

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

# Bangors Organic Veg Boxes

GROWING LOCAL, CLIMATE-FRIENDLY FOOD SINCE 2003

PAUSE, CANCEL AND RESTART YOUR BOX AT ANY TIME

LOCAL DELIVERY IN OUR ZERO EMISSION ELECTRIC VAN

> ALL PRODUCTS ARE CERTIFIED ORGANIC



www.ooooby.org/north-cornwall 01288 361 297 | 07792 108 541 | info@bangorsorganic.co.uk

Gill\_Faiers\_veg\_box\_A5\_2022\_v2.indd 1

31/05/2022 15:26

#### Having your say

Every issue of the Packet includes a note emphasising that we don't necessarily endorse views expressed by contributors. While we reserve the right not to publish everything that is submitted, we don't censor ideas either – it would be wrong not to include an article simply because it expresses an opinion others may disagree with.

Surely one of the strengths of our society is that we have free speech: we are able to say what we think, and others are equally free to respond with their own views. We don't live in a police state where we dare not express ourselves, and thank goodness for that. So if you read an opinion in this magazine that annoys or even outrages you, do something about it – reply and put *your* point of view.

### 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. **The deadline for our next edition is 20 September 2022.** 

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.

#### Advertising

Advertising in the Packet currently 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 Probets 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 Contact us at poundstockpacket@gmail.com

### 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.



### Around the Parish ...

#### Hotter than Bude!

As the country sweltered in the recent heatwave, Bude made the headlines with a new high temperature for Cornwall of 36 degrees. But that same afternoon, Monday 18 July, Poundstock went one better – or worse – with a temperature of 37.4 degrees recorded by the weather station at Langford Hele. Of course, this isn't an official measurement that would be recognised by the Met Office. Still, it looks like a new record hereabouts.

#### Forthcoming Gildhouse events

Don't forget that the Gildhouse is open every Wednesday from 10 am to 4 pm. There is always a friendly volunteer to show you round, answer any questions and even make you a cup of tea! There's no charge.

On Wednesday 10 August at 7.30 pm, Terry Faull, an excellent speaker who has been welcomed to the Gildhouse several times in the past, will be speaking about 'Remarkable Eighteenth Century West Country Women'. Entry, including refreshments, £2.50.

On Sunday 14 August from 2.00 to 5.00, the Gildhouse hosts a traditional Cornish Cream Tea – enough said! Not to be missed.

And not to be missed either : the weekend of 3 and 4 September sees the return of the Commotion Times. See p. 33 for more details.

#### Poundstock Gildhouse urgently needs a treasurer

The Poundstock Gildhouse committee are in need of a treasurer. We need you from September, or before if possible. Also, is anyone interested in becoming involved with our beautiful Tudor church house? Here in Poundstock we are so very lucky to have this amazing building and in such good condition. We would like to thank all who come to support us throughout the year. We look forward to hearing from you. Please call Gail: 01288 341537, or Jen: 01288 361525.

#### Do you need a toddler bed?

We have a John Lewis toddler bed, complete with mattress, that we no longer need. It has only had occasional use and is in excellent condition, and we would be glad to see it go to someone who can put it to good use. No charge, but a donation to Children's Hospice SW would be nice. More information from 079040 88779.



#### **TD GARDEN SERVICES**

Counsellor/Psychotherapist

heidiprattcounsellingandpsychother apy.co.uk

Heidi Pratt

MBAC

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



Tom Willoughby 07757024820 td.gardenservice@outlook.com

Lawn Mowing, Strimming, General Weeding, Hedge Cutting, Bordercare, Leaf Blowing and Pressure Washing

### A Burning Issue

News that Cornwall Planning Officers are now likely to recommend approval of the new crematorium at Poundstock has dismayed residents and the Parish Council.

At the recent monthly Parish Council meeting so many residents turned up to learn more about the proposals that there was standing room only. They heard that the Planning Officer, Helen Blacklock, had moved from being inclined to recommend rejection of the proposal to a lastminute change of mind to recommend approval.

Cornwall County Councillor and Poundstock Ward Member Nicky Chopak faced questions from Parish Councillors on this sudden change of policy and was unable to provide a full explanation.

In particular, concerns were raised that Councillor Chopak was now promoting the idea of a public consultation on the proposals, three years after they were initially put forward, but to be held in Bude rather than a suitable venue in Poundstock.

In addition, Councillor Chopak called the application to the Strategic Planning Committee directly thus circumnavigating the standard fiveday protocol and avoiding any disclosure to Poundstock Parish Council of the case officer's reasons for now supporting it and giving Parish Councillors an opportunity to respond.

Poundstock Parish Council voted unanimously to engage an expert advisor to assist with its objections to this proposal and the decision was met with a lot of support from the audience.

