

NORTHLEW NEWS



September 2018

Named after the Roman word septem meaning 7th as it was the 7th month in the Roman calendar. Also known by the Anglo Saxons as Gerst monath (Barley month after their favourite drink barley brew) or Haefast monath (Harvest month)*

Northlewnews@gmail.com

Your Parish Councillors

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

*<http://www.projectbritain.com/year/september.htm>

Note from the Editor

News of changes to the Parish Council in this month's edition of the Northlew News – please see page 20. If you have any questions about the Parish Council then please do not hesitate to contact me, any fellow councillors or our clerk Janet Millership.

As ever, thank you for all the contributions to the Northlew News both regular and ad hoc. It is very much appreciated and please keep them coming. Please note the deadline for items for next month's edition is the 20th of the month.

If you would like your copy of the Northlew News electronically then please email me at northlewnews@gmail.com or please call me on 01409 220254.

With thanks and best wishes,



Northlew Stores C I C. Keeping it local!

Fresh bread, cakes and savouries

We are delighted to offer our customers a range of delicious bread, cakes and savoury pastries from Ellis Bakery of Tavistock. We are also offering an ordering service from the bakery. Please ask as the counter for details. Orders will be available for collection on Tuesday and Friday mornings. Please place your order before 12 noon the day before you would like to collect, thank you.

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.

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 in the shop or email:

northlewshop@gmail.com

Opening hours

The 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

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

Window display

If any clubs, organisations or individuals would like to put a display in the shop window then please contact Paula.

Thank you

Paula would like to thank all customers for your continued support of the village shop.

Northlew Post Office



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

The post office is open from 9:30 am to 12 noon in the Church Room

Women's Guild and Fellowship

The Women's Guild and Fellowship meetings will resume on Wednesday 5th September at 2:30 pm in the Methodist Hall

All welcome

Northlew Methodist Church

Services

2nd September

9:30 am Mr John Hawkins

9th September

9:30 am Service Rev Maggie Whitehouse

16th September

9:30 am Mr Roy Down

23rd September

10:00 am United Family Service at the Parish Church

30th September

9:30 am Service at Boasley

50/50 Coffee Mornings

Saturday 29th September

10:00 am – 12 noon

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

Dance at the Victory Hall

Dance with a 'Bit of Luck'

8:00 pm

All Welcome

St Thomas of Canterbury Parish Church

Services

2nd September

09:30 am Holy Communion

9th September

9:30 am Morning prayer (B.C.P.)

16th September

9:30 am Holy Communion

23rd September

10:00 am United Family Service in the parish church

30th September

11:00 am Group Holy Communion at Meeth

7th October

6:30 pm Harvest thanksgiving service (no morning service)

Ploughman's Lunch

The September Ploughman's lunch will be in the church room on Saturday 8th September. Ham and cheese lunches and puddings will be served from midday until 2 pm.

There is a list in the church room where you can add your name. Please pay on the door; £5.50 for adults and £2.50 for children.

Alternatively, you can call 01409 221036 to book if you prefer. This annual lunch is a nice friendly event and it is only a few steps more to the Produce and Craft Show at the Victory Hall.

Book sales

For those who don't know there is a table in the church room which is loaded with all sorts of books, mostly paperbacks but also cookery books, DIY manuals and other odds and ends as well. It's surprising how many quite unexpected titles turn up from time to time.

It's worth having a look when you drop in for a coffee on post office mornings. Any donations, however, small are welcome as all money goes to charity.

We've just sent off a £110 to ShelterBox.

<https://www.shelterbox.org>

And the time before that when we reached a £100 we sent it to the Children's Hospice and the next £100 will be for farming charities. It takes several months to reach a £100 but we get there eventually – so please keep on reading!

Bus Routes from Northlew

Every Monday, Thursday and Saturday there is a morning service to Okehampton. The bus will be parked for 2-3 hours outside Waitrose where you can leave your shopping whilst you visit Okehampton. Or if you prefer there is also a service to Bideford which is convenient for Morrisons.

Also, by arrangement, services to Crediton (Tuesdays) Newton Abbot (Wednesdays) and Exeter (Fridays) and in school holidays Barnstaple (Tuesdays) Holsworthy (Wednesdays) Tavistock (Fridays) are available from Northlew.

These services mainly use scenic routes ideal for showing off the area to friends that may be visiting. Bus passes are accepted at all times and if you are not lucky enough to have one then the fares are low. Let the bus take the strain out of driving and no parking charges to pay or spaces to find! Most importantly, if you live on the route then the bus stop is your front door.

