

NORTHLEW NEWS



St George, Patron Saint of England

April 2017

Northlewnews@gmail.com

Your Parish Councillors

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Chris Scadeng: 01409 221797	<i>Clerk: Janet Millership: 01409 221409</i>
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Published by the Parish Council

St George, Patron Saint of England.

St George's Day 23rd April 2017 Sources: <http://www.stgeorgesday.com>,

<https://en.wikipedia.org>

Early history

It is believed that St George was born around 275 AD to Christian parents in either Cappadocia (now eastern Turkey) or Syria Palaestina (Palestine) which was a Roman province. He became a Roman soldier and achieved the high rank of Tribunus Militum.

However because of his Christian faith he resigned his military post and protested against his pagan leader the Emperor Diocletian (245 – 313 AD) who led Rome's persecution of Christians. Despite imprisonment and being tortured St George stayed true to his faith and by the order of Diocletian on 23rd April 303 AD was dragged through the streets of Nicomedia and beheaded.

As a Christian martyr, he later became one of the most venerated saints in Christianity, in particular during the Crusades. The earliest documented mention of St George is in the 7th century by St Adomnán, the Abbot of Iona in Scotland who has been told of his exploits by a French bishop named Arcuif who had travelled to Jerusalem with the crusaders.

St George's Day was elevated to a 'double major feast' in the declarations of the Province of Canterbury in 1415 and the Province of York in 1421, but George was still eclipsed by his 'rivals', St Edward and St Edmund

Patron saint of England

St George finally rose to become the patron saint of England during the English Reformation, with the revised prayer book of 1552, when all religious flags, including all saints' banners except for his were abolished.

The tradition of celebrating St George's day had waned by the end of the 18th century after the union of England and Scotland but there is now a movement to revive it. In London the Feast of St George is now celebrated annually in Trafalgar Square.

Traditional customs on St George's Day are to fly the St George's flag, wear a red rose in one's lapel and for the hymn 'Jerusalem' to be sung on the 23rd April, or the nearest Sunday to that date, in churches across the nation.

Note from the Editor

The Village Fun Day is on Saturday 29th April. If anyone can spare a few hours to help with the set up on Friday 28th April please call Dan on 221228. A full English is provided to all helpers. All help very much appreciated!

Thank you to those of you who regularly contribute to the Northlew News. Your monthly input is, as ever, very much appreciated.

All contributions to, and comments about, the newsletter are welcome - the more information we can put in it about our community the better. Please let me have any items no later than the 20th April.

I can be contacted 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

New day for Coffee, chat, veg and plants – now on Friday!

Jessie will be back in the Church Room on Fridays but she will still deliver weekly to your houses as required. Any questions, or if you have an order, please give her a call on 07875 287749.

Northlew Stores C.I.C.

Easter approaching and we will be stocking a large selection of Easter Eggs. We will be closed on 16th April, Easter Sunday but will be open normal hours for the rest of Easter weekend.

We stock fresh bread, milk and other dairy products as well as having a good selection of frozen food including ready meals, pizzas, pies, sausages, vegetables, fish and desserts.

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 from Okehampton Medical Centre to the village shop. We have a prescription box in the shop for your prescriptions. You will need to put your prescription in the box by 10:00 am on Thursday to get a delivery the following Thursday.

We also take is prescriptions for Black Torrington Surgery. These prescriptions are picked up by volunteers who also deliver the medicines. For more information please ask Lin or Nicki. 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

2nd April

9:30 am Service Mr AndyHunter

9th April

10:30 am Mrs S Hammond

16th April

9:30 am Rev Jerry Cook – everyone welcome as we join in the celebration of Easter

23rd April

No service

30th April

9:30 am Rev Sylvia Coke-Woods

23rd April Sunday Lunch

12:30 pm for 1pm

Selection of pies, roast potatoes vegetables, sweets cheese and tea/coffee

Adults: £10

Children under 13: £5

Children under 5: free

Please book with Dorothy Cole
01409 22172 or Bet Spry 01409
221003 by Thursday 20th April.