It is still possible to comment on these proposals on the Cornwall Council website under the planning section and Poundstock residents are encouraged to do so. Full details of the planning application can be found by searching for PA21/01480.

Further details of the planned crematorium and the objections to it can also be found at <u>www.stopthecrematorium.org</u>.

#### Councillor Stephen Blake

Feeling clearly runs high on this issue, but what do YOU think about the idea of a crematorium in Poundstock? Would it be a valuable addition to local services, freeing people from the need to travel to Bodmin or Barnstaple? Or would it be a blight on the area, deterring people from coming here on holiday? Make sure you have your say and get your voice heard.



### Churches



August is a holiday month and thousands come to Cornwall to enjoy our beaches; swimming, surfing, crabbing and playing in the sand.

Lots of exciting things happen by the seaside in the Bible: Moses leads the Israelites through the Red Sea (Exodus14); Jonah gets thrown up out of a big fish on to a beach (book of Jonah); Jesus calls his disciples to follow him (Matthew 4:18–21) and Jesus calms a storm (Luke 8:22–25).

Jesus tells a fantastic parable (a story with a secret) about two men on a beach. It's the story of the two builders (Matthew 7:24–27). There were two builders; one builds a house on rock, the other builds a house on sand. When the storms come, the house built on sand is washed away but the house built on rock stands firm. Jesus likened the man who built his house on rock to wise people who listen and obey Jesus' words, which sustains them when life gets tough, whereas the builder who builds on sand is likened to foolish people who ignore Jesus' words and have nothing to help them through the storms of life.

There are some very good animations of this story on YouTube as well as the words for our song: 'The wise man built his house upon the rock'.

**Prayer :** Lord, thank you for the fun of holidays. Help us to enjoy your creation and love each other in the way that you have taught us to do. AMEN.

Activities: 1. Paper boats 2. Fish Mosaics 3. Seaside Cards 4. Sand drizzling 5. Edible boats 6. Decorated biscuits 7.



### **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)

# **ATLANTIC**

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 0r Email atlanticgardenmachinery@yahoo.com Poundstock Bude



\*BRINGING CLASSIC NEAPOLITAN Style Pizza to the cornish coastline\*

07450631087 thecrusttpizza@gmail.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

Crediit/debit cards accepted arkangelbude@gmail.com www.arkangeltrust.org.uk Reg. Charity No. 294313

# Kids' page

Can you translate these mystery initials? The number is the clue. Just to give you the idea, 7 D in a W would be 7 days in a week.

3 L on a T		
4 S in a P of C		
5 T on a F		
6 S on a D		
7 C in the R		
7 S on a F P P		
8 L on a S		
10 L on a C		
12 S of the Z		
26 L in the A		
52 W in the Y		
88 N on a P		
100 P in a P		
366 D in a L Y		
1,000 G in a K		
86,400 S in a D		
31,536,000 S in a Y (or should that be 12?)		

How did you do? Here are the answers: 3 legs on a tripod; 4 suits in a pack of cards; 5 toes on a foot; 6 sides on a die; 7 colours in the rainbow; 7 sides on a fifty pence piece; 8 legs on a spider; 10 legs on a crab; 12 signs of the Zodiac; 26 letters in the alphabet; 52 weeks in a year; 88 notes on a piano; 100 pennies in a pound; 366 days in a leap year; 1,000 grams in a kilogram; 8,640 seconds in a day; 31,536,000 seconds in a year (or maybe 12 'seconds' of the month)

#### WWW.LAVENDERFARMSHEPHERDSHUTS.CO.UK



### LAVENDER FARM SHEPHERDS HUTS

Builders of bespoke luxury shepherds huts, built to you requirements using local materials in Bude, North Cornwall

Off grid packages available

2025 build slots

Year-round rental potential



Lavender Farm Shepherds Huts is a local, family run business making handcrafted shepherds huts in Bude, North Cornwall.

As Air BnB's No.1 'alternative stay', shepherds huts are the perfect year-round Air BnB holiday rental as well as being popular home offices, spare accommodation and garden rooms. Each of our huts is unique and can be tailored to your requirements, meaning you can truly make it your own. All of our huts are fully insulated and have the option of multi fuel stove, underfloor heating, evenhot electric stove, en suite & fitted kitchen area. We offer a choice of electric, gas or solar powered huts and use locally sourced materials where possible.

Build slots available for 2023 - get in touch for more information!

Luke - 07427089798

Holly - 07307618001

Luke lavender famhuts@gmail.com

www.lavenderfarmshepherdshuts.co.ul

### Jay-walking

'My name is Jay. What shall we call our twin daughters?' 'How about Kay and Ell?'



Pictures courtesy of Unsplash

People are surprised Jay is a crow. Magpie is also a crow. In his electricblue and white suit, Magpie is an attractive crow. Jay has a natty pink and blue outfit.

