

#### THE

# POUNDSTOCK PACKET



KERNOW BYS VYKEN!



Congratulations to King Charles III on his coronation!

Distributed free to every household in Poundstock parish £0.75 to non residents

# **HELP NEEDED**

The Poundstock Packet is on the lookout for new committee members and also are happy provide work experience for aspiring young people.

If you have any of the skills below (or are willing to learn on the job), we would love to hear from you.

> Please drop us an email at poundstockpacket@gmail.com



#### PAYING THE BILLS

The Packet runs on the goodwill and dedication of volunteers. We've never been interested in making a profit – all we ask is enough income to pay the printing bill. That's why our advertising rates are so low.

There are times, though, when there isn't quite enough to pay the printing bill, and now is one of those times. For understandable reasons, several of our faithful advertisers can no longer continue, while the printing bill has gone up just like everything else. So what to do?

There are two ways our readers can help. If you contact one of our advertisers, be sure to tell them you saw their ad in the Packet. And come and support us at our cream tea fundraiser in the Gildhouse on Sunday 30 July. See you there!

#### 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.

#### The deadline for our next edition is 18 July 2023.

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 and Distribution

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 over 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

## CRACKINGTON \* VILLAGE SHOP

A COMMUNITY BEHEFIT ENGISTY | RUN BY & FOR THE COMMUNITY



## MANAGER POSITION

25 hours per week, £11.50 per hour ...... £22,425 PRO RATA ......



#### PREVIOUS EXPERIENCE/KEY SKILLS REQUIRED

Retail/service experience at manager/supervisor level.

Strong organisational & people skills. Ability to empathetically lead staff & volunteers of varying ages & abilities.

Confidence with key basic I.T. & till systems.

APPLICATION FORM AT WEBSITE OR SHOP WWW.CRACKINGTONVILLAGESHOP.CO.UK

APPLY BY 2nd JUNE / INTERVIEWS 14th JUNE



BUDE T/ 01288 352282

CAMELFORD T/ 01840 214891

HOLSWORTHY T/ 01409 253000

FUNERAL SERVICE

MEMORIAL MASONRY OUR FAMILY CARING FOR YOUR FAMILY FOR OVER 50 YEARS

PRE PAYMENT FUNERAL PLANS

W/ AWBRYANT CO.UK E/ CARING@AWBRYANT.CO.UK



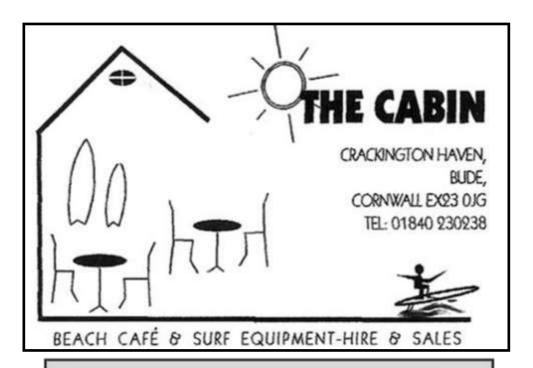
## Coronation big breakfast

It all started with Gin and one question, how can we bring the Community together to celebrate the once in a lifetime Royal Celebration; the King's Coronation? Breakfast we thought, a lovely fry up with copious amounts of cups of tea would do our Charlie boy proud. There were other considerations, like Bank Holiday weather! It didn't let us down and poured with rain. Thankfully Vicky had kindly offered the use of Trelawny (again!) and her brilliant husband Steve to be chief pot washer. Thank you Steve!

It was a fantastic morning, the room filled with lots of chatter and laughter. It is always so wonderful to see so many friendly faces. We had a very good turn out and fifty nine breakfasts were enjoyed. Vicky and Nicky, catering pros, managed the kitchen and cooked up the most delicious feast. We had many compliments to pass on to the chefs. Seemingly endless amounts of tea and coffee were brewed and poured by Mary and Kerry. Rachel and Lynda did a sterling job of taking bookings and Lynda organised sittings before jetted off to sunnier shores. Much fun was had by all and we are delighted to announce that a whopping £374.00 was raised for the chosen charity The Cornwall Air Ambulance.

Thank you to everyone who joined in and thank you for your generous donations. What an amazing community we have. Thank you all those that helped with the promotion of the event and to those that volunteered on the day. A big thank you Steve and Vicky for hosting us all at their wonderful home.





# Tintagel Skip Hire Ltd Waste Management

Trebarwith Road, Delabole PL33 9DE

Tel: 01840 770449

- Skip Hire
- Waste Management
- Wheelie Bin Hire
- Waste Collection Service
- Cardboard Collection Service
- Recycling Centre

Email: admin@tintagelskiphire.co.uk

## Churches and services for June and july

As most will know, our rector and rural dean, Revd David Barnes, is retiring at the end of July. His final service is on Sunday 23 July at St Marwenne's, Marhamchurch, at 10.00 am, followed by a bring and share lunch in the Bray Institute. Everyone will be most welcome.

