

NORTHLEW NEWS



Harvest Festival

September 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	Celia Rundle: 07432 512499
Alex Crosthwaite-Eyre: 01409 220136	Bryan Dufty: 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

Whichever way you cut it summer ends in September: whether defined by the meteorological definition (summer ends on 31st August) or the astronomical definition of our seasons (summer ends at the September equinox which is on 22nd September this year). So we head towards the season of mists and mellow fruitfulness. As ever lots going on in the village for us to enjoy as the nights draw in.

Thanks to those of you who regularly contribute to the Northlew News. All contributions to the newsletter are welcome. Please let me have any items no later than the 20th of the next month. If you or your company would like to sponsor an edition please give me a ring.

I can be contacted by email at northlewnews@gmail.com or jwilson@thejoivconsultancy.com or please call me on 01409 220254.

Many thanks and with best wishes,



Northlew Stores C I C. A huge thank you to Lin and Nicki!



Photo by Roy Haggerty.

A new era begins.

We all owe a huge thank you to Lin and Nicki who handed over the Northlew Village Shop to Paula Anscombe at the end of August. These two worked tirelessly to set up and run the shop and have given it their all since it opened in November 2015. Their hard work not only provided a much needed service to our community but also culminated in them donating £2000 to the Devon Air Ambulance landing and playground fund - no mean feat! Nicki will be focussing on her family and Lyn will be getting her life back whilst continuing to volunteer, along with the lovely Win, to keep the doors open and life's necessities flowing!
Chris Scadeng

The village shop stocks 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 Paula

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.

New Opening times

Monday: 8am – 1pm
Tuesday: 8am – 11am
Wednesday: 8am – 11am
Thursday: 8am – 1pm
Friday: 8am – 1pm
Saturday: 9am – 12 noon
Sunday 9am – 12 noon

Thank you for your continued support of the community shop.

St Thomas of Canterbury Parish Church

Services

3rd September

9:30 am Holy Communion
6:30 pm Evening Prayer

10th September

9:30 am Morning Prayer
6:30 pm Evening Prayer

17th September

9:30 am Holy Communion
6:30 pm Evening Prayer

24th September

3:00 pm Family Service with baptism
6:30 pm Holy Communion

1st October

6:30 pm Harvest songs of praise

Ploughman's Lunch

Our Ploughman's lunch will be held on Saturday 2nd September from midday until 2:00 pm.

Tickets are £5.50 for adults and £2.50 for children. Ham, cheese, salads, spuds, lovely puds and a nice cuppa! There is a list for bookings on the table in the Churchroom or please call me, on 221036.

Everyone welcome.

Pat

Harvest Festival

It's not until next month, but right at the beginning so it's best mentioned early. Harvest songs of praise will be in the church at 6:30 pm on Sunday 1st October. And Harvest supper, this year in the Victory Hall, will be held on Monday 2nd October. There will be a list in the Churchroom for bookings. Any gifts of produce, flowers, pots of pickle etc to go in the Church and then auctioned at the supper will be very gratefully accepted. So come and join us in singing the good old harvest hymns on Sunday and at the supper on Monday. Unlike so many parts of the world we never starve in this country (well not yet!).

Come and give thanks to God for our farmers and fishermen and for our equable climate.

Northlew Doodlebugs Return!

Come and have fun with us at our churches' Children Group ***Saturday 23rd September*** Celebrating the Harvest Season Come and join us as we celebrate in games, story and craft all the joy of the harvest.
3:00 – 4:00 pm
Methodist Chapel
Followed by light refreshments

Northlew Methodist Church

Services

3rd September

9:30 am Service at Boasley

10th September

11:00 am Rev John Peak

17th September

9:30 am Service
Rev Liz Singleton

24th September

3:00 pm United Family Service
at the Parish Church

Women's Guild and Fellowship

Wednesday 6th September

2:30 pm in the Methodist Hall

Speaker: Mrs Mary Ford

Methodist and 50/50 Outing

Lyme Regis

Saturday 9th September

Meet in the square and leave at

09:00 am

Adults £10

Under 16s: £5

To book tickets please call

Bet 01409 221003

or

Winifred 01409 221642

50/50 Coffee Morning

10:00 am – Noon

Saturday 23rd September

Cake and savoury stall at the

50/50 coffee morning

Northlew Post Office



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

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**The Old Wheelwright's
Private Dining in
Northlew**



Relaxed private dining with a very personal touch. For that special dinner why not let me welcome you with a complimentary cocktail or a glass of champagne, then serve a three course dinner (previously ordered) with complimentary wine with each course. A log fire, soft music and discreet service, the evening is yours. Relax after dinner with coffee and complimentary liqueurs knowing you can walk home at your leisure. Private Dining available on Thursdays, Fridays and Saturdays. Prebooking only. Please contact Tania on 01409 220053 or email at haycocks3@aol.com for a sample menu and bookings.

Join the Tractor Run!