50/50 Coffee Morning

29th April

10:00 am- 12 noon

Cake, savoury and plant stall

All welcome

St Thomas of Canterbury Parish Church

Services

2nd April

9:30 am Holy Communion

6:30 pm Evening Prayer

9th April

9:30 am Morning Prayer. Liturgy
of Passion

6:30 pm Palm Sunday Service,
starting at the Parish Church
and processing to the Methodist
Chapel

14th April Good Friday

An hour at the Cross

16th April Easter Sunday

9:30 am Easter Communion for
all the family and children's egg
hunt

23rd April

10:00 am Family Service

6:30 pm Holy Communion

30th April

11:00 am Songs of Praise at
Jacobstowe Parish Church

6:00 pm Taizé** Evening
Service at Hatherleigh Parish
Church

In our parishes we have a
variety of services in our
churches that cater for the fact
that everyone likes different
styles and traditions. When
there is a 5th Sunday in the
month, our 5 parish churches
share together in a group
service in one of the churches,
which is often something a bit
different from normal.

Please do join us. For more
information please contact Rev
Ruth Hansford (01837 810314
or maggiethecat@waitrose.com)

** *A quiet meditative service using the
chants and songs from the Taizé
community with readings and a time of
silence*

Pew polishing and church flowers.

Do you fancy helping with our
spring pew polish? Please see
the notice in the Church Room
for the date and time if you fancy

a little gentle exercise! Wax polish on the ancient wood does it a power of good. We will be decorating the church for Easter on Saturday 15th April with spring flowers. Donations of spring flowers would be very welcome. The sight of primroses etc against the newly polished dark wood of the pews and screen is just magic!

Lent Courses

Exbourne: Starting on Monday **6th March**, there will be a Lent course in Exbourne. It will be held at The Burrow from 7 – 8:30 pm on Monday evenings. For more information please call Sandra on 01837 810042.

Hatherleigh: Thursday 2:00 - 3:15 pm Old Schools
Led by Rev Nigel Coke-Woods and Rev Ruth Hansford

6th April: Jesus' Death and Resurrection

13th April: The Difference Jesus Makes

Steak Pie Lunch

Many thanks to all who joined us for the steak pie lunch a few weeks ago. It was very well supported and everyone

enjoyed it (apart from a slight chill in the air for which we apologise).

A very kind person donated £50 towards the expenses and we are extremely grateful to that person. However we cannot thank him or her as we haven't any idea who left the money. We hope that the person is reading this and will know how appreciative the Parish Church Council (PCC) is. The total profit from the lunch was £560.

Many thanks to all for your support.

Northlew Doodlebugs

(please note change of date from 29th April)

Saturday 6th May

3.00-4.00pm, Northlew Methodist Chapel followed by light refreshments

Breakfast at Galilee
Come and explore Jesus' invitation to join him in his work.

Everyone is welcome!

Bishop Nick McKinnel to visit Okehampton Deanery

Friday 31st March

10.00am: Meeting with Clergy and Readers, South Tawton Church Room

12.30pm: Drewsteigton Fellowship Lunch, Fingle Bridge

Afternoon: Spreyton Churchyard Consecration

7.30pm: Youth Event in Okehampton (arrangements tbc)

8.00pm: Meeting with Churchwardens & Readers, The Burrow, Exbourne

Saturday 1st April

8.30am: Men's Breakfast, Okehampton Golf Club

10.30am: Coffee Morning Meldon Village Hall

Lunchtime: Vocations event For all thinking about ministry in the church, or serving in specific role e.g. Pastoral Care Worker, Children's Worker Pub in Okehampton (Venue to be confirmed)

3:00pm Dartmoor Commoners Council and Hill Farmers meeting, Providence Chapel, Throwleigh

7.30pm: Pub Quiz, Sampford Courtenay Village Hall

It is hoped to have teams of six from every parish.

Sunday 2nd April

9.30am: Bishop Nick, Belstone Parish Church

11.00am: Bishop Nick at Hatherleigh Parish Church

3.30pm: Passion Sunday Celebration for the whole Deanery, North Tawton Parish Church (*please note later time*)

Plant and Seed Swap

Saturday 22nd April

The Allotment Association and the Parish Church will be holding a plant and seed swap and cream tea in the Church Room from 2 pm – 4pm. Please nip in pick up a seed or plant or two, have a cuppa, some cake and a natter. You might find a rare specimen on the plant table or even a rarer one making the tea!

Women's Guild and Fellowship

Wednesday 5th April

2:30 pm Methodist Hall

Wednesday 19th April

2:30 pm Church Room
Church Room

Village Fun Day!

29th April 2017

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

Day Event 1pm – 5pm

Free entry: donations welcome

Come and join the fun at the village playing fields.



Amongst other things there will be

- Bouncy castle
- Animal encounters
- Bowling for the pig
- Guess the weight of the sheep
- Welly wanging
- Penalty shoot out
- Pitch and putt
- Craft fair
- Giant meat raffle
- Giant 'open the box'
- Music for kids between 4pm and 5pm

Also a BBQ and crepe stall as well as much more!