Northlew is fortunate to have so many public transport routes so why not leave the car at home

reduce pollution keep up with local gossip and use the bus.

For more information please contact Tony on 01409 221237

Skittles Club



The ladies' and men's skittles teams are having a practice evening

on Tuesday 11th September in the Victory Hall. Everyone welcome!

For more information please contact Marion Dufty.

International Restart a Heart Day **Tuesday 16th October**

Kate Hawkins will be running cardiopulmonary resuscitation (CPR) and defibrillator use and first aid surrounding heart attacks training sessions to support this fantastic initiative.

More information in next month's edition about the training sessions in the village.

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)

Saturday 8th September

Open invitation to celebrate

Karla's 30th birthday from 7 pm onwards. Live music.

Saturday 15th September

Annual pub walk from the Northmore Arms, Throwleigh to the Tors at Belstone.

Leaving the Green Dragon at 11:30 am breakfast served at 11:00 am prompt!

Please contact Dan on 01409 221228 for more information about the Green Dragon or the cider festival.

Northlew and Ashbury Produce and Craft Show 8th September

It's nearly time - the moment you have all been waiting for, don't miss it!

8:30am – 10:30am: Entries drop off

1 pm: Doors open for viewing and refreshments

3 pm: Awards, auction of produce and Children's Funny Hat Competition from

STOP PRESS - due to popular demand refreshments will now include fabulous Cornish Pasties from Ellis Bakery in Tavistock! We will also be serving tea, coffee and home-made cake. This year, as requested by visitors, tables and chairs for refreshments will be available in the main hall.

Entry forms and fees need to be returned to the box in the Village Shop, or Rosemary Cottage no later than Wednesday 5th September. Sorry, but no unregistered entries can be accepted on the day.

Don't forget, if you have surplus produce not being entered for the show, please drop off between 8.30 and 10.30 am as we will be auctioning boxes at the end of the show. Last but not least, don't miss the grand raffle which this year includes a food and drink wicker hamper!

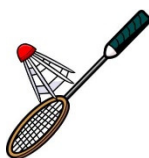
We look forward to another great show this year.

Holly Dancer
On behalf of Show Committee
2018

Judith.dancer@btinternet.com
221 881

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

Badminton Club



We play every week
on Monday and
Wednesday in the
Victory Hall.

All abilities welcome.

Please contact Chris Baines on
01409 221362 for more
information.

Gardening tips for the month



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

Now that we've had a decent dollop of rain and the Met Office is tentatively forecasting an Indian summer, it's safe to look at planting again.

Planting and setting buds

Overgrown early summer flowering perennials such as opium poppies can be cut down then divided into several pieces and replanted after discarding the centre of the plant which is the least vigorous part.

Pot grown perennials, shrubs and trees can also be planted. Just remember to keep watering them regularly. And while you're wafting the hose around remember to give any rhododendrons, camellias and azaleas a good soaking too, to help

with formation of flower buds for next year.

Pruning

Pruning of late summer flowering shrubs and sub-shrubs such as helianthemum can take place now too.

Spring bulbs

If you haven't ordered Spring flowering bulbs yet, then get those catalogues out. September is the best time to plant them. With daffodils, most people just consider how they look, but most are scented to some degree. Some of the best varieties for scent are 'Martinette' (a Tazetta variety like 'Soleil d'Or', but hardy outside in winter) or late flowering Narcissus poeticus var. recurvus, a Pheasant eye variety with a flat orange cup and white petals. 'Sir Winston Churchill' has one of the strongest scents, almost like jasmine...and multi-headed 'Hawera' is perfect in pots.

One of the easiest to find is 'Cheerfulness' with its pretty double cups...but my favourite, with the most incredible scent are the Jonquils..they naturalise beautifully in grass too.

Flowers for Christmas

If you want scent indoors at Christmas, you should start forcing hyacinth bulbs now. Use bulb fibre for best results and after potting up, put them in a cold dark place till the leaves are about 2" tall. Then bring them indoors into a cool room away from bright light until the shoots green up properly. Finally, move to a window in a warm room and keep the pot on gravel in a saucer.

Sowing seeds for 2019

You can sow seeds of sweet peas in pots for an early show next year and hardy annuals such as calendula, cornflower and poppies can be sown in the ground where they are to flower.

The vegetable garden

Certain vegetables for overwintering can be sown between now and October. Douce de Provence peas, Artic King or All the Year Round lettuce and Eskimo F1 carrots are all good doers. This year I'm trying out Duncan F1 cabbage too.

