

NORTHLEW NEWS



At Great Dixter, in Sussex, the nineteenth-century variety of daffodil called 'Princeps' flourishes in a garden which may have been one of the first to grow daffodils on this scale, "naturalised" in grass

March 2018

Northlewnews@gmail.com

Your Parish Councillors

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A short history of the daffodil

Daffodils were brought to Britain by the Romans who thought that the sap from daffodils had healing powers. Actually, the sap contains crystals that can irritate the skin.

Greek mythology gives us the term narcissus. There was a young Greek named Narcissus. A nymph called Echo was in love with him, but Narcissus broke off the relationship. Heartbroken she hid in a cave and died. Later Narcissus, who was very handsome and quite taken with himself, saw his face in a pool, and as he leaned over to see better, fell in and drowned and became the flower.

Source: <http://extension.illinois.edu/bulbs/history.cfm>

Although the name daffodil is often applied only to the larger trumpet-flowered cultivars, with the short-cupped and multi-headed cultivars referred to as narcissi, breeders and other enthusiasts refer to all kinds as daffodils. Narcissus species are found in a variety of habitats in Europe and North Africa with Spain hosting the greatest variety of species.

About 300 BC, the Greek botanist and philosopher Theophrastus listed and described many of the earliest known kinds of narcissus in his nine-volume 'Enquiry into Plants'.

Due to their popularity as cultivated plants, thousands of cultivars have been bred by hybridizers or "raisers" around the world. These cultivars are usually grown in spring, or less frequently in autumn or winter. The perianths (petals) are mostly yellow or white but can occasionally be orange, green, or red or a combination of these colors. Today, many cultivars have brightly colored coronas (cups) which may be yellow, white, pink, orange, red, green or a combination of these.

Source: <http://daffseek.org/daffodil-history/>

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 contributions to the Northlew News – all very much appreciated. Please keep them coming.

This month I received two eulogies following the sad news about Reverend John Peak and I have included both of them.

Please let me have any items for the April edition no later than the 20th of March. 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

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

If any of the clubs in Northlew would like to put a display in the shop window then please contact Paula

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 March

9:30 am Rev Liz Singleton

11th March

9:30 am Mrs Daisy Bray – come and join us for a special Mothering Sunday service. Gifts for all the ladies

18th March

9:30 am Mr Roy Down

25th March

10:30 am Mrs Alison Morgan
United Family Service for Palm Sunday

50/50 Coffee Mornings

Saturday 31st March
Cake and savoury stall, coffee morning and 50/50 shop open

Reverend John Peak

It was a great shock for all the village when we heard the sad news of the sudden death of John Peak.

He came to Northlew in September 2000 to serve as the Methodist Minister, and soon after, in February 2001 foot and mouth disease

broke out in the area. As John came from a farming background he was able to help the farming community at this very difficult time. He suggested to Radio Devon that there was a Sunday Service to reach out to the people who were unable to attend worship, because they could not leave their farms, and the service still continues, every Sunday morning at 6.30 a.m.

John and Elaine were very involved in village life, dressing up for the carnivals, and taking part with the amateur dramatics group in plays and pantomimes. In 2014 they moved to Hartland but they regularly came back to visit their many friends and to conduct christenings, weddings and funerals.

There are a team of chaplains who visit Holsworthy Market each week, John was one of the team, again being in contact with the farmers. Right to the end of his life he was there doing the work that he

loved, sharing his Christian faith with others.

At this very difficult time our love and sympathies go to Elaine, Hazel and Judith and their families.

St Thomas of Canterbury Parish Church

Services

4th March

9:30 am Holy Communion

11th March

10:00 am Mothering Sunday
Family Service

18th March

9:30 pm Holy Communion

25th March

10:30 am United Family Service
in Chapel

30th March Good Friday

2:00 pm – 3:00 pm An hour at
the cross

1st April Easter Sunday

9:30 am Holy Communion and
egg hunt

As well as the above services
there will also be services of

meditation at the following churches:

