

No. 135 - October / November 2025



THE POUNDSTOCK PACKET

KERNOW BYS VYKEN!



Distributed free to every household in Poundstock parish
£1.00 to non residents Produced every two months

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NOTES FROM THE EDITORS

Hello and welcome to our Autumn edition! There is a flyer inside your Packet—we're asking for your views and ideas about the future of the magazine to determine the way ahead for the future. Your thoughts are vitally important to us so please let us know what you think. Your flyers can be returned to the boxes at Cornish Coasts or The Beach House. Alternatively, send your answers by email to us at poundstockpacket@gmail.com

We're also excited to announce that we have a brand new website! It's still a work in progress, but we hope that it will compliment the written edition (not replace it, don't worry!). It gives us a way of letting you know news or articles that we don't have space for in the written edition.

We hope you like it! Go to www.poundstockpacket.co.uk and have a look.

Tania & Jayne

CONTRIBUTIONS

We always welcome input from our readers. If you want to send us an article, photographs or local information, contact us at poundstockpacket@gmail.com.

The absolute deadline for our next edition is 10th November 2025.

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.

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 Julie Pawley via advertpoundstockpacket@gmail.com. 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.

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GILDHOUSE PAST EVENTS

It has been a busy couple of months at the Gildhouse, with several events being held. A cream tea and open mic. night in August, and a curry night in September.

The open mic. night was an excellent evening, with a fair variety of entertainers. The bar was kept very busy! Make sure you join the next Pop-up Gildhouse Pub.

The curry night was a wonderful evening, with brilliant Indian cuisine and delicious desserts all set against atmospheric sitar / Indian music. The evening was well attended and a great time was had by all.



GILDHOUSE EVENTS – OCTOBER & NOVEMBER

St Winwaloe's Church

QUIZ EVENING

FRIDAY
10th October
starting at 7.30 pm
THE GILDHOUSE, POUNDSTOCK
(just off the A39 at Poundstock)

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Poundstock Church & Gildhouse

CRAFT FAIR & PUMPKIN FESTIVAL

OCTOBER 25TH AND 26TH
SATURDAY 10-5 AND SUNDAY 10.30-4



POTTERY, WOOD CARVINGS, JEWELLRY,
ART, HONEY, CHEESE, CAKES,
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PUMPKIN AND CREATIVE USE OF A PUMPKIN
(ADULT AND CHILD)
ENTRIES TO THE GILDHOUSE BY 11.00 SATURDAY

Come and join in the fun!

CHURCHES AND SERVICES FOR OCTOBER & NOVEMBER 2025

For the exact programme, please read the monthly “**Voices Together**” which has all the up to date details.

Poundstock - 2nd and 4th Sunday

Marhamchurch – 1st, 2nd, 3rd and 4th Sunday

Budehaven – 1st, 3rd and 4th Sunday

Week St Mary – 1st, 2nd, 3rd and 4th Sunday

Whitstone - 2nd and 4th Sunday

NB Remembrance Day on 11th November and Remembrance Services on 2nd Sunday of November.

When there is a 5th Sunday, a Benefice Service is held for everyone at a different church each time.

Every Wednesday there's a Zoom Morning Prayer at 8.30am.

A Holy Communion is held on alternate Wednesdays at Budehaven & Widemouth Bay.

Poundstock invite you to coffee at the Gildhouse after their service. Bude, Marhamchurch and Week St Mary also have refreshments after the service.

Methodist Churches

Week St Mary at 10.30am and 6.30pm

Bude Central at 10.30am and streamed on YouTube

Marhamchurch at 10.30am

Whitstone at 11.00am

St Peter's Roman Catholic

Services every Saturday 5.00pm and Wednesday 10.00am

Family Church meet at Jacobstow Village Hall - 1st, 3rd and 5th Sunday at 10.00am.

FROM THE RECTORY

There was a farmer who grew excellent quality corn. Every year he won the award for the best grown corn. One year, a newspaper reporter interviewed him and learned something interesting about how he grew it. The reporter discovered that the farmer shared his seed corn with his neighbours.

“How can you afford to share your best seed corn with your neighbours when they are entering corn in competition with yours each year?” the reporter asked.

“Why Sir,” said the farmer, “Didn't you know the wind picks up pollen from the ripening corn and swirls it from field to field. If my neighbours grow inferior corn cross pollination will steadily degrade the quality of my corn. If I am to grow good corn, I must help my neighbours grow good corn.”

So it is with our lives. Those who want to live good and meaningful lives must help enrich the lives of others. For the value of a life is measured by the lives it touches, and those who choose to be happy must help others find happiness. The welfare of each is bound up with the welfare of all.

The Bible puts it like this:

Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others. Philippians chapter 2 verses 4-5.

Reverend David Saunders

WIDEMOUTH RESIDENTS FETE

The Widemouth Residents Fete on August 2nd was well supported and popular. We managed to raise a grand total of £582.56, with £100 going to the church for their goodwill in letting us use the Summerhouse and garden, and the remainder to the Air Ambulance.

