my leg) is a life-saver in the winter for redwings and starlings. Three weeks before Christmas, the disappointment on our faces when we find no berries is in direct proportion to the number of thrushes.

And the ivy is such a larder for little birds such as wrens. But I have to say I loathe the wretched plant when it climbs up my walls and tries to wheedle its way into the attic. Have you ever seen ivy flowers in autumn? On a fine September day, the hum of wasps and flies collecting nectar is a joy.

Both plants are clothed in mythology. Ivy is a symbol of fidelity, because of its clingy way of hanging on to trees and walls, and eternity, because it's evergreen. Osiris was an Egyptian god of immortality whose symbol was ivy. His name has now rocketed into fashion: Oz and Oz abound.

If you had a house in the old old days you would be wise to plant a holly tree to ward off lightning. Science tells us why: the pointed leaves can act as miniature lightning conductors, thereby diverting the danger to your house.

'Holly' is a very old word and is *hulisaz* in old, old German. It meant '*forest thistle*', which is just about what I want to say when I sit down on a holly leaf.

Christopher Asbury

RON'S GARDEN SERVICES
GROUNDS & GARDEN MAINTENANCE

LAWN MOWING
HEDGE CUTTING
PLANTING & PRUNING
WEED CONTROL
PRESSURE WASHING
GENERAL GARDEN MAINTENANCE

01288 362 952
07817781 837

COVERING BUDE & SURROUNDING AREA



QUINCEBOROUGH FARM
SELF-CATERING
COTTAGES

PAT & ALASTAIR ROWLAND
WIDEMOUTH BAY BUDE
CORNWALL EX23 0NA

01288 361236

WINTER LETS CAN BE
ARRANGED



Chadd's at home
*Daily essentials and gourmet
food to enjoy at home*

FROZEN | CHILLED | AMBIENT | NON FOODS

FREQUENT DELIVERY THROUGHOUT THE AREA

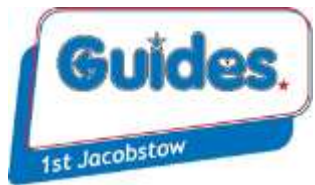
call and collect | order online | phone



chaddsathome.co.uk



01288 353964 | Stratton View Business Park, Bude EX23 9NR



All the units have been really busy this half term. Both the Rainbows and the Brownies started the term by doing some activities to increase their understanding of the promise before the Rainbows' promise evening, where twelve girls made their promise and three Brownies made their promise.

The Rainbows completed the term by completing their First Aid badge, where they learnt how to put plasters on and bandage wounds, as well as learning the importance of washing hands by covering hands in paint and washing it off while blindfolded, guessing when their hands were clean and seeing if they were correct; many had to be finished off to make sure they were properly clean.

The Brownies spent the rest of the term cooking chocolate brownies (a popular choice when asked what they wanted to do), and we also went on to the school field and danced with umbrellas, for which the girls came up with some beautiful routines. Both units ended the term by making some Hallowe'en-based crafts including spiders, webs and cats.

The Guides spent the term working on their Make a Change badge, which promotes making small changes to make a big difference. We planted bulbs in the school and church to help the bees in the spring. We also decided to attempt to twin at least one of the toilets at the parish hall, with the Toilet Twinning charity, where the aim is to raise money which is then used to build a toilet in a country where sanitation is poor and also to educate the people in that community on the importance of using the toilet and also to keep hygienic practices in order to keep healthy [see toilettwinning.org]. Therefore, in one session where we were unable to use the hall, everyone baked something over Zoom to sell for this cause, doing fantastically well making £206.70, which is enough to twin three toilets. We then started this half term with a joint bonfire and firework night, where we had a barbeque with profits being put towards the toilet twinning, and again we did fantastically, raising £110, meaning that in total we have raised £316.70, enough to twin five toilets, which is a toilet block in a school!

This term we will be busy practising for our annual Christingle service, which is being held in Jacobstow Church on 7 December at 6pm, where all are welcome.