Meeth

26th March at 7:30 pm

Jacobstowe

27th March at 7:30 pm

Exbourne

28th March at 7:30 pm

Hatherleigh Chapel

29th March at 7:30 pm

Holy Communion for Maundy Thursday

Reverend John Peak

We were all shocked and saddened when we heard of the sudden collapse at Holsworthy Market of Reverend John Peak. The shock to Elaine, Judith, Hazel and the rest of the family must be dreadful and we send them all our prayers, thoughts and sympathy. John and Elaine were such a well loved part of Northlew and we missed them when they moved to Hartland. John had not spared himself in his dedication to his ministry, in fact he was talking to farmers in the market when he was taken ill. Perhaps that was the way he would have chosen – farming was very close to his heart. He will be missed in many places,

not least by the people he and Elaine worked with in Kenya. During his years at Northlew he enriched our lives and was always a welcome part of our church services on many occasions. We send our love to all of John's family, they are very much in our thoughts at this difficult time.

Pew Polish

We plan to do the annual pew polish before Easter. A notice will be put in the Church Room once we have fixed a date. All help gratefully received!

Rev Ruth Hansford

By the time this is read Ruth, Paul and the children, dogs and cats will be installed in their new abode in Wales. Good luck to them all – especially in learning Welsh!

Steak Pie and Pudding Lunch

A veritable feast was enjoyed by all at the Victory Hall Steak Pie and Pudding lunch on Sunday 24th February. The ladies and gentleman of St Thomas' produced a delicious meal, served with a smile ensuring we were all looked after wonderfully.

A big thank you to them and all who attended giving their support to the church.



A tempting choice of puddings, with seconds and the offer of thirds!

Women's World Day of Prayer

Please join the Women's World Day of Prayer on

Friday 2nd March

7:30 pm, St Thomas of Canterbury Parish Church

Women's Guild and Fellowship

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

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



The date for this year's Northlew and Ashbury Produce and Craft Show has been set for:

Saturday 8th September

More details to follow, so watch out for updates in Northlew News each month.

Last year's event attracted many exhibitors and record numbers of exhibits whilst raising over £360 for the Devon Air Ambulance.

This year the Show Schedule will include many old favourites as well as some new categories. We are particularly keen to attract more children's entries,

so all children's entries for the children's sections will remain free to enter. Children may also enter any adult category, for the usual fee. This year, children aged 'eight and under' and 'nine to sixteen' years will have the opportunity, for the first time, to win Show Medals.

So, time to start planning the fruit and vegetables, flowers, chutneys, jams, knitting, crochet, needlework, paintings, drawings, photographs and other crafts you may like to exhibit on the day!

If you have never taken part in a Village Produce and Craft Show or are an experienced exhibitor, this is the show for you. It is a friendly, fun event for all the family, judged by local specialists, with the opportunity for certificates, trophies, cups, medals, yummy refreshments, a raffle, an auction of produce and lots of laughs.

***Northlew and Ashbury Produce
and Craft Show Committee***

Well done Charlie Dufty!

Fund raising for Cancer Research UK in memory of his Nana and Auntie



Seven year old Charlie's sponsored walk took place on Sunday 18th February. The route followed the main road from his house up to Castle

Cross and straight onto Bratton Clovelly turning right at the pub up to Church Meadows.

Charlie set himself an initial target of £200 and had raised £300 in the first 24 hours of his appeal going live.

To date Charlie's sponsored walk has raised in excess of an amazing £4,000 and donations are still coming in. Well done Charlie!

If you would like to add to Charlie's astonishing fund raising effort then please go to the Cancer Research UK website

Published by the Parish Council March 2018

<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.

For more information please call Gemma and Simon on 01837 871744.

Northlew Walking Group

For our walk on the 2nd February we were joined by Angela Baines, Pat Carter, Jenny Anderson, Enid Maguire, Susan Jones, Trevor Miller with Kim and Bess, Marion Dufty, Val Hughes, Paulette Bowman and Shirley Lloyd.