I will report back.

It's also the best time to plant Japanese (or autumn planting) onions. Last year I tried Radar (which stored brilliantly) and

Electric - a red onion with fantastic flavour.

I'm now ready for some more hot weather. Whilst it has brought problems, I've seen plants like cosmos, sweetcorn and nicotiana perform better than in a decade or more and stone fruits have produced phenomenal crops.

Enjoy your garden and happy gardening,

Harriet

Hedgehog Rescue

I run a hedgehog rescue and like everything else I cannot do this without the goodwill of the village. Hedgehogs need our help as there are now only approximately 1 million left in Great Britain. The decline is mainly due to loss of habitat and people driving too fast on rural roads. I give talks and make knitted toys, garments to raise funds. I am looking for donations of newspapers and dog food (Pedigree) and for people who would like to knit. If anyone would like to help they can email angelabaines472@btinternet.com or call me on 01409 221362
Thank you, Angela

Victory Hall

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

Red Spider Amateur Dramatic Company



Forthcoming productions and casting call!

'Supper with Scrooge'



Please keep
Saturday 1st
December free
7.30pm at
Lewdown Victory
Hall.

RSC are planning to produce a version of 'A Christmas Carol' based on the well known story by Charles Dickens. This was originally performed by RSC in 2003. Music and supper will also feature as part of the evening's entertainment.

This will be a rehearsed reading (in costume) and we hope that many of you – adults and children – will be able to take part. Supper will be provided by The Nippy Chippy!

It is hoped to get the project under way on Sunday 7th October at 2.30 pm, at Lewdown Victory Hall, with a casting and read through. If you are interested, but unable to come along on the 7th please get in contact with either Martin at (martinperry.northlew@gmail.com) or Maureen at (moccooke@btinternet.com).

'Dangerous Corner' by J.B.

Priestley

Following a very enjoyable evening reading scenes from two plays by J.B. Priestley, 'Eden End' and 'Dangerous Corner', earlier this year, RSC are now planning to produce one of Mr. Priestley's most renowned plays, Dangerous Corner, in the Spring of 2019.

If you would like to think about getting involved with this production and want to know about the characters, please visit the following link:
www.jbpriestleysociety.com/dangerous-corner.

It is planned at the moment to hold performances on 25th – 27th April 2019, again at Lewdown Victory Hall, but there may also be some follow-up performances at Mount Kelly in Tavistock.

We are extremely pleased that another well-known Spider Alan Payne, has agreed to take up the role of director once again.

A casting meeting will take place on Sunday 16th September, at 2.30 pm, at Lewdown Victory Hall.

If you are interested, please contact Alan at (magenta@trebick.com) for more information in advance of September, to express your interest. Rehearsals are planned to commence in February.

***The Northlew charity
marathon marathon 30
miles in all (or there about!)***

Well that was like a marathon!

We walked for 30 miles, although I stand by the route actually only (ha only!!!!) being 27.5 miles in sun & rain around the countryside surrounding our lovely village and there were no stories to tell....

A record number of us set off from the square first thing, 24 humans and 4 dogs, albeit we nearly went off course at the first turning - top

tip, never let Alex give you directions.



Across to Ashbury, where there was no breakfast stop (Andrew), through the plantation and out onto the old railway where we met up with the provision truck for the first time.

The provision truck was amazing as ever!!! Thanks to Tanya & Vicky for the goodies and Thomas from the Crossways for helping me make a sarnie mountain. At every stop we found more and more munchies from Tiffin to Jelly beans to pork pies to errr.... was there any fruit? Napoleon said an army marches on it's stomach & there was no way our merry band was going to run out of energy.

This year we were following a new route and the first section had a lot more off road with amazing

scenery although admittedly it would have been a lot more visible without the rain.... under the road at Thorndon Cross and through the Plantation, under the A30 at Week when Mags peeled off and ran 11 miles back to the village, then a little bump before heading into Bridestowe and our first stop the White Hart.

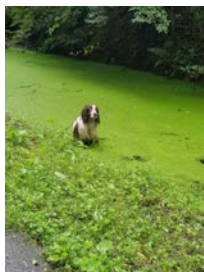
Should mention that we'd taken on the task of picking up rubbish also in this stretch following the example of Chris Baines. Particular mention to the Williams clan who found no end of junk & Peter Smitherman who ended up hauling a bag weighing a tonne into Bridestowe which he really needed!