The post will be advertised promptly and the diocese have made it clear they are keen to fill all vacancies as quickly as possible, so we hope it won't be too long before we are welcoming our new rector. Meanwhile, we are grateful that Revd Mark James and Revd Rob Dickenson, with the help of worship leaders and laypeople, will be holding the fort during the transition.

#### <u>June</u>

4 HC, Bude 9.30; FS, WSM 10.00; EP, Marhamchurch 6 pm 7, 21 HC, WB 10.00

11 MP, Poundstock 9.30, followed by baptism of Fernley Cobbledick; HC, Marhamchurch 9.30, Whitstone 11.15; EP, WSM, 6 pm

14, 28 HC, Bude 10.00

18 HC, Bude 9.30 and WSM 11.15; MP, Marhamchurch 9.30

25 HC, Poundstock 9.30, Marhamchurch 9.30 and Bude 11.15; MP, Whitstone 9.30; MP, WSM 10.00

#### **July**

2 HC, Bude 9.30; FS, WSM 10.00; EP, Marhamchurch 6 pm 5, 19 HC, WB 10.00

9 MP, Poundstock 9.30; HC, Marhamchurch 9.30, Whitstone 11.15; EP, WSM 6 pm

12, 26 HC, Bude 10.00

16 HC, Bude 9.30 and WSM 11.15; MP, Marhamchurch 9.30

23 United service to say goodbye to Revd David, Marhamchurch 10.00, followed by bring and share lunch in the Bray

30 United service, place tbc 10.00

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. If you're not a churchgoer or can't make the service but would like a bit of company, you'll be more than welcome.

## R & N FUELS

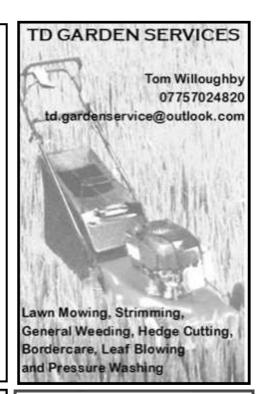
(Nicholls Bros)

#### **COAL MERCHANTS**

DON'T BE LEFT IN THE COLD!

LOCAL DELIVERIES, ALL
SOLID FUELS
COMPETITIVE PRICES

01840 230111 (Colin) 01840 250568 (Roger)



#### 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



'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

## Gone fishing

Many Aussies call Kookaburra the 'Laughing Jackass', which is not very polite considering it is a first cousin of our Kingfisher.





Kingfisher (Photo Stefan Machler)

Kookaburra (photo from Unsplash)

In my book, the loveliest bird in the world. When I was young, I promised myself that if I saw a kingfisher sitting, I wouldn't move until it moved. And thus I spent a good part of my teenage time with a sore bottom perched on a log.

I found a nest once. They make a tunnel in a vertical bank by flinging themselves headlong into the cliff face. Once they have excavated a foothold, they dig and dig for about a yard. Then they hollow out a chamber for egg laying. Feeding is strictly in rotation, so all babies have an equal chance of survival. The nest chamber honks of rotten fish after the babies have flown. The grown-ups do at least two – maybe three – new nests each year.

The Latin name *Alcedo Atthis* translates thus: *Alcedo* = Kingfisher; *Atthis* was a young lady in Greek mythology, a favourite of the poetess Sappho.

The name Alcedo comes from Halcyon. For some unknown reason, Halcyon displeased the gods, and was turned into a kingfisher. The gods condemned her to lay her eggs on a nest of fishbones on the sea. The gods were kind enough to grant her fourteen days of peaceful calm weather for her brood – Halcyon days.

But the weather is not always kind. In nasty winter weather with brown rivers, kingfishers sensibly move to the coast. There they can see into shallows and find their dinner. Fish and chips down on the pier.

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



Follow us







Pottery Painting workshops

Throwing lessons

Clay Craft Classes

Hand made items for sale

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









### FROM SQUADRONS TO SATELLITES

origins, to



'From Squadrons to Satellites' is an exciting new exhibition, curated in conjunction with GCHQ Bude and PK Porthcurno. It will tell the story of the GCHQ site near Morwenstow, from its

becoming RAF base, Cleave Camp and later GCHQ as we know it today. The exhibition is based on 'Watcher of the Skies' originally at PK Porthcurno, the Museum of Global Communications.





The area known as 'Cleave' stands high on the edge of cliffs at Sharpnose Point. During the 13<sup>th</sup> Century, a manor house stood on the site, and the land was continually inhabited until it was bought by the Ministry of Defence in 1939. 'Cleave Camp', as it became known, was actively used by the RAF throughout the war. The exhibition will feature the stories of some of the people who were based there, such as Bill Young, with some of his personal artefacts on display.

