

NORTHLEW NEWS



Roman goddess Februa, mother of Mars

February 2018

Northlewnews@gmail.com

Your Parish Councillors

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Published by the Parish Council

A short history of the months of the year

February was named for the Roman goddess Februa, mother of Mars. As patroness of passion, she was also known as Juno Februa and St. Febronia from febris, the fever of love.

The original Roman year had 10 named months: Martius "March", Aprilis "April", Maius "May", Junius "June", Quintilis "July", Sextilis "August", September "September", October "October", November "November", December "December", and probably two unnamed months in the dead of winter when not much happened in agriculture.

The year began with Martius "March". Numa Pompilius, the second king of Rome circa 700 BC, added the two months Januarius "January" and Februarius "February". He also moved the beginning of the year from Marius to Januarius and changed the number of days in several months to be odd, a lucky number.

After Februarius there was occasionally an additional month of Intercalaris "intercalendar". This is the origin of the leap-year day being in February. In 46 BC, Julius Caesar reformed the Roman calendar (hence the Julian calendar) changing the number of days in many months and removing Intercalaris.

Februarius had 28 days, until circa 450 BC when it had 23 or 24 days on some of every second year, until Julius when it had 29 days on every fourth year and 28 days otherwise.

Februa is the Roman festival of purification, held on February fifteenth. It is possibly of Sabine origin.

Source: <https://www.crowl.org/lawrence/time/months.html>

Note from the Editor

If you would like to receive your copy of the Northlew News electronically then please email me at jwilson@thejovinconsultancy.com and I will add you to the circulation list.

Thank you for all the new contributions this month. Please keep it coming whether on a regular or ad hoc basis. If you are planning events later in the year then please let me have the dates as soon as possible (even if the details are to be confirmed) and I will put them in the *Events at a Glance* section.

Please let me have any items for the March edition no later than the 20th of February. I can be contacted by email at northlewnews@gmail.com or jwilson@thejovinconsultancy.com or please call me on 01409 220254.

With very best wishes,



Northlew Stores C I C.

Opening times

Thank you

Paula would like to thank all customers for your continued support.

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.

Extended opening hours

The new opening hours for the shop are as follows:

Mon:	8:00 am – 12 Noon 3:00 pm – 6:00 pm
Tues:	8:00 am – 12 Noon 3:00 pm – 6:00 pm
Wed:	8:00 am – 12 Noon Closed
Thurs:	8:00 am – 12 Noon 3:00 pm – 6:00 pm
Fri:	8:00 am – 12 Noon 3:00 pm – 6:00 pm
Sat:	9:00 am – 12 Noon Closed
Sun:	9:00 am – 12 Noon Closed

Volunteering

If you are interested in volunteering at the shop to work behind the counter, help with stock taking or general admin then please contact Paula or northlewshop@gmail.com

Prescriptions

You can arrange for your medicines to be delivered from Okehampton Medical Centre to the village shop. You will need to place your prescription in the box in the shop 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

Northlew Post Office



® The post office is open on Monday and Friday mornings.

Opening time is 9.30am to 12pm in the Church Room

Northlew Methodist Church

Services

4th February

9:30 am Mr John Hawkins

11th February

9:30 am Service

18th February

9:30 am Rev Jerry Cook

25th February

9:30 am Mr John Hawkins

50/50 Coffee Mornings

Saturday 24th February

Cake and savoury stall, coffee morning and 50/50 shop open

St Thomas of Canterbury Parish Church

Services

4th February

9:30 am Holy Communion

11th February

3:00 pm Hatherleigh Parish Church, Rev Ruth's last service please come to say goodbye. Followed by a bring and share tea. All very welcome

18th February

9:30 pm Holy Communion

25th February

10:00 am Family Service

Snowdrops

The snowdrops are coming up in the churchyard. These sprightly little flowers come to cheer us up just at the darkest part of the year. This winter they were well in bloom at least a week before Christmas whereas normally they wait until the new year.