In aid of STH and the Devon Air Ambulance

Sunday 24th September

Starting in Northlew Square at 10:30 am

Tea, coffee and bacon rolls available in the Churchroom from 09:30 am.

Come and join us enjoy our glorious countryside with an approximately 18 mile tractor run on road and tracks.

£10 per person including lunch in the Victory Hall afterwards.

To book please call either Char Baker 01409 221268 or Daph Beasley 01409 440418

Please book in by Friday 22nd September

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



For our August walk, and as it is the height of

Summer, we planned a picnic, and stroll along the edge of Meldon Reservoir.

Northlew folk joining us on the walk were Trevor Miller (without Kim and Bess), Sue Sanders, Holly Dancer with Alfie, Julie (without Archie and Ted), Malcolm and Julie James, Angela and myself.

From outside Northlew Shirley Lloyd, Brigid Richardson, Chris Allen with Millie, Jenny Anderson, Diane and Steve Hargreaves with Jack, Susan Jones, and Wendy Cave. That made 15 humans and 5 dogs.

We arranged to meet in the car park at Meldon for 11:30a.m., and set off across the dam loaded with our picnic lunches. At this point the weather was dry, but the clouds were looking very threatening. We continued along the south side of the reservoir, until we reached the stream at the top end. It was then, just as we planned to sit down and enjoy our picnic, that it decided to rain. We therefore

decided to shelter by the trees, and eat our lunches there. As it happened, the rain eased off, and we all enjoyed the surrounding countryside views, whilst polishing off the sandwiches etc. After a leisurely lunch, and the regulation photo shoot, we walked up to the weir, our original picnic site.



We finally set off back to the car park, re-tracing our steps back the way we came. Alfie did very well on the walk, but had to be carried on the return journey, covering Holly in mud. It was a first outing for Julie James, Wendy Cave, and Chris's dog Millie. Welcome to everyone, and here's hoping you can join us again soon.

Chris

chrisbaines55@talktalk.net

Next Walk No 14

Next month's walk will be back to normal, at 2pm on the first Friday of September



See you there.

For more details please contact Chris (as above)

Northlew and Ashbury Produce and Craft Show Saturday 2nd September

A full report of the show will be in next month's edition of the Northlew News. Thanks to everyone for your support of the show!

The Northlew and Ashbury Produce and Craft Show Committee



Northlew Charity Marathon Walk

An update to follow next month

Gardening Tips for the month



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

I'm keeping fingers crossed for a lovely September and October, as we so often get in the South West...much needed after what feels like a wet summer.

Herbaceous perennials

Towards the end of the month, you can lift and divide clumps of herbaceous perennials that have already finished flowering. This increases your stock of plants and allows you to cut out any old or dying centres with a sharp spade. It is an ideal time of year to do this as the soil is still warm and clumps re-establish fast. Best done on a cool day though when rain is forecast for the following few days.

You can also tease out the roots of any pernicious weeds such as ground elder and couch grass ; a fiddly time consuming job, but worth doing.

Final point...it may sound obvious, but do cut down any tall foliage before you move the plants!

Planting for spring

Spring flowering bulbs such as daffodils, scilla and snowdrops can be planted now. I find that snowdrops planted as dry bulbs rather than 'In the green' are less successful, but you get a higher strike rate if they are potted up instead first. They can be transplanted in the Spring. Don't plant tulips till late November or early December - this helps avoid Tulip fire.

Amaryllis and hyacinth bulbs can also be potted up now so that they can flower in time for Christmas

Deadheading

Keep deadheading dahlias and penstemons to help prolong the flowering display.

Hardy annuals

Hardy annuals such as cornflowers, ammi majus and calendula can all be sown early

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in the month and planted out in mid to late October in order to make bigger stronger plants next year. If the weather turns very cold early in the season, they can be over-wintered in cold frames.

Ponds

If you have a pond that is near trees, try netting it to stop the leaves from falling in it.

Garlic

The end of September is the ideal time to plant garlic - it's needs a long growth period and winter cold in order to bulb up and form cloves properly. And finally....it is a perfect time to choose and plant new trees and shrubs.....the ideal excuse to go shopping!

Happy gardening!

Harriet

Badminton



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

Chris Baines on 01409 221362 for more information

Victory Hall

Registered Charity No/: 266213 A/3

Dance in the Victory Hall Saturday 23rd September

8:00pm

With a Bit of Luck!

Victory Hall Website

Check out our brand new website:

www.northlewwictoryhall.co.uk

We are delighted with how it looks and booking is now available through it.

Yes - it does look great!

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.



Recipes for the month

Thanks to Tania Haycocks for this month's recipe

Tania's Sausage and Apple Pie

Ingredients

Enough shortcrust pastry for the top and bottom of a tin pie plate or flan tin

Good sausage meat

A large Bramley apple peeled, cored and cut up

1 egg

Method

Roll out 2 thirds of the pastry and line the tart tin.