In 1969, work began to build the Composite Signals Organisation, known as CSO Morwenstow. The site would officially open in 1974, and next year will celebrate its 50<sup>th</sup> anniversary.



[Cont'd on p.13]

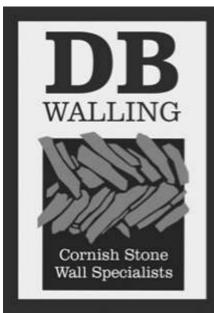
#### **Bude One-Stop Shop**

For those of you not aware, all the One-Stop shops have been closed throughout the county. Bude library say they will do all they can to help anyone with queries, including letting people use library rooms and phones to contact the council

#### MARHAMCHURCH WI

#### Upcoming events:

13th June 2023	Clovelly Soap. Speaker: Member of Clovelly Soap team
11th July 2023	Day in the Police Force. Speaker: Steve South



- 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

## FROM SQUADRONS TO SATELLITES CONT'D

In 2001, the site was renamed GCHQ Bude and is one of a number of GCHQ's operational locations across the UK including the main headquarters at Cheltenham and also Scarborough, Manchester and London.



From Squadrons to Satellites will include information on the history of GCHQ itself, from its beginnings in 1919 as the Government Code & Cypher School. The exhibition will reveal what it is like to work at the GCHQ Bude site, and the challenges

of maintaining the satellites in extreme weather, such as heavy snow and high winds. Although most of the work carried out at GCHQ remains classified, the exhibition will also shed light on some of the ways in which the organisation supports the community, such as working with schools and community groups and raising money for charity.

Another addition to the exhibition will be the remarkable story of Geoffrey Perry, a physics teacher from Kettering, who retired to Bude during the 1980's. It will tell the fascinating history of how he and fellow students were able to track Russian satellites during the 1960's, using only short – wave radio equipment.

The exhibition will open from 16<sup>th</sup> July, at The Castle Heritage Centre, Bude.







## 2023 Gil dhouse programme

The Gildhouse regular Wednesday opening began on 12 April. As always, the building will be open from 10 to 4, with friendly volunteers on hand to welcome you, answer any questions and make you a cup of tea or coffee. There's no charge but donations are always welcome. The Gildhouse will be open every Wednesday up to and including 25 October. More information and contact details are on the Gildhouse website: poundstockgildhouse.co.uk

We have a great programme of events and talks coming up. Do support us and put these dates in your diary:

14 <sup>th</sup> June	7.30pm	Mrs.Toni JH Martin MBE talk: Life in the Army a female perspective		
9 <sup>th</sup> July	7.30pm	Concert in the Parish church with the Stowford Meadow singers with supper to follow. In aid of the parish church and Gildhouse		
19 <sup>th</sup> July	7.30pm	Paul Randell Talk: Wild Life on Bodmin Moor		
13 <sup>th</sup> Aug	2.00pm	Cream Tea 2pm to 4pm		
26 <sup>th</sup> , 27 <sup>th</sup> , 28 <sup>th</sup> Aug		Ed Fox here again with a Tudor Re-enactment fun for all		
13 <sup>th</sup> Sept	7.30pm	Katrina Werren Talk: Herbal Medicines, back to our Roots		
11 <sup>th</sup> Oct	7.30pm	Friends Evening		
28 <sup>th</sup> & 29 <sup>th</sup> Oct		Pumpkin festival and craft fair		

The talks cost £2.50 which includes tea and biscuits. Everyone is really welcome.

#### BLUE FLAG AWARD & SEASIDE AWARD 2023

Widemouth Bay has again received the two highest accolades in beach care, facilities and bathing water quality, making it one of the top beach destinations in the UK. The iconic Blue Flags are an international quality mark for beaches and there to reassure visitors and locals alike that Cornwall's key areas are clean, safe and recommended for boosting tourism, business and helping inspire return visits.

Blue Flags and Seaside Awards are only awarded to coastal destinations that boast the highest qualities of water, facilities, safety, keep clean programmes, environmental education and management.

A big thank you all members of the Widemouth Task Force with your daily upkeep of our village and beaches and also to..

