

NORTHLEW NEWS



April Fools' Day – why do we celebrate it?

April 2018

Northlewnews@gmail.com

Your Parish Councillors

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A short history of April Fools' Day

On this day in 1700, English pranksters begin popularizing the annual tradition of April Fools' Day by playing practical jokes on each other. Although the day, also called All Fools' Day, has been celebrated for several centuries by different cultures, its exact origins remain a mystery.

Some historians speculate that April Fools' Day dates back to 1582, when France switched from the Julian calendar to the Gregorian calendar, as called for by the Council of Trent in 1563. People who were slow to get the news or failed to recognize that the start of the new year had moved to January 1 and continued to celebrate it during the last week of March through April 1 became the butt of jokes and hoaxes. These pranks included having paper fish placed on their backs and being referred to as "poisson d'avril" (April fish), said to symbolize a young, easily caught fish and a gullible person.

Historians have also linked April Fools' Day to festivals such as Hilaria, which was celebrated in ancient Rome at the end of March and involved people dressing up in disguises. There's also speculation that April Fools' Day was tied to the vernal equinox, or first day of spring in the Northern Hemisphere, when Mother Nature fooled people with changing, unpredictable weather.

April Fools' Day spread throughout Britain during the 18th century.

In modern times, people have gone to great lengths to create elaborate April Fools' Day hoaxes. Newspapers, radio and TV stations and Web sites have participated in the April 1 tradition of reporting outrageous fictional claims that have fooled their audiences. In 1957, the BBC reported that Swiss farmers were experiencing a record spaghetti crop and showed footage of people harvesting noodles from trees; numerous viewers were fooled.

Source: <https://www.history.com/this-day-in-history/april-fools-tradition-popularized>

Look out for the BMW April Fools' Day adverts which are usually brilliant!

Note from the Editor

If you would like to receive your copy of the Northlew News electronically then please email me at

jwilson@thejoivinconsultancy.com

and I will add you to the circulation list.

Thank you for your contributions to the Northlew News, they are all very much appreciated. Please keep them coming.

Please note, I need all items for the May edition of the Northlew News by 10th April at the very latest. If you can let me have your contribution before that deadline that would be most helpful.

I can be contacted by email at northlewnews@gmail.com or jwilson@thejoivinconsultancy.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

1st April

9:30 am Rev Jerry Cook
Everyone welcome as we celebrate the Easter story

8th April

9:30 am Service at Boasley

15th April

No service as it is our annual pie lunch

22nd April

9:30 am Rev Jerry Cook

29th April

9:30 am Mr Barry Searle

50/50 Coffee Mornings

Saturday 28th April

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

Northlew Methodist Church Sunday Lunch

15th April

12:30 pm for 1:00 pm
Victory Hall

Selection of pies, roast potatoes, vegetables, sweets, cheese and coffee

Adults £10, children under 13 £5 and under 5s free.

Please book with Dorothy Cole 01409 221782 or Bet Spry 01409 221003 by Thursday 12th April

St Thomas of Canterbury Parish Church

Services

Good Friday

30th March

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

Easter Sunday

1st April

09:30 am Holy Communion and Egg Hunt

8th April

9:30 pm Holy Communion

15th April

9:30 pm Holy Communion

22nd April

10:00 am Family Service

29th April

11:00 Group Service of Holy Communion

Steak Pie Lunch

Thanks to all who supported the recent steak pie lunch which we were fortunate to have before the snow disrupted things. (Not much fun slithering along the road carrying a hot pie!). We all had a good natter as well as a tasty meal and a profit of £395 was made for the church funds.

Polishers

An intrepid band of polishers spent a recent Saturday afternoon polishing the church. Apart from a short 'tea and cake' break they slaved manfully away for several hours. There is a lot of lovely old wood in there! Several people who couldn't come on this occasion will come on another day, so I will put a notice in the church room when we fix a date.

Thank you to all who helped – it looks and smells really beautiful now. And, more importantly, the ancient wood benefits greatly from the dose of wax polish.

Women's Guild and Fellowship

Wednesday 4th April 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.

