

# NORTHLEW NEWS



**May 2018**

[Northlewnews@gmail.com](mailto:Northlewnews@gmail.com)

## **Your Parish Councillors**

<b>Chair:</b>	<b>Vice Chair:</b>
Joanna Wilson: 01409 220254	Jen Kelson: 07795 075685
Jane Colbourne: 01409 221220	Simon Dufty: 01837 871744
Mark Rundle: 01837 53314	Celia Rundle: 07432 512499
Chris Scadeng: 01409 221797	Bryan Dufty: 01837 871256
Terry Hatt: 07811 383397	<i>Clerk: Janet Millership: 01409 221409</i>
<i>Cllr James McInnes: 01837 861364</i>	<i>Cllr Patrick Kimber 01837 810057</i>

## **Note from the Editor**

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

[jwilson@thejoavinconsultancy.com](mailto:jwilson@thejoavinconsultancy.com)

and I will add you to the circulation list.

Thank you for your contributions to the Northlew News, a slightly shorter edition this month due to time constraints. Please let me have any items for the next edition by 20<sup>th</sup> May.

The Parish Council meeting in May is the Annual General Meeting. Please contact Janet Millership if you would like to raise anything at this meeting. If you have any questions about the Parish Council then please do not hesitate to call me.

I can be contacted by email at [northlewnews@gmail.com](mailto:northlewnews@gmail.com) or at the email above 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***

#### ***6<sup>th</sup> May***

9:30 am Mr John Hawkins  
6:30 pm Rogation Service at Stoney Farm, preacher Prof Michael Winter

#### ***13<sup>th</sup> May***

9:30 am Rev Maggie Whitehouse

#### ***20<sup>th</sup> May***

9:30 am Rev Liz Singleton

#### ***27<sup>th</sup> May***

10:00 am United Family Service

### ***50/50 Coffee Mornings***

Saturday 26<sup>th</sup> May  
Cake and savoury stall, coffee morning and 50/50 shop open

---

## ***Women's Guild and Fellowship***

Wednesday 2<sup>nd</sup> May 2:30 pm.  
Women's Guild and Fellowship meeting in the Methodist Hall

# ***St Thomas of Canterbury Parish Church***

## ***Services***

### ***6<sup>th</sup> May***

9:30 pm Holy Communion

6:30 pm United Rogation

Service at Stoney Farm

### ***13<sup>th</sup> May***

9:30 pm Morning Prayer

### ***20<sup>th</sup> May***

09:30 am Holy Communion

### ***27<sup>th</sup> May***

10:00 am United Family Service

## ***Rogation Service***

The Rogation Service this year will be held at Stoney Farm by kind invitation of the Duffy Family. On this day we pray for God's blessing on the crops. Let's hope he's listening – there are a lot of us to feed!

## ***Ploughman's Lunch***

Another of these tasty Ploughman's lunches on Saturday 19<sup>th</sup> May (I think but there will be posters round the village to confirm and also a booking list in the church room). Tickets will cost £5.50 for adults and £2.50 for children. (I wonder

Published by the Parish Council May 2018

how long it will be before some worthy says we should rename it 'Plough person's lunch?')

-----

## ***The Friends of St. Thomas' Church (FOST) Annual General Meeting***

***7:30 pm Wednesday 2<sup>nd</sup> May***

Church rooms

The object of FOST is "to maintain, repair, restore, preserve, improve, beautify ... the fabric of the Church of St Thomas, Northlew".

In short, the Friends wish to preserve an historic building for future generations. Membership of the Friends does not imply a faith or a desire to worship – just an interest in the preservation of a fine old building.

The Friends would benefit from some new blood; so please come along to the AGM if you are able to. Membership of the FOST Committee is not onerous – just two meetings a year, and your views and input would be greatly appreciated.

## ***The Green Dragon***



This historic 18th-century inn is located in the village square at the heart of Northlew.

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)

Please contact Dan on 01409 221228 for more information about the Green Dragon

---

## ***Northlew and Ashbury Produce and Craft Show 8<sup>th</sup> September***

The Show includes many categories appealing to a wide range of adults and children. Last year, there were many entries for the fruit and vegetable categories and the baked goods and preserves section was hotly contested!