RNLI BDMLR rescue team

Poundstock Parish Council Biffa

Keep Britain Tidy Bude Marine Group

..for helping to successfully fulfil the strict criteria required for both awards. Thank you also to the fantastic and supportive local Widemouth businesses below, some of our sponsors for this year:

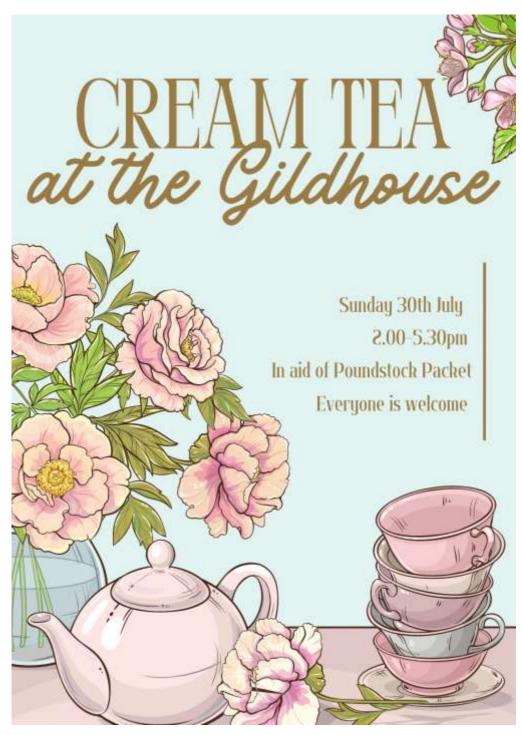
OA Surf Club	01288 362900	Black Rock Cafe	01288 361563
Atlantic Pursuits	07974 718145	Trelawny surf hire	07450 631087
Freewave	07870 472448	Bay View Inn	01288 361273
Rueben Ash Surf School	07549 527500	Widemouth Manor	01288 361207
Widemouth Bay Surf School	07512 232505	Widemouth Cafe	01288 361927
Ocean Soul Sauna	07443 794268	Sand Parks Campsite	@Pitchup.com
Beach House Shop	01288 361261	Beach House/ Break Bar	01288 361256

Widemouth successfully receiving the prestigious Blue Flag award and The Seaside Award is something we are all extremely proud of and it couldn't be achieved without the hard work of the WTF volunteers, Widemouth residents and the backing of local businesses.

I'd like to thank you all for the support and everyone else involved in helping to keep Widemouth a special place and somewhere we can all enjoy.

LOVING WHERE WE LIVE!

Ado Shorland Widemouth Task Force





#### All plumbing work undertaken

- Solar and thermal systems
- Oil boiler services
- Air source heat pumps

- Bathroom repairs and renovations
- New builds



- plumbersontapf@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 VINYI S **ROLL-ENDS FACTORY CLEARANCE** MANY AT HALF-PRICE OR LESS



## Denise wellington FUNERAL SERVICES

## COMPASSIONATE, CARING, TRUSTED & PROFESSIONAL

Memorials | Pre-Paid Funeral Plans

24 Hour Contact 01288 359277







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

## Local Contacts

NHS non-emergency helpline Coronavirus test and trace hotline Stratton Hospital Minor Injuries Unit (Hours vary according to staff availability) Doctors' surgeries: Neetside Stratton		Please phone be	01288 270580 01288 352133
MP: Scott Mann Parish council chair: Ste Parish clerk: Lynn Plues Cornwall Councillor: Nic Cornwall Council Bude Library Library renewal line Recycling centre/tip (Tis	ss ky Chopak		01840 250209 01208 74337 (see p. 24) 0776 8100 560 0781 030 2061 0300 1234 100 0300 1234 111 0845 607 6119 0845 630 0300
Samaritans National Childline Police – non-emergency Farming Community Ne Bude Food Bank Citizens Advice (Phone advice line, ope CCS helpline/Age UK C Floodline Western Power (power	twork rates 10–4, Mond ornwall	ay–Friday)	116 123 0800 1111 101 0845 367 9990 01288 448748 03 444 111 444 01872 266383 0845 988 1188 0800 678 3105
PCC Secretary, Pounds Jacobstow WI: Mrs J. B Marhamchurch WI: Mrs Poundstock Skittles: Pa Poundstock Ringers Juliotter Garden Club Rebel Cinema	aker P. Hazeldine	01566 781559 o	079040 88779 01840 239829 01288 682193 01288 361570 079040 88779 r 01840 261237 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 (all day, every day). A wide choice of books can be borrowed or bought, with all proceeds going to charity.

#### 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.

#### Launcel Is/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 Gil dhouse

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

## Diary Dates

#### JUNE

14 Gildhouse talk, 'Life in the Army'

#### JULY

- 9 Stowford Meadow Singers concert, St Winwaloe's Church and Poundstock Gildhouse, 7.30
- 19 Gildhouse talk, 'Wildlife on Bodmin Moor'
- 30 Cream tea in aid of the Poundstock Packet, Poundstock Gildhouse, 2.30 to 5pm

#### 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 August and September edition is 20 July.

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

## Defibril I ators 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

Chairman Stephen Blake stephen.blake@poundstock-pc.gov.uk

Vice-chair Steve Haynes steve.haynes@poundstock-pc.gov.uk

Councillors Michelle Carter michelle.carter@poundstock-pc.gov.uk

Max Faulkner max.faulkner@poundstock-pc.gov.uk
Eric Harris eric.harris@poundstock-pc.gov.uk

