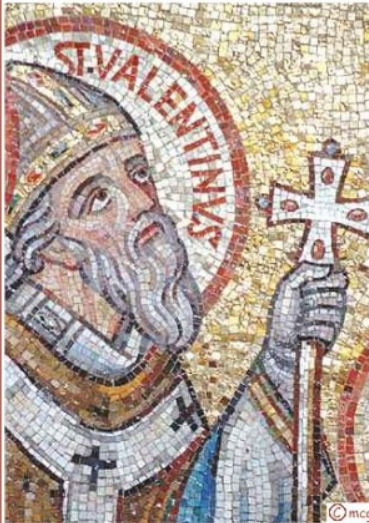


NORTHLEW NEWS



St. Valentine

beheaded 269 a.d.

The proof of love is in the works. Where love exists, it works great things. But when it ceases to act, it ceases to exist. Pope St. Gregory the Great

February 2017

Northlewnews@gmail.com

Your Parish Councillors

Chairman: Bryan Dufty 01837 871256	Vice-Chair: Mark Rundle: 01837 53314
Jane Colbourne: 01409 221220	Simon Dufty: 01837 871744
Jen Kelson: 07795075685	Celia Rundle: 07432 512499
Alex Crosthwaite-Eyre: 01409 220136	Joanna Wilson: 01409 220254
Chris Scadeng: 01409 221797	<i>Clerk: Janet Millership: 01409 221409</i>
<i>Cllr James McInnes: 01837 861364</i>	<i>Cllr Patrick Kimber 01837 810057</i>

Note from the Editor

Good news for Northlew as plans for installing a community night landing site for the Devon Air Ambulance get underway but we need your help – please see page 5.

Please keep your contributions to the newsletter coming in 2017 - the more information we can put in it about our community the better. Please note the change of date for your articles and/or adverts for March's edition. Please let me have them no later than the 28th February. March's edition will be published the week commencing 6th March. Please contact me by email at northlewnews@gmail.com or jwilson@thejovinconsultancy.com or please call me on 01409 220254.

Many thanks and with best wishes,



Northlew Post Office

The post office is open Monday and Friday mornings from 9.30am to 12pm in the Church Room

Coffee, chat, veg and plants on Thursdays – Correction

Apologies as I missed a digit out of Jessie's mobile phone number in last month's edition. Her correct number is 07875 287749. Jessie is taking a break until the spring but will deliver weekly to your houses. All you have to do is give her a ring with your order.

Northlew Stores C.I.C.

We stock fresh bread, milk (and other dairy products), cakes, pasties, daily papers and magazines. We also have a good selection of frozen goods such as ready meals, pizzas, pies, sausages vegetables, fish and deserts.

We also offer the following services:

- ***Meat from Martins***

We can order your meat, bacon, sausage, steak, joints, chicken etc from Martins in Okehampton and it will be delivered to the shop on Fridays.

- ***Prescriptions***

You can arrange for your medicines to be delivered to the village shop. We have a prescription box in the shop for your prescriptions.

Medicines can be delivered from Okehampton Medical Centre and Black Torrington. Medicines from Okehampton Medical Centre will now be delivered to the shop on Thursday mornings.

Please collect your prescriptions as soon as they are delivered as we are very short of space.

Opening times

- Monday – Friday: 8am – 1pm
- Saturday: 9am – 1pm
- Sunday 9am – 1pm

Thank you for your continued support.

Nicki and Lin.

Northlew Methodist Church

Services

5th February

9:30 am Mr Andy Hunter

12th February

9:30 am Rev Nigel Coke-Woods

19th February

9:30 am Rev Liz Singleton

26th February

9:30 am Rev Sylvia Coke-Woods

St Thomas of Canterbury Parish Church

Services

5th February

9:30 am Holy Communion
Rev Tim Newcombe

12th February

9:30 am Morning Prayer
Rev Stuart Wilson

19th February

9:30 am Holy Communion
Rev David Gunn-Johnson

26th February

11:00 am Family Service
Rev Ruth Hansford

Steak Pie Lunch

We'll be having a steak pie lunch in the Victory Hall on Sunday 26th February. Tickets are £7 for adults and £3 for children. Please add your name to the list in the Church Room, or book with a P.C.C. member. It would be very helpful if we could have all the bookings by 22nd February if possible – Many thanks.

Snowdrops

The snowdrops are up in the church yard. They seem a bit late this year but never mind they made it eventually. Like most of us we all struggle at times but hopefully reach 'calm waters' in the end.