Louise Cowling



Installation,
servicing,
Repairs, surveys
Gas safety
certificates,
Energy efficiency
Upgrades
Oil, gas &
renewables



WRAS

GENUINE
24HR
CALL OUT

FREE QUOTATIONS

T: 07557 872 662



Fresh, delicious, nutritious microgreens
lovingly grown and delivered FREE
to lovely local people 🚚

🏠 Collection also available - from EX230NJ

📦 1st class postage to anywhere in the UK

To place an order or for more info, please
visit the website, send us an email or call us
on the number below



www.cornwallmicrogreens.co.uk
07531 225 835
Dave@cornwallmicrogreens.co.uk

Tess Draper

Cleaning and gardening
Regular and one-off visits
20 years' experience
HND horticulture

Friendly
Trustworthy
Reliable

References available
Fully insured

Please call
0775 809 6429

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, bacon,
frozen foods, fruit and vegetables
Barnecutts pasties freshly baked
Newspapers & Magazines

National Lottery

We are now agents for dry cleaning

OPEN

Monday to Saturday 7 am-7 pm

Sunday 7 am-6 pm

With friendly and helpful staff

2nd Bude Scout Group

Despite all the challenges/restrictions this year has presented to us, I am delighted to say the new Scout hut is now watertight, thanks to the hard work of the committee members and volunteers. We are now in the position to be able to order the doors and windows. Our next aim will be to purchase fascia/soffits and the slates for the roof when funds allow.

Beavers, Cubs and Scouts remain strong with over 50 members enjoying weekly activities whatever the weather. On 11 October we held our 50th Annual General Meeting which was well supported by members and parents. The committee remains the same, determined to complete this project. A special tribute was paid to Daphne Dowling for her 42 years at Jacobstow Scouting group. Remembrance Sunday at St Genny's Church was well supported by members, all looking very smart in full uniform.

On 2 November we had a fireworks evening for members and families at Braywood Farm. The weather was kind to us. The evening was supported by all the members enjoying fireworks, refreshments and camp fires to keep warm. The evening raised £491, all of which went into the new hut fund.



From October 2020 to October 2021, 2nd Bude Scout Group have been lucky enough to have been part of the Co-op Community Fund, and much to our delight we received £2,986.72 from the fund, which is amazing. We thank Bude and Kilkhampton Co-op branches for their support and also Co-op members for choosing us as their charity.

Over a weekend in November, Launceston and Callington Ploughing Association held two events, an evening slideshow showcasing the previous 45 years of the Association and a small ploughing event. Proceeds from these events are generously being donated to the new Scout hut fund.

We now look forward to the Christmas celebrations with a fundraising carol singing/Christmas draw evening and, of course, members' Christmas parties.

We strongly thank everyone who has helped/supported us during this year and we look forward to progressing with the hut during 2022.

Jill Cole, 2nd Bude (Jacobstow) Scout Group Treasurer



We are a mortgage and protection team based in Bude, covering property-based lending and property and family insurances. Our local reputation and modern approach to mortgages has made us proud award winners at the 2020 British Mortgage Awards.

We specialise in utilising the property you have in ways that improve your financial position or lifestyle. We help you understand what is possible when it comes to mortgages and property. The equity in your property can be used for a number of things, including home improvements, clearing debts, family gift, inheritance planning, additional property purchases and much more.

Being backed by the Mortgage Advice Bureau we are able to access over 100 mortgage lenders to make sure, whatever your situation is, that you are getting the best possible advice and financial outcome.

Jack Gear Mortgage Advice

3-6 The Strand Shopping Centre, Bude EX23 8QT

01288 354495

jack.gear@mab.org.uk www.jackgearmortgageadvice.co.uk





Jacobstow WI

In October we spent a very pleasant evening at the Crackington Cider company where we learnt that since establishing the company in 2011, Jon and Sam are now growing over 1100 cider apple trees of 30 Cornish and vintage West Country varieties.

Following the mammoth job of collecting all the apples, Jon described the processes of pressing, fermenting and bottling, all done on-site in the Cidery. We savoured a taste of this award-winning artisan cider and after the difficulties of last year, we look forward to seeing Crackington Cider in the local shops and at the agricultural shows.