Pamela Idelson pamela.idelson@poundstock-pc.gov.uk Tom O'Sullivan tom.osullivan@poundstock-pc.gov.uk

Three vacancies. For details of how to apply to be co-opted to the Parish Council, please see the website or contact the Clerk

Parish clerk Lynn Pluess clerk@poundstock-pc.gov.uk

07768 100 560

The parish council website carries agendas, full minutes and other documents, as well as information about the Neighbourhood Development Plan and the parish cemetery. At present, council meetings take place at 7 pm on the last Thursday evening of each month at Poundstock Gildhouse.



### **Poundstock Neighbourhood Plan Committee**

Chairman: Matthew Blows Vice Chair: Brenda Alison Secretary: Lyn Smith

Members: Sara Beckett, Stephen Blake, Robbie Pearce, Barry

Rogers, Nicky Vereker, Phyllis Ward, Steve Haynes,

Rachel Roberts

Contact: email :ndp-sg@poundstock-pc.gov.uk or by post to:

St Marwenne, Combe Lane, Widemouth Bay, EX23 0AA

# theW

#### **Jacobstow WI**

In April we went to West Balsdon Farm at Whitstone for a long overdue visit to Cornish Farmhouse Bacon. It was well worth the wait as we enjoyed a walking tour of the facilities, suitably dressed in the most fetching blue protective clothing. We followed the route taken by

the pigs from field to plate and ended our visit with - of course - a Bacon Butty! We were impressed with the scale of the operation and that the processed meats are supplied to so many butchers, farmshops and catering outlets locally and across Cornwall and parts of Devon.

Each year in May, WIs discuss and vote upon the chosen Resolution prior to the national Annual Meeting. This year's Resolution is:



Clean rivers for people and wildlife - the proposal relies upon the same legislation that has improved water quality at coastal beaches, by seeking to promote applications for designated bathing sites on appropriate stretches of rivers. Legally, designated bathing waters must be regularly monitored for pollution and this is seen as a way to increase monitoring along our rivers. Water quality has received much media attention and publicity recently and is often in our local news. A 2022 Environmental Audit Committee Report recommended that water companies in England should designate a stretch of each river for bathing as a way to drive the clean-up of rivers and Surfers Against Sewage have set a goal for 200 inland bathing waters to be recognised. The Rivers Trust is also encouraging volunteers to help monitor water quality as part of their Citizen Science Project.

Looking ahead:

8<sup>th</sup> June - The Landscape and Wildlife of Bodmin Moor

1st July - Craft Day

13<sup>th</sup> July - Budeful Jewellery

If you would like to find out more, do come along to our next meeting or give Jill a call. You can be sure of a warm welcome.



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









FREE QUOTATIONS

T: 07557 872 662



## 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

## 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.

## Your friendly local plumber...



All aspects of plumbing and heating undertaken

Email: plumbheatrenew@gmail.com

Phone: 07947354954/01840 230558

## Our Night Sky in June and july

#### June 2023

Venus will be setting in the North West about midnight in the middle of the month, while Saturn will be rising in the East about 0200, followed by Jupiter about 0300.

Shining like a brilliant beacon amidst a sea of galaxies, Arp 220 lights up the night sky in the latest view from NASA's James Webb Space Telescope. Actually two spiral galaxies in the process of merging, Arp 220 glows brightest in infrared light, making it an ideal target for Webb. It is an ultra-luminous infrared galaxy (ULIRG) with a luminosity of more than a trillion suns. In comparison, our Milky Way galaxy has a much more modest luminosity of about ten billion suns.

Located 250 million light-years away, It is the nearest ULIRG and the brightest of the three galactic mergers closest to Earth. The collision of the two spiral galaxies began about 700 million years ago. It sparked an enormous burst of star formation. About 200 huge star clusters reside in a packed, dusty region about 5,000 light-years across (about 5 percent of the Milky Way's diameter).

On the outskirts of this merger, Webb reveals faint tidal tails, or material drawn off the galaxies by gravity,. Organic material represented in reddish-orange appears in streams and filaments across Arp 220. The existence of organic material elsewhere in the Universe is always exciting, since life as we know it, requires organic material to form, as well as water.

The James Webb telescope has been extraordinarily successful since its launch, and I do urge you to view some of the outstanding images it has sent back, delving further back into the history of the Universe than any other telescope before it. We are so fortunate to live in such exciting astronomical and cosmological times.

#### **July 2023**

Venus and Mars will be setting at about 10 pm, while Saturn rises in the south east about midnight followed by Jupiter at about 0200 in the east. These two will be our companion bright planets throughout the coming nights, rising earlier each month.