The White Hart was lovely, if only for a rest. 11ish miles in and the beer/cider/tea was extremely refreshing and hats off to the helpful friendly landlord who couldn't have been more helpful.

Off across to the Bearslake where we shed the Williams boys & Luke and gained Steve and Pip, Vicky and Lillie and then onto the Granite way. Now yes, this bit was pretty flat, but the 6 mile trek into Okehampton was I think the most difficult of the journey, one path, endless..... still down the hill and

into Okey we all made it and met up again at the Fountain.

It was here that young Mr Stottor realised that he'd had his son's week old walking boots on, and goodness only know how he managed to walk 18 miles in them as his feet were officially ruined. I personally think it was engineered that way..... feel sick just remembering what they looked like. Gained Ant and Trish and Lillie took a break.



Out of Okey and through Abbeyford wood where Doombar dragged me down the hill to play in the river (30.1 miles!) before the

hill everyone (Tracey) was dreading up to the Crossways. However, all smashed it and the pub was welcomely warm and dry.

The last section of about 6ish miles back from Crossways saw us pass through Inwardleigh, taking a left to Gourish Hill via Craig Banbury's beer bucket – thanks Craig – and left at the cross and back into the village via Shorts lane and to the sanctuary of the Green Dragon. Oh and Lillie & Vicky joined in again for good measure.

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I've been telling everyone an amazing 16 & Doombar finished the complete distance, by far the best we've managed in the three years. Our youngest Callum Rose at 12, the quickest walkers Jayne and Kaitlyn, surprise of the day Vicky S who just took it in her stride, most stubborn Mike & Juliet.... then there was Ray, Jim, Flora and Sue, Tracey and Bugs, Kerry, Julia & new residents Peter and Ryan. Hang on with me and Alex that's 18 and a dog.

The support staff were also brilliant, Shuv, Richard and Tobie, without whom the day would have been near enough impossible a massive thanks to them & to all the landlords who allowed us to use their facilities especially Dan for putting up with us!

An amazing effort and we've raised a lot of money for charity. The total isn't in yet as we have a Tracey Barrett inspired jumble sale

on the 1st September & the collection buckets are still out with Dan generating donations from functions at both the Dragon & Crossways. I'll let you know how we got on next month.

The charity we're supporting is Something to look Forward to. It's a cancer support charity which provides people suffering from cancer and their families with presents, gifts, trips, days out - well basically anything that will give them something to look forward to. If you search on-line you'll find the website and see the amazing work that's being carried out & can read about about the inspirational founder Fiona.

So that's it for another year, but don't sit too long on the sofa I have plans for a bigger challenge next year..... final thank you to all that took part and helped us and especially to every wonderful person who donated.

Thank You!!!!

Tim Williams

01409 221754

Northlew Walking Group

For this month's walk, we got back to our normal 2 pm start from the square, for a circular walk around Northlew. The full walk was just over 5 miles long, with the option to cut it short by a couple of miles if necessary. In the end, nobody took that option, so in all there were 16 walkers including, Steve & Diane, Jenny, Susan Jones, Ange with Robin & Dee, me, Holly, Keith from Howards Goruish, Pat, Sue Sanders, Michael, Angela, Val and Marion.



Starting out from the square, we walked by the side of the school, crossed the small brook, and over the field to meet the path heading to Ashbury. On reaching Ashbury, and taking a moment to admire the fantastic views of Dartmoor, we continued down the road to Kennel Bridge and Kennel Cross beyond. We turned right at this point, to reach the gates to Ten Acre Plantation on our left. We

proceeded through the gate, and along the good forest track to eventually reach a sharp right turn at Wadland Down Plantation. Here we carried straight on, cutting through the trees to reach a footpath leading left out of the plantation, and into a field. We crossed the field and came out on the road by Scobchester Down. Turning left, we continued along this road to reach the road on our right, Waterhouse Hill. We turned right up this road for a short way, only to turn left onto the bridleway at the end of 'Shorts' lane. This lane brought us back to Northlew, at the bottom of the hill by Rockey Cottage. Over the river Lew on the stone bridge, and immediately right, we were back at Wistful Cottage, where we took the weight off our feet, enjoyed the sunshine, and tucked into refreshments served by Angela.