Anyway, late or early they are always a very welcome sight.

Rev Ruth Hansford

This month we say goodbye and good luck to Rev Ruth. Although we are sad to see her, Paul and the children leave Devon we can also sense the challenge and excitement in the move to Wales for the family. Of course no one questions God's plans for his 'workforce' and I dare say there is a vast amount lined up for you Ruth! But please take some advice from an 'elder' leave time to stand and stare every so often! Snowdon and the sea will be tempting, although if you want to fall into a bog on a mountain Dartmoor has a lot to offer!

Thank you for all your years of kindness, calmness and dedication to West Devon. We wish you all Godspeed and fulfilment in Wales – I could ramble on but won't. All that needs to be said is love to you from Northlew.

Northlew Doodlebugs

Saturday 3rd February

3:00 – 4:00 pm Methodist Chapel.

Party Time!

Come and enjoy a pancake or two at a slightly early Pancake Party as we say goodbye to Rev Ruth, Brendan and Krysty before they move to Wales.

Everyone is welcome!

A letter from Rev Ruth Hansford

Dear Friends,
It seems a long time since we first arrived, at the end of June 2007, following my 4 years as a curate learning the ropes in Parkham, a village to the west of Bideford! I was five months pregnant with Brendan, so looking forward to figuring out

the joys and challenges of parenthood, as well as those of being a vicar. Over 10 years later, we have definitely learnt a lot, but haven't yet got it all figured out!

On Wednesday 14th February, we will be moving to Tywyn on the west coast of Wales just north of Aberyswyth, where I will be taking up a new role as the Ministry Area Leader of Bro Ystumanner, an area that includes five parishes and six churches (Tywyn, Aberdyfi, Pennal, Abergynolwyn, Llanfihangel y Pennant and Llanegryn). We had always thought we would stay here for about 10-12 years, but weren't gearing up to leave quite yet. However, having felt that God was nudging me towards future ministry in the Church in Wales, the advert for this job just happened to catch my eye. It seemed to be the kind of thing we would be looking for, so I felt I couldn't not apply. I was then rather surprised to be appointed!

This is then our opportunity to say thank you to you all for welcoming us into these communities and making it home for us in our time here.

We have been greatly blessed by everyone's friendship and support for us as a family. I have been privileged to walk with some of you through times of joy and sorrow in your own lives, and to work with many of you in a variety of contexts in the churches and communities. I am so grateful to each of you for your graciousness in allowing me to share part of the journey with you.

Departing on a day that is both Valentine's Day and Ash Wednesday is a reminder that we leave with love in our hearts – the love we have for you, and the love you have shared with us, and are preparing for whatever the future might bring in the knowledge of God's love for us, and presence with us. We will be very sad to leave you all, but pray that in your future journeys, you may be blessed with love in your hearts, both given and received, and know the joy of God walking with you.

With our love and thanks to you all,
Rev. Ruth, Paul, Brendan and Krysty (Flynn, Swallow, Eby – the dogs; Smokey & Bandit, Gin & Tonic – the cats)

Women's World Day of Prayer

World Day of Prayer is a global ecumenical movement led by Christian women who welcome you to join in prayer and action for peace and justice.

Please join the Women's World Day of Prayer on Friday 2nd March at 7:30 pm, St Thomas of Canterbury Parish Church

We look forward to seeing you
This year's program is written by the World Day of Prayer Committee of Suriname
Women from Suriname lift up their voices to remind us that we are caretakers of God's creation! They are bringing to our attention the urgent need for caring at a time when more than 180 countries have signed the Paris Agreement on Climate Change. A commitment to keep the earth cooler depends on public policies implemented by governments, but also on our personal lifestyle.

All God's Creation is very good!

The theme for the Suriname worship service urges us to evaluate how our actions affect our planet - one of our Lord's greatest creations.