[cont'd on p27]

# BUDE CONCERT ORCHESTRA CHAMBER ENSEMBLE

Conductor: Barry Carrington Moule

SATURDAY 17th JUNE 2023 ST. MARTIN'S CHURCH KILLERTON RD BUDE 7.30pm

Music by Albinoni, Beethoven, Binge,
Boyce, Bucalossi, Coates and Handel.
Light Refreshments
Comfortable tiered seating.
Great acoustics
£5 on the door



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



## Our Night Sky, continued

It started as an unremarkable flicker in the night sky. But closer observations revealed that astronomers had captured the largest cosmic explosion ever witnessed, an event thought to have been triggered by a giant cloud of gas being gobbled up by a supermassive black hole.

The flare-up, traced to 8bn light years away, is more than 10 times brighter than any known supernova and has so far lasted more than three years, making it the most energetic explosion on record. Scientists have estimated that it's a fireball 100 times the size of the solar system with a brightness about 2trillion times the Sun's. In three years, this event has released about 100 times as much energy as the Sun will in its 10bn-year lifetime.

Scientists believe that the explosion is the result of a vast cloud of gas, possibly thousands of times larger than our Sun, plunging into a super-massive black hole. The cloud of gas may have originated from the large dusty "doughnut" that typically surrounds black holes – although it is not clear what may have knocked it off course from its orbit and down the cosmic sinkhole.

This is not the brightest phenomenon ever witnessed. A brighter gamma-ray burst was spotted last year, but this event lasted only minutes. By contrast, the new event is still going strong, meaning the overall energy release is far greater.

What an extraordinary Universe we live in!

Bill Turnhill



Contact us at poundstockpacket@gmail.com



## YOUR MODERN INDEPENDENT

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 BAY 0288-350041 - Info@budeeyecentre.co.uk - budeeyecentre.co.uk



## STOWFORD MEADOW SINGERS

CONCERT IN AID OF POUNDSTOCK
PARISH CHURCH AND THE
GILDHOUSE

#### **SUNDAY 9TH JULY 2023**



AT ST WINWALOE'S CHURCH, 7.30PM

MR RICHARD HEARD WILL BE THE CHAIRMAN AND SUPPER TO FOLLOW 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

#### 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

#### Pilates Classes In North Cornwall

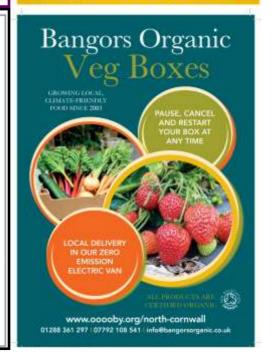
Week St Mary, Canworthy Water, Warbstow, Higher Crackington Launceston, Bodmin, St Kew

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



#### A FFW WORDS FROM CHRISTOPHER...

I promise this is the last word on the Coronation. I went to the Coronation of Queen Elizabeth II in Hyde Park in my pram. And now, some 70 years later, it rained as hard, but I didn't go to Hyde Park again. I did, however, join in the celebrations. Charles III, like Edward VII, has ascended the throne late in life. He will, nevertheless, preside over change. Let us fervently hope Poundstock does not change too much.

Christopher Asbury

#### MARHAMCHURCH FOOD Fair 2023

Marhamchurch Food Fair was held on Monday 1st May. Thankfully the weather was beautiful and an enjoyable time was had by all.

Many families attended and there was a grand variety of stalls, ranging from the Electric Bakery to Robbie's Mushroom Farm. A beautiful plant stall, Sue's Jam and Chutneys, cider to be tasted, as well as magnificent cheeses and honey, and of course pasties, to mention just a few of the wonderful stalls.

A live band was there to be listened to, while enjoying a pasty or sausage roll and in the Bray Institute was Jacky's Cakes, so many varieties and flavours to please everyone, and local ladies providing welcome cream teas.

In the Methodist Hall the Art Group produced a wonderful display, again something for everyone to look at and to buy.





Contact us at poundstockpacket@gmail.com

## 2nd bude (j acobstow) scout group

Our Beavers, Cubs & Scouts are enjoying the lighter, warmer evenings with a variety of different activities. The Beavers are busy growing vegetables, cooking on a campfire, nature walk & many more outdoor activities. The term will end with 'wide games'. The Cubs are busy doing athletics, fire lighting, naturalist work & cooking. The Scouts will be pioneering, raft building & testing of the rafts, beach visit & garden party. The Cubs & Scouts will finish the term with the annual slippery slide & river run.



On Sat 18<sup>th</sup> March 7 Scouts (+ 2 adults) took part in the annual 'Camel Run', a 12 mile walk & along the route were 9 checkpoints. At each checkpoint the team had to complete a challenge. The team completed the walk at 4am & managed a few hours sleep. After a day of building at the hut on Sat 22<sup>nd</sup> April it was transformed into a 'Bingo Hall' for a Bingo evening & a total of £737.50 was raised towards the new scout hut.