Special thanks should go to Judy Macdonald for letting us use the garden, and to the following: Richard Dawson who generously contributed all the proceeds from the card sales of his paintings. Thanks also to Rachel Roberts, Phyllis Ward, Jacqui Carroll, Lynda Bolding (our social media secretary), all the Fewings Family, Cheryl Lennox and everyone who gave donations and turned up on the day.

Leftover bric a brac was taken to the Sue Ryder shop, and that has already raised an additional £48.

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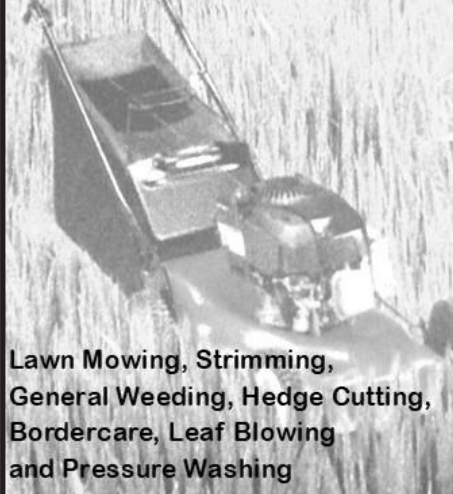
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ST GENNY'S HORTICULTURAL SHOW

On 25th July, the community gathered for a fun filled afternoon at the Legion Hall, showcasing 373 entries of local produce and talent. It was a great turn out, everyone enjoyed the sun, afternoon tea, treasure map hunt, putting, and skittles. The event being rounded off by the amazing sounds of the St Genny's Silver Band, awarding of prizes, and raffle!



Special thanks go to the judges, Mr T and Mrs M Carr (Vegetables and Fruit), Mrs Liz Hodgson (Flowers), Mrs P Mallet (Home Made Cookery), Mrs J Turner (Eggs and Dairy), Mrs A Gribble (Needlework), Mrs J Brown (Children's Classes) and Mr D Harris (Honey) for volunteering their time and expertise.

The show was opened and prizes presented by Mrs Jennifer Spettigue and compèred by Mr Richard Heard. Special prizes and cups were awarded to Kevin Johnson, for his vegetables, spring onions, flowers including his marigolds, gladioli and pot plant; Bridgit Hone, for novice who gained most points in the show; Kymn Anderson, for sausage rolls, scones and gaining most points in the cookery section; Cheryl Ward for best exhibit in the flower section; Ben Tilley in the children section for gaining most points in the show and needlework section; Hannah Tilley, for gaining most points in the children's section; Heather Smith, for gaining most points in the fruit section; Duncan Parnell, for the best exhibit in the vegetable section; Katie Farnell for most points for jams; Ben and Evie Tilley for under 16 years gaining most points in the cookery classes; Tony Stedham for French beans, and most points in eggs and diary section; Gregory Smith for artwork on paper; Celine Turner for handicraft; Andy Boothroyd for roses; Alan Comber for potatoes; Evie Tilley for best Cornish pasty; Simon Chandler for honey.



A huge thank you to all who volunteered on the day. A special thanks goes to Jennifer Cowling for all her years of hard work as the show secretary, a position now filled by Gina Oliver.

Images taken by A Boothroyd

If you would like to be involved next year keep an eye out for announcements in the Packet!

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NEWS IN BRIEF

Wishing Sue and Rob Dickenson a full recovery

Many of you will know Rob and Sue Dickenson, and their daughters Rebecca and Sarah. Rob has been Rector of the area (Jacobstow, Week St Mary, Poundstock, Widemouth etc) and is now Rural Dean.

Rob and Sue had been on a fantastic cruise, and on their journey back from Southampton were involved in a serious accident. Thankfully Rob only had a broken arm but Sue had major injuries and has had many operations in Southampton, and finally has been moved to a bed in Barnstaple Hospital. She is likely to remain in hospital for a few more weeks making twelve weeks in total, and then will need further rehab. Her daughters report that Sue is healing and whilst it is hugely uncomfortable and restrictive for her, she is having good days and bad days. We wish Sue and Rob all the best for their recovery.

CONGRATULATIONS to Marie in Vicarage Lane, whose plant sale, this year, has raised a magnificent £219.09 for Cornwall Air Ambulance.

Each year Marie raises a number of plants from seedlings and cuttings in her garden and puts them at the front of her drive for anyone to buy.

Friends and neighbours also donate plants for the sale. She asks for donations for the plants and for people to leave money in an honesty box.

Marie wishes to thank everyone who purchased plants and for their generous donations. She also wishes to thank everyone who gave plants to include in the sale.

"WE WILL REMEMBER THEM" POUNDSTOCK SERVICE OF REMEMBRANCE



**Sunday 9TH November
St Winwaloe's Church
Poundstock, 9.30 a.m.
Led by Rev. David Saunders
Tea and coffee in the Gildhouse
afterwards
EVERYBODY WELCOME**

DEVON ASSOCIATION OF SMALL HOLDERS

Since 1986, the Devon Association of Smallholders (DASH) has supported people nurturing small pockets of the countryside. While most members are in Devon, the network extends across the West Country and beyond. Members range from those with window boxes to small farms, from village plots with full services to remote off-grid holdings. Some live on their land, others commute, but all share a passion for smallholding.

