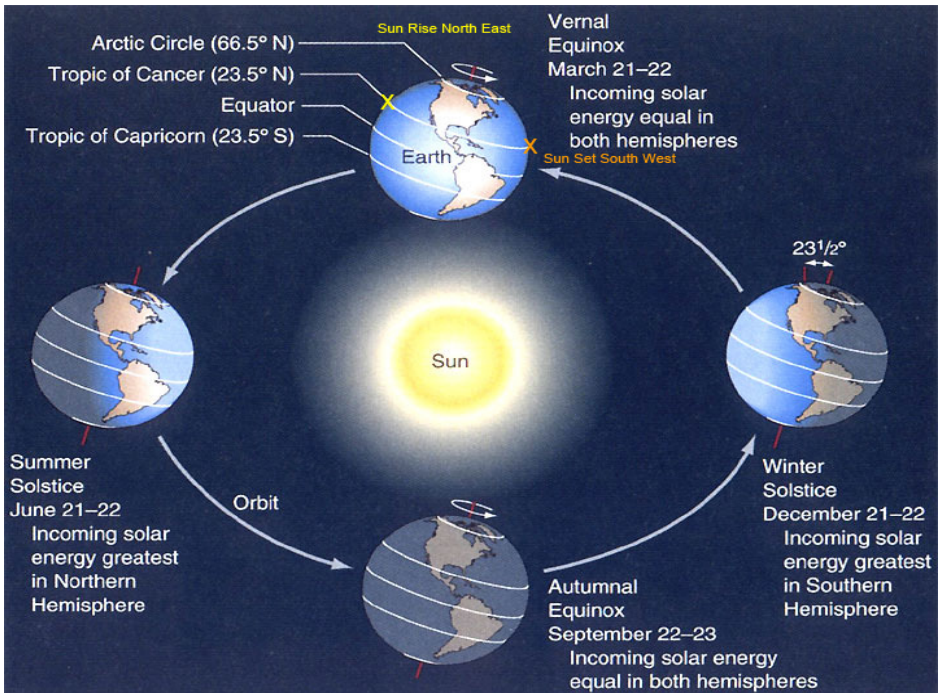


NORTHLEW NEWS



June 2017

Northlewnews@gmail.com

Your Parish Councillors

Chairman: Joanna Wilson: 01409 220254	Vice-Chair: Jen Kelson: 07795 075685
Jane Colbourne: 01409 221220	Simon Duffy: 01837 871744
Mark Rundle: 01837 53314	Celia Rundle: 07432 512499
Alex Crosthwaite-Eyre: 01409 220136	Bryan Duffy: 01837 871256
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

It is hard to believe that the summer solstice is nearly upon us. Time is fleeting but we still manage to pack an awful lot in throughout the year in our community. Please let me know of any events that are planned for the rest of the year and I will make sure they appear in the 'at a glance' page even if all the details haven't been nailed down.

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 June.

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 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

Thank you for your continued support of the community shop.

Nicki and Lin.

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 – 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 Methodist Church

Services

4th June

9:30 am Mrs Daisy Bray

11th June

Anniversary Weekend

9:30 am Mr Andy Hunter

18th May

9:30 am Readings and favourite hymns

25th June

9:30 am Mr Barry Searle

50/50 coffee morning

Saturday 24th June



10:00 – 12 noon
Cake, savoury and
plant stall at the
50/50 coffee
morning

Monday 12th June

An evening with Stowford Meadow Singers.

Chairperson: Mrs Jean Daniel
Supper to follow
Everyone welcome

St Thomas of Canterbury Parish Church

Services

4th June

9:30 am Holy Communion

6:30 pm Evening Prayer

11th June

9:30 am Morning Prayer

6:30 pm Evening Prayer

18th June

9:30 am Holy Communion

6:30 pm Evening Prayer

25th June

11:00 am Holy Family Service

6:30 pm Holy Communion

Ploughman's Lunch

Our recent ploughman's lunch was well supported and enjoyed by all (we hope!). Thank you to all who came to the lunch and to all the helpers who made it happen. We raised £353 for the church funds. Thanks everyone! The next ploughman's lunch will be held at the beginning of September – more information to follow.