Easter Sunday - 11.30 am meet in the square for the Green Dragon's first ever Easter Egg Hunt (kids only!).

Plus - All you can eat buffet (£10 per head) at 1.30 pm (sorry no roasts today!) with live music from 3pm.

The Green Dragon is open:

Lunchtime: 12 – 2 pm

Lunch is served every day

Monday – Saturday: open 6 pm

Food served from 6 pm- 9 pm

Sunday: open 7 pm (no food)

Crossways Inn, Folly Gate

Saturday 31st March

Live music: 8.30 pm with

Quorum and other special guests.

Please contact Dan on 01409 221228 for transport from the Green Dragon to Folly Gate or for more information about the Green Dragon

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Tree planting in memory of Reverend John Peak

**Saturday 28th April
2:30 pm**

Thank you to all those who donated to the collection in memory of John Peak.

The sum of £195 has been collected and some of this money will be used to buy a tree and plant it in memory of John.

The planting will take place on Saturday 28th April, at 2:30 pm in the playing field. The Rev Stuart Wilson will be there to carry out a short memorial service and Elaine Peake to assist with the planting. Any money that is left over will go to a charity nominated by Elaine.

Thanks again for your generosity and look forward to seeing you on 28th.

Northlew Fun Day
Saturday 28th April



Opening times:

1pm-5pm:

The day time attractions are: inflatables, duck pool, sack race, falconry (weather permitting), welly wanging, bowling for the pig (donated by Brian and Jennie Nash), egg and spoon races and many more. There will be an array of stalls, including a 'sweet shop' from Northlew Village Stores. There will also be a tombola raising funds for the chapel.

As always we will also have a burger stall and a bar throughout the day/evening.

The Northlew Silver Band will be playing in the afternoon and there will be a 'planting the tree' memorial for John Peak.

7pm till late

This year for the evening do we will have two live bands with bar and a BBQ will be on offer.

Tickets for the evening do are £15 per person .

For tickets and more information please contact Dan on 01409 221228

**Northlew and Ashbury
Produce and Craft Show
at the Northlew Fun Day**

Following on from last year's successful sunflower seed planting session at the Northlew Fun Day, the Produce Show Committee will be offering children the opportunity to engage in another free activity. Children will be able to plant their own runner beans in a pot to take home and nurture.



The challenge is to bring the longest runner bean pod back to exhibit at the Northlew and

Ashbury Produce and Craft Show on Saturday 8th September.

Entries to all children's classes are free and there are certificates to be won!

There will be two competitions, one for eight year olds and under and one for nine to sixteen year olds.

How to grow runner beans

1. Fill your pot with compost, leaving a centimetre at the top.
2. Make two holes with your finger, put a runner bean in each and cover with soil.
3. Press down firmly and spray with water.
4. Place the pot on a window sill and water a little every day to keep the compost moist.
5. After a couple of weeks, the beans should be tall enough to move outdoors - about 10 to 15 centimetres tall.
6. Leave the pot outdoors for a couple of days for the beans to harden off.
7. Replant the bean plants individually, either into a

very large pot or planter, or directly into the ground.

8. Provide a cane and some string for the runner bean plants to grow up.
9. Remember to keep watering each day, especially if the weather is dry.
10. When the flowers die off, small beans will appear and grow longer very quickly.
11. Pick the beans when they are quite small and tender, to cook and eat, but leave a few to get longer and bring the longest to the Produce Show on Saturday 8th September 2018 to enter the challenge.

Good luck!

The Children's Runner Bean Challenge is kindly sponsored by Country Lanes Garden Centre, Okehampton.

This year's nominated charity is The British Heart Foundation, registered charity no. 225971.

Northlew and Ashbury Produce and Craft Show Committee

Northlew Walking Group



Due to the bad weather the walk had to be cancelled in March so we planning to go to Abbeyford Woods in April please see below for details.

Next Walk No 21

For our next walk on the 6th April, we aim to explore Abbeyford Woods. Northlew walkers will congregate in the square at 2:00 pm and car share to the start point.

Please note we have switched to meeting at 2:00 pm now not 1:00 pm as in winter – spring must be on its way!