Pew Polishing – we need your help!



The list for Church cleaning is on the table in the Church and

we will be having a pew polishing afternoon before Easter. Some people actually enjoy polishing – all are very welcome so please join us. There will be a coffee break too! Thank you

Shrove Tuesday Pancake Party

Tuesday 9th February

5.30-7.30pm in Old Schools

Hatherleigh Parish Church invites you to come along with your family and friends and indulge in a pancake or two.

No charge, but any donations will go towards Church Funds.

Lent Groups in Exbourne and Hatherleigh

There will be an opportunity to meet and explore aspects of our Christian faith together at two different Lent groups starting the week of Monday 6th March. Course details will be available in next month's Parish Pump, but please put the dates in your diary:

Exbourne Mondays 7.30-9.00pm (Venue to be confirmed)
Hatherleigh Thursdays 2.00-3.30pm Old Schools

Each session will include time to chat over tea, coffee and biscuits.

Northlew Doodlebugs

Saturday 25th February 2017

3.00-4.00pm, Northlew Methodist Chapel followed by light refreshments
From Pancakes to Palm Crosses. Come and enjoy a pancake or two, as we explore the season of Lent

Women's Guild and Fellowship

Lunch

Ten ladies of the Church Guild and Methodist Fellowship enjoyed a 'Loose Women' New Year lunch at The Green Dragon on the 18th January. We had a lovely meal; roast turkey and all the trimmings, followed by a choice of Christmas pudding, chocolate fudge cake or raspberry cheesecake. Thanks to The Green Dragon and also to Mrs Trixie Hannaford who kindly provided some raffle prizes.

Next meetings

The next meetings will be held on:

Wednesday 1st February

2:30 pm Methodist Hall
Mrs Julie Philips

Published by the Parish Council
February 2017

Wednesday 15th February

2:30 pm Church Room
Sue Merron - Travels to Antarctica

Wednesday 1st March

2:30 pm Methodist Hall
Rev Nigel Coke-Wood

Wednesday 15th March

2:30 pm Church Room
Molly Atkinson – The Abbey of Monte Cassino and the Cassino War Cemetery

Community landing site for the Devon Air Ambulance in Northlew!

Members of our Parish Council have met with a representative



of the Devon Air Ambulance to discuss the

feasibility of installing a community landing site for the Air Ambulance on the village playing fields. Having a community landing site would mean that the Air Ambulance would be able to land at night as well as during daylight hours which, obviously, would be of

great benefit to our community. The Parish Council is delighted to announce that the playing fields are suitable and the project is now underway. We already have quotes for the cost of the specialized lights and the infrastructure required to support them i.e. a dedicated electricity supply. The total cost of the installation is likely to be in the region of £15,000 (please see the Parish Council minutes the meeting held in January for the breakdown of the costs). This is clearly a 'one off' cost for the community and cannot be covered by the annual Parish Council budget. There are, however, several grants available to support projects like this which the Parish Council is actively following up but the majority of the money required will have to be raised through a fund raising campaign. So, we need everyone's help! Please speak to a member of the Parish Council if you have any ideas for fund raising, would like to volunteer to help with any fundraising events or if you would like to make a donation to The Northlew Community Landing Site Fund (NCLSF).

Thank you for your support!

Save the date Village Fun Day! 29th April 2017

50% of the funds raised will go to The Northlew Community Landing Site Fund (NCLSF)

Northlew and Ashbury Produce and Craft Show

Saturday 2nd September 2017

Preparations for the 2017 Produce and Craft Show are really underway now.

It has been decided that each year, the Show will raise funds for charity and this year's nominated charity is the Devon Air Ambulance, Registered Charity Number 1077998.

The full Show Schedule will be available from various venues around Northlew in the spring and lots of the old favourites will be there, alongside some new ideas:



- If you like dressing up, start thinking about your costume

for the new 'Living Scarecrow' category!

- Photography categories are back this year - so keep snapping around Northlew throughout the seasons.
- Sloe Gin and liqueurs have always been on the schedule, but this year there are opportunities for cider and wine makers to exhibit. A new non alcoholic drink category has also been introduced, so start thinking about lemonade and fruit cordials.
- At the Northlew Fun Day on Saturday 29th April 2017, children will have opportunities to plant their own sunflower seeds to take away, grow at home and bring back to the Show (all children's show entries are free)

More news next month about the Vera Andrew Memorial Challenge!