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The environmental crisis is also a crisis of global justice. God's justice always meant loving and sacrificial self-giving. We, as Christians cannot be silent. We live with the hope and belief that people have the means, and increasingly, the will to focus on justice, peace, and the integrity of creation.

To recycle is to give a new use to objects, thus reducing the consumption of resources that may degrade the planet. We may use the way we do WDP activities to educate and campaign for climate justice. **REDUCE, REUSE, RECYCLE!**

Suriname the country

The Republic of Suriname lies in the north eastern part of South America. Suriname is named after the Surinen tribe, one of the indigenous peoples of the land.

About 90% of the population of Suriname lives in the coastal areas, of which more than half in the capital city of Paramaribo, which is situated on the left bank of the Suriname River. The name Paramaribo is believed to have been drawn from an indigenous word meaning 'city of flowers'.

Today, about 15% of the land surface is a protected territory. The biggest nature reserve is the Central Suriname Nature Reserve, which was established in 1996. Because of the mountainous areas, rapids in the rivers, Savannah soil with rock formations and the remarkable vegetation and animal wildlife, this nature reserve has been placed on UNESCO's list of Heritage Sites.

The ecumenical collaboration was established in Suriname in November 1942 under the name Committee of Christian Churches (CCK). The Women's World Day of Prayer started in the year 1953. In February 1954, a board was officially appointed.

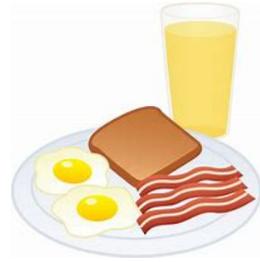
Source: <http://worlddayofprayer.net>

Women's Guild and Fellowship

Wednesday 7th February 2:30 pm. Women's Guild and Fellowship meeting in the Methodist Hall

Big Breakfast

We are doing a big breakfast in the church room on 10th February, from 9 am till 10.30am.



Adults £7 and under 11's £4.

Everyone welcome.
Any enquiries to Tonya Dufty 01837 871423 or Char Baker.

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

12 - 2pm

Lunch is served every day

Evening

Monday – Saturday.

Open 6pm with food served from
6pm- 9pm

Sunday Open 7pm no evening
meals

Please contact Dan on 01409
221228

Northlew and Ashbury Produce and Craft Show 2018

At the Northlew and Ashbury
Produce and Craft Show AGM
held on Thursday 11th January,
a Committee and officers were
elected to organise a Show for
2018.

Cathy Fethers - Chair
Simon Dancer - treasurer
Holly Dancer - secretary
Chris Baines
Colin Jarvis
Tricia Stock

Outgoing committee members
are Julie and Malcolm James
Trevor Miller

The Committee now has only six
members, so help is needed to
make this a successful event.

If you were unable to attend the
AGM, but would like to become
involved in the organisation of
the Show, either as part of the
Committee, or on a more ad hoc
basis, please do get in touch
with the Committee Secretary,
Holly Dancer on 221881 or
email

Judith.dancer@btinternet.com.

The next meeting is on
Thursday 15th February 2018,
7pm at the Victory Hall
Committee Room. At this
meeting, the date of the Show
will be decided, along with
decisions about any changes to
the format. So, if you have any
ideas, please do let us know as
soon as possible.

*Northlew and Ashbury Produce
and Craft Show Committee*

Charlie Dufty is fund raising for Cancer Research UK



Seven year old Charlie Dufty is on a mission. He wants to 'stop rotten cancer from getting everyone'.

Charlie and his younger brother Harry lost their Nana, Mrs Dawn Medland of Bratton Clovelly, and Auntie, Mrs Shelia Kelly of Thamesmead, both to lung cancer last November at the very young ages of 58 and 57 respectively. They both had less than 6 months with their families following their diagnoses. Charlie has decided he is going to raise money for Cancer Research UK as he 'doesn't want anyone else to feel as upset as I do'.