Thanks to all for joining us

Next Walk No 26

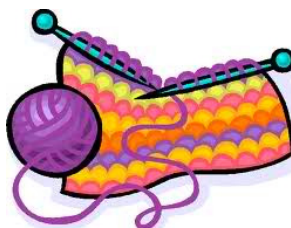
For information about the next walk please call Chris Baines on 01409 221362

Northlew Nature Watch

September is the month when nature gives up its bounty. The hedgerows are full of berries including blackberries, sloe, hawthorn, and elder. Soon, thrushes from Scandinavia will be joining us again, to feast on this bounty. We may even get a 'Waxwing' year, which love to eat rowanberry. Conversely swallows and martins will be leaving us for warmer climes for another year. Fungi will start to appear this month, with many varieties found on dead wood. Jelly Ear Fungi is a favourite of mine, found on dead elder. It is edible, but please make sure you know what you are picking if you decide to try it.

Chris Baines

Northlew Knitters



The Northlew Knitters are knitting and

crocheting for good causes and have recently raised £250.52 for the North Devon Children's Hospice, Barnstaple. The Northlew

Knitters would like to thank Paula and the volunteers in the shop, Dan of The Green Dragon and especially the kind people who bought the knitted items to support this good cause. Thank you all so much for your generosity!

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 221187

The Old Wheelwright's Private Dining in Northlew

Relaxed private dining with a very personal touch. For that special dinner why not let me welcome you with a glass of wine, then serve a three-course dinner (previously ordered) with a bottle of wine to complement it.

A log fire (for more wintery nights), soft music and discreet service, the evening is yours.

Relax after dinner with coffee knowing you can walk home at your leisure



Private Dining available on Thursdays, Fridays and Saturdays. Prebooking only.

Please contact Tania on 01409 220053 or email at haycocks3@aol.com for a sample menu and bookings.

Northlew Toddlers

With an increase of pre-schoolers in the village the Northlew toddler group is up and running 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 07919 380636 or Becky on 07969 801880.

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.

Hof Gallery will be taking part in the Devon Artists Network (D.A.N) Devon Open Studios exhibition which starts 8th Sept and ends 21st Sept. The Gallery will open daily during this period. Free programmes listing the artists, are now available in the gallery.

During the rest of the year the studio opens most weekends 10am - 6pm and bank holidays

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!

We meet on the first Tuesday and third Thursday of each month. 2:00 pm – 4:00 pm in the Methodist Chapel Room.

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

Northlew Camera Club

The camera club meets in the Victory Hall on the last Monday of the month. All level of interest and ability are welcome.

Please contact or email Richard Cox on 01409 220015 and email richardandjenny.cox@gmail.com or [Julie.phillips240@ ntlworld.com](mailto:Julie.phillips240@ntlworld.com)

Northlew and Ashbury Snooker Club



Come and join us!
We currently have
vacancies for
membership and
we would be

pleased to see new faces over the
newly refurbished 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 or
Simon on 01409 221881

Yoga Classes



Yoga classes
will
recommence
on Wed 12th
September 7 –

8:30 pm in the Methodist Hall.

Wear comfortable clothes and
bring something to lie on.
Beginners welcome

Further information contact Angela
on 01409 221110 / 07809427991

Parish Council

Parish Council meetings

Parish council meetings are usually
held at 7:30 pm on the 3rd Monday
of each month in the main hall or
back room of the Victory Hall.

At 7:30 pm prior to the start of the
formal meeting, there will be a
public session (if required) which,
at the chair's discretion may last up
to 15 minutes, to enable members
of the public to ask questions of
and make comment to the council.
We request that notice of intent to
ask questions/make comment be
made to the clerk by the Friday
prior to the date of the meeting.
Questions not answered at this
meeting will be answered in writing
to the person asking the question
or may appear as an agenda item
for the next appropriate parish
council or committee meeting.
Members of the public are asked to
restrict their comments and/or
questions to three minutes. This
section is not part of the formal
meeting of the Council.
Any member of the parish can
attend the formal part of the
meeting but may not contribute to
it unless specifically invited by the
chair.

Further to the introduction of the General Data Protection Regulation (GDPR) all parish councillors and the clerk have new email addresses. Please use these email addresses from now on for all matters relating to the parish council or parish. Please see page 21 for the new email addresses of your parish councillors and clerk.

Thank you

Minutes

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

Please contact the Parish Clerk Janet Millership on 01409 221409 for further information or by email clerk@northlewparishcouncil.org.uk

Member of Parliament

Mel Stride MP
House of Commons
London
SW1A 0AA
Tel: 020 7219 7037

Changes to the Parish Council

Jen Kelson

On behalf of Northlew Parish Council, I am very sorry to announce that Jen Kelson Vice Chair of the Parish Council resigned from the Council at the end of July as she knew she would be moving out of the Parish of Northlew in August. Jen has made a significant contribution to implementing some of the new procedures under which the Parish Council now operates and has also taken responsibility for several projects on behalf of the Council such as organizing the move of the memorial grass from the village square to the church yard. She has always provided insightful contributions at the Parish Council meetings and has never missed one meeting during her tenure. She will be missed by all. I am very pleased to advise that Celia Rundle was elected as Vice Chair of the Parish Council at the meeting in August.