Originally, DASH followed the “John Seymour lifestyle” of self-sufficiency, with regular regional meetings, a printed newsletter, and short courses. Today, with online resources such as YouTube readily available, DASH has adapted its approach while staying true to its core aims: community, networking, and learning. Although it's harder to gather people in person, face-to-face discussion remains central - often sparking valuable informal mentoring for newcomers.

Communication now centres on a monthly email newsletter, featuring member-written articles and special offers. Current benefits include a 50% discount on Dobies seeds and 20% off Nestera chicken coops made from recycled plastic. Members also enjoy farm walks, visits to wool mills, tanneries, cider orchards, dairies, and cheese producers. In winter, DASH runs monthly talks - many recorded for later viewing - and the annual Christmas meal provides a seasonal highlight.

Many activities are based around Holsworthy, making the group relevant to nearby residents, including those in Poundstock. While this isn't a strong recruitment drive, anyone curious about producing food, raising livestock, or developing smallholding skills will find a friendly welcome in DASH.

As the show season winds down and the familiar green gazebo is packed away, attention turns to winter talks. These are held at The Bickford Arms, Brandis Corner, on the second Wednesday of each month from October to March (excluding December), starting at 7:30pm. I'll happily sign you in as a guest - just check the programme online at devonsmallholders.co.uk/events and get in touch if this appeals.

The talks provide not only expert knowledge but also the chance to chat afterwards and connect with like-minded people. Whether you're collecting your first egg, wondering what else your plot could produce, or already managing a growing menagerie, DASH offers support, camaraderie, and practical advice.

Philip Saunders

Chair, Devon Association of Smallholders
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MY LIFE WITH ANIMALS BY JULIE PAWLEY



I have had a love of animals from an early age and dreamed of the time when I could have space for my own menagerie. I came across a herd of goats at the age of 7 on holiday in Guernsey. Then on regular caravan trips to Brean in Somerset I met a donkey called Mary and even tried to coax her into the caravan to take her home to Bristol.

I moved to Devon in 1999 with my daughter Kait, several cats and rabbits and lived for a year in

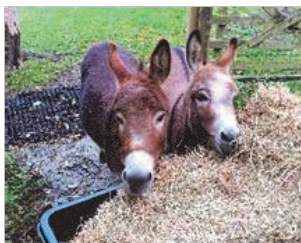
a small touring caravan while we converted a barn with enough land to start my own herd of Pygmy goats with two females, Trixie and Tabitha. We bred and showed across the southwest for 17 years with just a year's break due to the foot and mouth outbreak in 2001. Over the next ten years we acquired chickens, ducks and geese to add to an increasing family of animals.



On her tenth birthday, Kait got her dream animal, a collie cross puppy called Roly. She did Agility with him for many years and qualified for Crufts, but a spinal injury put a sad end to his training.

In 2009 I moved to Poundstock with 10 Pygmy goats, 2 cats and Roly having spent nearly a year building a stable and preparing a couple of small paddocks. The chickens, ducks and geese were rehomed as there was not enough space for all the animals.

It was not long however before things changed. A rescue hen, Speckle, was added to the family and lived happily with the goats for many years. She roosted at night with them, groomed them and on a couple of occasions joined them at shows. Truly free range, her eggs were wonderful and made brilliant yellow omelettes. She enjoyed making herself at home inside the house with Roly and the cats!



When Steve and I were able to buy some adjoining land, I decided I would like some donkeys and finally settled on a pair of Mediterranean Miniatures. So in 2020 Merlin and Ollie, as six month old foals, joined the family. Despite contrary advice, they integrated with the goats within a matter of a few days and happily share the grazing space. They are very mischievous and enjoy chasing the ducks and the goats as well as chewing anything wooden or rubber in sight.

Cont. on pg 17

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It's the Bumper Christmas edition of the Poundstock Packet next time!

If you have a Christmas event, story,
recipe or something you think might
interest our readers, get in touch!

Do you have a Poundstock winter /
Christmas photo you'd like to see on
the cover of the next edition?

Email poundstockpacket@gmail.com
and you could be in the next edition!

Please have all your contributions
with us by 10th November.

R J SARGENT & SON

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MY LIFE WITH ANIMALS - CONTINUED

Speckle the hen died of old age but then we were asked to rehome three elderly chickens who came complete with their own ark on wheels. When two of them died we bought two bantams, Salt and Pepper and a Black Rock hen, Henrietta, to keep Daisy company. Meanwhile we had rehomed a beautiful Silver Appleyard duck, Jemima, and then found two Runner ducks, Jay and Jumble, as companions. Sadly, Jemima went broody for weeks on end, decided to join the wild ducks from a nearby pond and then a year later disappeared.