Put the apple slices over the pastry and cover with the sausage meat.

Top with the rest of the pastry and seal the edges. Decorate with pastry leaves

Make a hole in the top and brush with beaten egg.

Bake in a moderate oven (160 degrees or for a 4 door AGA then the middle of the baking oven or a two door AGA, the bottom of the roasting oven) for about 45 minutes until brown and the juices are starting to

bubble up through the hole in the top.

This is delicious and can be eaten hot or cold.

HOF Gallery and Cottage

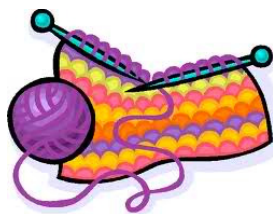


The HOF Gallery is a small space devoted to all things Arts & Crafty. The gallery also has a selection of fine ceramics, paintings, prints, locally crafted sculpted & hanging feltwork. A 'rustic' framing service is also available.

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

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.

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@talktalk.net
or Julie.phillips240@ntlworld.com

Don't forget about your chimney!

It's that time of year!



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

Yoga Classes



Yoga classes will be restarting on Wednesday

27th September in the Methodist Chapel.
7:00 - 8.30.pm

Please wear comfortable clothes and bring a mat or blanket to lie on. All are welcome. For further information please contact

Angela on 01409 221110 or 07809 427991

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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Mags Jarvis' sponsored Great Escape Run in aid of Parkinson's UK

By the time you read this I shall hopefully have completed my run on Saturday 26th August. This photo was taken on the summit of Sourton Tor with Okehampton Running Club friends on my final long training run on the moor before the Great Escape Half Marathon. We were on our 4th Tor and climbed nearly 2000 feet covering 11.5 miles. If you saw the August Northlew News you will have seen that I have Parkinson's and that the last significant drug discovery for the disease (levodopa) was over 50 years ago. Levodopa only masks the symptoms but is not a cure. Therefore I am fund raising for further research and hopefully a cure.



My total sponsorship at the time of going to press is over an amazing £2,000. Thanks so very much to all of you who have supported me by sending me a donation. If anyone would like to donate you can still do so:

1. By cash – if you need me to collect it from you please ring me on 220268.
2. By cheque, made payable to Parkinson's UK. I can also collect these.
3. Visiting my Just Giving page online at

<https://www.justgiving.com/fundraising/mags-jarvis>

Thanks so much for all your wonderful support. I really do appreciate it. Mags.

Stretch of the Month

By Tom Wilkins

www.trainertompt.com

Lower back

This month's edition focuses on the lower back. The stretch shown in the diagram below works at targeting the vulnerable area in your lower back that often causes problems. This stretch is a great way to isolate your lower back and glutes and can easily done in a small space. Use your elbow pressing against your knee to apply gentle pressure to increase the stretch



Key Points:

Hold the stretch for 12-15 seconds

Deep breathing throughout

Remember to work both sides

Aim to repeat 1-2 times a day

2017 Events at a Glance

September	<ul style="list-style-type: none"> • Saturday 2nd September: <ul style="list-style-type: none"> ○ Northlew Produce Show ○ Ploughman's lunch Church Room • Primary School term starts: Wednesday 6th September • Saturday 23rd September: Dance 8pm (Please note the change of date!) • Sunday 24th September: Tractor Run
October	<ul style="list-style-type: none"> • Monday 1st October: Harvest supper, Victory Hall • Sunday 8th October: Harvest Festival, 2:30 pm • Monday 9th October: Harvest Festival, 7:15 pm • Saturday 21st October: 80s Disco, 8:00 pm – midnight • Primary school half term: Monday 23rd – Friday 27th October inclusive
November	<ul style="list-style-type: none"> • Friday 24th November: Concert in the Victory Hall with Stithians Ladies Choir, 7:45 pm • Primary School non school day: Friday 24th November
December	<ul style="list-style-type: none"> • Sunday 10th December: Christmas Lunch, Victory Hall • Primary School Christmas holiday: Monday 18th December – Tuesday 2nd January 2018 inclusive

2018 Events at a Glance

January	<ul style="list-style-type: none"> • Primary School Term starts: Tuesday 2nd January
February	<ul style="list-style-type: none"> • Primary School half term: Monday 12th – Friday 16 February inclusive
March	<ul style="list-style-type: none"> • Good Friday: 30th March
April	<ul style="list-style-type: none"> • Easter Sunday: 1st April

Carmel Coaches Excursions for 2017/18

Date and venue	Cost
<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
<ul style="list-style-type: none"> • Saturday 25th November Christmas shopping, Cardiff 	£20
<ul style="list-style-type: none"> • Sunday 3rd December Christmas shopping, Cribs Causeway/Cabot Circus, Bristol 	£15
<ul style="list-style-type: none"> • Wednesday 3rd January 2018 Peter Pan, Theatre Royal, Plymouth 	£25

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