Mind you, Jay is an egg stealer, a chick murderer and a miser, but that's no reason to despise him: animals have their own moral code. He takes ripe acorns in autumn, stuffs himself silly and then takes more to bury for later.

There are about 170,000 Jays in the UK. Each Jay gathers about 5,000 acorns: that makes 850 million. Jay buries them and forgets where he hid

most of them; you may think he is daft (which he may be), but he causes the sprouting of loads of oak trees, and some survive to maturity. In fact, he is probably responsible for most of our oaks including the Major Oak in Sherwood Forest.



If you feel pompous, you can call Jay by his

Latinised name – Garrulus Glandarius. The Garrulus bit conjures up Jay's



mind-numbingly foul scream, which defies all musicality. Two cackled over our house in Millook this morning. *Glandem* comes from the Latin for an acorn. Pliny the Elder was a Roman writer; he wrote about how to feed pigs on different types of acorn, the Turkish acorn being the best. And the French for an

acorn is un gland. Now, show off your new knowledge!

Thus we return to oak trees. I will write something about them in the Packet one day.

Christopher Asbury

# **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





Pottery Painting workshops

Follow us

00

Throwing lessons

Clay Craft Classes

Hand made items for sale

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

Phone or text: 07967044298 Email: jar@parsonspottery.co.uk www.parsonspottery.co.uk







Well, what a busy summer term all the units have had, getting outside as much as possible, having to have some last-minute changes due to weather – and not always wet: the Brownies had to change their penultimate meeting as they were going to learn how to build a fire and make smores, but with the extreme heat warning in place, we decided to make our smores over candles instead.

The Guides have been very active this term, with a meeting spent geocaching around the village, which included the leaders being grateful for mobile phones, as it was nearly pick-up time and we were at Eden Chapel, with the parents at the parish hall, so a quick call meant pick up was changed, with only the leaders having to walk back to the hall. We have also walked from St Genny's Church down to Crackington beach, ending with a scavenger hunt. The Guides' penultimate meeting was spent walking up Rough Tor, which we do every year. The girls had requested smores at the top, and just as last year we had left the meths in the car, this year we forgot to bring the Trangias (cooking stoves) at all! So we will have to try again next year to remember all the essentials for toasting our marshmallows.

Rainbows have also had lots of fun this term, with a visit to the beach, a walk to the river and a fun sports evening with races in the hall.

At the time of writing we have one meeting left before our summer break, which is our annual district get together on Widemouth Beach, with other units from the district joining us for some beach fun.

If there are any girls aged between 5 and 14 years who would like to join us, all units have space and would love to welcome new girls. Please contact Louise on 07817985661, email: <u>jacobstowbrownies@outlook.com</u>, or Mary on 01840 230006.

#### **ADVANCE WARNING!**

In the autumn term Girlguiding Jacobstow will be holding a celebration to mark 50 years of Brownies and Guides, along with 20 years of Rainbows. We would like to invite anyone who has been a member to that celebration; all details of this celebration are yet to be decided. Anyone with any ideas on how we could make this a special occasion please contact Louise on the following email: Jacobstowbrownies@outlook.com.

# 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



### The No-Dig Garden

There's been a lot of talk lately about beneficial mycorrhizal fungi in the soil. The benefit to plants includes increased resistance to drought; better ability to absorb nutrients; improved stress resistance; and stronger seedling growth. A plant would soon exhaust its small area of surrounding soil of nutrients (which is why we add fertiliser) but with the help of mycorrhizal fungi, plants benefit from nutrients and moisture found further from home, cutting out the need for chemicals. The good news is that unless you are using sterile potting compost, it exists as a natural element in your ordinary garden soil.

You can pay a lot of money for commercial mycorrhizal powder (typically between £6 and £8 a pop) and there's a lot of sales patter about how amazing the results will be if you add small amounts to your planting regime. I admit a couple of pinches really can help with potting up a summer container if you use sterile compost, but I don't believe it's necessary in properly cared-for earth outside in your garden.

How to care for naturally occurring mycorrhizal fungi: for a start, stop using phosphate fertiliser, which has an adverse effect on it; enrich your beds regularly with organic matter, such as compost and leaf mould; and above all stop digging the soil – it damages its structure and releases carbon. I really do believe that we are ruining the soil by digging and applying artificial fertilisers.