The latest addition to the family is Willow, a Maine Coon cross Bengal who acts more like a dog than a cat – sitting for food on command and following at heel. She loves climbing, having scaled the 60 foot high Macrocarpa when only a small kitten and is an incorrigible hunter, preferring voles to cat food as diet of choice! Earlier this year she

made special friends with a young magpie who would follow her around the garden talking non-stop.

From the outset she showed no fear of the other animals and took great pleasure in teasing the donkeys by sitting on the gatepost to the paddock. A couple of times, she even jumped onto their backs which they seemed to take in good part.



Just as we thought that the menagerie was complete, some friends, who had bought kids from us ten years ago, decided to move upcountry and asked if we could rehome a couple of their goats: Mistie, who was born on our holding and her daughter, Aswen.



They soon made themselves at home with our three goats and showed no signs of missing their previous companions.

Caring for animals is a huge responsibility as well as a privilege. They all have their own quirks and personalities and have their own way of showing affection and loyalty. We hope to be their carers for many years to come.

Article by Julie Pawley



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(Hours vary according to staff availability. Please phone before attending.)	
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Boscastle	01840 250209
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Parish council chair: Stephen Blake	- stephen.blake@poundstock-pc.gov.uk
Parish clerk: Lynn Pluess	0776 8100 560
Cornwall Councillor: Nicky Chopak	0781 030 2061
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Police – non-emergency	101
Farming Community Network	0845 367 9990
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(Phone advice line, operates 10–4, Monday–Friday)	
CCS helpline/Age UK Cornwall	01872 266383
Floodline	0845 988 1188
National Grid (power cuts)	0800 678 3105
Poundstock Church (Barry Smith)	01288 361716
Marhamchurch WI: Shirley Youldon	01288 354672
Juliotter Garden Club	01566 781559
or 01840 261237	
Rebel Cinema	01288 361442

LOCAL ORGANISATIONS

LIBRARIES—Bude Library is currently open 10.00–5.00 Mondays, Wednesdays and Fridays, 10.00–1.00 Saturdays. Reserve books by phone (0300 1234 1111) or online at www.budelibrary.co.uk 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—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 main shop).

THE FOLLOWING ARE ACCURATE TO THE BEST OF OUR KNOWLEDGE, BUT CHECK BEFORE YOU GO (CONTACT DETAILS BELOW).

SCOUTS AND GUIDES

Cubs: Monday 6.30–8.00 pm (01288 352786)

Scouts: Tuesday 6.30–8.00 pm (07842 084971)

Beavers: Wednesday 5.30–6.30 pm (07855 001284)

Rainbows (Tuesday 17.45) and Guides (Monday 19.00): ring Mary on 01840 230006. Brownies (Monday 17.45): ring Louise on 07817 985661.

MARHAMCHURCH WI—Marhamchurch Methodist Hall, 7.30 pm, second Tuesday of the month

JULIOTTER GARDEN CLUB—Otterham and St Juliot Hall, 7.30 pm, fourth Tuesday of the month.

BUDE JAZZ CLUB—Live music and dancing Sundays 8.00pm Falcon Hotel. www.budejazzclub.co.uk 01288 361491.

BUDE BRIDGE CLUB—Tuesday and Friday evenings, Wednesday afternoons, in the Parkhouse Centre. Details from www.bridgewebs.com/Bude

POUNDSTOCK GILDHOUSE—You can hire the Gildhouse for events from meetings to parties and wedding. Call 07768 753699 or visit www.poundstockgildhouse.co.uk.

REGULAR EVENTS

WI Week St Mary 19.15 2nd Thursday Monthly

Camelford Garden Club 14.30-16.30 1st Wednesday Monthly Library

DIARY DATES

For events at the Poundstock Gildhouse, see page 5.

OCTOBER

- 4th An Evening with Simon Armitage, Parkhouse Centre, 8.00pm
- 5th Falcon Hotel Jazz Band - Neil Maya 8.00 -10.30pm
- 12th Ghosts, Hoaxes & Hauntings: A Cultural History of the Unseen. Ivor Potter Hall, Bude, 2.00—3.00pm
- 17th Legends of Motown, Parkhouse Centre, Bude 8.00pm
- 18th Stash Buster Sale, Bray Hall, Marhamchurch -11.00 -1.30pm
- 18th Harvest Festival and lunch, Marhamchurch, 11.30am. RSVP to attend (see Marhamchurch Facebook page for details)
- 19th Falcon Hotel Jazz Band - North Devon Joymakers 8.00 -10.30pm
- 20th Tree Themed Crafts, Bude Library, 10.00 -12.30pm
- 25th The Countrymen inc. pasty, Week St Mary Church 7.30pm
- 25th Lore & Piece (3-7yrs) The Castle, 11.00 -11.45am
- 25th Lore & Piece (8-13yrs) The Castle, 12.15 -1.00pm
- 25th Gig-Antics 2, 8 young bands, Parkhouse Centre, 7.00pm
- 26th Divertimento Music, Minstrel's Music Centre, Canworthy Water. 3.00pm
- 26th Life & Times of Dire Straits, Parkhouse Centre, 7.30pm
- 30th North Coast Comedy Club, Falcon Hotel, 8.00pm