As we are still in the grip of the soggiest winter I can remember, we decided to keep to the country lanes. We set off from the square and walked through the Parish Church grounds to leave by the rear gate, and down the path to come out onto Harpers Hill. The main reason for this slight detour, was to see the lovely display of snowdrops, always a great tonic on a miserable winters day. Having said this, we didn't see any rain during the walk. After collecting my wife Angela and Pat Carter at the bottom of the hill, we crossed the bridge over the river Lew, and turned right along Shorts Lane. The last section of this lane is bridleway, and always wet and muddy, so we got our boots well and truly christened. Shirley was particularly smug, as she waded through the deep puddles in her wellies. Coming out of Shorts Lane, we struck off left up Waterhouse Hill. To the left of this road, approaching the highest point is Heath Moor, and in the hedgerow on the right is Trig Point S5624, a concrete pillar used by Ordnance Survey to map the Country back in the early 20th century. After reaching Durdon Cross, we

continued on to reach Lambert Cross, where we rested and posed for the regulation photograph. Turning left, we headed back passed Eastcott Vineyard, and then on to come back out onto Rockey Lane next to Tarpaflex. After crossing the bridge again, it was then all uphill back to the square. We all then congregated at the Victory Hall for some well-earned drinks, and homemade biscuits, thanks to Pat Carter. Enid's husband John joined us at the Hall to help us polish off the biscuits. The walk was around 4.5 miles.

Well done everyone.

Next Walk No 21

For our next walk on the 2nd March, we aim to explore Abbeyford Woods. Northlew walkers will congregate in the square at 1pm as usual, and car share to the start point.

See you there

Chris

chrisbaines55@talktalk.net

Gardening Tips for the month



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

We have snow on the ground, even on the Cornish coast as I write this. It's been raining for weeks, but I'm still hoping for a benign March....ever the optimist.

As to gardening work, well it all kicks off in March, so if you can get ahead and really weed well now, it will pay off later.

Tidying up perennials

If you haven't yet cut down the old stems of perennials, do so now before new foliage grows up too high. You actually don't even have to cut them, most will snap off cleanly at the base as they are so brittle by this stage.

Slugs

Slugs start to get active now. Try and protect tender foliage of

Published by the Parish Council March 2018

plants such as lupins, hostas, dahlias and delphiniums. Copper bands around the base of plants really do work brilliantly as a deterrent. Although expensive initially, they last for a lifetime. I grabbed a couple of bags of free Costa Coffee composted grounds when I was at a service station this weekend. They make a great mulch that apparently works as a deterrent for slugs and snails too...worth a try!

Sowing seeds

If the soil is warm and dry enough, sow seeds of hardy annuals and veg. This is when it pays off to have covered the soil in your veg plot with black landscaping fabric. It warms up the ground so much earlier than it would do otherwise and kick starts germination.

However, the rule of thumb was always that if you could sit comfortably on the ground...sans underwear...then it was warm enough to sow seeds. Personally, I just take my gloves off! If the ground isn't warm enough, then just delay sowing till conditions improve - you will get better germination rates and growth. If you have a greenhouse though, you can get

ahead and sow hardy seeds in pots or trays, ready for planting out later.

Moving deciduous trees and shrubs

March is a good time to move deciduous trees and shrubs and plant bare root roses.

You should clip evergreen hedges around the end of the month too.

Supporting plants

Plant supports should go in now too, before the newly emerging foliage would be too damaged as it gets higher. Tall floppy plants like Shasta daisies benefit from this.

If you can find slender hazel branches, about 3 -4 foot long , then insert the cut ends of the branches into the ground in a circle approx 8" away from the base of the plant that needs supporting. Bend over the tops of the branches twigs and tie so that it forms a dome that the plant will grow through. By midsummer it will be virtually invisible, which is the aim of staking!

Lawns

You can lay turf in March but leave sowing grass seed till April when the soil is warmer.

Happy gardening everyone!

Harriet

Play Group for Grown ups

We don't stop playing because we grow old, we grow old because we stop playing!

Dates for 'Play Group for Grown ups'

in the Methodist Chapel rooms.

Tuesday 6th March

Thursday 15th March

Tuesday 3rd April

Thursday 19th April.

Doors open from 2 to 4pm, tea, coffee and biscuits served, and all for only £1.50!

All welcome.

Rediscover the fun in cards, games, jigsaws and having a good old chat! If there is something you particularly enjoy playing, bring it with you!

Hope to see you there!

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

Red Spider Dramatic Company

Fantastic Mr Fox

February 2018 saw the celebration of two big events – Red Spider Company’s twenty years of theatrical productions and the launch of the spanking new Lifton Community Centre. Something very special was called for and something very special was delivered in the shape of David Wood’s superb adaptation for the stage of the beloved Roald Dahl classic, *Fantastic Mr Fox*.