I am a convinced disciple of Charles Dowding, the no-dig guru, and I followed his advice to make and plant a no-dig bed in a day. Mark out your bed on an uncultivated patch of ground we'll say it's covered in coarse grass and weeds. You might cover it with some soil as a bottom layer just to make it level, and cover that with a layer of overlapping cardboard, then a good thick top layer of compost. This compost can be of any type, including your own, or old manure, or compost you buy, but keep the finest compost as your surface layer. This means you can easily make a bed (continued on p. 19)



Advertise your business here and reach every home in the parish six times a year! Every issue is delivered direct to every home in Poundstock This size ad costs only £35 for a full year Details on p. 3 Wharf Woodcraft

Bespoke Joinery Furniture & Repairs

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

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



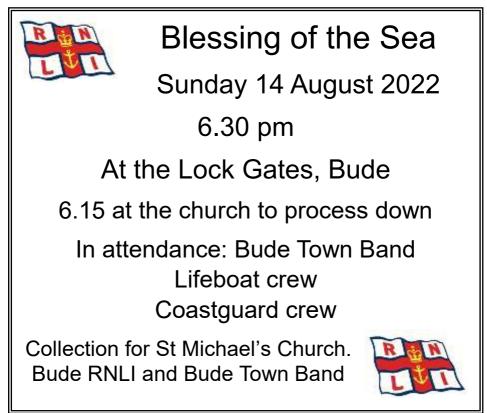
### The No-Dig Garden, continued

sow and plant all inthe same day. If the weather is dry, it's worth watering the cardboard before you put compost on top.

Depth of compost depends on what your ground is like underneath. If covering a lot of weeds, use 7 to 15 cm compost or 3 to 6 inches. Now you are ready to sow, plant and harvest.

Every year after that, you simply lay another thin layer of compost and never have to lean on a spade again. Your back will thank you for it, you'll have a garden full of healthy flowers and vegetables, annual weeds pull out easily, and you will have done your wonderful, individual best for the environment by being a carbon hero. You can spend many a happy hour watching and being inspired by Charles's videos on YouTube, or try <u>www.charlesdowding.co.uk</u>. I do.

Pat Thorne





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

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





#### QUINCEBOROUGH FARM SELF-CATERING COTTAGES

PAT & ALASTAIR ROWLAND WIDEMOUTH BAY BUDE CORNWALL EX23 0NA

#### 01288 361236

WINTER LETS CAN BE ARRANGED ALSO STORAGE & WORKSHOPS

#### 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

### Local Contacts

NHS non-emergency helpline Coronavirus test and trace hotline Stratton Hospital Minor Injuries Unit (Currently open 24 hours a day every da		y. Please phone t	111 119 01288 320100 pefore attending.)
Doctors' surgeries:	Neetside		01288 270580
-	Stratton		01288 352133
	Boscastle		01840 250209
MP: Scott Mann			01208 74337
Parish council chair: Robert Gavin			(see p. 39)
Parish clerk: Lynn Plue	SS		0776 8100 560
Cornwall Councillor: Ni	cky 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 (Ti	scott 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	cuis)		0800 678 3105
PCC Secretary, Pound			079040 88779
Jacobstow WI: Mrs J. Baker			01840 239829
Marhamchurch WI: Mrs P. Hazeldine			01288 682193
Poundstock Skittles: Pam Gilhespy			01288 361570
Poundstock Ringers			079040 88779
Juliotter Garden Club		01566 781559 or 01840 261237	

### 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 only on service days at St Winwaloe's, but 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.

Jul iotter Garden Cl ub

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

Launcel Is/Bude Dog Training/Agil ity

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 Cl ub

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

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

#### August

3 and every Wednesday Poundstock Gildhouse open 10-4, free

- 10 Camelford Show
- 10 Gildhouse talk, 'Remarkable 18thC West Country Women', 7.30
- 14 Gildhouse, Cream Tea, 2–5 pm
- 14 Blessing of the Sea, 6.30 pm (see p.19)
- 19 Concert for Ukraine, St Michael's, 2.30 pm (see p. 27)
- 23 Juliotter Garden Club, 'Growing Alpines from Seed', 7.30 pm
- 25 Holsworthy and Stratton Show19

26-29 Bude Lifeboat weekend

September

- 3-4 Tudor re-enactment weekend at the Gildhouse (see p. 33)
- 14 Gildhouse talk, 'Old Bude in Pictures', Adrian Abbott, 7.30 pm
- 27 Juliotter Garden Club, 'Principles of Garden Design', 7.30 pm

### FREE ADVERTISING FOR LOCAL EVENTS

The Packet will always advertise local community and charity events free of charge. As 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. But we don't 'just know' what's happening – you have to tell us! Our deadline for the October and November edition is 20 September.

### DON'T FORGET: TELL THE PACKET!

### Defibril lators in the parish

**Widemouth Bay**: next to the Summerhouse (by the church, Leverlake Road); near the top of Long Park Drive by the entrance to Pencarra and Bellair, just below the junction with Edith Walk; at the back of the public toilets just above Widemouth beach. The RNLI lifeguards also have a defibrillator, available at their hut above the beach when they are on duty. **Treskinnick Cross**: just off the A39, in the old phone box.