There were, however, very few entries for the floral art categories - so this could be your chance to shine. If you would like to have a go at creating a small display, you may like to begin thinking about 'a floral arrangement in a teacup'



The flowers and greenery do not need to be home grown - they can be bought or sourced elsewhere. Let your imagination go and create a riot of bright colour to match a bright teacup, a red rose display to complement a rose decorated cup or perhaps a very subtle pastel arrangement. The choice is yours.

You may prefer to try your hand at a larger arrangement commemorating the end of World War One entitled simply

‘Peace’. We’re looking forward to seeing some serene displays in this category.

The final floral challenge this year is a hot topic very dear to many hearts and involves recycling. Design your own floral arrangement in or on any recycled or unusual container. Have you got an old gardening boot, a watering can, a battered saucepan, plastic guttering or other item that can be reused as part of a display that would be interesting, dramatic or simply fun? Have a look around for something recycled or unusual and begin to plan your arrangement now.

Next month we will be thinking about the new Photography Section in the Show (no longer part of the craft section), so get your thinking hat on. Here’s a clue - one of the categories involves ‘Movement’.

### ***News from the Judges***

The judges for this year’s show have now been confirmed, and the judge for the newly created Beverages Section has agreed to share some helpful hints

about the things he is looking for when tasting on the day.

We look forward to seeing entries for the ‘Beer’ category for the first time this year, as last year’s new category of ‘Cider’ was hotly contested.

**33 *Sloe Gin*:** A good red colour preferred over merely pink; this usually indicates that the sloes have been well steeped. Clear and not overpoweringly sweet, but warming and rich.

**34 *Liqueur*:** Should reflect the base ingredient(s). Not too syrupy or be dominated by a spirit alcohol. Something delicious to enjoy after a good meal.

**35 *Cider*:** Lively and refreshing but not too acidic or astringent; ‘bitter-sweet’ is the ideal. Cloudy is fine but not chewy!

**36 *Beer*:** A good balance between malt and hops but any type (pale, brown etc), that can be consumed with relish. Should be clear and have a lively bead (natural bubbles).

**37 *Wine*:** The flavour of its main ingredient should show through

but without being over-powering or cordial-like. Neither too acidic nor sweet and a pleasing fresh or tangy finish.

### **38 Non-alcoholic fruit drink:**

Fruity obviously, and reflect the base fruit. Not musty tasting and not overly sweet.

There is still plenty of time to start brewing or fermenting - just think of the fun you will have sampling the finished products!

*Northlew and Ashbury Craft and Produce Show Committee.*

This year's nominated charity is The British Heart Foundation.  
Registered Charity number 225971

-----

## **Northlew Walking Group**

Finally the weather has improved slightly, so we ventured out to Abbeyford Woods to complete the walk we should have done in March. For those who don't know Abbeyford Woods, it is a mainly conifer plantation, situated on the hillside to the north of Okehampton.

Published by the Parish Council May 2018

Having car shared from Northlew, to the main car park in the woods, we were joined by our walkers from the Okehampton area.



With us on the walk today were Julie Phillips with Ted & Archie, Trevor Miller with Kim & Bess, Val Hughes, Marion Dufty, Susan Jones, Jenny Anderson, Bob & Pat Hunter, Sue Sanders, Pat Carter, Angela Baines & Granddaughter Evie Fulford, myself, and for the first time Baldrick the Springer Spaniel, who we had borrowed for the day from Marylyn Livingstone his owner.

Despite a few spits of rain on the journey over, the weather stayed fine throughout the walk, and so we had a pleasant stroll, on good paths around the woods. We stopped to admire the views



over Okehampton and Dartmoor beyond, trying to pick out various walkers houses, and discussing the site for the new school and railway station.

The walk was about 3.5 miles long, and thoroughly enjoyed by all the dogs, as well as grown-ups and Evie.

### ***Next Walk No 22***

Next month's walk will be back to a Northlew square start, on the 4th May at 2:00 pm

See you there

Chris

[chrisbaines55@talktalk.net](mailto:chrisbaines55@talktalk.net)

---

### ***Gardening Tips for the month***



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

This is the month when you can literally see things really beginning to grow, to shoot up,

and start to flower. It is the freshness of the foliage that is so exhilarating. Enjoy it.

There are so many jobs that need to be done now, including the tyranny of grass mowing, but if you can, try and also tackle tasks that will improve your displays for next year....