The Northlew Show has always had support from local enthusiasts, and we really want to encourage new exhibitors to the Show as well. So if you have never entered a Village Produce and Craft Show before, this is

your chance to get involved in what promises to be a fun event for all the family.

Northlew and Ashbury Produce and Craft Show Committee.

The Green Dragon

This historic 18th-century inn is located in the village square at the heart of Northlew. The Green Dragon offers real ales from Devon breweries with the occasional guest ales too. It serves food at both lunchtime and in the evenings and the regular menu is complemented by themed food nights and periodic beer festivals.



Opening times

The Green Dragon is open:

- Lunchtime from 12 - 2pm
Lunch is served every day
- Evening opening times are:
 - Monday – Saturday.
Open 6pm with food served from 6pm-9pm

- Sunday Open 7pm no evening meals

For more information and bookings please call 01409 221228

Green Dragon Events

Saturday 11th February

Two steaks and a bottle of red wine for £25

Valentine's Day 14th February

Fully booked!

Northlew Walking Group



Roadford Lake – our first walk for 2017, and our 7th walk since the group was formed.

Instead of starting our walk from Northlew, we all met in the square at 1pm and then shared transport to begin our walk at Roadford Lake. On the walk this month were : Non Northlew residents - Pat Richardson, Shirley Lloyd, Robin & Dee

Gant, Brigid Richardson : Northlew residents – Chris & Angela Baines, Pat Carter, Julie Philips, Trevor Miller, Sue Sanders, Holly Dancer.

We kept the walk fairly short, due to severely muddy paths on the intended route, but on the day, the weather was bright and breezy. We headed along the clear path by the lakes edge to the café, making a short detour to visit the ‘Sundial’.

The next walk (No 8)

Next walk 3rd February – 1pm in the Square.

Please note: Future walks will end at the Victory Hall, where refreshments will be provided. All proceeds will go towards the forthcoming Northlew Produce Show, profits from which will be donated to the Devon Air Ambulance Trust.

chrisbaines55@talktalk.net



Future Bodies Gym and Health Club

Formerly The Phoenix Health Club, Future Bodies is an independent, owner managed, local gym and health club in Okehampton, priding itself on delivering top quality customer service in a friendly and welcoming environment for all. Under its new ownership, much of the past twelve months has been spent investing in, upgrading and improving the facilities. Future Bodies now offers a truly first class training environment, equipped to accommodate all your training needs and styles. From bodybuilding to weight loss, from everyday functional fitness to specific sport related objectives, Future Bodies has what you need to develop and sculpt the body you want. And whether you are a first time novice or an experienced gym goer, whether you want to gain muscle or improve your levels of fitness, or simply shed a few pounds and improve your levels of well-being, Future Bodies can help you to achieve your goals.

You will find an extensive range of cardio equipment, resistance

machines, a huge selection of free weights, a growing list of group classes including: circuits,



kettlebells, spinning, pilates and yoga, a sauna and a tanning booth. You will also find a dedicated and qualified staff team, committed to helping you achieve your own fitness goals. Inductions are free with all memberships and they include the option of a personalised program tailored around your goals at no additional cost.

In addition to improving the training facilities, a particular focus of new owner and former teacher, Jason Edge has been to broaden the demographic of the customer base and to improve customer service. "Gyms can seem intimidating places to some people. I have worked hard at distancing the gym from the old macho stereotype of men grunting and straining under the weight of

iron. We have endeavoured to engender a friendly, family atmosphere where everybody feels welcome and at ease, whatever his or her experience or levels of fitness.” The staff team take pride in ensuring that everybody feels welcome and get the most out of each visit. “January has been particularly busy for us with loads of new members taking advantage of the New Year’s offer – sign up in January and get January free, pay nothing until February”. So why not come along and see for yourself and start sculpting your future body - TODAY

Facilities

- Extensive range of cardio and resistance machines
- Huge selection of free weights including kettlebells
- Spinning bikes
- Prowler track,
- Dance/Fitness studio
- Stand up sun bed, sauna and treatment room
- Group classes
- FREE PARKING

<http://www.futurebodies.co.uk/>

See ***Exercise of the month*** page 15

Gardening Tips for the month



By Harriet King at ‘Down to Earth’ – Practical Garden Advice

Well there is definitely the first whiff of spring in the air as I write this; Pat’s snowdrops are flowering as always in the churchyard. It won’t be long now before there’s better weather on the way (she says optimistically/tempting fate).