### Poundstock Parish Council

#### www.poundstock-pc.gov.uk

<i>Chairman</i> Robert Gavin <i>Vice Chair</i> Gemma Watton	robert.gavin@poundstock-pc.gov.uk gemma.watton@poundstock-pc.gov.uk	
Councillors		
Stephen Blake	stephen.blake@poundstock-pc.gov.uk	
Max Faulkner	max.faulkner@poundstock-pc.gov.uk	
Brian Furse	brian.furse@poundstock-pc.gov.uk	
Eric Harris	eric.harris@poundstock-pc.gov.uk	
Steve Haynes	steve.haynes@poundstock-pc.gov.uk	
Pamela Idelson	pamela.idelson@poundstock-pc.gov.uk	
Tom O'Sullivan	tom.osullivan@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 7.00 pm upstairs in the Gildhouse, but check with the clerk before attending.

### **Benefice Services for August**

#### August

- 3 and 17 HC, WB, 10.00
- 7 HC, Bude 9.30; FS, WSM 10.00; EP, Marhamchurch 6 pm
- 10 and 24 HC, Bude, 10.00
- 14 **MP, Poundstock 9.30**; HC, Marhamchurch 9.30 and Whitstone 11.15; EP, WSM 6 pm
- 21 HC, Bude 9.30 and Week St Mary 11.15; MP Marhamchurch 11.15
- 28 HC, Poundstock 9.30; HC, Marhamchurch 9.30 and Bude 11.15; MP, Whitstone 9.30 and WSM 10.00

*EP* Evening Prayer; FS Family Service; HC Holy Communion: MP Morning Prayer; times are *a.m.* unless otherwise stated.

You will be really welcome at any service.

At Poundstock we always enjoy a coffee or tea and a chat in the Gildhouse after the service. Just come along.

We are sorry that the full service rota for September was not available when we went to press, but it should follow this pattern. It will be posted in the church porch as soon as it is published.

#### Jacobstow WI



We very much enjoyed Jacobstow's Platinum

Jubilee celebration on 9 June and were kept busy throughout the afternoon serving up

Cream Teas with Scones and Splits in the Parish Hall.

A week later was the return of the Royal Cornwall Show, when some of our members

helped with the Federation Stall. After its 3-year absence, the Show was as busy as ever with lots to see and do.

The national WI Annual Meeting was held in Liverpool attended by representatives from across the country, including one from Jacobstow! This year's Resolution to improve the diagnosis and support for women and girls with ADHD and autism was passed with 96.5 per cent of the votes and will therefore be taken forward as a WI Campaign.

In July we had a most entertaining talk, taking us on a tour of central London, its statues and landmarks. The speaker, Alison Yeo, had been an experienced city tour guide and entertained us with hilarious stories about statues being moved, removed, altered and even buried due to the sensitivities of the times. With tales about the groups she led, the origin of several London place names and much more besides, we all had a fun evening.

On 25 August we'll be joining Bude, Marhamchurch and Week St Mary Bonaventures at the Holsworthy & Stratton Show. We are putting together various displays about the activities of the WI including Resolutions & Campaigns and Crafting, with examples and demonstrations, Denman online courses and what is available to members in the modern WI. If you're coming to the Show, do come and see us.

Looking ahead to our next meeting on 8 September we'll be hearing about the work of the Fishermen's Mission.

New members are always welcome – to find out more, come along to a meeting or give Jill Baker a call on 01840 239829.

Jill Baker





#### All plumbing work undertaken

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

uuuuuu

#### 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



COMPASSIONATE, CARING, TRUSTED & PROFESSIONAL

Memorials | Pre-Paid Funeral Plans

### 24 Hour Contact 01288 359277

Dementia Friends A totale them make

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



P & B Juterior Design Ready made curtains, voles, 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

#### 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

### PILATES

Martin Brooks 07812 959 879 www.northcornwallpilates.co.uk martin@northcornwallpilates.co.uk

Chadd's at home
Daily essentials and gourmet
food to enjoy at home
FROZEN I CHILLED I AMBIENT I NON FOODS
FREQUENT DELIVERY THROUGHOUT THE AREA
call and collect | order online | phone
chaddsathome.co.uk f

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

### Our Night Sky in August

Saturn will be rising in the east after sunset, followed by Jupiter and Mars, but Venus will be lost in the dawn sky. It's a good time to observe Saturn since it will be visible throughout the night, although it is low on the horizon, and therefore vulnerable to the shaky atmosphere. Well worth taking out binoculars and sweeping the Milky Way, which is always a treat, and look out for the 'Summer triangle', comprising Altair, Deneb and Vega.