The weekend of Fri 28<sup>th</sup> April to Sun 30<sup>th</sup> April, 2 teams ('are we there yet' & 'wrong direction') took part in the Scout Coast 2 Coast challenge. A total of 13 Scouts & 3 adults completed the 34 mile walk over two days, camping at Nine Ashes, Bodmin. They started on Sat morning at Par beach to Nine Ashes & the following morning from Nine Ashes to Port Issac. Despite the hard going due to the wet conditions under foot ever scout completed the walk which is a super achievement.

On Sat 29<sup>th</sup> April the Beavers took part in the 'Beavers Challenge' down at Nine Ashes. Completing a 5 mile walk with different activities along the route. The Cubs now have a opportunity to take part in the 'Cub Challenge' in June. A 13 mile walk over 2 days with camping for one night. On the 1<sup>st</sup> week in July all 3 groups will be taking part in a sponsored bike ride, with money raised going



On Saturday 13<sup>th</sup> May, the main hall of the hut was finally completely cover in plaster board by our dedicated team. We still have some areas to plaster board in the entrance & this can then be skimmed. Once skimming is completed, we will then be painting, fitting the kitchen, doors & skirting boards. Our priority now is to raise funds for the electricity connection, fingers crossed by the winter months this will be completed.

Many thanks for everyone's continued support, Jill

#### 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



# QUINCEBOROUGH FARM SELF-CATERING COTTAGES

PAT & ALASTAIR ROWLAND WIDEMOUTH BAY BUDE CORNWALL EX23 0NA

01288 361236

WINTER LETS CAN BE ARRANGED ALSO STORAGE & WORKSHOPS

## 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

#### Excerpts from Parish Council minutes

#### Annual Parish Meeting held on 27 April 2023 at 6.30 in the Gildhouse

**Present:** Stephen Blake (chair), Michelle Carter, Max Faulkner, Eric Harris, Steve Haynes, Pamela Idelson, Tom O'Sullivan, the clerk. Apologies: Jeremy Petherick.

Chairman's report: We are now holding fortnightly Parish Council meetings and significant progress is being made with the new community centre. We've identified suitable sites and are applying for outline planning permission to see if they are viable. Architects are being briefed to produce a visual idea of what the centre could look like, with the possibility of grant funding being progressed. Negotiations are ongoing with Cornwall Council to purchase the public toilets in Widemouth Bay once several issues have been sorted out. Cornwall Council is being extremely fair and reasonable with all the issues that have been raised.

firm of planning consultants, to be used when greater support is needed. The Neighbourhood Development Plan is progressing very well and our thanks go to Matthew Blows and the Steering Group for the enormous amount of work that has been done. We are hoping to submit the final draft for approval, first to the parish and then to Cornwall Council.

For a better understanding of planning law and regulations we have engaged a

I believe the next year will be an exciting one with lots of news and developments and significant progress.

**Poundstock Ward Member's report:** Thank you to the Parish Councillors who do a sterling job, on a voluntary basis, in sometimes very difficult and stressful circumstances. And thank you to the community of Poundstock. There have been some difficult issues to deal with over the past year, specifically the Crematorium. We saw Council Tax rise by 4.99%, 2% of which goes on Adult Social Care, which still had to find £64m of savings this year. In the meantime, we have seen some Levelling Up money coming to Cornwall. The £206,000 we have been allocated will be distributed through the new Community Area Partnership; we are now teamed with Camelford, making a total of 24 parishes.

The long-awaited waste and recycling system is on its way, and we are asked to ensure all rubbish/recycling is out by 7.00am as rounds may be changing.

We are also looking forward to the 20mph scheme across the county, which may reduce the speed in our country lanes, so look out for this in the next 18 months. Housing has become a major issue for this area. Hopefully your parish's Neighbourhood Plan will ensure it will be more difficult to build new houses for holiday lets.

Meeting closed 18.51.

#### **EXCERPTS FROM PARISH COUNCIL MINUTES (CONT'D)**

#### Ordinary meeting of Poundstock Parish Council held on 27 April 2023

**Present:** Stephen Blake, Michelle Carter, Max Faulkner, Eric Harris, Steve Haynes, Pamela Idelson, Tom O'Sullivan, the clerk. Apologies: Jeremy Petherick

Planning matters: PA23/02306, land north of Pineapple House, proposed two custom build dwellings, no objection; PA22/10224, Samphire Cottage, Tregole EX23 0EH, alterations and extensions to existing property, to include replacement of existing shed and single storey extension, no objection; PA23/02630, land adjacent to the Old Vicarage, Vicarage Lane EX23 0AX, proposed new dwelling, no objection; PA23/02608, Widemouth Bay Caravan Park, siting of 56 holiday lodges (technically static caravans under the 1960 Caravans Act) and associated infrastructure, in place of permanently sited touring caravans, resolved to object on grounds of light pollution, mains sewage overload, loss of space for tourers, unsuitable access road.