Winter pruning

A fair amount of pruning can take place this month:

Wisterias – if you haven’t done so already, then wisterias can be given their winter prune, taking back any unwanted long whip pay growth to 2 or 3 buds.

Winter jasmine with its (slightly garish – sorry) yellow flowers can have all the flowered stems and last year’s growth shortened to as little as 2 inches to provide

more flowering spurs for next year.

Evergreen hedges - tough evergreen hedges like laurel can be cut back now.

Clematis - summer flowering clematis can have some stems cut back hard and others left about 3 feet high. This gives a longer flowering season and better foliage cover (clematis don't have elegant 'legs'). Always cut just above a growth bud – leaving lengths of stem on above these buds just invites disease and looks awful as those stems die back.

Heathers - winter flowering heathers can have the stems cut back to just below the old flowers. This helps keep them more compact. Don't cut into old wood as it doesn't regenerate.

Planting

Planting this month can include bare root roses and hedging plants and allium and lily bulbs can still go in now.

Snowdrops

Snowdrops are quite happy growing in large clumps for

years and don't tend to go 'blind' (refusing to flower) like daffodils. However, if you want to spread them around then wait till the end of the month and just lift a clump carefully with a border fork (the bulbs are often much further down in the soil than a trowel can reach) and take out bulbs in sections of 10- 20 and replant where needed. It's one of my favorite jobs – very satisfying.

Weeding

Give your borders a good weed – taking out the newly germinating speedwells and willow herb especially when they are small pays dividends in the months to come.

Food for thought

A new product I'm looking at trialling in a couple of gardens is GroChar from Carbon Gold. Based on charcoal, it increases a plant's uptake of nutrients and is getting rave reviews from growers. I will keep you posted!

Happy gardening everyone.

Harriet

HOF Gallery and Cottage



The HOF Gallery is a small space devoted to all things Arts & Crafty. The gallery also has a selection of fine ceramics, paintings, prints, locally crafted sculpted & hanging feltwork. A 'rustic' framing service is also available.

Open studio most weekends
10am-6pm and bank holidays

Northlew and Ashbury Snooker Club



Northlew and Ashbury Snooker club has been running for many years. It

has a very nice club room with two full sized snooker tables. One team plays in the Bude league each winter. New members are very welcome.

There is a small membership fee to join. For more information about the club please call 01409 221085.



Photography club

Following the meeting held on the 23rd January, we now plan to meet on the 4th

Monday of each month. The next meeting will be held on Monday 27th February between 7:00 pm and 9:00 pm in the Methodist Chapel Room.

For further information please contact either Chris: 01409 221362 or

chrisbaines55@talktalk.net or

Julie: 01409 220088 or

Julie.phillips240@ntlworld.com

Knit and Natter



If you would like to join us doing any sort of

material craft, we have ladies doing cross stitch, tapestry, crochet and knitting, we meet in the hall next to the Methodist Church every 2nd and 4th

Wednesday of the month from 2:30 p – 4pm. Just come along and join in – you don't have to come every time just whenever fits in with you. Also if anyone has any spare wool for the group please let me know.

Please contact me on 01409 211187 for more information. Thank you. Eunice Peck

Victory Hall

Registered Charity No/: 266213 A/3

Northlew Victory Hall Forthcoming Events

Saturday 1st April 2pm

Spring Chocolate Celebration: Celebrate all thing chocolate with fun and games all themed with chocolate in mind... Or just join us for tea, coffee and cake, all served with a smile!

Saturday 1st July

Provisional date for Open Gardens - venue tbc - Back by popular demand with many new items to do

Saturday 21st October

Apple Day – more details to follow

Sunday 10th December

Our ever popular Christmas Lunch

Booking a charitable event at the Victory Hall

Bookings for any event where the proceeds will be going to a registered charity will only be charged at a nominal fee of £10 per booking.

Please note the name of the charity and registered charity number will be needed for all such bookings. The charity name and number should also present on all advertising for the event.

Yoga Classes

Yoga classes are running in the Methodist rooms on Wednesday evenings at 7pm. All are welcome. Please bring a mat to lie on and wear comfortable clothes.

For further information contact Angela on 01409 221110 or 07809427991

Badminton



We play every week in the Victory Hall. All abilities welcome. Please contact

Chris Baines on 01409 221362 for more information

Don't forget about your chimney!



