NORTHLEW NEWS



July is the seventh month of the year in the Julian and Gregorian Calendars and the fourth month to have the length of 31 days. It was named by the Roman Senate in honour of the Roman general, Julius Cæsar, it being the month of his birth. Prior to that, it was called Quintilis.

July 2017
Northlewnews@gmail.com

Your Parish Councillors

Chairman: Joanna Wilson: 01409 220254	Vice-Chair: Jen Kelson: 07795 075685	
Jane Colbourne: 01409 221220	Simon Dufty: 01837 871744	
Mark Rundle: 01837 53314	dle: 01837 53314 Celia Rundle: 07432 512499	
Alex Crosthwaite-Eyre: 01409 220136	Bryan Dufty: 01837 871256	
Chris Scadeng: 01409 221797 Clerk: Janet Millership: 01409 221		
Cllr James McInnes: 01837 861364	Cllr Patrick Kimber 01837 810057	

Note from the Editor

Very good news on the Devon Air Ambulance landing site fundraising this month. It's amazing to see how much we have raised in so short a period of time. Thanks to everyone who has organized an event or made a donation to support this fantastic project for our community. Please see page 8 for more information.

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.co m or please call me on 01409 220254.

banna.

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.

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Northlew Post Office



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

Northlew Methodist Church Fun Day

Saturday 15th July

The Fun Day is being held at Brook Cottage by the kind invitation of My Andy Hill. Parking in Bart's field Come and join us for BBQ, cream teas, cake stall and competitions. Doodlebugs Children's Activities.

Everyone is welcome! (if wet then it will be held in the Methodist Hall)

Published by the Parish Council July 2017

Northlew Methodist Church

Services 2nd July

9:30 am Rev Sylvia Coke-Woods

9th July

9:30 am Mr John Hill

16th July

9:30 am Mr Roy Down6:30 pm United Songs of Praise at Ashbury Church

23rd July

10:30 am United Family Service Rev Liz Singleton

30th July

9:30 am Rev Nigel Coke-Woods

Anniversary Weekend

Thank you to everyone who supported our Anniversary weekend. On Sunday Mr Andy Hunter led a lovely service of encouragement and on Monday the Stowford Meadow Singers and Mrs Jean Daniel, the chairperson, gave us a wonderful evening of praise and thanksgiving. The weekend raised £202.80 for our funds.

St Thomas of Canterbury Parish Church

Services 1st July

3:00 pm Patronal Festival Service. Rev Chris Grasske

2nd July

9:30 am Holy Communion 6:30 pm Flower Festival Songs of Praise at Bratton Covelly

9th July

9:30 am Morning Prayer6:30 pm Evening Prayer

16th July

9:30 am Holy Communion **Songs of Praise at Ashbury** 4:00 pm Meet in the square at

Northlew to walk to Ashbury Church. There will be an activity for everyone to do during the walk.

5:00 pm Bring and share BBQ at Ashbury Church (Burgers and sausages will be provided)

6:30 pm Song of praise at Ashbury Church If you don't fancy the walk then please do come directly to the church – all welcome

23rd July

10:30 am United Family Serviceat Chapel6:30 pm Holy Communion

30th July

11:00 am Group Service at Exbourne (none at Northlew Parish Church on the 30th)

Church Festival

The Church Festival will take place on Saturday 1st July after the church service at 3pm. The Reverend Chris Grassje will preach and the Archbishop of Canterbury will come to a sticky end.

The fete at Churchgate will be opened around 4pm by Mrs Nicola Lampe ex-head of the primary school.

Church Yard Mowing

The church yard is looking really welcoming, peaceful and so lovingly cared for. For this we thank Roger and his merry men! As a long time studier of church yards I can honestly say that I have never seen a more lovely one. Thank you!

Thanks also to the church cleaners who hoover, dust, mop up and 'do' flowers each week. The cleaning list doesn't seem

to attract as many members as the mowing list so if you're interested please don't hesitate to contact me. Thanks Pat

Northlew Doodlebugs

Please note that walk to Ashbury Church, bring and share BBQ and the Songs of Praise replace our normal Doodlebugs activities which are usually held on the 4th Saturday of each month.