See you there

Chris

chrisbaines55@talktalk.net

Gardening Tips for the month



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

A time for optimism

I have decided that this April will be glorious.....we have all had quite enough grim weather, so it's high time for some sun. Care for a bet anyone?

This is usually the time when panic sets in....all those months when nothing really grew are suddenly a distant memory. It's an exciting month, despite the vagaries of the weather.

As usual I am writing this in conditions completely unsuitable for the tasks I'm about to recommend i.e. we have 3 foot snow drifts here and had to dig the front door out this morning. As always though, optimism wins.

Bedding plants

A word of warning – if, in a fit of enthusiasm you have been to the garden centre and bought tender and half hardy bedding plants, please protect them.....especially if they're from a big chain store – they won't have been properly hardened off and a single frost will put paid to them. So, if cold winds or frost are forecast, pop them indoors and bring them out again when conditions are warmer – or quite simply, don't bother buying them until May!

Seed sowing

I will reiterate last month's advice on seed sowing and say that if the ground is still cold and sodden, then wait to sow until conditions improve and sow seeds in trays and pots indoors instead.

Feed ericaceous shrubs

Now is a great time to give ericaceous shrubs like azaleas and rhododendrons a light feed of blood fish and bone and a mulch around the base of dead fern leaves (free) or ericaceous compost (not free). If they are looking a little yellow, then do give a Sequestrene feed too – they do struggle sometimes in a

neutral soil after a long wet winter.

Roses

Roses too appreciate a slow release granular rose feed and a good mulch of well-rotted manure or garden compost (they are greedy plants).

Potatoes

Potatoes are traditionally planted on Good Friday so somewhere around the beginning of the month would be fine. The South West is a nightmare for blight on main crops or second earlies, but I tried "Nicola" last year, having been assured locally in Cornwall that they would succumb to the wretched disease. Knowing that the newer strains of this variety aren't that resistant to blight, I didn't have high hopes. But they did brilliantly and produced some of the nicest potatoes I have ever had. I always cut down any affected foliage at the first sign of blotches appearing and wilting and leave the tubers in the soil. This almost always saves the crop even if it means a lighter yield.

Dividing plants

Hostas can be divided now – splitting big clumps with two spades back-to-back and re-planting the sections. Primroses can also be divided and re-planted after flowering, as can snowdrops- a great way to increase your display for next Spring.

Penstemons

Penstemons can at long last be cut back to the base so long as there are green leaves there. If not, just cut back to the lowest set of leaves. I love this job – they invariably look awful for months before. The temptation to cut them back in the winter should be resisted if possible. I also like to trim over winter flowering heathers, to avoid them getting leggy and woody. Cut back to just below the old flower head.

Just remember to keep protecting any vulnerable plants from frost, hail or cold winds, they will reward you later.

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 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

Northlew Nature Watch

March certainly produced some challenges for us humans, with shortages in the shops, and no mail deliveries for several days.

So spare a thought for our wildlife. How did they cope with prolonged freezing temperatures and heavy snow?

Well, I am sure there were some casualties, but wildlife is surprisingly resilient. During the winter of 1963, we had snow and sub-zero temperatures for two months, from Boxing Day to the end of February. Studies showed that we lost 50% of all our wild birds during that winter, the little Wren being one of the major casualties. Yet 5 years on, the Wren had returned to being one of our commonest birds. Those of you, who feed birds in your gardens, will have noticed an increase in the numbers of your usual visitors, along with birds who do not usually come to gardens. Among those could have been Fieldfare, Redwing, Song Thrushes, Goldcrest, and Siskin.

Great Spotted Woodpecker are continuing to 'drum' on tree

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trunks, to stake out their territory, and invite a mate. A similar bird is the Lesser Spotted Woodpecker, but they are only Sparrow size, and much rarer, so if you see one, you are very fortunate.

Walking around the area during February, frog spawn could be seen in many of the small pools and puddles. How did that get on in the recent freezing conditions? Again, much of it will have been frozen, and subsequently perished, but a visit to some I spotted in February, along the path up to Ashbury Church, had hatched out, and the tadpoles were happily swimming about.