Evening Event

Live music
7pm- late!
Ticket Only



£15 per adult
includes free drink on arrival

Please note this is a ticket only event and tickets must be purchased in advance. Tickets go on sale from 2nd April and can be purchased from Dan at The Green Dragon.

Northlew and Ashbury **Produce and Craft Show** **Saturday 2nd September 2017**



The Show Schedules will be available from Saturday 29th April, from the Village Shop, the Green Dragon, the Victory Hall, the Church Room and at the Village Fun Day – see below.

The Produce and Craft Show is fun for all the family and what better way to make a start getting ready than to come

along to the Village Fun Day at the Playing Fields on 29th April and pick up a Schedule. At the Fun Day, any child can plant some sunflower seeds, free of charge, to take home and grow for the Sunflower Challenge at the Show.

Remember, all children's categories have free entry and adults cost only 25p for each entry.

At the Produce and Craft Show stand at the Village Fun Day there will also be a chance to pick up some herbs, plants and even some young vegetable seedlings to nurture.

Here are some handy hints for growing a super sunflower!

1. Put some damp seed compost in a plastic cup or pot so that it comes up almost to the top. Poke your finger in the compost to make a hole for each sunflower seed.
2. Drop one seed into each hole and cover with a little compost. Spray or sprinkle some water on top.
3. Put the cup or pot on a sunny windowsill. Spray the

soil with water or sprinkle a little water whenever it feels dry,

4. Your plants should pop through the soil after a week or two.
5. When your plants grow too big for the cups (about 10 /15 cms), plant them in bigger flowerpots or directly into the garden. Put the pots in a sunny spot outside.
6. Remember to water your sunflower whenever the soil feels dry.
7. Your plants should begin to flower any time after 12/15 weeks, depending on the growing conditions.
8. When the sunflower heads start to turn brown, cut them off and hang them somewhere dry and airy. When the seeds are dry, rub them to loosen them.
9. Birds can eat your seeds if you leave them in the garden, you could even put some in a bird feeder.
10. Save some seeds to grow some more sunflowers next year.

This year's nominated charity is the Devon Air Ambulance, Registered Charity Number 1077998.

Please don't forget to bring your biggest sunflower head along to the Show

Saturday 2nd September 2017, between 8.30am and 10.30am.

The 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:



1 Council

- Monday – Saturday. Open 6pm with food served from 6pm-9pm
- Sunday Open 7pm no evening meals

Green Dragon Events



23rd April St George's Day
St George's day Buffet from 1:30 pm

Bookings only: £10 per person.

For more information and bookings please call 01409 221228

Please remember help needed on Friday 28th April to help set up the Village Fun Day – please contact Dan on 221228 – thank you!



Northlew Walking Group



I am not a fan of cancelling or postponing plans, but in this case I am so pleased that we moved our walk date from the 3rd of March to the 10th. The weather for the re-arranged date was glorious, and the sun continued to shine throughout the afternoon.



Despite a few absentees, the group gathered in the square at 1pm included Marion, Paulette, Holly, Shirley, Pat Carter, Julie along with Ted & Archie, Chris, Angela and a first outing for Colin Jarvis.

As it is still officially winter, our walk kept to the country lanes, therefore avoiding mud, stiles and frisky cows. We set off down Crowden lane, keeping to

the left at the playing fields, and continued until we reached Greendown Cross. From here we turned left and continued the gentle climb to Loveland Cross. Along this road, the views over to Northlew, and Dartmoor beyond were pretty special. We were also amazed by the profusion of daffodils all along the verges.

We turned left at Loveland Cross, the highest point on our walk at around 180m (594ft) above sea level. From here, we headed back to Northlew, passing Loveland Farm, Lower East Kimber, and East Kimber along the way.

The next walk (No 10)



Our next walk will return to the first Friday of April, the 7th, and as the clocks will have gone forward, we will start at 2pm.

Chris
chrisbaines55@talktalk.net

Victory Hall

Registered Charity No/: 266213 A/3

Apologies

Victory Hall Management Committee wish to apologise to everyone who went to the Church Steak Pie lunch as the heating failed to come on that day. The heating is set for the whole week on a Monday morning, in this instance, it obviously did not come on. Last time this happened, there had been a power cut which threw out the whole system. We can only think that this happened again. Sometimes, these things happen and we are not aware of them and so cannot correct the mistake until it is too late. There is a list of numbers on the board in the hallway, if you cannot reach the booking secretary please, please, please call one of the other numbers. We want to do our best for you during your booking.