NOVEMBER

- 1st Kids Crafting, The Castle, 11.00 -12.00pm
- 2nd Falcon Hotel Jazz Band - Dart Valley Stompers 8.00 -10.30pm
- 7 - 9th Boscastle Shanty Festival 2025
- 8th Food & Drinks Fayre, 11.00 - 3.00pm, The Castle
- 11th Remembrance Day, 11.00am
- 16th Falcon Hotel Jazz Band - Hot House Combo 8.00-10.30pm
- 22nd Week St Mary Church, Christmas Market, 5.00 - 8.00pm
- 22nd Emily Charlotte Writing Workshop, The Castle, 2.00 - 3.00pm
- 30th Falcon Hotel Jazz Band - John Baker's New Orleans Hot Shots 8.00 - 10.30pm

POUNDSTOCK PARISH COUNCIL

www.poundstock-pc.gov.uk

Chair Stephen Blake - stephen.blake@poundstock-pc.gov.uk
Vice-chair Michelle Carter - michelle.carter@poundstock-pc.gov.uk
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Cllr. Pamela Idelson - pamela.idelson@poundstock-pc.gov.uk
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Cllr. Liz White - liz.white@poundstock-pc.gov.uk
Cllr. John Worth - john.worth@poundstock-pc.gov.uk
Parish Clerk Lynn Pluess - clerk@poundstock-pc.gov.uk

Contact 07768 100560 Website: www.poundstock-pc.gov.uk

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

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 first and third Wednesday of each month at The Beach House, Widemouth.



Neighbourhood Development Plan Committee

Chairman Matthew Blows Contact: 07801 966945

Members: Sara Beckett, Rachael Roberts, Lyn Smith, Phyllis Ward
Cllrs. Stephen Blake and Michelle Carter.

Email: ndp-sg@poundstock-pc.gov.uk

Post: NDP, Trevoulter Barton, Poundstock, Bude, Cornwall EX23 0DH



Beavers, Cubs and Scouts are now back to meeting weekly after the summer holidays, all 3 groups having various and planned activities, all ending the term with the annual 'Christmas parties'.

9 Scouts from the group took part in the 'Kernow Jamboree' during the holidays. This was a week long camp at St Stithians show group, with groups from all over the country. Our 9 Scouts were part of the 1000 young

people enjoying an amazing week of different activities.

Camp was set up on day one, followed by an opening ceremony. Everyday was full of different activities from pasty making, climbing, archery, a day at 'Swanpool beach' completing coasteering and paddleboarding. A highlight for many was the 'Kernowpoly', this being a mix of monopoly and Cornwall. The Scouts travelled throughout Cornwall on public transport, visiting different places and collecting points. The whole week finished with a closing ceremony and a wonderful fireworks display. An amazing and unforgettable week for our 9 Scouts.



The Cubs enjoyed a day at the Jamboree doing a 'mini-Jamboree' for a day, the highlight was fire lighting and toasting marshmallows.

Wainhouse pub are once again hosting a 'harvest auction' for the group, this is on Sat 4th October at 8pm and everyone is so very welcome to join us.

All 3 groups will be taking part in the 'Remembrance Sunday' parade, at St Genny's church.

Monday 8th Dec we will be holding our annual 'Christmas fundraising evening' at the Scout hut – more details will follow.

We welcome new members:

Beavers – from age 6-8 years, Wednesday 5.30 – 6.30pm. Contact Josie Shepherd 07855 001284

Cubs – 8-11 years, Monday 6.30-8pm. Contact Daphne Dowling 01288 352786

Scouts – 11-14 years, Tuesday 6.30-8pm. Contact Robert Meldand 07842 084971 robert.medland1988@gmail.com

Thank you, Jill.

SPOTLIGHT ON ... KAREN PROBETS

Where were you born? Bromley, Kent

What is your connection to Poundstock? I live and work here. I moved here in 2009

What do you love about the local area? The views and the people

How are you involved with the Packet? I initially helped out with advertising as they needed help. I then temporarily helped with the editing. Jen resigned as Chairperson earlier this year and I took up the post

What is your background? Accounting (boring!)

What do you do now? I run the campsite, café & farmshop at Cornish Coasts

What are you normally doing on a Wednesday afternoon? Probably serving someone coffee!

What do you do to relax? I love a spa day when I get the chance

Any party tricks? I can lick my elbow. Give it a try!

Most memorable holiday? Hmmm, there are lots. I lived in Australia for nearly 4 years so that was good, but I think my most memorable was Malaysia. I was lucky enough to go to a friend's wedding and got to stay at her Grandparents home. It was a special experience

Favourite book? Is it bad if I say Harry Potter?!

Favourite film? Life is Beautiful (but in Italian with subtitles)

Favourite tv show? This is Us

Best concert and why? Take That – The Circus. It sounds cheesy but they put on a great show

Favourite local pub/cafe/restaurant? Cornish Coasts at Poundstock, obv!

What person has impacted your life and how? My Nan. She was so lovely.