A note about 'vermin' and Owls Throughout winter we might experience the highest level of rodent visitors to our barns, sheds and houses. Who can blame them? Shelter and food are basic essentials for them too.

Unfortunately, a very high percentage of owls have rat and mouse poison in their bodies! The reason is simple, they find it easy to pick off a half dead rodent who has been eating poison. Following these simple

steps, and you will keep rats and mouse numbers down, whilst protecting wildlife :

- Keep all animal feeds in rodent proof containers.
- Set traps that kill the rodents instantly. They die quickly instead of a longer death from poison with the risk of the owls getting poisoned too!!

Chrisbaines55@talktalk.net

Victory Hall

Registered Charity No/: 266213 A/3

Northlew Victory Hall Wants You!



It is coming up to our AGM and a couple of our committee members are stepping down which leads us to ask if anybody would like to join us in running NVH. We meet 10 times a year and usually hold 3 fundraisers within that time. If you have a couple of hours per month to spare... we would love for you to join us. Please feel free to come along to our AGM on Thursday

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10th May 2018. Help us to keep a valued community resource going.

Celebrate the royal wedding! Sunday 20th May



Harry weds
Meghan on
Saturday
19th May.

So to celebrate come along to Northlew Victory Hall on Sunday 20th May for a scrummy 2 course meal.



Expect a delicious summery lunch. Raffle. A free tabletop royal themed quiz with prizes.

Try a glass of Pimms, the perfect summer drink and the bar will be open.

It all kicks off at 1:00 pm

Tickets are £8 each.

Contact Jayne O'Connell on 01409 221225 to book.

Vegetarian option available but must be pre-ordered. Let's hope we get some warm and sunny weather.

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

Badminton Club



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

Please contact Chris Baines on 01409 221362 for more information

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.

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Northlew Knitters



The Northlew Knitters are knitting and

crocheting for good causes.

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 Tractor Run Sunday 29th April

This year's tractor run will take place on the last Sunday in April the day after the village fun day.

Please contact Shaun Millership for more information.

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

Request for help



Do you have any garden tools that are surplus to requirements?

My son, who has autism, lives in wonderful supported living project in Torquay with 13 other adults all with their own flats and in receipt of varying degrees of support. They have been given an allotment which will be hugely beneficial offering enjoyment and satisfaction to a number of the tenants, hence the request for garden tools. As long as they are safe to use, their condition is unimportant. I will gladly collect.

Please contact me on 01409 221797 or via cscadeng@hotmail.com

Many thanks and many thanks to those who have already been in touch.

***A message from Wales –
Diolch yn Fawr iawn!
A great big thank you to
you all***

We apologise that we were unable to send this for publication in March, but it took a couple of weeks to get our internet on-line by which time the deadline had gone. We were quite overwhelmed and incredibly touched by

everyone's thoughtfulness, kindness, and amazing generosity in all the good wishes and gifts we received on our departure from Devon (with some also greeting us on our arrival in Wales). We currently have cards on numerous doors in our new house reminding us of you all. It was also lovely to see so many of you at our final service and enjoy your company over the sumptuous tea. Thank you to everyone who gave their time and talents to organise it and contribute to it.

There was not time to open all the gifts with which we were presented, so we thought we would say what some of them were. Thank you to the parish churches for their very thoughtful and incredibly generous gifts. The animals seemed to benefit from the pet calming plug-in whilst the removers were packing up the house and were certainly calmer than we expected on the journey. Paul's charming Chef Bear has not yet taken over the cooking, but certainly looks the part, whilst Paul and Ruth are looking forward to using their book vouchers (Paul is currently organising books onto shelves, so we will soon know how much

