

NORTHLEW NEWS



Apple blossom
May2017

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

Thank you to all parishioners who donate to the Northlew News collection in the shop. As the Northlew News has grown so has the cost of printing it. This month you may notice that we are using a lighter weight paper for the inside pages to help cut costs. If any local businesses would like to sponsor a month's printing that would be of enormous help.

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. 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 each Friday 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.

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.

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 place your prescription in the box by 10:00 am on Thursday to

get a delivery the following Thursday.

We also take in prescriptions for Black Torrington Surgery. For more information please ask Lin or Nicki.

Please note: Prescriptions need to be collected as soon as they are delivered as we are very short of space. Any prescriptions not collected within the week of delivery will be returned to the surgery.

Opening times

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

Easter Raffle

We are delighted to announce that the Easter raffle held in the shop raised £127 for the Northlew Air Ambulance Landing Site Fund. A big thank you to all the support from the villagers. The Winner was Lyn Taylor (who is also known as 'Lyn the pill!')

Thank you for your continued support of the community shop.

Nicki and Lin.

Northlew Methodist Church

Services

7th May

9:30 am Mr John Hawkins

14th May

9:30 am Service at Boasley

21st May

9:30 am Mrs Jean Daniel

28th May

9:30 am Rev Jerry Cook

Sunday Lunch 23rd April 2017

The Methodist Church wishes to thank everyone who supported them for the Sunday Lunch on 23rd April. Thanks to all the helpers and to the cooks for the wonderful selection of pies and desserts, and due to their generosity we made a profit of £1,158 for our funds.

50/50 coffee morning

Saturday 27th May

10:00 – 12 noon

Cake, savoury and plant stall at the 50/50 coffee morning

St Thomas of Canterbury Parish Church

Services

7th May

9:30 am Holy Communion

6:30 pm Evening Prayer

14th May

9:30 am Morning Prayer

6:30 pm Evening Prayer

21st May

9:30 am Holy Communion

6:30 pm Wadland Barton

Rogation Sunday Service at
Wadland Barton by kind
permission of Phil and Sue
Friend

28th May

10:00 am Family Service

6:30 pm Holy Communion

Ploughman's Lunch

20th May

We are holding a ploughman's
lunch in the Church Room from
12 noon – 2pm on Saturday 20th
May.

Tickets cost £5.50 and £2.50 for
children. There is a list in the
Church Room – please add your
name and pay on the day or call
Pat on 01409 221036.

Plant and seed swap

A plant and seed swap was held
in April with cream teas. Thanks
to all who supported this event.
By popular demand this will now
become an annual event. The
profit from the day was
approximately £80.

Tonya and Ruth Duffy won
prizes in the prize draw and they
are in the Church Room ready
for collection.

Thanks again for all the support.

Archdeacon's Visitation and Service

The Archdeacon's visitation and
service is for the Parish
Churches of the Okehampton
Deanery.

Monday 15th May

7:30 pm All Saints Parish
Church, Okehampton

The Church of England has
many traditions. Every year after
all the annual meetings have
happened, the Archdeacon
holds a Visitation Service in
each Deanery. The clergy,
readers and churchwardens are
expected to attend and the
churchwardens are sworn in, as
they take up their responsibilities

in their parish church. However it is a service that affirms the role of everyone who has a part in the life and ministry of the church, so it is a real encouragement to everyone who comes along. It would be lovely to see you all there.

Northlew Doodlebugs

We were unable to run Doodlebugs in April but have two opportunities for you to come and have fun at our churches' children's group in May.

Please join us in the Methodist Chapel Room

6th May 3:00 – 4:00 pm

What difference does Easter make?

Come and fun with some fish!

27th May 3:00 – 4:00 pm

Going up and coming down!

Exploring Ascension and Pentecost with parachutes (please bring a very small teddy, Playmobil or Lego figure along).

Please also join us for our Family Service in Northlew Parish Church, 10:00 am on Sunday 28th May.

Women's Guild and Fellowship

Wednesday 3rd May

2:30 pm Methodist Hall
Rev Sylvia Coke-Woods

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

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

If all the children who planted sunflower seeds at the Village Fun Day at Playing Fields on the 29th April bring their largest sunflower head to the Show and enter just one other children's category, we will have an amazing children's section. Remember, all children's entries are free to enter, but you do need to submit an entry form before the day. There are opportunities for gardening, baking, jewellery making, designing wheeled toys and lots more.