Charlie has set himself a target of raising £200 and has planned to complete a sponsored walk from his home, Moorview in Bogtown to his late Nana's

house in Bratton Clovelly; a total of 4.4. miles. On the 17th January he set up a fundraiser page through Cancer Research UK and by the 18th January had raised £300 – well done Charlie!

Charlie's sponsored walk is on Sunday 18th February and the plan is to set off at around 11:30 am. The route will follow the main road from his house up to Castle Cross and straight onto Bratton Clovelly turning right at the pub up to Church Meadows. Please support Charlie with his fundraising by sponsoring his walk and cheering him on the way! Let's help Charlie absolutely smash his original target! To sponsor Charlie you can by donate to Cancer Research UK on the page <https://fundraise.cancerresearchuk.org/page/charlies-giving-page-32> or make a cheque payable Cancer Research UK (Charlie Dufty) or give cash to Charlie's mum or dad, Gemma and Simon Dufty, who will collate all the donations and pass them on to Cancer Research UK.

If you would like any more information please call Gemma and Simon on 01837 871744.

Northlew Walking Group

Our first walk of the year got off to a quiet start with only 8 walkers turning out. It was also the first walk missed by Trevor Miller along with Kim and Bess, due to a health issue. He has promised to be back with us in February. Get well soon Trevor. Also absent were my wife Angela and Pat Carter, who believed they might melt in the rain!

So, for a pretty damp start from Northlew square were Colin & Mags Jarvis, Marion Dufty, Sue Sanders, myself, Pat Richardson, Chris Allen, and Shirley Lloyd (taking the picture).



We headed down the footpath through the new housing plot, behind the Victory Hall, to come

out onto Kimberlands. Due to the amount of recent rain, we then headed down hill on the road, instead of cutting through the fields towards East Kimber. After crossing 'Tidgy' Brook, we continued on to reach the left turn at East Kimber.

We took this left turn and carried straight on passed the farm on the left where mother and daughter Border Collies usually give us a welcome bark or two. Maybe they were also keeping out of the rain, as they were nowhere to be seen or heard. The road then turns into a bridleway, where we had to dodge a few deep puddles. On the plus side, the rain had stopped, and conditions were pretty much ideal for walking.

The bridleway continues until reaching the main road just above Bogtown, and East Kimber Common on the right. The clouds were now lifting nicely, and great views over to Dartmoor were enjoyed. From here the following Tors are visible: Yes Tor, High Willhays, Black Tor, Branscombe's Loaf, Great Links and Sourton Tors, and probably several others.

Turning left here, we dropped down to Bogtown, and turned right here towards Ashbury. Continuing on the road, we passed the entrance to Ashbury Church and headed down to Kennel Bridge for the obligatory photograph. We then continued ahead towards Durdon Cross. After crossing the River Lew, we turned left on to Shorts Lane. From here it was a short walk (excuse the pun) back out onto Rockey Lane, and then left back over the bridge, and up Harpers Hill to the square.

Next Walk No 20

For our next walk on the 2nd February, we intend to book the Victory Hall for 'refreshments' at the end. There will be a small charge to cover the cost of hiring the hall and for the tea/coffee and biscuits.

Chris

chrisbaines55@talktalk.net

Gardening Tips for the month



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

February is the month when the garden is starting to come alive again. Here's hoping for some let up in the rain!

I'm concentrating more on veg and fruit gardening this month. though there are other jobs that can be tackled. These include....

Snowdrops

Lifting, dividing and replanting established clumps of snowdrops at the end of the month. Doing this means you can establish drifts of these lovely bulbs over time...for free.

Pruning

Pruning any winter flowering shrubs such as winter honeysuckle. Wisteria should be given a winter prune now - shortening the side shoots that

were cut back in the late summer to encourage the formation of flower spurs. You can thin out hydrangeas now - removing around a third of the older stems to the base. Summer flowering clematis can be cut back now.