### ***Dead heading daffodils***

To that end make sure that you dead-head daffs. A really satisfying way of doing this if you have large drifts is to get a bamboo cane and a small child and get them to hit the heads off with a scythe-like action. Yes it's child labour but great free half-term entertainment for them. Point out to small child only to hit flowers that have died.....and only in YOUR garden. Seriously though, overgrown clumps of daffs should be lifted, divided and re-planted to revitalise them.

### ***Sowing for next year***

Try and sow a row of wall flowers or Sweet Williams ready for next year's late Spring display. And a little plea for them – these are fabulous under-rated plants that do best in poor well-drained ground in the sun. Don't



feed them and make sure they are planted reasonably close to one another for support, otherwise they tend to become leggy and fall over.

### ***Potatoes and broad beans***

Earth up potatoes....and also the stems of broad beans to stop them flopping about. When they get to full height pinch out the tops of your broad beans to prevent an infestation of black fly. Try these steamed and dressed with melted butter, a little lemon juice and sea salt. A word of warning, they might not be as nice if the black fly have already arrived!

### ***Grapevine***

If you have a grapevine that has developing fruit trusses on it and they have a new stem and leaves growing beyond that fruit truss, then cut back to just two pairs of leaves beyond the truss. The reason? You want the vine's energy to go into the developing fruit, not new growth. Plus, any new growth would shade the fruit which needs the sun to ripen and it encourages more air circulation around the grapes, helping to stop mould taking hold in wet periods.

### ***Strawberries***

Another fruit that suffers from mould is the strawberry. Put a thick layer of straw around the strawberry plants and under the developing fruit trusses to keep them clear of the ground and slugs. This does however mean that the strawberries are on show to every bird for miles around. Mice adore them too. A safer way of growing them than in the soil is in pots.

### ***Sowing tender veg***

Tender veg such as marrow, courgettes and sweetcorn can be sown in a greenhouse towards the end of the month if the weather is warm.

### ***Pinching dahlias***

Keep pinching out the side branches and top stems of your dahlias to get lots more flowers over the summer. They can be planted out at the end of the month.

### ***Pruning***

Early flowering clematis such as alpinas, macropetala, cirrhosa and armandii can be pruned back now. They only need over-crowded or dead stems removing.

### **Half hardy bedding plants**

Your half-hardy bedding plants can be either planted in hanging baskets or troughs, or into the borders at the end of the month once the danger of frost has passed. Try to restrain yourself from planting out too early and make sure all the plants are properly hardened off first. Remember to put in slow-release granular fertiliser and some water-retaining granules into the compost before planting – this and regular dead-heading will really prolong the display all summer.

**And finally** if you have any time left, spend it on weeding...I'm off to find a bamboo cane.

Happy gardening

Harriet

-----

### **Badminton Club**



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

Please contact Chris Baines on  
01409 221362 for more  
information

### **Helping women farmers in Zambia -**

I've been given an opportunity to go to Zambia in July 2019 and volunteer for an agricultural pilot project. The charity is called the Natural Agriculture Development Program Zambia (NADPZ). Its aim is to improve the household status and income of rural women farmers with environmentally friendly farming methods which are cost-effective. In turn, this will improve health and nutrition and reduce poverty in rural areas. In August 2015, the NADPZ built and opened a small community school for the children in the rural area. With financial support, one classroom was equipped with desks, chairs, books, posters, stationary, and equipment and 30 children, aged 4-5 were enrolled in the school. We will be working on the project and in the newly built school whilst in Zambia.

Once we arrive in Lusaka, we'll visit Government schools, International schools, orphanages and hospitals. Our plan is to travel to the Pemba School and help with painting, tree planting and participate in

the school activities. Also, we'll help with potato garden preparation with the Women Farmers.

Obviously, this costs a lot of money and as a group we are fundraising within school. We can also fundraise individually for our own flights and accommodation. Over the next year I am putting on a series of events, I hope the people within our community will support me and attend. The first event is a roast lunch on Sunday 9th September 2018, cooked by my Mum and our friends. Please watch Northlew News for more details over the coming months.

Many thanks,  
Kaitlyn O'Connell

-----

### ***Don't forget about your chimney!***



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

## ***Theatre Highlights***



### ***Theatre Royal @ Plymouth***

Box Office 01752 267222

#### ***1<sup>st</sup> – 5<sup>th</sup> May***

This House - Nat. theatre

#### ***May 8<sup>th</sup> - 12<sup>th</sup> May***

Cirque Berserk for 6+ yrs and adults!