If you didn't collect a Show Schedule at the Village Fun Day

at the Playing Fields on 29th April, they are now available from:

- The Village Shop
- The Church Rooms
- The Victory Hall

The schedules include all the categories in this year's show, the entry form, instructions for entry and this year's recipe for Devonshire Pasties

If you have any problems collecting a schedule, please just speak to any committee member, or email below.

We are hoping for lots of entries and visitors on the day as this promises to be another fun village event. We are also looking for any volunteers to help on the day. If you are able to help - particularly with setting up in the morning, or making and serving refreshments on the day, please do let us know.

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

Northlew and Ashbury Produce and Show Committee
Judith.stevens@btinternet.com

Save the Date:
Saturday 12th AUGUST
2017

Northlew Charity **Marathon** **Walk**



After last year's AMAZING effort with over 30 walkers covering all or

part of the distance, this year the walk returns and hopefully will be bigger and better.

We'll be supporting two worthy causes, Northlew Air Ambulance Landing Site Fund and Something to Look Forward To. www.somethingtolookforwardto.org.uk Registered Charity No. 1164960

The route is being finalised, well there are two options and I'm just trying to work out how many hills each has. The distance will be at least 27 miles, but as last year there will be plenty of opportunities to join the party for smaller distances with all welcome. There will be plenty of

refreshments and the route will take in some local hosteleries. It will end in Northlew in the village square.

For more up to date info search Northlew Charity Marathon Walk on Facebook, or call me, Tim Williams, on 221754 or pop into the HOF gallery. Updates will follow.....

GET WALKING!

Congratulations and many thanks to the Northlew Water Babes!



On March 28th FloJo and I carried out our sponsored swim and each of us completed 58 lengths in 1 hour.

We are delighted to say that, due to your generosity, we have raised £505 for the Northlew Air Ambulance Landing Site Fund!

A really big thank you to those of you who sponsored us.

Donations still very welcome.

Chris and Flo.

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
 -

Please contact Dan on 221228



Northlew Walking Group

What a great turnout we had for this month's walk, 17 in total! Surprising what a bit of sunshine does to bring everyone out.



Along for the ride where some of our regular walkers including Trevor Miller (+ Kim &

Bessy), Julie Phillips (+Ted & Archie), Sue Sanders, Angela Blezzard, Marion Dufty, Paulette Bowman, Holly Dancer, Brigid Richardson, Pat Carter, Pat Richardson, and me

We also welcomed several new walkers including Bob and Pat Hunter, Roy and Pat Cunningham, along with Northlew locals Graham and Val Mansbridge.

So off we went, taking the footpath behind the Victor Hall to bring us out across Kimberlands to the footbridge leading into the fields beyond. Unfortunately, the footbridge had collapsed, and only by taking considerable care, we all managed to get across to the field. Take note, the issue has been reported, but will not be fixed until early May.

We proceeded across the next two fields, and out onto the road to Kimber, turning right and continuing on for about ¼ mile, where we turned left up to East Kimber. Here live two Border Collies, who delight in barking at passers-by and who have probably never seen so many people at one time before. The lane quickly turned into a bridleway, with lovely views back towards Northlew, and Exmoor beyond. Eventually we moved off the bridleway,

following the footpath sign into the woods. We passed through the woods, accompanied by beautiful birdsong as we went, along a track, and over a field full of sheep and lambs, to reach the main road at BogTown.

Crossing the road, we continued down the lane opposite, to reach Ashbury. The views to Dartmoor are spectacular from here. After the statutory group photograph, we then walked back to Northlew, taking the footpath through a field and Northlew Copse where there is still plenty of mud.



Another great walk completed

Chris

chrisbaines55@talktalk.net

Next Walk No 11

Our next walk is on Friday 5th May

We are also planning a 'special' walk to Beaworthy in the future (cream teas included). Watch this space.

Victory Hall

Registered Charity No/: 266213 A/3

Thank you to everyone who supported the recent Spring Chocolate Celebration. We made £116.03 for our funds. A lovely afternoon was had by all; playing games and eating chocolate!

Please note that the Open Garden has changed date to Saturday 8th July due to Church Festival being on Saturday 1st July.

Annual General Meeting (AGM)

Our AGM is on Thursday 11th May at 7pm, everybody welcome.

Thank you

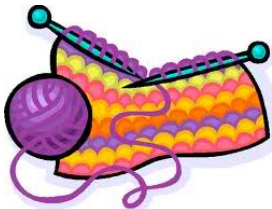
The Victory Hall committee would like to thank Trevor Miller, Mick Fethers and Colin Jarvis for their hard work in creating the disabled access to the Victory Hall. Thanks also to everyone who helped in the background by lending tools and with the removal of the rubble. A great job all round and much appreciated by everyone.