The Annual Council Meeting was held in Truro when members from across the county were welcomed by the Town Crier and were lucky to see the newly refurbished Hall for Cornwall just a week after it re-opened. It was a very lively meeting with a speaker from the charity Black Voices Cornwall who are raising awareness of all inequalities and we learnt of the work they are doing in schools and businesses. We were then treated to an uplifting concert by the Rock Choir, numbering around 50 women, singing Hallelujia, hits by Abba and for their final encore, Deep Purple's Since You've Been Gone which earned them yet another standing ovation.



Reverend Kate Bottley spoke in the afternoon and she kept us entertained telling us about how she came to be ordained and about her family life and TV appearances. She is a very funny speaker who joined us for the whole day and fully participated in the meeting



Jacobstow WI's 83rd Birthday was celebrated with past and present members and friends at Trethorne Leisure with a Sunday carvery and raffle and we enjoyed seeing everyone.

For our November meeting, we had an evening of fun with rounds of Who Wants to be a Millionaire and other Quizzes and brain teasers.

Planning is underway for our Christmas Party on 9th December and we're looking forward to a talk on beekeeping in January.

**We wish everyone a very happy, healthy Christmas
and best wishes for the New Year!**



Jill Baker

Cutz - Ahead
Unisex hair salon

Monday 9-2.30
Tuesday closed
Wednesday 9-3
Thursday 9-3
Friday 9-3
Saturday 9-3

Late appointments via booking!

4 Lansdown Road, Bude

01288-359123

CLAIRE & SIMON
NEATE FEET

Foot Care Practitioners
Foot care in the comfort of your own home.

Toenail Clipping
 Ingrowing Toenails
 Painful Corns Removed
 Paddings & Dressings
 Verrucae Treatment
 Painful Callus Reduction

Everything you require to keep your feet pain free!

Claire & Simon Neate dipfhp
Qualified Foot Health Practitioners

Call:
07968 232344 / 07870 508867





R J SARGENT & SON

INDEPENDENT FUNERAL DIRECTORS

PRIVATE CHAPEL OF REST
MEMORIALS SUPPLIED
FAMILY BUSINESS EST. 1973

Tel. Terry Sargent
01288 361468
Trewithian, Poundstock
Bude EX23 0DS



A Legal View: We Will Remember Them

Remembrance Sunday has come and gone. I really applaud the efforts made in Bude by the Town Council staff in preparing for it. Shalder Hill, on which stands the war memorial, was superbly prepared to be a fitting tribute to the fallen.

This annual occasion gives each of us the opportunity to reflect on the immense sacrifices made by so many to ensure that we can live in a free society, able (within limits) to do what we want to do. Had those sacrifices not been made, the world would be a much uglier and more repressive place, where individual liberties would be curtailed and an all-powerful dictatorship imposed upon us.

I am sure every family has its own stories to tell about the horrors of war and the incredible efforts and sacrifices made by serving men and women to fight for our freedom. Every town and village memorial bears the names of the fallen. And of course, there were many survivors who, too, made every effort to preserve our way of life.

In my own family, my parents played their part. My mother left the west of Ireland to go to London to nurse the sick and wounded. My father was in the Royal Air Force.

As a teenager, his plane was shot down in 1940 in northern France. His squadron had the task of halting as best it could the relentless march by the German military from occupied Belgium into France. The crew of his Fairey Battle plane was instructed to attack the Luftwaffe headquarters at Chateau de Roumont. After the attack, they were fired on by fighters and forced to land. My father was the observer. The pilot helped his wounded crew – my father and the air gunner – from the aircraft, then set it alight. The pilot managed to evade capture and returned to his unit. Ten days later and at the age of 24, he was killed in action and was posthumously awarded the DFC. My father and his mate were captured and made prisoners of war at Stalag Kopernikus (near Warsaw). They remained in captivity until the end of the fighting.

On his return, my father was hospitalised in Cambridge. This is where he met my mother, who by that time was nursing in the same hospital. She nursed him, and they got married in Ireland in 1946.