Make no mistake this was a challenging production for the Red Spider Company director, Gill Taylor, and her production

team. Firstly the play required an unusual adaptation of the stage so that the illusion of simultaneous action both above and below ground could be created. However the Lifton Community Centre does not have a built-in stage to adapt. Neither does it have backstage facilities or curtains. Somehow an impressive tiered stage with stunning scenery was purpose-built by the production team thus providing the necessary illusion at the same time as it facilitated easy access for the actors from the wings and front of stage. Scene changes were brought about through the use of lighting, sound and music. The mechanical tractors and diggers were another unexpected but very amusing production team surprise. Everything worked beautifully.

The other big challenge for the director was the presence in the production of a small army of children, more than 25 in all and playing the parts of fox cubs, rabbits, mice, chickens and rats. They were drawn from four different local schools: Lewtrenchard, Lifton and Gulworthy primary schools and also Tavistock College. Surely

keeping so many children in order, seeing they were in the right place at the right time and seeing that they delivered their lines correctly was asking a lot? Not a bit of it. Their contribution to the success of the production was immense. They were all hugely entertaining and I just loved the way the mischievous rats ran around the hall, playfully harassing the audience at various times during the performance.

Mr Fox was indeed fantastic. He was suave, always in control and had a pleasant singing voice. By contrast Mr Badger was delightfully portrayed as a pompous idiot. Then, of course, we also had some humans in the shape of three thoroughly unpleasant and murderous farmers, Boggis, Bunce and Bean. We tried our best to hiss and boo, but the portrayals of them were so wonderfully absurd that most of the time it seemed more appropriate to laugh and applause.

All in all this was a thoroughly enjoyable evening. I cannot remember when I laughed so much.

So how do I sum all this up?
Easy - fan-tas-tic!!

Ron Wawman

Theatre Highlights



Theatre Royal, Plymouth

Spring Season

Box Office 01752 267222

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

14th – 18th March

Awful Auntie - David

Walliams 5yrs+

25th March only

Lucy Worsley - Talk on
Jane Austen

For more details, later
programmes and
possibly lifts please call Martin
on 01409 221376

Northlew Nature Watch

We may still be in the grip of winter, but the natural world knows that's Spring is just around the corner. As our Winter bird visitors start to return north, so our birds from southern parts start to arrive. Chiffchaffs are one of the first, filling our woodlands with beautiful song. They are easy to identify as they continually sing out their name. A little later, another virtually identical bird, the Willow Warbler arrives. They are best identified by their different song, but more of that next month.

One of our resident birds, the Chaffinch can be heard singing its spring song. They only start to sing this particular song in spring, continuing through to mid-Summer.

For those of you who walk on Dartmoor, this is the best time to

spot Wheatear arriving from Africa. They will spend the summer here, raising their families.

Towards the end of the month, you may spot returning Swallows, Sand and House Martins. Swifts don't arrive for at least another month.

Early frogspawn will already have transformed into tadpoles. This process is very dependent upon weather conditions, so if we get lots of cold weather, they will slow down the hatching process.

If you are lucky enough to see hares, you could see their boxing display this month. It is the females boxing the males, trying to ward off their advances. March is the time when bats start to stir from their hibernation, the pipistrelle being one of our commonest.

Among the wildflowers on show this month could be Lesser Celandine, Wood Anemone, Dogs Mercury, violets, Coltsfoot, Blackthorn, Primroses and Pussy Willow.

All these flowering plants may bring out the first butterflies of the year. One of the first is the Brimstone, a lovely yellow butterfly that feeds on the Primrose flowers.

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



***Sunday
20th May***

Celebrate the royal wedding!

Come help us celebrate the royal wedding with a fantastic lunch in Northlew Victory Hall at 12.30 for 1pm on Sunday May 20th... bound to be a lovely atmosphere as always, please see the Northlew News closer to the date for details



***Sunday 10th
November***

World War One (WW1) Commemoration

2 - 4.30pm

Join us in commemorating the end of WW1 with an old fashioned afternoon tea whilst listening to the fantastic Okehampton College Big Band who will regale us with music of the time.