Ten Years On! A Big Thank You and a small request

Ten years ago, on Monday 16th July 2007, I was licensed at Hatherleigh Parish Church as Priest-in-Charge of Hatherleigh, Meeth, Exbourne and Jacobstowe. With the addition of Northlew to our group at the beginning of 2010, and then joining together with the eight parishes of the Northmoor Team, I now glory in the snappy title of 'Team Vicar in the Northmoor Team Ministry with special responsibility for the parishes of Hatherleigh, Meeth,

Exbourne, Jacobstowe and Northlew'

As we celebrate 10 years here, I just wanted to say a BIG THANK YOU to you all for your welcome, friendship, and understanding, as I have learnt the ropes, both as a vicar and a mother (with more still to learn). It has been a lovely place to start a family, and Brendan and Krysty have benefitted from being involved with all sorts of happenings across the parishes. It is a privilege to serve as a church minister in such a beautiful place with such welcoming people, and I am grateful to you all for what you reveal to us of God's love and generosity.

Every two years, parish clergy in the Diocese undergo a review of their ministry and look at things they might do to grow and develop. At my last review with Bishop Nick McKinnel at the beginning of March, we identified that, after 10 years, my office and filing system is no longer fit for purpose, and that having time to properly redo the filing system and sort it out would help me to work more effectively in the future (and

reduce my stress levels). He therefore asked me to block out two weeks without parish or service commitments to 'mine deep' in my office. I will be doing this from Monday 17th July until Sunday 30th July (although I will appear at some school leavers' services and a couple of special services during this time). Therefore, my small request is that you should only contact me during this time if there is anything urgent. Please note that I will not be regularly checking my email during this time, but will check the answerphone.

Thank you for all your kindness and support!

Rev. Ruth Hansford (and Paul, Brendan, Krysty, and the dogs: Flynn, Swallow, and Eby; and the cats: Smokey and Bandit.)

Women's Guild and Fellowship

Wednesday 5th July 2:30 pm Methodist Hall Rev Nigel Coke-Woods

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

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

Well, the recent heat wave and subsequent showers have certainly been making the garden grow. This is just a reminder to everyone to collect a Show Schedule which outlines all of the categories for the Northlew and Ashbury Show. These are available from the Village Store, Green Dragon, Church Rooms or Victory Hall. With over 50 different categories, there really is something for everyone.

As always, there are categories for favourite fruit and vegetables such as apples, potatoes, runner beans, tomatoes and much, much more.

The flower arranging categories this year include: a garden on a plate, 'Sapphire Jubilee' and 'Story Time' - you can use your imagination and creativity to design a display for these categories, keeping within any size guidelines. These flowers

do not need to be home grown.

New categories this year include photography classes - a black and white photograph entitled 'Faces' or a colour / black and white photograph depicting any aspect of 'Northlew Life'. There is even a category for your favourite 'selfie'.

There are special classes for children only, but do remember that anyone under 16 can also enter any open class too. The specials for children include the chance to build a shoe box house or vehicle, design a piece of iewellery or decorate a gingerbread man. Of course, there is also an opportunity to show off your largest Sunflower Head - we keep hearing tales of sunflowers planted at the Fun Day growing really well. For those who enjoy all things crafty, needlework, crochet and knitting are joined this year by a category for an item created using recycled materials and, of course, there is an open class for 'any other craft item' for your own favourite activity - be it wood turning, pottery, glass blowing, jewellery making or any craft at all.

Last but not least, this year, for the first time, there is a chance to enter a bottle of your home made cider, wine or nonalcoholic soft drink, alongside the ever popular sloe gin and liqueur classes.

All entry forms and fees (25p for each category entry for adults, free for children) must be returned to the Village Store or Rosemary Cottage by Wednesday 30th August. We are still looking for helpers on the day - so if you can help with setting up tables in the morning, or selling refreshments in the afternoon, please do let us know.

We look forward to making this a great fun event for all the family.

If you have any queries, please contact: judith.dancer@btinternet.com.

Holly Dancer on behalf of The Northlew and Ashbury Produce and Craft Show Committee

This year's nominated charity is the Devon Air Ambulance, Charity number 1077998

Devon Air Ambulance Landing Site

Our fund raising to support the Devon Air Ambulance night time landing site is going very well.