Church Festival

This year our church festival will be held on Saturday 1st July. It will begin at 3pm with the

festival service in church followed by the fête at church gate at 4 pm.

Thomas Becket is our patron saint and a jolly good chap he was too.

The fete will be opened by Mrs Nicola Lampe who was, for many years, head of our school. It will be lovely to see her back in Northlew.

Items for the stalls would be very welcome and you can find a list of the stalls in the Church Room.

So let's make it a really good day – dig out your old diamonds or bake a cake (or both) and pray for fine weather.

Northlew Doodlebugs

Saturday 24th June

3:00 pm – 4:00pm

Followed by light refreshments

Summer Special

With games on the playing field if the weather is fine and bring and share tea

Women's Guild and Fellowship

Wednesday 7th June

2:30 pm Methodist Hall
Mrs Ruth Colbear

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

Show schedules 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 and instructions for entry.

New this year is the set recipe for Devonshire Pasties. Why not try your hand and have a practice before the show?

Recipe for Devonshire Pasties

Ingredients

For the pastry:
275g / 10oz plain or self raising flour
110g / 4oz fat (1/2 lard / 1/2 margarine)
Pinch of salt

Cup of cold water

For the filling:

1 large old potato

1 small swede and 1 medium onion

225g / 8 oz skirt beef or chuck steak

Salt and pepper

Method

1. Preheat oven to 400F / 180C / gas mark 6

2. Make the pastry by rubbing the fat into the flour, add sufficient cold water slowly until pastry is soft and stretchy.

3. Finely flake all the vegetables and cut meat into 1cm (1/4 inch) cubes. Divide the meat and vegetables into 4 equal portions, one for each pasty.

4. Roll out the pastry and use a side plate to cut 4 circles.

5. Leaving a margin at the edge, flake the vegetables onto the pastry, starting with the swede, then 2/3 of the potato, then the meat, then the seasoning. Add the onion and remaining potato.

6. Moisten the pastry edge with milk and carefully draw up both sides so that they meet at the top, then pinch them to seal.

Crimp the edges with your thumb and forefinger and make a small knife hole at the top.

Brush with milk or beaten egg.

7. Repeat for the other pasties.
8. Put the pasties on greaseproof paper on a baking tray and bake for 10 minutes, then lower the temperature to 375F / 170C / gas mark 5 and bake for a further 35/40 minutes. Remove from the oven and leave to stand for 5 minutes before serving.
9. Choose your best pasty to exhibit on a paper plate – good luck!

If you can't find a schedule, please speak to any committee member, or email below.

Can you help?

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



Northlew Charity Marathon Walk

***Saturday 12th
August***

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

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.....

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



After a great walk last month, attended by 17 walkers, it was fantastic to see

everyone in the square for the May walk, 19 people in all.

These included regulars Julie Phillips with Ted and Archie, Robin and Dee Gant, Pat Richardson, Bob and Pat Hunter, Paulette Bowman, Marion Dufty, Shirley Lloyd,

Graham and Val Mansbridge, Sue Sanders, Trevor Miller with Kim and Bessy, and me. New walkers today were Jenny Anderson and her brother Mike Stone, Malcolm James, and finally Rusty the guide dog Labrador who Shirley was looking after for the day.



So off we set in dry, but overcast weather, down the side of the school to the footbridge and into the field with sheep and lambs. We then passed Higher and Lower Southcombe, to come out at the bottom of Harpers Hill. At this point Pat Carter and my wife Angela joined us. For some reason, they didn't want to walk up the hill to the start, only to walk back down!