space we have left). The children love their piggy banks (or as Krysty calls hers, her 'kitty bank') and have been investigating the local shops to see what they each want to spend their £20 on! Ruth finally found her office last week, so now has a place for her beautiful porcelain tea-light holder. Then, on top of all those, we were given a cheque for £1000 towards a new sofa. We have been into 'Franks', our local home furnishers, on the main street in Tywyn, and have also visited their showroom in Aberystwyth to look at possibilities. Another visit to the Tywyn shop and we should be able to decide and put in an order. It will be great, as our present, rather battered and chewed second-hand 3-piece suite is bit large and cumbersome for the shape of our new sitting room. Thank you also to Hatherleigh, Exbourne, and Northlew Methodist Chapels for the lovely Dartington gladioli vase. We have found the perfect place for it when we manage to clear that particular surface! Hatherleigh Community Church gave us a Gift card, which we plan to use to buy an item for

the house, when we've figured out what we're missing. Amazingly we have now been here for a month, and are slowly getting sorted and settled. We have been very warmly welcomed, mainly in English! The children are coping with school and starting to learn Welsh, so we need to get our skates on and find a Welsh class or they will be plotting all sorts without us understanding them.

With Ruth's induction on Thursday 22nd March, she is looking forward (with some trepidation) to starting work properly. There are similar challenges and joys to rural mid-Devon, with small and ageing congregations, and limited resources, but friendly communities, and beautiful countryside! Do come and visit us and see for yourselves!

With all our love and prayers,
Ruth, Paul, Brendan, and Krysty
Hansford
(also Flynn, Swallow, Eby,
Smokey and Bandit, and Gin
and Tonic)
Y Ficerdy, Ffynnon Arian,
Tywyn, Gwynedd LL36 9BF
Tel: 01654 710 255
Email: maggiethecat

Devon Air Ambulance Night Time Landing Site Update

As noted in last month's newsletter, we were hoping that this project would have been completed by the end of March i.e. before the Easter holiday starts and the signs looked good. However, due to a variety of factors beyond the Parish Council's control and not least because of the inclement weather in March, this has not been possible. We are continuing to do everything in our control to get things back on track so that the night time landing light column is put in place as soon as possible, is tested by Devon Air Ambulance (although we won't be told a definite time when they will do this) and the landscaping finished so that the playing field can be reopened. As works are not yet complete the playing field 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.

If you have any questions about the project please do not hesitate to contact the Parish Council.

West Devon Borough Council Notifications

1. Changes to recycling

From the 16th April, West Devon residents will be able to once again present their card for recycling.

In order to be able to do this we are telling residents they will need to present their recycling in a different way in their recycling boxes. To get this message out we have included correspondence with every household council tax bill.

There is one more event on:

Thursday 12th April

10:00 am – 4:00 pm
Bedford Square Tavistock
Come to see the new recycling vehicle

For residents who are unable to attend any of the planned roadshow dates further information can be found on our

website where there is also a list of frequently asked questions:

<https://www.westdevon.gov.uk/article/4454/Your-Weekly-Recycling-Collections-are-Changing>

2. Okehampton WDBC Office Closing

West Devon Borough Council is reminding customers that their office on St James St, Okehampton will be closing on 6th April 2018.

Customer footfall has been falling at the office year-on-year as customers increasingly use other methods to pay their bills or to contact the Council. It costs a massive £82,000 of taxpayer's money each year to keep the office open.

The quickest and easiest way to pay council tax bills is by Direct Debit, which can be set up online on West Devon Borough Council's website. Customers who still wish to pay by cash or cheque can use any PayPoint or Post Office around the Borough by simply taking their bill and paying over the counter.

Cllr Caroline Mott, Lead Member for Customer First at West

Devon Borough Council, said: "As more and more customers move to online payments, it was perhaps inevitable that we would need fewer offices. The money saved by closing Okehampton can be spent keeping other vital services running throughout the Borough. Of course, some people will prefer face-to-face help, and we understand this, so we will be making our Locality Officers available twice a week at the Ockment Centre to help any residents who need support."

The Locality Officers will be available every Tuesday and Friday at the Ockment Centre, from 10 a.m. until 4 p.m. beginning on Tuesday 10th April and Friday 13th April.

By closing the Okehampton Office and moving to a cashless system from the beginning of April, West Devon Borough Council will save a total of nearly £125,000 of taxpayer's money each year.

To use the Council online services, please go to: <http://www.westdevon.gov.uk>

3. Council Tax Online Services

West Devon Borough Council are holding a series of drop in sessions around the Borough for those who would like a little extra help using their online service.