The fund raising target is estimated to be £13,500 (some costs still have to be confirmed) and it is incredible that we have raised just over £11,000 in such a short space of time. This has been achieved through a mixture of successful grant applications, the organization of events specifically to raise funds for the project and donations made from clubs and individuals to support it.

Very many thanks to everyone who has been involved in the fantastic effort to date.

Included in the £11,000 is a grant of £3,222 which we secured on the 29th June from the Town and Parish (TAP) Fund.

In next month's edition of the Northlew News there will be a full length article about the project with a breakdown of the funds raised to date.



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.

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



On the 16th June we held our 'special' walk to Beaworthy.

The walk was arranged to raise funds for the restoration of the village church, via the sale of 'cream teas' supplied by residents of Beaworthy.

Not sure if it was the good weather, or promise of cream

teas, but it was great to see 20 walkers gathered in Northlew square at 2pm for the 3.5 mile walk. Prior arrangements had been made to leave sufficient cars at Beaworthy to transport people back to Northlew after the refreshments.



Walkers included, Pat Carter. Julie Phillips with Ted and Archie, Trevor Miller with Bess and Kim, Paulette Bowman, Sue Sanders, Marion Dufty, John and Enid Maguire along with two friends Mike and Anne Bendix. Chris and Angela Baines. From outside Northlew were Pat Richardson, Shirley Lloyd, Jenny Anderson with her brother Mike Stone, and Chris Allen. This month we welcomed Steve and Diane Hargreaves, who take extended holiday's in Devon, and love walking in the County. Also Jehna Jennings, a friend of Paulette Bowman, and

regular walker with the Okehampton Walk & Talk group.

The walk was confined to country lanes, and consisted of a gradual climb between the two villages, from 484 feet at Northlew to 627 feet at Beaworthy. We took several rest stops to keep the group together, and catch our breaths, before reaching Beaworthy at about 4:15pm

Although refreshments were promised at the church, we were overwhelmed by the quantity and quality of the fare provided. Along with cream teas, were cream buns and Victoria sponge cake. 2nds and 3rds were willingly offered, and everyone took full advantage of the hospitality on offer.

It should be stated at this point, that Sue Sanders accompanied by Steve and Diane Hargreaves, walked the 3.5 miles back to Northlew after the refreshments. Thanks go to Debbie Lock and her helpers Pam and Jim Williams, Ian Sanders, and Sandra Ward for providing the refreshments, and making our walk a thoroughly enjoyable day out. It was gratifying to learn that

£100 was collected on the day, which will go towards the much needed church restoration efforts.



Also a special thanks to Holly Dancer, who couldn't join us today, but kindly donated £5 anyway.

Chris chrisbaines55@talktalk.net

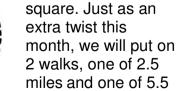
Next Walk No 13

Our next walk will return to the first Friday of the Month, and will take place on the 7th July,

starting at 2pm in the

miles. Walkers can





choose during the walk which distance they want to attempt

For more details please contact Chris (as above)

Victory Hall

Registered Charity No/: 266213 A/3

Dance on Saturday 17th June

Thanks to all those who attended the dance on 17th June. Despite the hot weather there was plenty of dancing all evening and we made a profit of £212.70 for the Methodist Church.

Cream Tea and Open Garden

By kind invitation of Colin and Mags Jarvis

Saturday 8th July Little Acorns, Northlew 2pm – 4.30pm

2pm – 4.30pm Entrance 50p

Tombola, cakes and cream teas, Walk on the Wild Side Catch the Dragon, Pond Dipping, Quiz sheet Car parking available



Monies raised in aid of Northlew Victory Hall

No transport?
Call Jayne on 01409 221225 to arrange a lift from the square
Registered Charity No/: 266213 A/3

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

As I'm writing this, the mists are rolling in after a few heady days of sunshine. I'm praying that that wasn't it for 'summer'!

High Temperatures

The plants and gardens have been taken a bit by surprise by the high temperatures. Don't be surprised to see the leaves on plants like acers going brown and crinkly. Don't despair - they should recover and put out new albeit smaller leaves.

Clematis wilt

One of the most annoying diseases to strike at this time of year, is clematis wilt. If you see a stem wilt and then collapse with blackened leaves in places, for apparently no reason, then prune it right out down to the base. Dispose of

the infected material in your household waste, not in the compost bin!