Buddlieas can be cut back really hard if needed, although if you have more than one and like bees and butterflies, then only lightly prune on one plant and only cut back by a third on another for instance. This means flowers will appear early on the lightly pruned plant and later on the others that were cut back harder...allowing for a longer flowering season. You can also delay flowers to even later by hard pruning in March or even April instead.

Deciduous grasses such as miscanthus should be cut right back before new growth emerges.

If you want to drastically cut back an evergreen such as yew or holly, now is the time to do it - though avoid doing it in a really cold snap. They will look awful for a year or two, but they will recover.

Planting bulbs

Lily bulbs can be planted up now. If they're in pots or on heavy ground, work in some horticultural grit to the soil or compost which improves drainage.

Now for the veg garden....

Put down black landscaping fabric on areas where you want early crops. It will help the soil warm considerably...although don't do this when the ground is frozen as it will simply keep the cold in. The fabric is removed before sowing.

Carrots and parsnips especially appreciate this. They don't appreciate manure or garden compost though as this makes them fork.

Try early varieties of carrots such as Nantes and canker resistant varieties of parsnip such as Gladiator. I was taught a trick for parsnip seed. sow the row in well drained soil and cover with a scaffolding plank. Check for germination every few days, which should be in 2-3 weeks. Parsnip seeds must be fresh too - last year's seeds usually fail to germinate. It's also best to cover early carrot sowings with fleece and

keep it on as this stops carrot root fly in early summer.

Grape vines if not pruned already can still have their side shoots cut back to just one or two buds.

Apple and pear trees can be pruned now - up to the end of the month.

Broad beans such as The Sutton can be planted. If you have frozen ground or the soil is waterlogged, then sow in old toilet roll centres filled with compost and once germinated and grown to a sturdy seedling, can be planted out when conditions are better. This also foils the mice...who adore bean seeds!

And finally - if you have a heated greenhouse, then sow tomato and aubergine seeds now. I'm trying out Russian Black, Orange Cherry, Ildi, Piccolo and Marmande this year.

Happy gardening everyone!

Harriet

Play Group for Grown ups

The inaugural meeting of the Play Group for Grown Ups took place on the 25th January. Activities included Scrabble, whist, jigsaw, dominoes and lots of chat and laughter. The next one will be held on Tuesday 20th February between 14.00 and 16.00 in the Methodist Chapel rooms.

Hope to see you there!

For more information or to arrange transport please call Chris on 01409 221797

Red Spider Dramatic Company

JCB supports local Am Dram Company

The Red Spider Amateur Dramatic Company are delighted to announce that JCB the Staffordshire based digger manufacturers have lent their support to the next Red Spider production of "The Fantastic Mr Fox".

The Roald Dahl tale revolves around the three nasty farmers and their doomed battle to outwit Mr Fox. As their efforts to destroy the fox get more and more desperate they hit on the idea of a mechanical digger as a last resort. JCB as the largest digger producers in Europe were keen to help but as the new Lifton Community Hall finds it difficult to accommodate full size diggers JCB have donated a scale model that will be the subject of a sealed bid competition run over the three nights of the performance – February 8th, 9th and 10th in the new Lifton Community Hall.

Directed by Gill Taylor, the play involves a large number of children from Lifton and Lewtrenchard schools who have been involved for months in preparations that have included after school workshops and special topics teaching them the skills of performance, music, stagecraft, design and costumes.

This production will be the first event in the new hall

Tickets will be available in January from Mary Jordan on (01837 871220) or the Lifton Shop

£6 for adults

£3 for children 5 – 16 years.