There will also be a short talk from our very own ex-committee member Dr Grant Mansfield who has a doctorate in WW1 history.

Details of ticket sales will be available in the Northlew News closer to the date.

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.northlewvictoryhall.co.uk

Badminton Club



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

Please contact Chris Baines on 01409 221362 for more information

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

FORCE – Friends of the Oncology and Radiotherapy Centre, Exeter



FORCE Cancer Charity is based in Exeter. It believes that anyone affected by cancer deserves the best possible treatment and

professional support close to home and face-to-face. Since 1987 the charity has been funding local research and buying equipment to improve patient care at the Royal Devon & Exeter Hospital. In 2004 FORCE opened a Cancer Support and Information Centre in the grounds of the RD&E. The Centre is open every weekday 9:30-4:30 (Wednesdays 6:30) for people needing physical, emotional, psychological and practical support at a difficult time in their lives. The Centre receives around 25,000 visits a year with patients, their families, carers and friends all able to access support. It has a well-stocked library and information nurses on hand to help with questions and offer advice. There are counselling services for individuals and within support groups, including for children and young people, plus complementary therapies, exercise guidance, relaxation and mindfulness sessions, a benefits advice service, help to cope with hair loss and a wig fitting service. FORCE also offers support and information sessions once a week in Tiverton and Okehampton with plans to offer a service in East

Devon. The charity also funds the delivery of chemotherapy in Tiverton and Okehampton. All of FORCE's services are free of charge. Since the charity was founded it has spent well over £8million on support, equipment and research. FORCE receives no Government funding. The charity needs to raise £1.5million every year to maintain the services it offers. That money comes entirely from voluntary contributions - legacies, donations, the FORCE charity shop and from fundraising events. Fantastic support from the community it serves enables FORCE to fulfil its mission to support anyone locally affected by cancer.

For more information please go to
www.forcecancercharity.co.uk/

Don't forget about your chimney!



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

HOF Gallery and Cottage



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

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

Northlew 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

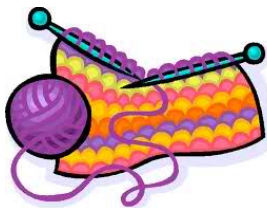
Fridays 9.30 -11.30 in the victory hall

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

Northlew Knitters

Change of name!

The Knit and natter group have changed their name to the Northlew Knitters.



The Northlew Knitters are knitting and crocheting for good

causes.

From Monday 5th March there will be a display in the village shop window of some of the things the Northlew Knitters have created over the last few weeks. They have been knitting items to send to a premature baby unit and an orphanage in the Varna area of Bulgaria. The orphanage looks after special needs children over the age of 7, many of whom are underdeveloped physically as well. The children live in groups of 8 and 14 in houses at the orphanage.

As well as knitting (and crocheting) items that can be used in the premature baby unit and the orphanage such as blankets, children's clothes, sleeveless jumpers, scarves, hats and bags the Northlew

Knitters are also knitting items for sale too to raise money too. There are Easter bunnies, daffodils in a vase, daffodil broaches and more to come. If you would like buy anything on display in the shop then please do. All monies raised will go to the Children's Hospice South West.

Finally, a reminder, if you have any spare wool please would you leave it at the shop for collection by the knitting group – your help is very much appreciated.

Everyone is welcome to join us. We meet in the Methodist Church every 2nd and 4th Wednesday of the month from 2:30 pm - 4:00 pm.

For more information please call Eunice Peck on 01409 221287

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

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

**Devon Air Ambulance
Night Time Landing Site
Update**

The next stage in the project is for the electricity supply to be connected and the meter put in place. This should happen within the next couple of weeks. The project team met on 27th February and everyone is working to get the landing light in place as quickly as possible. We are hoping that the project will be finished by the end of March i.e. before the Easter holidays start so that we will be able to reopen the playing field in time for the children's school holidays but at this stage we cannot guarantee it. We can reassure you, however, that everyone involved is doing all they can to expedite matters so please bear with us. As works are ongoing in the playing field it will remain closed for safety reasons. We ask that all parishioners observe and respect the closure of the playing field during this time as indicated by the notices on the gates.