From here, it was down Shorts Lane to come out at the bottom of Waterhouse Hill. Here we faced the first hill, as we turned left as far as Broomhill. We

followed the footpath on the right, crossing the field ahead to reach a combination of stile, footbridge and further stile. It was at this point that we realised that stiles around here are definitely not dog friendly, and having 5 along with us, it took some time to manhandle them all across the obstacles. All was going Ok until it came to Rusty. As it was a trained guide dog, we were shocked when it decided to jump off the footbridge, and into the ditch, which was a good 3 feet deep. Thankfully he was no worse for the experience, and with a lot of help, we finally got all dogs across into the woods beyond.

Onwards up the next field to yet more stiles. Hold on though, why was Pat Carter heading back to the footbridge, with Robin Gant in pursuit. Maybe she had taken ill, and was heading home, but no, apparently in all the commotion at the footbridge, she had lost her sunglasses. We all stopped and waited until Pat and Robin searched the area, only to see them both heading back out of the woods, with Pat looking very sheepish. It turned out that she hadn't lost them

after all, just put them in the other pocket!

On a positive note, all these delays had resulted in the sun making an appearance. Off we went again, through two more fields, accompanied by two more stiles, but we now got the dogs over with military precision. Finally over the last stile, and out onto the lane near Higher Goruish. Turning left, we followed the track and a further field, to bring us back out at the top of Waterhouse Hill. Back down the hill, and right again down Shorts Lane, brought us back to the bottom of Harpers Hill. All in all, an eventful walk, but most enjoyable.

Chris

chrisbaines55@talktalk.net

Next Walk No 12

Our next walk will be held on Friday 16th June and will replace the walk which we usually hold on the first Friday of the month.



The walk will be to Beaworthy for cream teas and there is a charge of £5 per head. The

money raised will be for the Beaworthy church roof restoration. For more details please contact Chris (as above)

Victory Hall

Registered Charity No/: 266213 A/3

Saturday 17th June 8pm

Dance in the Victory Hall with Simon playing keyboard

Apple Day 21st October

Due to unforeseen circumstances the Apple Day has had to be cancelled. Apologies for any inconvenience caused.

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.

Gardening Tips for the month



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

This is a really special time of year for gardens - the month when so many plants are at their peak and still looking fresh.

Jobs to be tackled this month

Roses

Feed roses with a specialist granular feed and if Blackspot is a problem, then spraying every two weeks will help keep it at bay.

Keep weeding!

Raspberries

If you have a wire support system for your raspberries, then keep tying in the new growth - raspberry canes that don't blow around in the wind will be more productive.

Tomatoes

If you are growing cordon/vine tomatoes, remember to pinch out sideshoots as soon as they appear. These have a horrible habit of growing away very quickly and diverting the plant's energy from fruiting. Just make sure you aren't pinching out the flower stems by mistake - been there, done that!

Broad beans

If your broad beans are well grown, then pinch off the tip just above the topmost flower, to discourage blackfly.

If you get there before the blackfly then try eating the tips; delicious when finely shredded and stir fried.

Oh, and keep weeding!

Tender Annuals

Get your tender annuals planted out...after hardening them off of course. It's very unusual to have frosts in early June, but not unknown, so be prepared to protect them if necessary.

Pruning

Many spring flowering shrubs and climbers will have done their stuff by now. Pruning will

encourage an even better display for next year.

Spring flowering clematis such as the alpines and montanas benefit from a light trim to tidy them up. Weigela and Philadelphus need the old flowered stems cutting back to a good strong sideshoot. Take out a few old stems right down to the base. Camellias can be lightly pruned back now - in fact, camellias make very good hedges and should be used more for this.

If you want a late source of food for bees and butterflies, try leaving the pruning of buddleia till now rather than in the spring as is usual.

And once again - keep weeding!

Northlew Village Fun Day

The second great village fun day was held on Saturday 29th April. Thanks to all that helped organized it and, of course, to everyone who came along to support it.

Details of the funds raised will be in next month's edition – another huge effort, thank you!