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



Please join us if you like 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. Please 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

May is the most wonderful gardening month; plants have 'lifted their skirts', if you will excuse the phrase...and have a freshness about them that goes by the end of June. So enjoy while you can.

Jobs for the month

Staking perennials

If your tall floppy perennials like shasta daisies and echinops haven't already been staked then get in now and put up a framework for them that allows them to stay upright but still look natural. I cut slender finger thick branches of hazel in the winter and push them into the earth in a circle close around the plant and then bend them over each other and tie in with string so you end up with a neat 'cage'

that will disappear under the foliage when it grows up. Fiddly to do but worthwhile. The next best thing is using metal hoops that will hold back the foliage.

Daffodils

Daffodils are over now - a small plea on their behalf. don't tie up the foliage in knots as I've seen done, or cut off the leaves before they go yellow. They are there to feed the bulb for next year's display and rely on getting as much sun as possible. Large bulbs can be lifted, divided and replanted over a larger area, to improve the display in years to come.

Potatoes

Earth up your rows of potatoes as the leaves come through. There's a myth that potatoes 'clean the earth' for you. No they don't - you do, by continually drawing up and disturbing the soil so that weeds can't get a hold!

Annuals

Plant out your tender annuals such as petunias at the end of the month, but only if there are no frosts forecast - even a light frost can knock back or even kill young plants. If they are planted

out and an unexpected frost warning comes up, then try and protect them with light layers of horticultural fleece or even newspaper overnight.

Seeds for next year's display

Seeds like Sweet Williams or wallflowers, that will flower next year can be sown in rows now, to plant out later in the season.

Deadheading

Keep on deadheading winter pansies and violas to prolong the flowering. Give them some granular feed as a boost.

Pruning

Prune the flowered stems back to newer growth on shrubs such as Japanese quince** and forsythia. Neither are tidy growers but this helps keep them in check.

**(*chaenomeles*)

Plant of the month

For me - this would be peonies such a brief display but quite glorious..... and scented!

Try 'Bowl of Beauty' for sheer frilly floral over-indulgence

Recipe for the month



Saffron and chive potato salad

Chives are now flowering and I love the taste of the flower heads in a potato salad. Jersey Royals are still around early in May so steam them, still in their flaky skins and allow to cool. Soak a pinch of saffron threads in a little very hot water - literally only a tablespoonful - for an hour. Add the liquid and saffron threads plus the juice of half a lemon to a good dollop of mayonnaise - homemade or Hellman's. Chop lots of chives including the flower heads Add Maldon salt to taste and freshly ground black pepper and stir in to the potatoes. This always tastes better the next day I think, when the flavours have had a chance to develop

Many 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.

Vintage Tractor Run

Sunday 7th May
10:00 am



Meet at Northlew Village Square, tractor run followed by lunch on return.

Tickets £10 per person

Please book 01409 221183 or 07971 557101

Proceeds from the day to the Northlew Parish Church and Northlew Air Ambulance Landing Site Fund!

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

Member of Parliament

Mel Stride MP
House of Commons
London
SW1A 0AA

Tel: 020 7219 7037

Parish Council

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

Please contact the Parish Clerk Janet Millership on 01409 221409 for further information.

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

Please note, due to councilors' holidays the Annual Meeting of the Parish Council meeting will be held on Monday 8th May at 7:30 pm in the Victory Hall and not the 15th May.

Exercise of the month by Tom Wilkins

www.trainertompt.com

This month's exercise of the month is focusing on strengthening your lower body. The Glute Bridge is a great exercise to target the glutes, hamstrings and hips. When completing this exercise aim to keep your shoulders in contact with the floor, keep your feet flat and drive through your heels pushing your hips towards the ceiling. If you are feeling confident, hold a small weight over your hips to increase the resistance.



Sets	Repeats	Rest between each set
Set 1	12 - 15	60 seconds
Set 2	12 - 15	60 seconds
Set 3	12 - 15	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

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



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2017 Events at a Glance

May	<ul style="list-style-type: none"> • Monday 1st May: Early bank holiday • Sunday 7th May: Vintage Tractor Run 10:00 am Village Square • 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 Church Festival • Saturday 8th July: 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"> • Saturday 12th August: Charity Marathon Walk • 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"> • 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**