**Widemouth Bay toilets:** resolved to accept the quote received for essential plumbing work.

**Old parish hall:** Following discussion, it was resolved not to commission an RICS survey but to proceed with the sale of the old parish hall and to appoint Nigel Kivell/NK Estate Agents.

**Clerk's report:** It was noted CIL monies received can be used for the provision of a new community centre.

**Community hall:** Resolved that Cllrs Tom O'Sullivan and Michelle Carter discuss the purchase of the land for the community hall with the landowners, subject to planning permission approval.

Meeting closed at 21.03.

The Parish Council also met on 11 May, when the agenda included deciding on the Chairman and Vice-Chairman of the Council and confirming the roles and names of Lead Councillors to the following portfolios: Finance and internal finance control; Planning; Community hall; Widemouth Bay toilets, car park and beach; Cemetery and closed churchyard; Emergency procedures and police advocate; Highways, transport and public rights of way. The following were also due to be decided: membership of the working party on Widemouth Bay toilets; the Neighbourhood Development Plan Steering Group; delegates to the Bude and Camelford Community Area Partnership, the Gildhouse Management Committee and the Poundstock Packet Liaison

The council also met on 25 May, Unfortunately no minutes from either meeting were available as the Packet went to print; they will be posted on the Parish Council website in due course.



## **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



## Jacobstow guiding news







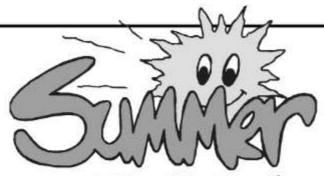
Sorry for the hiatus in guiding news, this was down to various reasons – mainly life taking over and a fight with technology over girl guiding's new branding (which I have eventually won!)

All sections have been busy since Christmas completing badges and generally having fun.

The guides have an exciting trip planned for February half term 2024, to visit Our Chalet in Switzerland. Our Chalet is one of 5 girl guiding world centres dotted around the world (London, Switzerland, Africa, Mexico and India). While there they will be doing adventurous winter activities including cross-country skiing, snow shoeing and sledging. They will also get the opportunity to meet with other girl guides from around the world who are also staying at the centre.

As you can imagine this will be an expensive trip to organise and take part in, therefore the unit along with the guides from Tregadillett who we will be joining with for the trip, will be completing a lot of fundraising in the coming months to help with costs. We have made a fantastic start with the Big Breakfast at the parish hall on Good Friday raising nearly £1000 and although at the time of writing the final total is yet to worked out, the sausage sizzle in the Sandpit at Crackington Haven with the band on Coronation day was very well attended so we expect to have done well there as well.

We have spaces in all 3 units – rainbows (aged from 4-7) brownies (aged 7-10) and guides (aged 10-14) so please do get in contact if you have a daughter who would like to join us. Louise the brownie leader, would also really love another adult who is willing to attend our weekly meetings to help her continue to provide all the fun that everyone has during brownies. Please contact her on 07817985661 or jacobstow-brownies@outlook.com if you would like to discuss this further.



## word search

UQEZJYLAVEXSTFL
NOITACAVLGACYQO
QXDCCTGTTGAKVPL
ZTFUPFSUNFLOWER
HOQQTACAOXADQHX
HEATCIIQLTQUCNY
BVBDQCNAEOHAVWF
FANPDECSMPEVLUS
GASKBCIFRBOPAWK
SNVEARPCECGOINO
FSISBELJTDFMLDG
UIOTWAKJAXMQEBF
AIYSAMLFWIVNAFG
ITACEOHLNGDBYVF
TFZCGKBGOVWNPYC

BEACH BASEBAIL ICE CREAM SWIMMING PICNIC VACATON SUNFLOWER WATERMELON SANDCASTIE HEAT BOATING POOL





## LOCALS CARD DEALS

## Use your locals card at Cornish Coasts Farmshop & Cafe to pick up a bargain!

JUNE & JULY 10% OFF LUNCHES (BOOKINGS ONLY)

Get 10% off lunch with friends and family throughout June and July when you book a table and state you will be using your locals card! Pick from anything on our main and light lunch menus (does not include drinks or desserts)



Not got your card yet?
Pick up in store when you are next passing

Cornish Coasts Farmshop & Cafe, Middle Penlean, Poundstock, EX23 0EE 01288 361 750 | admin@cornishcoasts.co.uk | www.cornishcoasts.co.uk



**Personal Property Services** 

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