Please check when you last had your chimney swept; it may be longer ago than you think.

Okehampton Community Hospital - We need our Community Hospital!Action Needed!

More information about the ongoing activities surrounding the consultation process can be found at

<http://www.okehampton-today.co.uk>

Please note there are many other sources to look at too. Please take action to help save Okehampton Community Hospital! The more people who lobby for our hospital the better!

Parish Council

The minutes of last month's council meeting can be seen on the parish notice board.

Parish Council Meetings

The meetings are held at 7:30pm on the 3rd Monday of each month in the back room of the Victory Hall. These are public meetings and everyone is welcome to attend. Members of the parish have a right to observe how the council operates.

Member of Parliament

Mel Stride MP
House of Commons
London
SW1A 0AA

Tel: 020 7219 7037

Exercise of the month

By Tom Wilkins

www.trainertompt.com



Assisted press ups

The assisted press up is great for strengthening your upper body. By using your bodyweight as a resistance, you can target your triceps, shoulders and core muscle to help improve your upper body strength. This simple, but effective exercise can be completed anywhere in your house and requires virtually no space at all.

Key Points:

- Keep your elbows level with your shoulders
- Try not to let your hips drop
- Feet shoulder width apart

Number of repetitions = 12-15

Number of Sets = 4

Rest time = 60 seconds

Advertising in the Northlew News in 2016

If you would like to advertise in the Northlew News please contact Joanna Wilson.

Business advertising rates:

- £2.50 per advert (business card size) per month or £25 per annum
- £5:00 for half page
- £10:00 full page

Items For Sale advertising rates:

- £5 per advert for half page with picture
- £1 per advert (text only) per month

For Sale

LG 32" LCD Colour TV (Ultra Slim)

Complete with original box and packaging.

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£75 (can deliver in local area)

Call Norman or Pauline on 01409 221518



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2017 Events at a Glance

February	<ul style="list-style-type: none"> • Wednesday 1st February: Women's Guild and Fellowship, Methodist Hall • Saturday 11th February: Steak and red wine evening The Green Dragon • Wednesday 15th February: Women's Guild and Fellowship, Church Room • Wednesday 22nd February Steak pie lunch, Victory Hall • Monday 27th February: Photography Club meeting
March	<ul style="list-style-type: none"> • Wednesday 1st March: Women's Guild and Fellowship, Methodist Hall • Wednesday 15th March: Women's Guild and Fellowship, Church Room
April	<ul style="list-style-type: none"> • Saturday 1st April: Spring chocolate celebration • Friday 14th April: Good Friday • Monday 17th April: Easter Monday • Saturday 29th April: Village Fun Day; playing fields
May	<ul style="list-style-type: none"> • Monday 1st May: Early bank holiday • Monday 29th May: Spring bank holiday
June	<ul style="list-style-type: none"> • To be scheduled
July	<ul style="list-style-type: none"> • Saturday 1st July (provisional date): Open garden
August	<ul style="list-style-type: none"> • Monday 28th August: Summer bank holiday
September	<ul style="list-style-type: none"> • Saturday 2nd September: Northlew Produce Show
October	<ul style="list-style-type: none"> • Saturday 21st October; Apple Day
November	<ul style="list-style-type: none"> • To be scheduled
December	<ul style="list-style-type: none"> • Sunday 10th December: Christmas Lunch, Victory Hall

Carmel Bristol Excursions for 2017

Date and venue	Cost
<ul style="list-style-type: none"> • Friday 3rd March Warner weekend at Holme Lacey Hereford 	£259
<ul style="list-style-type: none"> • Sunday 26th March Endsleigh Gardens and South Hams 	£15
<ul style="list-style-type: none"> • Friday 14th April Seaton and Lyme Regis 	£15
<ul style="list-style-type: none"> • Monday 17th April All day mystery including boat trip, steam train and cream tea 	£36
<ul style="list-style-type: none"> • Monday 1st May Lost Gardens of Heligan and Mevagissey 	£25 inc admission
<ul style="list-style-type: none"> • Monday 29th May Weymouth 	£18
<ul style="list-style-type: none"> • Sunday 18th June Father's Day Severn Valley Railway including train ride 	£40
<ul style="list-style-type: none"> • Wednesday 23rd August Crazy for you, Plymouth 	£47
<ul style="list-style-type: none"> • Monday 28th August Torquay or Paignton 	£12

**For more information or to book your seat
please call 01409 221237**