Recipes for the month

Tomato and rocket linguini

1 packet Wild rocket
1/2 lb baby plum tomatoes
3 cloves garlic
1/4 bottle (ish) dry white wine
Extra virgin olive oil
1 packet fresh linguini
Sea salt flakes
1/2 teaspoon chilli flakes

Peel and finely slice the garlic and put in a heavy pan with 2 tablespoons of olive oil. The pan should be cold. Turn on the heat and fry the garlic until just turning golden. Add the tomatoes, having halved any larger ones. Cook for 4-5 minutes then pour in the white wine. Cook quickly for 3-4 minutes then stir in the rocket and allow to sweat down. Season with sea salt flakes and dried chilli flakes. Cook the pasta for 2-3 minutes until al dente and add the pasta to the sauce.

Serves 2 as a main, 4 for a starter.

Strawberries and seafood!

Try adding thinly sliced strawberries into a seafood salad. Dress with a light vinaigrette with a little fresh mint but no garlic.

It sounds odd but it works!

Many thanks to Tania Haycocks and Harriet respectively for this month's seasonal recipes

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

Vintage Tractor Run

Sunday 7th May
10:00 am



Thank you to everyone who participated in the Vintage Tractor Run. What a fantastic turn out with over 50 tractors of meeting in the village square. *(What is the collective noun for tractors?)*

Thanks too to everyone who supported the day and in particular thank you to everyone who donated all the fabulous food for the lunch and everyone who donated their time to make it all happen.

To date £1,540 has been raised for the church fund and the Northlew Devon Air Ambulance night time landing site fund with further pledges to be collected.

Save the Date: for 2018!

Vintage Tractor Run
Sunday 6th May

Given the success of this year's Vintage Tractor Run, there is a plan to make it an annual event so please save the date of the first Sunday in May 2018:

Sunday 6th May

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

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

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@](mailto:Julie.phillips240@ntlworld.com)

ntlworld.com

Yoga Classes



Yoga classes are cancelled this term due to very low numbers. They will start again in the autumn.

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

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.

Thank you

A huge thank you to Bryan Dufty and Mark Rundle who have been the Chair and Vice Chair of the Parish Council respectively.

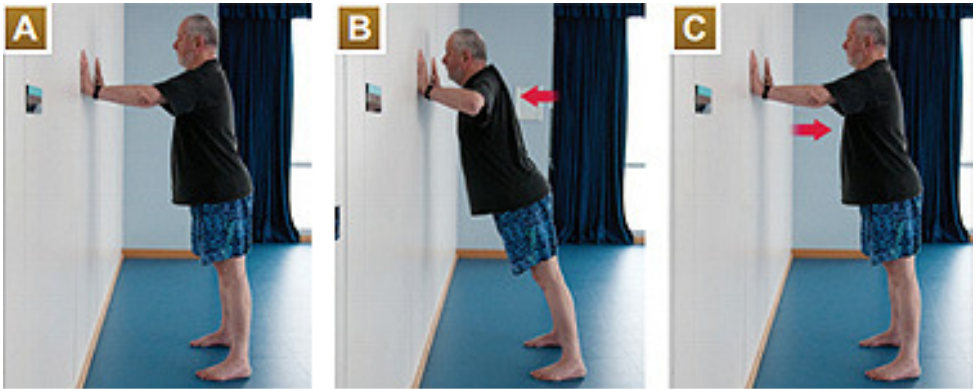
Member of Parliament

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

www.trainertompt.com

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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07890 929184

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2017 Events at a Glance

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 – Cancelled
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 freedom of the line rail ticket 	£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
<ul style="list-style-type: none"> • Monday 23rd October for 5 days Blodelwyddan Castle; a Warner hotel in North Wales 	£349
<ul style="list-style-type: none"> • Saturday 4th November Bridgwater Carnival 	£14
<ul style="list-style-type: none"> • Monday 20th November for 5 days Turkey and Tinsel break at Torbay Hotel, Torquay sea front 	£199

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