#### ***15<sup>th</sup> – 26<sup>th</sup> May***

The Band - a "Take That" musical

#### ***29<sup>th</sup> May – 2<sup>nd</sup> June***

Love from a Stranger - Agatha Christie

#### ***5<sup>th</sup> – 9<sup>th</sup> June***

Some Mother do 'ave 'em - Joe Pasquale

#### ***11<sup>th</sup> – 16<sup>th</sup> June***

Thriller - Songs of Michael Jackson

#### ***18<sup>th</sup> – 23<sup>rd</sup> June***

Titanic - the musical!

#### ***26<sup>th</sup> – 30<sup>th</sup> June***

Summer Holiday - from the 1960s film

**4<sup>th</sup> July – 4<sup>th</sup> August**

MISS SAIGON - book early for good seats

**14<sup>th</sup> – 18<sup>th</sup> August**

EVITA

**29<sup>th</sup> Aug – 15<sup>th</sup> Sept**

WAR HORSE returns

**Northcott @ Exeter**

**Box Office 01392 726363**

**1<sup>st</sup> – 2<sup>nd</sup> May**

Macbeth in a dance version

**8<sup>th</sup> – 12<sup>th</sup> May**

A Midsummer Night's Dream

**22<sup>nd</sup> – 26<sup>th</sup> May**

English Touring Opera (Figaro & Il Tabarro & G. Schicchi)

**28<sup>th</sup> May – 2<sup>nd</sup> June**

Flashdance

**5<sup>th</sup> – 9<sup>th</sup> June**

Iolanthe - the all male G & S Co.)

**16<sup>th</sup> June only**

Children's Ballet (3 yrs+) Ugly

Duckling

**19<sup>th</sup> – 23<sup>rd</sup> June**

Great Expectations

**Northlew Nature Watch**

After a very changeable spring so far, May should signal the time when all UK wildlife really gets into gear.

Our winter migrant birds have now all returned to their northern breeding grounds, and the summer visitors have arrived from the south. The first to arrive, chiffchaffs, willow warblers, wheatear, and blackcaps amongst them, will already having started nesting. Later arrivals like house martins, swallows and swifts will start to pair up this month and explore their nesting sites. Of the summer migrants, the cuckoo has to be the true sign of spring. Sadly, the unmistakable call of the cuckoo is no longer a common sound in our countryside, but fortunately there are still many places on and around Dartmoor where they can be heard.

For those who put bird-boxes up in their gardens, hopefully there should be plenty of comings and goings from the likes of blue tits, great tits, and house sparrows. Try to resist the temptation to look inside the box, as this could

cause the parent birds to desert the nest.

All this bird activity is down to one thing, plenty of insects. Caterpillars are the staple diet of many of the small birds, and flying insects are taken on the wing by swifts, swallows and martins. It's amazing to think that swifts will leave the nest as young fledglings and will remain on the wing for the next 4 years before they breed themselves. They eat, sleep, and even mate on the wing.

All these insects would not be around without the profusion of flora this month. All our deciduous trees are now in leaf, great food for many species of caterpillar, and wildflowers are full of nectar rich flowers. Those to look for this month are cuckoo flower, which are an important plant for the orange tip butterfly to lay their eggs on and of course bluebells. There is literally nowhere else in the world where you will see a better display of these flowers in our woodlands.

Devon is a good place to spot slow worms and they should now be breeding. Of course, they are neither slow nor worms. They are legless lizards, and being cold blooded, can

sometimes be seen basking in the sunshine to warm up. On sunny days, many species of butterfly will be on the wing, as well as dragon and damsel flies. Look out for silver washed fritillary butterfly and the beautiful demoiselle damselfly, both common around these parts.

Chrisbaines55@talktalk.net

-----

## **Victory Hall**

*Registered Charity No/: 266213 A/3*

### **Northlew Victory Hall Wants You!**



Don't forget it is the Victory Hall Committee's Annual General Meeting on Thursday 10<sup>th</sup> May 2018. Please feel free to come along and help us keep a valued community resource going.