Who do you look up to? My old boss. He was the best

Do you have a life motto? You can earn another pound, but you can't buy back time

If you could give someone one piece of advice, what would it be? Live life to the full and have no regrets



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VOLUNTEERS NEEDED

Speedwatch are still looking for volunteers to help them for an hour a week, speed testing cars at Widemouth Bay.

The team is made up of four persons, one to wear the camera and count traffic, one to clock any speeding cars, one to take the registration and one to confirm the car number plate.

If you're able to spare an hour a week, please contact Rachel at
r.roberts12@btinternet.com.

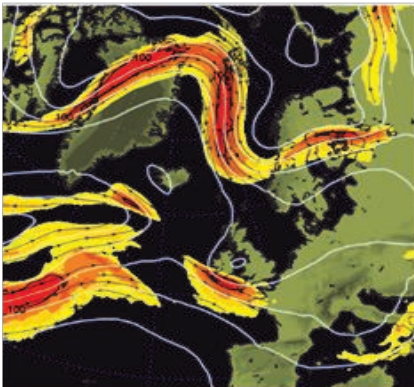
WEATHER WE LIKE IT OR NOT

What really causes weather? What stops it being nice and sunny every day?

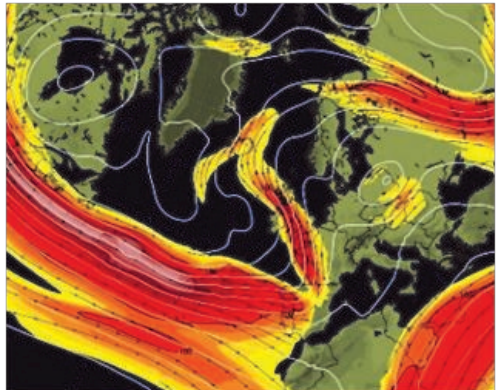
Three to five miles up in the sky where the air is thinner, the air moves fast, and it snakes like a river. Known as the jet stream, it is caused by cold air from the North Pole mixing with warm air from the tropics. This temperature difference results in a pressure difference, which drives air movement from high to low pressure to try and equalize conditions.

The Earth's rotation then deflects these winds, causing them to flow from west to east in a narrow, high-speed band. This atmospheric river influences the movement and strength of weather systems, leading to variations in weather patterns on the surface, including rainy or sunny conditions.

If the jet stream is way up North, we get dry and sunny weather. If it is over us, we get typical cloudy and rainy weather.



It was fine and calm on 21st May, and you can see the jet stream is way up North.



Contrast this with the map for 27th May. The jet stream has moved South and it was grey and raining all day.

Why is it called the 'jetstream'? It started in the Second World War when high-flying American pilots found their bombing raids on Japan were far too early or far too late. They put two and two together and got four.

Later, when jet aircraft flew high and fast, they could measure the strong winds blowing in what they called the jet stream. Nowadays, planes fly deliberately in the jet stream if they are coming East to take advantage of the winds, and adjust their altitude to avoid the jet stream if they are flying West.

Article submitted by Christopher Asbury



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BEN MAGUIRE MP

It's been another busy few weeks for me here in the constituency and back up in Westminster, and I want to start by marking this year's Back British Farming Day, which was a vital opportunity for me to champion the backbone of Cornwall's rural economy.

British farmers put food on our tables, steward the land, and support tens of thousands of jobs across Cornwall and the UK. It's time the Government finally backed them. That's why I wrote to the new Environment Secretary, calling for more parliamentary time to scrutinise DEFRA's work. This department covers everything from food security and farming policy to biodiversity and climate adaptation, and yet receives less time for 'oral questions' sessions than all others. I've now asked for that to change, so I can properly raise the concerns I hear day in and day out from North Cornwall's farming families.



At the same time, I also called for a fairer deal for farmers: scrapping the incredibly damaging Family Farm Tax, reinstating DEFRA support for Young Farmers' Clubs (which I know are very successful here in North Cornwall), and guaranteeing clear country-of-origin labelling so shoppers can buy British with confidence. Ministers must step up and stop neglecting rural Britain. Farmers and our rural communities deserve better, and I'll keep pushing for it.

Another issue raised frequently by constituents is the scandal of pollution in our rivers and seas. Just a few weeks ago I held a protest with residents at Northcott Mouth Beach near Bude, demanding action from South West Water for years of sewage dumping. Ofwat has since confirmed a £24 million fine for the company. I've now called on Ministers to ensure every single penny is spent cleaning up Cornwall's waterways, and not lost in Treasury spreadsheets to be spent elsewhere in the country. Our communities here in Cornwall deserve real investment in treatment works and urgent upgrades to stop sewage flooding into our natural environment.

Education and SEND support continue to be a priority for me, and I've now shared the new Education Committee inquiry looking into early years services, access to childcare, and SEND provision. It's of course an important issue, and one I've worked hard on since being elected as North Cornwall's MP - including holding my SEND Summit in Bodmin last autumn. If you're interested in getting involved, you can find the link to respond to the inquiry on my Facebook page: just search 'Ben Maguire MP'. The deadline is 10th October, so make sure to submit before then.