The recent imaging of a black hole has once again brought these strange objects into prominence. They were forecast to exist for a long time, but even Einstein, who calculated that they should exist, felt that Nature could not possibly allow such a strange object!

A black hole is a place in space where gravity is so strong that even light cannot get out. The gravity is so strong because matter has been squeezed into a tiny space. This can happen when a star is dying. Because no light can get out, people can't see black holes. They are invisible. Space telescopes with special tools can help find black holes. The special tools can see how stars that are very close to black holes act differently from other stars.

Black holes can be big or small. Scientists think the smallest black holes are as small as just one atom. These black holes are very tiny but have the mass of a large mountain. Another kind of black hole is called 'stellar'. Its mass can be up to 20 times more than the mass of the sun. There may be many, many stellar mass black holes in Earth's galaxy. The largest black holes are called 'supermassive'. These black holes have masses that are more than 1 million suns together. Scientists have found proof that every large galaxy contains a supermassive black hole at its centre. The supermassive black hole at the centre of the Milky Way galaxy is called Sagittarius A\*. (Continued on p. 31.)



Instal I ation, servicing, Repairs, surveys Gas safety certificates, Energy efficiency Upgrades Oil, gas & renewabl es





#### 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 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



Email | info@peakperformance-gym.com Website | www.peakperformance-gym.com

### Our Night Sky in August, continued

It has a mass equal to about 4 million suns.

Stellar black holes are made when the centre of a very big star falls in upon itself, or collapses. When this happens, it causes a supernova. A supernova is an exploding star that blasts part of the star into space; the rest collapses into either a neutron star or a black hole, depending on how massive the remnants are.

A black hole cannot be seen because strong gravity pulls all of the light into the middle of the black hole. But scientists can see how the strong gravity affects the stars and gas around it; if they are orbiting a black hole, scientists can calculate the size of it from the speed of the orbiting stars. This was how the size of our galaxy's black hole was calculated.

Another way of observing black holes is when a black hole and a star are close together: the black hole attracts material from the star which circles round it at an ever increasing speed, and this disc of material becomes so hot that it emits x-rays, which can be observed by satellites equipped with x-ray detectors.

Should we be afraid that Earth could be sucked into a wandering black hole? I do not think so, but I will not be around for you to send angry emails to me if it is, and emails will not exist either! Pleasant dreams!

Bill Turnill

# **BUDE CONCERT ORCHESTRA with BASSLINE** Conductor: Barry Carrington Moule Last Night of The Proms

Saturday 24 September

Parkhouse Centre, Bude, at 7.30pm All the Proms favourites including Light Cavalry and H.M.S. Pinafore Overtures, Flute and Clog Dances, Jerusalem, Rule Britannia, Sailors' Hornpipe, Land of Hope and Glory, and a few surprises from **Bassline** 

£8.00 on the door, children free v Light refreshments www.budeorchestra.com

**Personal Property Services** 

Ocean Breeze

LAUNDRY LTD

A HIGH QUALITY LINEN SERVICE BY A COMPANY WITH A PASSION FOR LINEN

Property management services offering 1st class housekeeping and maintenance services

Contact us today info@oceanbreezeltd.co.uk 01288 255876 | 07979 902248

OceanBreeze Laundry Ltd, Units 4/5 Bude, Stratton Industrial Estate EX23 8LY

### The Commotion Times - Coming Soon!

Have a look at the background in the picture below. Look familiar? It's the Gildhouse, playing host to living history group the Commotion Times a few years ago, when they turned the clock back 470 years, bringing the mid-Tudor period to life through an extraordinary range of military and civilian displays and activities. And this summer they're back!

The setting is the summer of 1549, when, enraged by the imposition of the new Book of Common Prayer – *in English* rather than the much-loved and familiar Latin of traditional services – and a series of abuses of their traditional way of life, the people of Devon and Cornwall rose in open rebellion against the king. After several battles and an unsuccessful siege of Exeter the rebellion ended in defeat, with Simon Morton, the vicar of Poundstock, one of leaders, hanged at Stratton.

If you drop in during the weekend of 3 and 4 September you can do a little time-travelling. Meet the sixteenth-century men and women of the village as they try to go about their daily lives in a time of uprising and turmoil. The men will be practising their archery with the mighty English long bow and checking that their armour still fits; their families will be trying to make sure the menfolk have everything they need for the trials ahead. Find out what it meant to live in quiet, out-of-the-way Cornwall nearly 500 years ago.

This is a rare opportunity to see the Gildhouse as it once was and to experience the Tudor life of ordinary Cornish people. More information from 01288 361525 or 01566 781559 or the Gildhouse website.



Contact us at poundstockpacket@gmail.com



## **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: Fare Dodge Disaster

I suppose that at some stage in their lives, most of the population have engaged in fare dodging. Sometimes it is very deliberate, and other times it is the result of poor service from the public service provider.