Theatre Highlights



Theatre Royal, Plymouth

Spring Season

Box Office 01752 267222

30th January – 3rd February

Cinderella - the Matthew Bourne Ballet **

6th – 10th February

Hamlet - The Royal Shakespeare Company

13th – 17th February

Importance of being Earnest

20th – 24th February

The Little Matchgirl for 9yrs+

26th February – 3rd March

Art - with Nigel Havers

12th – 17th March

Sunset Boulevard **

21st – 24th March

Sleeping Beauty
Birmingham Royal Ballet

27th – 31st March

Welsh Nat Opera

Northcott Theatre, Exeter

Box Office 01392 726363

31st January – 3rd

February The Mikado -
University production

9th February only

ABBA forever - tribute band

14th -17th February

The Boy who climbed into
the Moon for 6 yrs+

14th – 18th March

Awful Auntie - David
Walliams 5yrs+

25th March only

Lucy Worsley - Talk on
Jane Austen

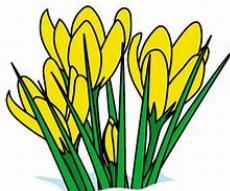
For more details, later
programmes and

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possibly lifts please call Martin
on 01409 221376

** Book soon!!

Northlew Nature Watch



As the days
lengthen,
nature is
stirring, and
preparing for
the action

that comes with Spring. Bird
feeders are under pressure from
all our local birds, and if you are
lucky you may see Siskin,
Nuthatch, Redpoll, Marsh Tits,
as well as the ever present Blue
and Great Tits.

Those of you with nest boxes in
your gardens, may have noticed
the Tits starting to check out
where they are going to raise a
family. It's great to watch the
nesting process unfold, but
please don't disturb the nest
boxes until at least September,
when all young chicks will have
fledged.

The dawn chorus is starting to
get into gear, so wait for a sunny
forecast, and set your alarm for
about 6am, and you will be
rewarded with beautiful bird
song. Robins seem to sing all

your round but crank up the volume at this time. Song Thrushes have been singing every morning since January. You can tell the difference between Song and Mistle Thrushes, as the former sings a few notes, and then repeats the exact same notes.

Frogs will be visiting our ponds to lay their spawn this month. If you are one of the lucky ones, you should get froggy helpers to clear slugs from your garden plants. Try to resist using slug pellets, as the toxins in the slugs can be passed on to the frogs and other predators. Best thing is to put out beer in a dish, or just walk around your garden at dusk with a torch and squish all the slugs you find.

Look out for Hazel Catkins this month which may bring out the first bumble bees on a sunny day. Bumble bees are one of the first insects to come out in spring, as their large surface area means that they warm up quickly and are therefore able to fly. A sunny day in February may also bring out one of the overwintering butterflies such as Red Admiral or Small Tortoiseshell.

If anyone has anything of interest to add to this article for

future months please drop me a line or give me a call.

Chris Baines
01409221362
Chrisbaines55@talktalk.net

Victory Hall

Registered Charity No/: 266213 A/3
Northlew Victory Hall

Many thanks to everyone who came and supported Decembers Christmas Lunch, £627.63 was raised for our funds. An extra thank you to Dan and Vicky from the Green Dragon for allowing us to purchase the foodstuffs from their wholesale suppliers, this enables us to make a bigger profit.

Dates for your diary:

May 20th: Possible Sunday Lunch

November 10th: World War One Commemoration event

December 9th: Christmas lunch

Booking a charitable event at the Victory Hall

Northlew Victory Hall Management Committee are making a small change to the

criteria needed for booking a charity event, as Trustees to NVH we have a duty of care within the charity. We were not covering our costs under the existing £10 fee and so have implemented the below to try and make things fair and clear to all.

Criteria to qualify:

1. Any event where all profit will go to the named registered charity. Registered charity name & number required when booking and must be on all advertising for the event.
2. The organiser is a parishioner.
3. All profit to go to the named charity.
4. It must be a public event open to all. This offer is not for private functions.
5. The £10 covers the hall and use of the kitchen for drinks only. If food preparation and serving is required then an additional £15 is essential to cover our extra costs.

Any event must meet all 5 criteria to be granted the booking price of £10.

www.northlewwictoryhall.co.uk

Northlew Village Fun Day



**Saturday
28th April**

Volunteers are needed to help plan and organize the Village Fun Day. If you have any bright



ideas about what we could do this year over and above what's gone on

before and have some time to help then please contact Dan at The Green Dragon.