Cont. on page 33

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GARDENING THOUGHTS IN AUTUMN

Walking in the garden one warm evening this year, with the sky etched with pale pink clouds heralding the sunset, the words came into my mind: all good. The garden looked almost as if I'd once had a master plan. Friends say how clever I have been to make a garden out of a field, but I say: I did not do it all myself. However skilful a gardener you are, however well planned the plot, if you don't have the soil, or the conditions to suit the plants you buy, you will fail. But mostly it's because of the sun and the rain that we succeed or fail.

Here in Cornwall we were so lucky this summer – yes it was hot, we had to make a bit of a fuss over thirsty plants – especially baby seedlings – but it wasn't as intense as the heat they experienced in East Anglia or the Midlands where crops failed, the soil turned to dust and the grass was brown. Summer visitors often remarked how green and lush everything was down here in our gorgeous peninsula. We had such a lot of rain last autumn and winter, and so many gloriously sunny days this last summer, and it has been just right for some of the plants in my garden.

One of the wonders of the season were the hydrangeas. Hydrangeas are a fairly resilient plant anyway, so it made sense they had their time to shine this year. They will tolerate some shade, without being totally covered up from the sun. The colour of Blue Wave in partial shade was noticeably more intense than the same plant on the other side of the garden which gets much more sunlight.

Everything in the garden evidently loved the mild winter, the warm spring, the weeks of hot weather. After a shaky start when my runner bean seeds did not germinate - the garden club plant sale came to the rescue. I bought a tray of runner bean plants of an unknown variety and they have given me plate after plate of one of my favourite vegetables.

The sprouting broccoli have been generous, and the black kale could also have been a prize winner but for the cabbage white butterfly. Her offspring munched their way through the leaves and left only the indigestible stalks but luckily, they had a sturdy root system and within a few weeks their leaves were poking through.

September was a good month for apples and the stone fruit trees were laden down with plums and damsons. This year I made fruit cheese with the damsons – always such a treat with a soft cream cheese such as brie. It has been a season of plenty, and although the flowers in the border are beginning to fade, and October is the month for some general maintenance – bonfires and spreading all that compost we made in the spring – there comes a moment, like the memory of that summer evening, when your spirit sings, and your garden quietly encloses you in your own private envelope of pure sensual pleasure.



Written by Pat Thorne www.juliottergarden.club

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BEN MAGUIRE MP CONT.

I also took to the Commons chamber recently to raise the case of Launceston Primary School, where the developer went bust after failing to build the school in line with building regulations. The school had to be torn down and rebuilt, at huge cost to the taxpayer. There have also been countless housing developments - like the one in St. Mabyn, for example - that were left in shambles with no proper sewage or road infrastructure. That's why I asked the Solicitor General what the Serious Fraud Office is doing about cases like these, and urged her to consider new legal powers to stop developers dodging their responsibilities and leaving communities in the lurch.

To contact Ben or for further information, please see:

<https://members.parliament.uk/member/5350/contact>

REBEL CINEMA

How lucky are we to have our own cinema in the Parish? Even with large screen TV's and streaming channels such as Netflix at home, there is nothing like sharing the experience of watching a movie with friends and family at the cinema, with the obligatory popcorn, ice-cream and box of Maltesers!

The Rebel Cinema at Treskinnick Cross is privately owned and was first built with one screen in 1987. A second screen was added in 2014 and Screen One was refurbished in 2016. Both screens seat around 100 patrons, and have dedicated wheelchair places and loop induction system for the hard-of-hearing. Tickets can be booked on line at a cost of £7.90 for adults, and £5.90 for children and seniors.

Currently showing at the time of writing are Downton Abbey The Grand Finale; The Conjuring: Last Rites; The Roses and A Big Bold Beautiful Journey. If you are anything like me, watching the trailers before the film gets me excited about what's being released soon.

Future releases include two Sci-Fi movies – Tron: Ares and Predator Badlands. Wicked For Good which is the sequel to last year's Wicked, and Zootopia 2 which is a Walt Disney comedy animation. Truly something for everyone.

Address: Treskinnick Cross, Bude EX23 0DT

Phone: 01288 361442

Web: www.rebelcinema.co.uk

EXCERPTS FROM PARISH COUNCIL MINUTES

Poundstock Parish Council – Summary of Minutes July 2025

Ordinary Meeting 16 July 2025

New Hall

It was agreed to authorise consultants to produce various studies required as mandatory planning conditions at a cost of £3,690 +VAT.

At the extraordinary meeting on 30 July 2025, it was also agreed to continue the engagement with Laurence Associates as architects, and to approve deposit on account of £3,610 to solicitors dealing with the land purchase.

Widemouth Public Toilets

RNLI is working with the PC to find an acceptable solution to payment of utility bills.

Poundstock Gildhouse

It was agreed to award a grant of £500 to the Gildhouse.

Neighbourhood Development Plan

The document is being reviewed by a consultant and will be prepared for the 6 week consultation period.