Many thanks.

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.

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. Also if anyone has any spare wool for the group please let me know. For more information please contact me on 01409 221187

Thank you. Eunice Peck

Gardening Tips for the month



By Harriet King at 'Down to Earth' – Practical Garden Advice

April can be the cruellest month weather-wise; cold frosty weather can damage fruit buds and young foliage and warmth will bring out slugs. But despite this, it is the most beautiful of seasons, with everything looking fresh and full of promise.

Feed your plants

Feeding your plants is key to good performance whether it be via a slow release feed like blood fish and bone or a mulch. Don't forget your ericaceous plants such as camellias, azaleas and rhododendrons. A single dose of granular slow release ericaceous feed will really help them. And don't forget to mulch - they love old fern foliage round their base.

Primroses and primulas

Divide primroses and primulas, making sure each piece has a bit of root. Replant at least 8" apart for a bigger show next year.

Watch out for vine weevil grubs!

When you dig primroses and primulas up, keep an eye out for vine weevil grubs - these little horrors will eat off all the roots and weaken or kill the plant. They are endemic to this area now and difficult to control - though squashing them is quite satisfyingly effective bearing in mind that each grub will develop into an adult that lays up to 500 eggs! They are particularly keen on pots as the compost is easier for them to burrow in. If you find them, then bag and bin the pot contents - don't compost it.

Dahlia tubers

Dahlia tubers should be potted up if you've stored them over winter. If you're keeping them in an unheated greenhouse, protect any emerging foliage with horticultural fleece on cold nights.

Penstemons

Penstemons should be cut back to a neat crown; this helps to produce a more compact plant later that doesn't flop.

Veg and hardy annual seeds

Vegetable and hardy annual seeds can be sown outside now - with a word of warning. My college tutor used to say that if you could sit comfortably on the soil with your trousers down, then it was warm enough to sow seeds....I'm saying nothing.....

And on that note - have a lovely April and happy gardening everyone.

Harriet

Recipe for the month



Quick rhubarb fool

Ingredients

Young rhubarb stems
Zest of an orange
Demerara sugar to taste
Elderflower cordial
Whipped Cream
Ready -made custard

Method

Gently stew young rhubarb stems with orange zest, demerara sugar and a little elderflower cordial. When cold, fold in whipped cream and a ready-made chilled custard. Serve with shortbread biscuits (Waitrose do a lovely shortbread made with lavender).

Thanks to Harriet for this month's seasonal recipe

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.

The Red Spider Company



Rehearsals are well underway for the next production from the Red Spider Drama Society

entitled "Secondary Cause of Death". This follows their 2016 major production "All the Fine Young Men" a musical/drama following the lives of local recruits from the Lewdown, Lifton and Bratton communities during World War 1

In complete contrast their next performance is the sequel to their popular performance in 2015 "Murdered to Death". This sees the return of the bungling Inspector Pratt who arrives at Bagshot House with grim news for Colonel Craddock, but that's just the beginning. Who is the strange Polish Count? Is Henrietta really an army Captain? How does the eccentric thespian, Longfellow fit in to the equation? These are just some of the characters who make Pratt's return a chaotic nightmare as the bodies pile higher and higher.

If you find it all too confusing do not despair – so do the cast!

5th & 6th May

Friday and Saturday
7.30 p.m. in Lewdown
Victory Hall

Tickets: £7.50 from Mary
Jordan on 01837 871220

Further information from
Martin Perry 01409 221376

Photography club



Meetings are held on the 4th Monday of each month. between 7:00 pm and 9:00 pm in the Methodist Chapel Room.

For further information please telephone either Chris: 01409 221362 or Julie: 01409 220088 or email: chrisbaines55@talktalk.net or Julie.phillips240@ntlworld.com

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



21st April

7 to 8:30pm

Talk and Demonstration
Northlew Victory Hall

Tickets: £5 adult (£3 child)
Including refreshments. All monies collected to support forthcoming Produce Show

Tickets available from Chris or Angela, Wistful Cottage
01409 221362

Raffle prizes donated by local residents, along with wine from Eastcott Vineyards

Parish Council

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

Please contact Janet on 01409 221409

Parish Council meetings are held at 7:30pm on the 3rd Monday of each month in the back room of the Victory Hall.

Please note, as the third Monday in April is Easter Monday the Parish Council meeting will be held on Monday 10th April at 7:30 pm in the Victor Hall.