01409 221228

Badminton Club



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

Please contact Chris Baines on 01409 221362 for more information

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

Don't forget about your chimney!



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

Northlew Toddlers

With an increase of pre-schoolers in the village we are starting Northlew toddler group again. Welcome to any babies and toddlers with their parent/s or carer/s

Fridays 9.30 -11.30 in the victory hall. Starting on Friday 3rd November.

Please come along. Any queries please contact Mel on 07919380636 or Becky on 07969 801880.

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

Snow Warden Scheme



This year we would like to sign up for the Snow Warden Scheme

supported by Devon County Council.

To read more about the scheme please go to the following link and if you would be interested in helping then please contact any member of the Parish Council to register your interest.

Many thanks

<https://new.devon.gov.uk/communities/opportunities/snow-warden-scheme>

Northlew Camera Club

If you are interested in joining the Camera Club, please contact Chris Baines on 01409 221362 or email chrisbaines55@talktalk.net or Julie.phillips240@ntlworld.com

It meets in the Victory Hall on the last Monday of the month. All levels and ages welcome!

Yoga Classes

Yoga classes will run from 7:00 pm – 8:30 pm, weekly until Easter.



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

Messages

Thank You

I would like to thank everyone for their kind thoughts and good wishes following my accident and operation. I am slowly getting back in the 'old routine' and look forward to seeing you all again very soon.

Janet

Devon Air Ambulance Night Time Landing Site Update

We are very pleased to report that the planning application for the night time landing site lights has been approved. The next step is to have a site meeting with all the relevant parties involved in the project and agree the timing of the installation of the light. Works are still ongoing in the playing field and it will remain closed for safety reasons. Please observe the closure during this time as indicated by the notices on the gates. Anyone entering the playing field during this period does so at their own risk.

Member of Parliament

Mel Stride MP
House of Commons
London
SW1A 0AA

Tel: 020 7219 7037

Parish Council

Minutes

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

Next Meeting

Parish Council meetings are usually held at 7:30pm on the 3rd Monday of each month in the back room of the Victory Hall. Any member of the Parish can attend but if you would like to raise anything with the Parish Council please notify the clerk at least a week before the meeting. Please contact the Parish Clerk Janet Millership on 01409 221409 for further information.

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 for half page
- £10 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

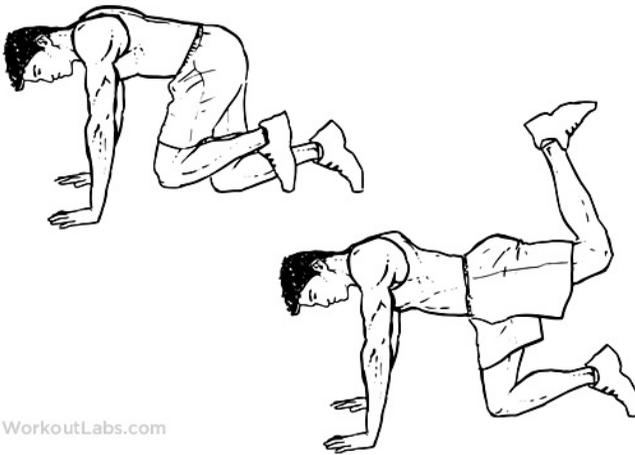
Exercise of the month: Glute kicks

By Tom Wilkins

www.trainertompt.com

This month's edition focuses on another bodyweight exercise. This exercise is great for targeting your hamstrings, glutes and quads; the perfect combination for toning and developing leg strength. When completing this exercise, try to keep your back as flat as possible. To do this, keep your core in tight and control your breathing throughout the movement. Please follow the table below for sets, reps and rest (don't forget to alternate legs).

What are you waiting for...