Messages

Thank You

On Thursday 25th January our car had a burst tyre just outside the Victory Hall causing us to have an accident. We would like to thank all those people who came to help us, too numerous to mention by name but you know who you are. We were overwhelmed with everyone's kindness. We are very grateful for all the help and support that you provided.

Thank you so very much.

Sid and Betty Leveson.

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.

Annual meeting of the Parish

The annual meeting of the Parish will be held at 7:30 pm on Monday 19th March.

All parishioners are invited to attend and we look forward to seeing you.

If you have any questions about any aspect of what the Parish Council can and cannot do or a specific project, or if you would like to raise a particular topic then please contact the chair of the Parish Council, Joanna Wilson, on 01409 220254 or the Clerk, Janet Millership on 01409

221409 at least a week before the meeting.

No voting or decisions can be made at this meeting but matters raised that require further discussion will be added to the agenda of future Parish Council meetings.

Next Meeting

The Parish Council meeting will follow straight after the annual meeting of the Parish.

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: Lower Back Stretch

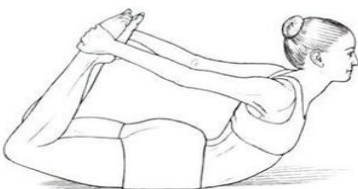
By Tom Wilkins

www.trainertompt.com

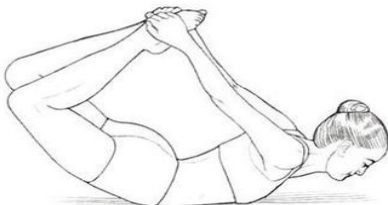
This month’s exercise is great for strengthening muscles in the lower back. Begin by lying on a flat surface, gripping your feet (as shown). To start the stretch, tighten your core muscles; lift your legs and chest off the floor and hold for 10-15 seconds. Repeat the stretch as desired



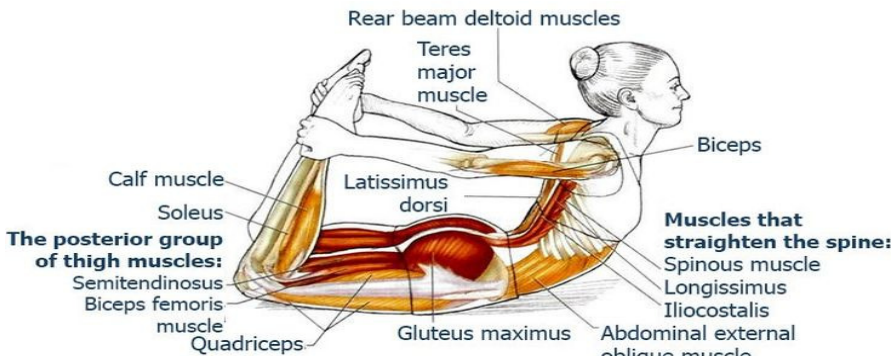
Initial Position



Intended Position



Roll Forward



Roll Backward



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2018 Events at a Glance

March	<ul style="list-style-type: none"> • 2nd March: Women's World Day of Prayer, 7:30 pm St Thomas of Canterbury Parish Church • Tuesday 6th March: Playgroup for adults • Thursday 15th March: Playgroup for Grown Ups • 30th March: Good Friday
April	<ul style="list-style-type: none"> • 1st April: Easter Sunday • Tuesday 3rd April: Playgroup for adults • Sunday 15th April: Annual pie lunch • Thursday 19th April: Playgroup for adults • 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 • 28th May: Bank Holiday
June	<ul style="list-style-type: none"> • Monday 11th June: Concert with Stowford Meadow Singers and Jess Martyn • Saturday 16th June: Dance in the Victory Hall
July	<ul style="list-style-type: none"> • Tuesday 24th July: last day of summer term for Northlew and Ashbury Primary School
August	<ul style="list-style-type: none"> • Monday 27th August: bank holiday •
September	<ul style="list-style-type: none"> • Wednesday 5th September: first day of autumn term for Northlew and Ashbury Primary School • Saturday 8th September: Northlew and Ashbury Produce and Craft Show • Saturday 15th September: Dance in Victory Hall
October	<ul style="list-style-type: none"> • Sunday 14th October: 2:30 pm Harvest Festival • Monday 15th October: 7:15 pm Harvest Festival •
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

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**