We must never forget the sacrifices of those who have laid down their lives for their country, and the many millions who assisted the war effort. Those sacrifices have continued down the decades. We owe so much to those who have volunteered to protect us and our country and our way of life.

*John Busby
Busbys Solicitors, Bude*

Hi-5 Talk Time Cafe

A safe, caring, friendly Café and unique support group run by volunteers.

Open to ALL Parents, Grandparents and Carers of children with Additional Needs for some precious 'ME TIME'.
Chat and share over a Cuppa and delicious Cake whilst your children are at school.

Pre-school children are welcome and can have fun with a range of sensory play equipment and enjoy Makaton singing and signing!
NO DIAGNOSIS or REFERRAL is REQUIRED

Open term time Tuesdays, 10 – 12am
(other weekdays and school holidays – see our Facebook page)

FREE PARKING BUS STOPS OUTSIDE
Travel subsidies available – please ask

Located at former BANGORS Methodist Church & Hall
on the A39 with entrance on Vicarage Lane at
BANGORS, POUNDSTOCK, BUDE

A Warm Welcome Awaits!

Check us out at: www.facebook.com/hi-5talktimecafe
Contact us by email to: info@hi-5talktime.org.uk



(registered Charity No. 1185872)

Supporting and enhancing the wellbeing of families and carers of children with additional needs in Cornwall and Devon

Heidi Pratt

MBACP

Counsellor/Psychotherapist

heidiprattcounsellingandpsychotherapy.co.uk

heidiprattcounselling@gmail.com

Tel: 07432 555265

*We all need a little help sometimes,
someone to talk to who will listen,
help you to move forward and make
the changes you want for a more
fulfilling life*



Please feel free to email, call or text
for a free 15- minute consultation

PEAK PERFORMANCE

JOIN A **COMMUNITY**

RECEIVE **COACHING**

GET **RESULTS**

TALK TO US

Phone | 07713 954800

Email | info@peakperformance-gym.com

Website | www.peakperformance-gym.com



*'Thy word is a lamp to my feet and a light
for my path'*

Come to us for all your Christian resources

Large range of Bibles <> Wide selection of
Christian books, CDs, gifts and cards

01288 356886

Mon–Sat 10am to 4pm (5pm BST)
Lansdown Mews, Bude

Credit/debit cards accepted

arkangelbude@gmail.com

www.arkangeltrust.org.uk

Reg. Charity No. 294313

Present: Cllrs Tom O'Sullivan, Stephen Blake, Robert Gavin, Pamela Idelson, Ben Lillie, Robbie Pearce, Gemma Watton; the parish clerk.

Apologies: Cllr Brian Furse.

New chairman: [Brenda Alison has resigned] Cllr Robert Gavin was elected.

Public participation: Members of the public spoke on overgrown hedges on the coast road at Penhalt and Bridwell Corner, vehicles staying overnight at the Penhalt viewpoint, restoring the old parish hall and continuing activity on land opposite Swelle Cottages.

Planning applications: PA21/08499, Mr and Mrs S. White, Higher Causewell EX23 0DW, alteration and extension of existing dwelling, resolved to object as plans are unclear regarding whether the development impacts PROW 533/22/3.

Agenda items: (a) (i) Agreed to set up a defibrillator in the phone box at Treskinick Cross, at a cost of £1,000 plus VAT. The clerk will arrange a training course for the public. (e) Agreed to submit an outline planning application to demolish the old parish hall and replace it with a similar structure. (f)(i) A motion to set up a Community Hall Committee was narrowly defeated; this matter will now be dealt with by the full Council.

Steering/Working Group Reports: (b) Resolved that the Community Hall Working Group be dissolved and the matter dealt with by the full council.

Items for Information: Letters of resignation have been received from Councillors Brenda Alison and Stephen Pawley.

Meeting closed: 21.33.