My attention was caught recently with the case of a newly qualified solicitor. She admitted fare evasion in her journeys to the office. Once the rail company had calculated what the total amount of fare dodging amounted to, she self-reported herself to the Solicitors Regulation Authority after a settlement had been made with the rail company. She was then dismissed by her firm. She expressed 'deep remorse' for her actions. She said she would usually do the right thing in both her personal and professional life.

The Solicitors Regulation Authority calculated that she had failed to pay for 82 per cent of her journeys to and from work, and she did not dispute the calculation. She said she had some financial hardship but she was in fact able to afford to pay the fares, but chose not to do so.

The Solicitors Disciplinary Tribunal took the matter up, and found that she had breached two principles of its ethics guidance. One is that she should have acted with integrity. The other is that she should have behaved in a way that maintains the trust the public places in solicitors and in the provision of legal services. The tribunal found that she had acted dishonestly. She had continued to commit misconduct over a period of time. She stopped only when an inspector caught her. It was held that she knew or ought reasonably to have known that her actions were in breach of her obligations to protect the public and the reputation of the legal profession.

In mitigation she said that there had been no previous disciplinary matters concerning her. She said she had relative inexperience as a solicitor. She said she had self-reported the matter to the Regulator. The tribunal accepted the mitigating factors, but held that the misconduct only ceased once she was caught.

Her case shows what serious consequences there are if there is a breach of the Solicitors Regulation Authority's Principles. It highlights the overarching high levels of ethical behaviour expected by solicitors, even in their private life. For the sake of defrauding the rail company by £650, she has sacrificed her career, and has also had to pay costs of just over £3,000. She was sacked from her job.

Rest assured, I always make sure that I pay for my ticket whenever I use public transport! John Busby



### 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.com



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

Present: Cllrs Robert Gavin (Chair), Tom O'Sullivan, Stephen Blake, Brian Furse, Eric Harris, Steve Haynes, Gemma Watton (Vice-Chair) and the Clerk present. Public Present: 10. Apologies: Cllr Max Faulkner. Members of the public spoke on planning matters.

Update planning matters relating to Treskinnick Cross site - resolved to write to Cornwall Council to say the Parish Council will engage constructively with any offer to transfer land at Treskinnick Cross to the Poundstock community. The offer must be in writing and accompanied by credible details and a reasonable timetable, by 1 September 2022. Planning applications: PA21/11233, application for a new dwelling house and garage at Plot 4 (details following outline consent PA21/03047 of 27 July 2021), The Cottage, Leverlake Road, Widemouth Bay EX23 0AF; resolved to maintain the original objection and make no further comments. PA21/12286, application for approval of reserved matters (following outline approval PA21/03047 of 27 July 2021), three dwellings (Plots 1-3), The Cottage, Leverlake Road, Widemouth Bay EX23 0AF; resolved to maintain the original objection and make no further comments. PA22/05504, outline application for the erection of a dwelling with all matters reserved other than access, following demolition of the existing annex building, land north of Swelle Cottages, Poundstock; resolved to object because: the application site is outside the established and definable limits of any settlement, and does not represent infill or rounding off as defined in Policy 3 of the CLP; the proposed building is not previously developed land; the proposal would represent a residential unit of accommodation in the countryside where no special justification has been satisfactorily demonstrated; by reason of its location, not adjacent to any defined settlement, the application site is not considered to be sustainably located and would not accord with Policy 21 of the CLP; no special justification has been adequately demonstrated to outweigh the harm of this proposal to the character of the open countryside; the three planning applications mentioned by the applicant are all applications for dwellings within the development boundary of Bangors which is classed as a settlement and as such do not set a precedent for development in this case; the development ;is therefore contrary to Policies 1, 2, 3 and 21 of the CLP; the Parish Council has referred to PA20/00228 in reaching its conclusion to object.

**Finance**: (d) Resolved to accept the quote of £295 to remove fallen tree, prune overhanging branches and clear the area surrounding the enclosed grave in the closed churchyard. (Continued on p. 39)



Your friendly local plumber...