Set	Repetition	Rest period
1	12 - 15	60 seconds
2	12 - 15	60 seconds
3	12 - 15	60 seconds
4	12 - 15	60 seconds



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2018 Events at a Glance

February	<ul style="list-style-type: none"> • Wednesday 7th February: Women's Guild and Fellowship meeting 2:30 pm, Methodist Hall • Sunday 11th February: Rev Ruth's last service, 3pm Hatherleigh Parish Church • Wednesday 14th February: Ash Wednesday and Valentine's Day • Thursday 15th February: Produce and craft show meeting, 7pm Victory Hall • Sunday 18th February: Charlie Dufty's sponsored walk • Tuesday 20th February: Play Group for Grown Ups Methodist Chapel Rooms 2pm – 4pm
March	<ul style="list-style-type: none"> • 2nd March: Women's World Day of Prayer, 7:30 pm St Thomas of Canterbury Parish Church • 30th March: Good Friday
April	<ul style="list-style-type: none"> • 1st April: Easter Sunday • Saturday 28th April: Village Fun Day
May	<ul style="list-style-type: none"> • 7th May: Bank Holiday • Sunday 20th May: Sunday lunch at the Victory Hall (details to be confirmed) • 28th May: Bank Holiday
June	TBC
July	TBC
August	<ul style="list-style-type: none"> • Monday 27th August: bank holiday
September	TBC
October	TBC
November	<ul style="list-style-type: none"> • Sunday 10th November: WW1 Commemoration Victory Hall
December	<ul style="list-style-type: none"> • Sunday 9th December: Christmas Lunch, Victory Hall



Northlew & Ashbury Primary School

Spring Term 2018

Half Term: Monday 12th February to Friday 16th February (inc)

Monday 19th February: All pupils return

Thursday 29th March: Last day of term

Easter Holiday: Friday 30th March to Friday 13th April (inc)

Summer Term 2018

Monday 16th April: All pupils return

Monday 7th May: May Day Bank Holiday

Half Term: Monday 28th May to Friday 1st June (inc)

Monday 4th June: All pupils return

Tuesday 24th July: Last day of term

Wednesday 25th July Non-pupil day

Thursday 26th July Non-pupil day

5 Non-pupil days:

Monday 4th September

Tuesday 5th September

Friday 24th November

Wednesday 25th July

Thursday 26th July

Autumn Term 2018

Wednesday 5th September: All pupils return

(Monday 3rd September: Non-pupil day)

(Tuesday 4th September: Non-pupil day)

Half Term: Monday 22nd October to Friday 26th October (inc)

Monday 29th October: All pupils return

Friday 23rd November: Non-pupil day

Friday 21st December: Last day of term

Christmas Holiday: Monday 24th December 2018 to Friday 4th

January 2019 (inc)

Spring Term 2019

Monday 7th January: All pupils return

Half Term: Monday 18th February to Friday 22nd February (inc)

Monday 25th February: All pupils return

Friday 5th April: Last day of term

Easter Holiday: Monday 8th April to Monday 22nd April (inc)

Summer Term 2019

Tuesday 23rd April: All pupils return

Monday 6th May: May Day Bank Holiday

Half Term: Monday 27th May to Friday 31st May (inc)

Monday 3rd June: All pupils return

Friday 19th July: Last day of term

Monday 22nd July to Thursday 25th July (inc): Non pupil days

Carmel Coaches Excursions for 2018

Date and venue	Cost
11th March Mothers' Day: Looe including carvery	£20
30th March Good Friday: Trelawney Garden Centre and Newquay	£15
2nd April Easter Monday: Abbotsbury Swannery and Weymouth	£26 inc entry
13th – 17th April: Weekend away at a Warner Hotel on the Isle of Wight	£260
7th May Bank Holiday: National Memorial Arboretum	£25
28th May Bank Holiday: Isles of Scilly by coach and boat	£50
17th June Fathers' Day: Dartmouth by steam train and river cruise	£25

2018 tours leaflet available from the office.

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