Parish Council website: www.poundstock-pc.gov.uk

Chairman Robert Gavin

robert.gavin@poundstock-pc.gov.uk

Vice Chair Tom O'Sullivan

tom.osullivan@poundstock-pc.gov.uk

Councillors

Stephen Blake

stephen.blake@poundstock-pc.gov.uk

Brian Furse

01840 230342

brian.furse@poundstock-pc.gov.uk

Pamela Idelson Smith

07540 573740

pamela.idelson@poundstock-pc.gov.uk

Revd Ben Lillie

revben.lillie@poundstock-pc.gov.uk

Robbie Pearce

rob.pearce@poundstock-pc.gov.uk

Gemma Watton

gemma.watton@poundstock-pc.gov.uk

Parish clerk Lynn Pluess 07768 100 560

clerk@poundstock-pc.gov.uk

The parish council website carries agendas, full minutes and other documents, as well as information about the Neighbourhood Development Plan and the parish cemetery. Council meetings are normally held on the fourth Tuesday in the month at 7.30 pm in Bangors Chapel hall and livestreamed on the Council Facebook page.



BRIGHT JOINERY

Fine carpentry
Architectural joinery
Bespoke furniture

07813 545 774

info@brightjoinery.co.uk
www.brightjoinery.co.uk

Bude, Cornwall



Planning Permission
Building Regulations

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

☎ 01288 352121

✉ info@rarowe.co.uk

🌐 www.rarowe.co.uk

Tintagel Skip Hire

© NAME YOUR CONTACT

Skips • Roll on bins •
Enclosed skips •
Muck away

Recycled materials for sale

- Crushed concrete
- Recycled 803
- Drainage stone
- Tarmac planings
- Screened topsoil

Contact us today on
01840 770449 / 0797 415236
www.tintagelskiphire.co.uk



B.R Plastering

Plastering
Plaster boarding
Rendering
Building

rodder27@live.co.uk

0776 1735022

From the Chair of Poundstock Parish Council

My name is Councillor Robert Gavin, and I am the recent new Chair of your Parish Council as from October 2021.

I would first of all like to pay tribute to the two outgoing councillors who have recently left the council, Steve Pawley who was your Chair until May of this year, and Brenda Alison the outgoing Chair. Both had been councillors for a number of years and had worked very hard to fulfil their duties, spending many hours of their own time to make a difference in the community. I would like to say a big thank you to them and wish them all success in their new endeavours. Thank you, Steve and Brenda.

There are a number of pressing needs in the community, such as the Old Parish Hall and Bangors old Methodist church and hall, and the Housing Needs survey, to name but three. I can tell you that due to the state of the old parish hall, outlying planning is being sought so that it can be removed in the near future, and in the meantime will be made safe.

We currently have a very new council, and all the councillors are working very hard to best serve the community in all the areas that the council covers.

And that includes the Clerk of the Council, who works extremely hard on our, and your behalf; thank you, Lynn.

As you will all be only too well aware, Covid 19 has had a tremendous impact on our lives and indeed still continues to do so. That has caused all sorts of problems over the last couple of years, and most families have been impacted by it in some way. To that end I hope and pray that you all remain safe and well, and that we continue to come out of the issues we previously faced, in these new and somewhat uncertain times. If you have had it I hope you have fully recovered, and if you are unfortunate enough to catch it, I pray that you will recover quickly with no lasting or serious effects.

Your council will endeavour to work quickly on the issues previously mentioned, along with a long list of other matters that arise in the normal council business. And I would encourage all of you to complete the Housing Needs survey which is so important to the future of our community.

As Christmas approaches, I hope that you will all have a peaceful and enjoyable Christmas and New Year, meeting with friends and family over that period, as perhaps was not possible in the same way last year. At this time let's also not forget those that live alone, having no immediate family, and help and encourage them over this festive holiday, a very hard time for some.

So I look forward to working for you in the Council with the other councillors, and wish you all a very happy Christmas, and a prosperous New Year.

Robert Gavin, Chair of Poundstock Parish Council

Your friendly local plumber...



**All aspects of
plumbing and heating
undertaken**

Email: plumbheatrenew@gmail.com

Phone: 07947354954/01840 230558

Advertising here costs

£35

for a full year

That's six issues of the Packet
delivered direct to every home
in the parish

550 copies of your
advertisement six times a year
is great coverage!