Member of Parliament

Mel Stride MP
House of Commons
London
SW1A 0AA

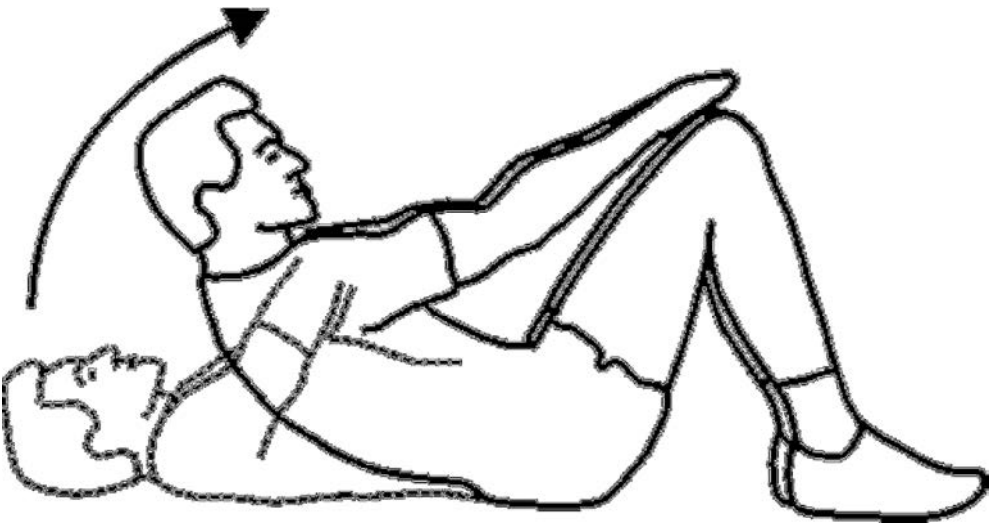
Tel: 020 7219 7037

Exercise of the month by Tom Wilkins

www.trainertompt.com

Abdominal Crunch -

If you are looking to increase the strength in your core, then the abdominal crunch is a simple, yet effective way to target your tummy muscles. Following the diagram below, aim to keep your arms straight, your core in tight and focus on touching your knees with each repetition. I would recommend completing this exercise on a padded/soft area to provide support for your lower back.



Sets	Repeats	Rest between each set
Set 1	15 - 20	45 seconds
Set 2	15 - 20	45 seconds
Set 3	15 - 20	45 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

Please note there may be a one off charge of £15 if your advert needs to be reset by the printers.

All cheques to be made payable to The Northlew Parish Council.

Items For Sale advertising rates:

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



Anthony Stock
DECORATOR

The Old Manse
Northlew
Okehampton
Devon EX20 3NZ

Tel: 01409 220161



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Steve Shelton
 Odd Job/ Handyman
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2017 Events at a Glance

April	<ul style="list-style-type: none"> • Saturday 1st April: Spring chocolate celebration • Friday 14th April: Good Friday • Monday 17th April: Easter Monday • Friday 21st April: North Devon Falconry talk 7pm • Saturday 22nd April: Plant and seed swap, 2pm Church Room • Sunday 23rd April: Annual Pie Lunch, 12:30 pm in the Victory Hall • Friday 28th April: Village Fun Day set up – please help! • Saturday 29th April: Village Fun Day; playing fields • Sunday 30th April: Merton Vintage and Classic Vehicle Rally
May	<ul style="list-style-type: none"> • Monday 1st May: Early bank holiday • Friday 5th May & Saturday 6th May: Secondary Cause of Death 7:30pm, Red Spider Company, Lewdown Victory Hall: • Monday 29th May: Spring bank holiday
June	<ul style="list-style-type: none"> • Monday 12th June: Concert with Stowford Meadow Singers, 7:30 pm • Saturday 17th June: Dance, 8pm
July	<ul style="list-style-type: none"> • Saturday 1st July (provisional date): Open garden at Little Acorns by kind permission of Colin and Mags Javis • Saturday 15th July: Fun Day at Brook Cottage, 3 pm
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 • Saturday 16th September: Dance 8pm
October	<ul style="list-style-type: none"> • Sunday 8th October: Harvest Festival, 2:30 pm • Monday 9th October: Harvest Festival, 7:15 pm • Saturday 21st October; Apple Day
November	<ul style="list-style-type: none"> • Friday 24th November: Concert in the Victory Hall with Stithians Ladies Choir, 7:45 pm
December	<ul style="list-style-type: none"> • Sunday 10th December: Christmas Lunch, Victory Hall

Carmel Coaches Excursions for 2017

Date and venue	Cost
<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**