### **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](http://www.northlewvictoryhall.co.uk)**

## ***Play Group for Grown ups***

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

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

-----

## ***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***

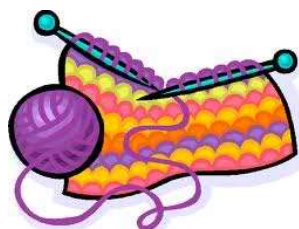
With an increase of pre-schoolers in the village we are starting Northlew toddler group again. Welcome to any babies and toddlers with their parent/s or carer/s

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***



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 2<sup>nd</sup> and 4<sup>th</sup> 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](mailto: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](mailto:cscadeng@hotmail.com)

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

## **11th Merton Vintage and Classic Vehicle Rally**



Final preparations are well underway for this years' event. This is our 11th

Vintage and Classic Vehicle Rally and it is being held on:

### **Sunday 6th May**

11 am – 5 pm

Despite the weather last year people braved the weather and enjoyed all the entertainment that was provided throughout the day. As a committee we were amazed that nearly all the vehicles came to exhibit despite the rain and the public seemed to enjoy every minute in 'true' British style!!

Merton is on the A386 between Torrington and Okehampton.

We have plenty of free parking and we look forward to welcoming you all on the day. £3 adults; £1 child; under 5's FREE. 11 am – 5 pm.

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

We are continuing to liaise with EDF to get the meter for the electricity installed and hopefully this should be resolved in the next couple of weeks. We now have a provisional date for the installation of the landing light column of 14<sup>th</sup> May. This is conditional on the electricity meter being in place, the site being ready and the weather but everyone is working hard to make sure this happens.

In the meantime, we are working on a contingency plan to ensure that the ongoing work site is cordoned off so that the Village Fun Day can go ahead as planned.

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

Thank you for your patience

Joanna Wilson on behalf of the Parish Council

## ***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.

The meeting in May will be the Annual General 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:**

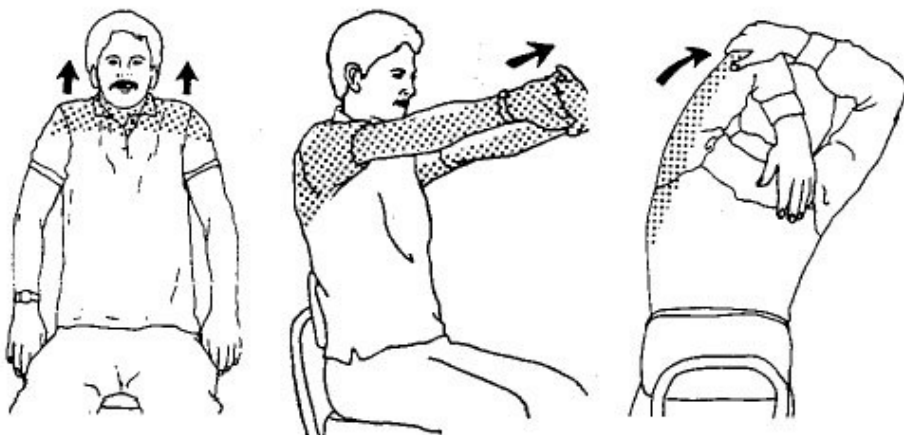
- £5 per advert for half page with picture
- £1 per advert (text only) per month

## ***Exercise of the month: Upper back stretch –***

By Tom Wilkins

[www.trainertompt.com](http://www.trainertompt.com)

If you spend a lot of time at the desk, in the car or sat down for long periods of time, you will more than likely suffer with stiffness of the upper back. In order to release this tension, you need to be stretching most days; this helps to keep your muscles pliable and increase of blood flow to the target areas. The stretches shown below can all be completed sitting down and require virtually no space at all.



Repeat these stretches as desired and aim to hold each stretch for 15 seconds. I would recommend to do these stretches in the morning when you wake and just before bed.