For more information see p. 3
or email us at
poundstockpacket@gmail.com



BLACK ROCK

Open from 9am

Offering breakfast, lunch and
dinner.

Surf hire, go karts, parking.

Our Night Sky in December 2021

Venus will be setting in the southwest by 1700 in the middle of the month, followed by Saturn at 1900 and Jupiter at 2100, so make the most of these lovely planets while you can. To compensate, all the winter constellations will be up by 1900, with Orion being the last to rise in the east. For the early risers, Mars can be seen in the southeast about 0700, but will soon be lost in the dawn sky.

Some volcanoes can produce eruptions so powerful they release oceans of dust and toxic gases into the air, blocking out sunlight and changing a planet's climate for decades. These are the biggest eruptions known and are called 'super eruptions'. It has recently been discovered that a region of northern Mars called Arabia Terra experienced such super eruptions over a period of 500 million years. By studying the topography and mineral composition of a portion of the Arabia Terra region, scientists found evidence for thousands of such eruptions.

Hurling water vapour, carbon dioxide and sulphur dioxide into the air, these explosions tore through the Martian surface over a 500-million-year period about 4 billion years ago. Scientists reported this estimate in a paper published in the journal *Geophysical Research Letters* in July 2021.

Each one of these eruptions would have had a significant climate impact – maybe the released gas made the atmosphere thicker or blocked light from the Sun and made the atmosphere colder. After blasting the equivalent of 400 million Olympic-size swimming pools of molten rock and gas through the surface and spreading a thick blanket of ash up to thousands of miles from the eruption site, a volcano of this magnitude collapses into a giant hole called a caldera. Calderas, which also exist on Earth, can be dozens of miles wide. Seven calderas in Arabia Terra were the first giveaways that the region may once have hosted volcanoes capable of super eruptions. They were once thought to be depressions left by asteroid impacts to the Martian surface billions of years ago, but in a 2013 study scientists first proposed that these basins were volcanic calderas. They noticed that they weren't perfectly round, like craters, and they had some signs of collapse, such as very deep floors and benches of rock near the walls. Further investigation by the scientists used images from MRO's Compact Reconnaissance Imaging Spectrometer for Mars to identify the minerals in the surface. Looking in the walls of canyons and craters from hundreds to thousands of miles from the calderas, where the ash would have been carried by wind, they identified volcanic minerals turned to clay by water.

(Continued on p. 40)

Our Night Sky in December (contd)

On Earth, volcanoes capable of super eruptions – the most recent erupted 76,000 years ago in Sumatra, Indonesia – are dispersed around the globe and exist in the same areas as other volcano types. Mars, too, has many other types of volcanoes, including the biggest volcano in the solar system, called Olympus Mons.

Olympus Mons is 100 times larger by volume than Earth's largest volcano of Mauna Loa in Hawaii, and is known as a 'shield volcano', which drains lava down a slope. Arabia Terra so far has the only evidence of explosive volcanoes on Mars, but it is hoped that Arabia Terra will teach scientists something new about geological processes that help shape planets and moons.



Olympus Mons (NASA/JPL)

Mars continues to provide exciting new information from the many orbiters and surface vehicles operating there, and I hope to tell you about more of them in 2022. Meanwhile, a Very Happy Christmas to all our readers.

Bill Turnill



Weekly Art Classes and all day Art Workshops held in a beautiful light and airy studio at Newmill Farm Poundstock Bude, covering a wide variety of subjects, styles, mediums and techniques. Suitable for all skill levels

Contact Michele on 07956 055878
micheleilling@aol.com
www.micheleilling.co.uk



**Now taking bookings
for Sunday Roasts**

PETHERICKS MILL, BUDE, EX23 8TF

01288 355994



NHPSG UPDATE AUTUMN 2021

The NHPSG continue to meet via Zoom. We now have access to the Parish Council's website, which is extremely helpful, so this will provide more up to date information about the Neighbourhood Development Plan (NDP).