Co-option of Parish Councillors

There are currently two casual vacancies. Contact the Parish Clerk for more information if you are interested in applying.

There were no meetings held in August.

This is a summary of Council meetings. For full details please see the Parish Council website poundstock-pc.gov.uk

PARISH COUNCIL VACANCIES

At present, there are two casual vacancies on the Poundstock Parish Council. Becoming a parish councillor is a rewarding way to support the parish, contribute to decisions that shape the local area, and work together for the benefit of the community. If anyone is interested in finding out more about what's involved, we would be delighted to hear from them.

Council meetings take place at 7.00 pm on the first and third Wednesday of each month. In the summer, meetings are typically held at the Gildhouse, Vicarage Lane (EX23 0AU), in the winter, they are usually held at the Beach House, Widemouth Bay (EX23 0AW).

Contact Lynn Pluess 07768 100560 Website: www.poundstock-pc.gov.uk

THE NIGHT SKY IN OCTOBER

Saturn will be setting in the West at 0430 in the morning, But Jupiter will remain visible all night. Venus will be rising in the East at 0600, and will shine brilliantly until the Sun rises.

According to a new study from NASA's Chandra X-ray Observatory, the inside of a star turned on itself before it spectacularly exploded. Today, this shattered star, known as the Cassiopeia A supernova remnant, is one of the best-known, well-studied objects in the sky. More than three hundred years ago, however, it was a giant star on the brink of self-destruction. The new Chandra study reveals that just hours before it exploded, the star's interior violently rearranged itself. This last-minute shuffling of its stellar belly has profound implications for understanding how massive stars explode and how their remains behave afterwards.

As massive stars age, increasingly heavy elements form in their interiors by nuclear reactions, creating onion-like layers of different elements. Their outer layer is mostly made of hydrogen, followed by layers of helium, carbon and progressively heavier elements – extending all the way down to the centre of the star. Once iron starts forming in the core of the star, the game changes.

As soon as the iron core grows beyond a certain mass (about 1.4 times the mass of the Sun), it can no longer support its own weight and collapses. The outer part of the star falls onto the collapsing core, and rebounds as a core-collapse supernova. These are one of the most brilliant objects that can be seen in the night sky, but they last for only a short while, meanwhile spreading all the elements that it has formed throughout space. In fact, we are made of all these elements formed at the heart of supernovae, so we are made of stardust! Quite a thought to end this article!

With thanks to NASA.

Written by Bill Turnill

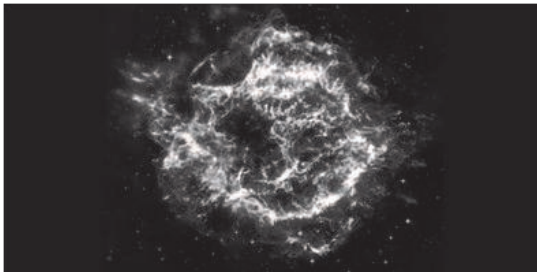


Photo of a supernova


In September, Marhamchurch WI met early for a soup and sweet lunch. On offer were Home made Broccoli and Stilton, Vegetable and Tomato soups. After members were treated to a delicious selection of desserts, thanks were given to the committee for providing a sumptuous lunch.



Having enjoyed their lunch the ladies settled in for The Annual Harvest Auction as members unable to attend early arrived for the September meeting.

There was a host of different items to sell. The auctioneer was Rachel Roberts, ably assisted by runner Jenny Linares Marten. Although only the second year this pair had appeared together, they managed to make it an afternoon of fun and laughter as well as clearing the table of all items.

Next month's guest speaker will be Flotsam Flo. Visitors are always welcome.



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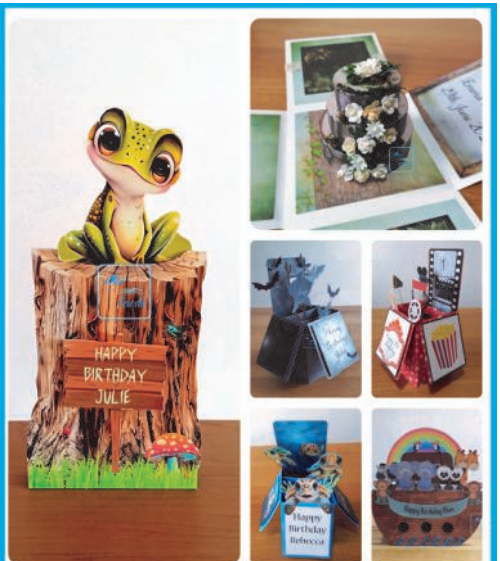
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FREE ADVERTISING FOR LOCAL EVENTS

The Packet will always advertise local community and charity events free of charge. But we don't 'just know' what's happening – you have to tell us! Our absolute deadline for the next edition is 10th November—contact Tania or Jayne at poundstockpacket@gmail.com

DEFIBRILLATORS IN THE PARISH

Black Rock Cafe: on the side of the car park hut as you drive through into the car park.

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.

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