### All aspects of plumbing and heating undertaken

Email: plumbheatrenew@gmail.com Phone: 07947354954/01840 230558

### 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!



#### Excerpts from Parish Council Minutes, continued

Agenda items: (d) Reopening negotiations with the Methodist Circuit about purchasing the Methodist Hall: following lengthy discussion it was resolved to write to the Methodist Circuit to inform them the Parish Council is interested in engaging with them re a possible sale/purchase of Bangors Hall. As a precondition Poundstock Parish Council expects an acknowledgment on the part of the Methodist Circuit of the financial contributions of Poundstock parishioners to the original costs of establishing the site as a community facility and for credible recognition of this in any sale/purchase price.. Crematorium Working Group: The Crematorium Working Group is currently working on public engagement using public notices, signs and a website at a cost of up to £1,000.00. Resolved to make an additional comment on the planning portal that the Parish Council has further considered this application and in addition to all previous comments submitted wishes to raise concerns that due consideration is not being given to the issue of toxic emissions that would be caused by the crematorium, a concern raised by numerous parishioners. The Parish Council takes the view that this is in contravention of Policy 16 (Health and Wellbeing) of the Cornwall Local Plan. It is the Parish Council's understanding that the application is based on government guidance that is 10 years out of date. Recent research has shown that radiation is an issue and since the 2012 quidelines were published concern has been raised regarding the burning of MDF coffins. The applicant for the crematorium acknowledges that it would result in emissions into the air which have the potential to impact on local air quality in terms of both human and ecological receptors. The applicant has not, in the Parish Council's view, appropriately considered how far the toxins will travel because of wind speed. Wind speed in the area is far higher than the national average. As such government guidance on distances from crematoria to residences is inappropriate in this situation. Given the prevailing wind the toxic emissions have a greater opportunity to land on residential areas, such as Widemouth Bay, Marhamchurch and denser populated areas such as Bude. The Parish Council also forms the view that Cornwall Council have a duty to consider climate change when considering developments to ensure sustainability. It needs to be a sustainable location that has a greater need and catchment area. In addition to all other reasons for strongly objecting to this application the Parish Council objects based on the application being contrary to Policy 16 of the CLP and lack of consideration of climate change and sustainability. Meeting closed: 21.52.





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



Beautiful bespoke Cornish sea glass art & jewellery

The Workshop Collective, The Strand Shopping Arcade, Bude.

#### BOOK A SEA GLASS WORKSHOP!

Are you looking for a beach experience that's memorable and creative?

Join Sarah for a 2.5hr private guided beachcombing session in Widemouth Bay, where you'll learn how and where to find sea glass, discover the different varieties of sea glass and its fascinating history, then use your beach treasures and discover your inner artist, as you create a piece of sea glass art to take home with you.

#### WWW.BLACKROCKDESIGNS.BIZ

### Excerpts from Minutes of the Meeting of the Community Hall Committee, 12 July 2022

**Voting members present**: Cllrs Tom O'Sullivan, Stephen Blake, Eric Harris, Steve Haynes, Max Faulkner. Committee Administrator: L Pluess (Parish Clerk). .No public present.

**Registering a Poundstock Community Hall with the Charity Commission**: Following lengthy discussions Cllr Steve Haynes proposed an amendment to the motion whereby it was resolved to recommend to the full Council to be prepared in future to register a Poundstock Community Hall with the Charity Commission.

**Update on community engagement**: Leaflets have been ordered and will be circulated throughout August with completion anticipated by the end of August. **Update on engagement with Methodist Circuit**: Noted that a response had been received from the Superintendant Minister of Bude & Holsworthy Circuit acknowledging receipt of correspondence from the Council and warning that a response may take some time.

#### Items for the next agenda:

a) Valuation of the old Parish Hall.

b) Cost of asbestos removal.

c) Cost of demolition.

Dates for Community Hall Committee Meetings for the municipal year:

6 September 2022; 1 October 2022; 8 November 2022; 10 January 2023;

7 February 2023; 14 March 2023; 11 April 2023.

The meeting closed at 20:50.



POUNDSTOCK PARISH NEIGHBOURHOOD DEVELOPMENT PLAN

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	
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 selfesteem Insomnia Stopping smoking Phobias Pain management And much more...

For more information, contact Debbie: 07774061411

debroutly@gmail.com

debbieroutlyhypnotherapy.com

### WIDEMOUTH MANOR



EAT . DRINK . STAY 01288 361207 THEWIDEMOUTHMANOR.CO.UK RESTAURANT & BAR, SUNDAY CARVERY, WEDDING VENUE, DOG FRIEDNLY, GUEST ROOM



# **CORNISH COASTS**

#### CAFE

LOCAL SHOP SELLING QUALITY LOCAL PRODUCE

#### GIFT SHOP

CAMPING SHOP HOLIDAY ACCOMMODATION



TAKEAWAY FRIDAY & SATURDAY EVES DURING SCHOOL HOLIDAYS

### **HOW TO FIND US!**

MIDDLE PENLEAN. POUNDSTOCK EX23 DEE LOCATED ON A39, JUST PAST REBEL CINEMA. IN LAYBY, ON MAIN ROAD. CORNISH COASTS CAMPSITE OPEN TO ALL SHOP OPEN 8AM-7PM DURING SUMMER SCHOOL HOLIDAYS

### E 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 & AY 01288 350041 · info@budeeyecentre.co.uk · budeeyecentre.co.uk