HOUSING NEEDS ASSESSMENT (HNA): Following consultation with Cornwall Council, the final version of the notification and survey were decided. Every household in the Parish should now have received the letter about completing the online survey. If you need help, please contact the Affordable Housing Team on 01872 326353 or email us at NDP-SG@poundstock-pc.gov.uk. The closing date of the survey is **19 DECEMBER 2021**. *Please help to shape the future of the Parish and complete the survey.*

LOCAL LANDSCAPE CHARACTER ASSESSMENT (LLCA): The initial LLCA workshop was extremely helpful and we are now reviewing all the data collected previously and finalising the required report, an essential part of the NDP process that will provide an important base for formulating the NDP itself. The LLCA work will identify and record the features that make our Parish so unique and special.

SURVEY MONKEY: Work continues to convert previously collected data to Survey Monkey, and we are nearly there. Thoughts are being given to future questionnaires, but we are very aware that we do not want to promote survey fatigue. We are therefore planning to arrange an 'In person Afternoon Tea' consultation which is now likely to take place in February/March 2022 when we can also report on the findings of the HNS and other data collected so far.

COMMUNITY HALL: The Parish Council is taking this forward. We will therefore leave them to provide updates on this but there is no doubt that a community hall is an important amenity and the wishes of the Parish will be fully considered.

OTHER MATTERS: We have been able to obtain the original data from the 2007 Parish Plan and hope to show how the more recent wishes of the Parish may have altered in the last 15 years. As reported last time, we were considering a newsletter but through the good auspices of Poundstock Packet we are very fortunate to be able to reach the Parish with regular updates and are very grateful to those that produce a wonderful outreach to many. The Parish Council are livestreaming the Council meetings through Facebook, of benefit to all parishioners (and the NHSPG) to enable them to keep up to speed with matters being considered by the Council.

Poundstock Neighbourhood Development Plan Steering Group

Chairman Matthew Blows Vice Chair Brenda Alison Secretary Lyn Smith
Members Sara Beckett, Stephen Blake, Robert Gavin, Robbie Pearce, Barry Rogers, Nicky Vereker, Phyllis Ward

Contact: email ndp-sg@poundstock-pc.gov.uk or by post to St Marwenne, Combe Lane, Widemouth Bay, EX23 0AA

Made to Measure Blinds and Curtains

Competitive prices and fitting included.

Choose from a full range of Hillarys' fabrics
and a large variety of styles, including
Venetian, Roman and Verticals.

Contact David Fawcett to arrange a home visit:

01840 239915

07925539357

david.fawcett08@gmail.com

Or find me on Facebook at David Fawcett.

DEBBIE ROUTLY HYPNOTHERAPY

(PDCH, MBSCH, Reg CNHC)

Hypnotherapy can help you change
the way you think, feel, and behave
so you could live a happier, more
fulfilling life.

Hypnotherapy can help with:

Stress and anxiety
Lack of confidence and low self-
esteem
Insomnia
Stopping smoking
Phobias
Pain management
And much more...

For more information, contact Debbie:

07774061411

deboutly@gmail.com

debbieroutlyhypnotherapy.com

WIDEMOUTH MANOR



EAT . DRINK . STAY

01288 361207 THEWIDEMOUTHMANOR.CO.UK
RESTAURANT & BAR, SUNDAY CARVERY, WEDDING
VENUE, DOG FRIENDLY, GUEST ROOM



TWLandscapes
Garden Design
Patios
Decking
Fencing
Water features
Turfing
Artificial grass

www.twlpm.com

07960652496

Qualified Insured Professional



HAVE YOU VISITED US YET? WE'RE OPEN TO EVERYONE

**ONE FREE HOT DRINK WITH THIS ADVERT
(DRINK IN OR TAKEAWAY) EXPIRES 31.01.22**

**ALSO SERVING BREAKFAST 8AM-MIDDAY
AND LUNCH MIDDAY-3PM.
SHOP OPEN DAILY 8AM-4PM**

**WE WILL BE CLOSED FOR A BREAK ON
FRIDAY 24/12/21 AND RE-OPEN ON FRIDAY
07/01/22**

01288 361750