Help us celebrate the  
**Royal Wedding**

with a fabulous  
summery lunch

**Free Quiz**

Raffle with Royal commemorative  
prizes

Bar including Pimm's at £1.50



**Sunday 20<sup>th</sup> May 2018**

**1 pm**

Doors open at 12:30 pm



Vegetarian option available but must pre-  
book

**£8**

Pre-book by Thursday 17<sup>th</sup> May 2018

Call Jayne on:

**01409 221 225**





OKEHAMPTON  
DEVON

**Elmfield**  
bed & breakfast

*and great company - just perfect -  
thank you very much."*

*"We came for 2 nights and  
stayed for 4 - do we need to  
say any more?"*

## **Bed and breakfast accommodation at Elmfield**

**Prices from £35 per night**

**Extensive breakfast menu**

**Discounts apply for stays of 3 nights or more**

**Contact: Martin on 01409 221376 or 07974 859029**

**[www.elmfield-northlew.co.uk](http://www.elmfield-northlew.co.uk)**



**Anthony Stock**  
**DECORATOR**

The Old Manse  
Northlew  
Okehampton  
Devon EX20 3NZ

**Tel: 01409 220161**



DOMESTIC • COMMERCIAL • INDUSTRIAL • SOLAR PV

01837 658998 07513 299514

rmselectricalservices@hotmail.co.uk



**J A WILKINS**

**Carpenter & Joiner.**

**All building work undertaken**

**Extensions, alterations, kitchens,  
bedrooms, bathrooms, roofing, etc.**

Little Wigdon  
Station Road  
Northlew

01409 221212  
07890 929184



**JEANNETTE  
LAWRENCE**

*Traditional*

*Freelance*

*Mobile Hairdresser*

**01409 221762**





**STEVE THE HELPING HAND**  
*No job's too small*  
**HANDYMAN** *Just give me a call*  
**07920 884888**

NORTHLEW, OKEHAMPTON [steve.shelton@uwclub.net](mailto:steve.shelton@uwclub.net)

## P.S Electrical



Office :01409220246

Mobile: 07792 163156

[enquiries@pselectricians.co.uk](mailto:enquiries@pselectricians.co.uk)

3 The Old Orchard

Northlew

Okehampton

EX20 3NH

Domestic, Commercial, Industrial, Bespoke garden  
 lighting and Agricultural  
 Part P Approved



## **J & J SERVICES**

For all you car repairs and  
 servicing under one roof

Batteries • Tyres • Exhausts • MOT Preparation • Diagnostics  
 Repairs to old and new • All makes and models

**Ring John or Andrew**  
**for a friendly and efficient service**  
**01409 220091 07850 767686**

The Knoll, Northlew, EX20 3BR  
 Established 1981



## Stove & Chimney Specialists

Visit our Showroom at Red Post,  
Nr Bude, Cornwall. EX23 9NW

- ✓ Supply and install woodburners & multi-fuel stoves
- ✓ Gas & Electric stoves
- ✓ 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](http://www.cblstoves.co.uk)

Email: [carl@cblstoves.co.uk](mailto:carl@cblstoves.co.uk)



# 2018 Events at a Glance

<b>May</b>	<ul style="list-style-type: none"> <li>• <b>Monday 7<sup>th</sup> May:</b> Bank Holiday</li> <li>• <b>Thursday 10<sup>th</sup> May:</b> Victory Hall AGM</li> <li>• <b>Saturday 19<sup>th</sup> May:</b> Ploughman's lunch</li> <li>• <b>Sunday 20<sup>th</sup> May:</b> Royal Wedding Sunday lunch at the Victory Hall</li> <li>• <b>Monday 28<sup>th</sup> May:</b> Bank Holiday</li> </ul>
<b>June</b>	<ul style="list-style-type: none"> <li>• <b>Monday 11<sup>th</sup> June:</b> Concert with Stowford Meadow Singers and Jess Martyn</li> <li>• <b>Saturday 16<sup>th</sup> June:</b> Dance in the Victory Hall</li> </ul>
<b>July</b>	<ul style="list-style-type: none"> <li>• <b>Saturday 21<sup>st</sup> July:</b> Fun Day</li> <li>• <b>Tuesday 24<sup>th</sup> July:</b> last day of summer term for Northlew and Ashbury Primary School</li> </ul>
<b>August</b>	<ul style="list-style-type: none"> <li>• <b>Monday 27<sup>th</sup> August:</b> bank holiday</li> </ul>
<b>September</b>	<ul style="list-style-type: none"> <li>• <b>Wednesday 5<sup>th</sup> September:</b> first day of autumn term for Northlew and Ashbury Primary School</li> <li>• <b>Saturday 8<sup>th</sup> September:</b> Northlew and Ashbury Produce and Craft Show</li> <li>• <b>Sunday 9<sup>th</sup> September:</b> Fundraising lunch for Kaitlyn's volunteering trip to Zambia</li> <li>• <b>Saturday 15<sup>th</sup> September:</b> Dance in Victory Hall</li> </ul>
<b>October</b>	<ul style="list-style-type: none"> <li>• <b>Sunday 14<sup>th</sup> October:</b> 2:30 pm Harvest Festival</li> <li>• <b>Monday 15<sup>th</sup> October:</b> 7:15 pm Harvest Festival</li> </ul>
<b>November</b>	<ul style="list-style-type: none"> <li>• <b>Sunday 10<sup>th</sup> November:</b> WW1 Commemoration Victory Hall</li> <li>• <b>Friday 23<sup>rd</sup> November:</b> Concert 7:30 pm</li> </ul>
<b>December</b>	<ul style="list-style-type: none"> <li>• <b>Sunday 9<sup>th</sup> December:</b> Christmas Lunch, Victory Hall</li> </ul>