The Council has had online services for Council Tax and Housing Benefit for some years now, and is keen to encourage people to use self-serve options available to them.

As new Council Tax bills start to arrive, this is the perfect time to show residents just how useful the service can be.

Cllr Caroline Mott, Lead Member for Customer First at West Devon Borough Council, said: "From this week, council tax bills will start to arrive on our resident's doorsteps, and we would encourage everyone to use our online system to manage their bill. Once you have registered and logged in, you will see your own information, including what payment method you are currently using, when your next payment is due and how much is owing. You can see your payment history and apply for

discounts, benefits or exemptions. There's also a handy list of Frequently Asked Questions to sort out the most common issues.

"However, we know that a lot of our residents may be a bit nervous of the online system, so we're providing these drop in sessions for anyone who would like a bit of support to get started.

"If you know anyone who would benefit from a quick introduction to the system from one of our officers, do please let them know about these sessions. All they need to do is turn up, with their tablet, mobile phone or laptop and their Council tax account number and we will help them to get set up"

Locality Officers will be available in various locations on the days and times listed below. They can show you how to register, view your bill, manage your details and set up a direct debit.

Ockment Centre, Okehampton
10:00 am – 4:00 pm

Tuesday 10th April
Friday 13th April
Tuesday 17th April

Friday 20th April
Tuesday 24th April
Friday 27th April

For a preview of how West Devon Borough Council's online service works, please visit our website at

<https://www.westdevon.gov.uk/article/904/See-your-Council-Tax-Account-online> to watch a short video.

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 7:30 pm 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.

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 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:

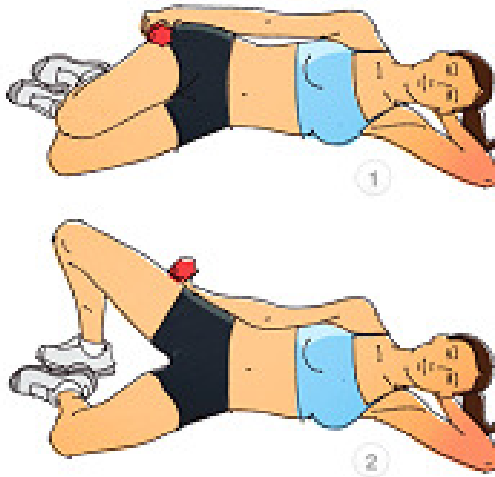
- £5 per advert for half page with picture
- £1 per advert (text only) per month

Exercise of the month: Hip Strengthening exercise

By Tom Wilkins

www.trainertompt.com

Keeping your hip muscles strong is vital to a healthy and active lifestyle. By keeping the surrounding muscles tight, strong and pliable it helps to keep your hips secure and functional. The exercise below involves abduction from the hip, targeting your hip flexors and glutes. You can perform this exercise with just your bodyweight or with a small resistance. When performing this exercise with a resistance, just place a small weight on your thigh (as show below).



Set	Repetition	Rest between sets
1	20	60 seconds
2	20	60 seconds
3	20	60 seconds
4	20	60 seconds



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Tel: 01409 220161



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- ✓ Fire places & surrounds
- ✓ Chimney flues & linings
- ✓ Laying slate hearths & oak beams
- ✓ Chimney stack rebuilds & repairs
- ✓ Fireplace renovations
- ✓ Showroom with live working stoves



Showroom Opening Hours:

Mon-Fri 9am until 4pm

Call us now for a FREE no obligation
quote on:



01288 381 852

Website: www.cblstoves.co.uk

Email: carl@cblstoves.co.uk



2018 Events at a Glance

April	<ul style="list-style-type: none"> • Sunday 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 • Sunday 29th April: Tractor Run
May	<ul style="list-style-type: none"> • Monday 7th May: Bank Holiday • Thursday 10th May: Victory Hall AGM • Sunday 20th May: Sunday lunch at the Victory Hall • Monday 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"> • Saturday 21st July: Fun Day • 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 • Friday 23rd November: Concert 7:30 pm
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
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**