Tomatoes

Tomato plants often put out flattened new growth in very hot weather, known as fasciation. Again, they should 'grow through' that stage although it will look odd. And looking at tomatoes...don't forget to side shoot regularly ie. remove the small side branches that sprout in the leaf axils. If you don't, you will end up with a mass of tangled growth that diverts energy from fruiting. Also remove all the lower leaves

Also remove all the lower leaves up to the first truss of fruits in order to improve air flow - this helps prevent the dreaded tomato blight and helps ripening.

Potatoes

You can get potatoes for your Christmas dinner if you plant a few second earlies in an old recycling bag/large pot, which can be moved inside/to a frost-free greenhouse before the first frosts arrive.

Courgettes

One last veg tip - nip out the growing tip of courgette plants to encourage more fruiting.

Deadheading

Give hardy geraniums that have finished flowering, a haircut right down to the base to encourage a new mound of foliage and hopefully, more flowers. Be ruthless and get the shears out to do this.

Keep deadheading...not just annuals and hanging baskets, but perennials such as lupins, delphiniums and of course roses.

Top tip for this month!

The Biochar/Goldchar top dressing mentioned in one of my previous columns and applied round the roses in particular has so far been a resounding success; far more blooms and hardly any Blackspot despite the weather and no spraying. So well worth the recommendation!

Enjoy the sunshine...happy gardening!



Omelette Arnold Bennett (a lovely dish that does for any meal)

Ingredients

50g butter
4 tablespoons cream or crème
fraiçhe
125g smoked haddock, cooked
and flaked
Salt and pepper
15g grated Parmesan
3 eggs, separated
A little chopped parsley or
chives to decorate

Method

Melt half the butter in a small saucepan. Remove from the heat and stir in half the cream and the fish. Season to taste. Stir the egg yolks into the fish mixture being careful not to break up the fish too much. Whisk the egg whites until just stiff enough to form soft peaks and fold into the fish mixture with half the cheese. Melt the remaining butter in a preheated 8 inch omelette pan. Add the fish mixture and spread evenly in the pan. Cook fairly quickly until just beginning to set. Sprinkle with the remaining cheese and place under a very

hot grill until the cheese is lightly browned. Slide the unfolded omelette onto a warmed serving dish. Pour over the remaining cream and sprinkle with parsley or chives (or both). Serve immediately. Serves 1 to 2

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

Coffee 'n' chat outing

Thursday 3rd August: Trip to Swanage



Leaving the square at 9:00 am.
Stopping on the way to Swanage for coffee

Adults £7, children £3.50 To book tickets please call Marlene on 01409 221508

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 pm – 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.



The Falconry event held on 21st April went really well and raised £240 for the Village Produce Show. Angela and I would like to thank everyone who came to support the event.

Thank you,

Chris Baines

Photography club

Meetings are held on the 4th Monday of each month between 7:00 pm and 9:00 pm in the Victory Hall. For further information please telephone either



Chris: 01409 221362 or Julie: 01409 220088 or email: chrisbaines55@tal ktalk.net

Julie.phillips240@ 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.

Member of Parliament

Mel Stride MP House of Commons London SW1A 0AA

Tel: 020 7219 7037

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		
July	 Saturday 1st July Church Festival Friday 7th August: Northlew Walking Club 2pm, village square 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	 Thursday 3rd August: Coffee 'n' chat outing, Swanage Saturday 12th August: Charity Marathon Walk Monday 28th August: Summer bank holiday 	
September	 Saturday 2nd September: Northlew Produce Show Saturday 16th September: Dance 8pm 	
October	 Sunday 8th October: Harvest Festival, 2:30 pm Monday 9th October: Harvest Festival, 7:15 pm Saturday 21st October; Apple Day – Cancelled 	
November	 Friday 24th November: Concert in the Victory Hall with Stithians Ladies Choir, 7:45 pm 	
December	Sunday 10th December: Christmas Lunch, Victory Hall	

Carmel Coaches Excursions for 2017

Date and venue	Cost
Wednesday 23 rd August Crazy for you, Plymouth	£47
Monday 28 th August Torquay or Paignton	£12
 Monday 23rd October for 5 days Blodelwyddan Castle; a Warner hotel in North Wales 	£349
 Saturday 4th November Bridgwater Carnival 	£14
 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