## Northlew & Ashbury Primary School

### **Summer Term 2018**

Monday 16<sup>th</sup> April: All pupils return

Monday 7<sup>th</sup> May: May Day Bank Holiday

**Half Term:** Monday 28<sup>th</sup> May to Friday 1<sup>st</sup> June (inc)

Monday 4<sup>th</sup> June: All pupils return

Tuesday 24<sup>th</sup> July: Last day of term

Wednesday 25<sup>th</sup> July Non-pupil day

Thursday 26<sup>th</sup> July Non-pupil day

### **5 Non-pupil days:**

Monday 4<sup>th</sup> September

Tuesday 5<sup>th</sup> September

Friday 24<sup>th</sup> November

Wednesday 25<sup>th</sup> July

Thursday 26<sup>th</sup> July

### **Autumn Term 2018**

Wednesday 5<sup>th</sup> September: All pupils return

(Monday 3<sup>rd</sup> September: Non-pupil day)

(Tuesday 4<sup>th</sup> September: Non-pupil day)

**Half Term:** Monday 22<sup>nd</sup> October to Friday 26<sup>th</sup> October (inc)

Monday 29<sup>th</sup> October: All pupils return

Friday 23<sup>rd</sup> November: Non-pupil day

Friday 21<sup>st</sup> December: Last day of term

**Christmas Holiday:** Monday 24<sup>th</sup> December 2018 to Friday 4<sup>th</sup> January 2019 (inc)

**Spring Term 2019**

Monday 7<sup>th</sup> January: All pupils return

**Half Term:** Monday 18<sup>th</sup> February to Friday 22<sup>nd</sup> February (inc)

Monday 25<sup>th</sup> February: All pupils return

Friday 5<sup>th</sup> April: Last day of term

**Easter Holiday:** Monday 8<sup>th</sup> April to Monday 22<sup>nd</sup> April (inc)

**Summer Term 2019**

Tuesday 23<sup>rd</sup> April: All pupils return

Monday 6<sup>th</sup> May: May Day Bank Holiday

**Half Term:** Monday 27<sup>th</sup> May to Friday 31<sup>st</sup> May (inc)

Monday 3<sup>rd</sup> June: All pupils return

Friday 19<sup>th</sup> July: Last day of term

Monday 22<sup>nd</sup> July to Thursday 25<sup>th</sup> July (inc): Non pupil days

## Carmel Coaches Excursions for 2018

<b>Date and venue</b>	<b>Cost</b>
<b>7<sup>th</sup> May Bank Holiday:</b> National Memorial Arboretum	£25
<b>28<sup>th</sup> May Bank Holiday:</b> Isles of Scilly by coach and boat	£50
<b>17<sup>th</sup> June Fathers' Day:</b> Dartmouth by steam train and river cruise	£25
<b>11<sup>th</sup> July :</b> Miss Siagon at Theatre Royal, Plymouth	£68
<b>27<sup>th</sup> August:</b> Donkey Sanctuary and Sidmouth	£15
<b>29<sup>th</sup> August:</b> Warhouse at the Theatre Royal, Plymouth	£63
<b>29<sup>th</sup> October:</b> 5 day break at Warner Hotel, Thoresby Hall, Notts	£379
<b>9<sup>th</sup> November:</b> Thursford Christmas Spectacular weekend	£249

**2018 tours leaflet available from the office.**

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