Janet Millership

In addition, after over 40 years as clerk to the Parish Council, Janet Millership, gave notice last week that she will retire from the position of clerk at the end of this financial year i.e. 31st March 2019. To say we are all indebted to Janet for the years of service she has given to the Parish Council would be an understatement and her contribution to the Northlew Parish will be celebrated next year. More information to follow in the new year. In the meantime, I would like to thank her on behalf of the Northlew Parishioners, past and present, for her commitment over the last four decades and we are also most grateful to her too for giving us this length of notice of her retirement so that we can work with her to recruit her replacement whilst she is still in post.

If you would be interested in becoming a Parish Councillor please call Joanna Wilson on 01409 220254 to arrange to meet up to discuss the role and the recruitment process.

The position of clerk will be advertised later in the year. If you would like to have an informal chat about the future role in the meantime, please call Joanna Wilson 01409 220254 or Janet Millership on 01409 221409.

Parish Council email addresses

Councillors	
Joanna Wilson Chair	chair@northlewparishcouncil.org.uk
Celia Rundle Vice Chair	crundle@northlewparishcouncil.org.uk
Jane Colbourne	jcolbourne@northlewparishcouncil.org.uk
Bryan Dufty	bdufty@northlewparishcouncil.org.uk
Simon Dufty	sdufty@northlewparishcouncil.org.uk
Terry Hatt	thatt@northlewparishcouncil.org.uk
Mark Rundle	mrundle@northlewparishcouncil.org.uk
Chris Scadeng	cscadeng@northlewparishcouncil.org.uk
Vacancy	
Clerk	
Janet Millership	clerk@northlewparishcouncillor.org.uk

Exercise of the month: Abdominal Circuit

By Tom Wilkins

www.trainertompt.com

Another challenge to get those abs engaged...

1. Ab Plank 90 seconds



4. Ab Sprinters 30 reps



2. Bicycle Crunches 45 reps



3. Flutter Kicks 60 seconds

A



B



Aim to complete 3 sets in total with 60 seconds rest in-between each circuit. If you can complete this circuit 2-3 times a week you will be see a big difference in your abdominal strength. Give it a go...

The Green Dragon, The Village Store,
The Victory Hall and The Church Rooms



British Heart
Foundation

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



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



Anthony Stock
DECORATOR

The Old Manse
 Northlew
 Okehampton
 Devon EX20 3NZ

Tel: 01409 220161



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enquiries@pselectricians.co.uk

3 The Old Orchard

Northlew

Okehampton

EX20 3NH

Domestic, Commercial, Industrial, Bespoke garden

lighting and Agricultural

PartP Approved



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All building work undertaken

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Established 1981**

**Steve Lofthouse
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Northlew**



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EX23 9NW

01288 381852
carl@cblstoves.co.uk
www.cblstoves.co.uk



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- Iskoern Pumice lining
- Fireplace alterations
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LOCAL FREELANCE EQUINE SERVICES

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ALL YARD WORK (INCLUDING POO PICKING)

GROUND WORK EXERCISE (NO RIDING)

20 YEARS' EXPERIENCE, EXCELLENT REFERENCES

HOURLY RATE TO BE AGREED DEPENDING ON SCOPE OF WORK

Call Rachael on 07917 704876

2018 Events at a Glance

September	<ul style="list-style-type: none"> • Saturday 1st September: jumble sale more info from Tracey • Wednesday 5th September: first day of autumn term for Northlew and Ashbury Primary School • Wednesday 5th September: Women's Guild and Fellowship 2:30 pm in the Methodist Hall • Saturday 8th September: Ploughman's Lunch Church Room noon – 2 pm • Saturday 8th September: Northlew and Ashbury Produce and Craft Show • Saturday 8th September: Karla's 30th birthday open invitation to the Green Dragon • Saturday 15th September: Annual pub walk Throwleigh to Belstone leaving The Green Dragon at 11:30 am • Saturday 15th September: Dance in Victory Hall • Sunday 23rd September: Fundraising lunch for Kaitlyn's volunteering trip to Zambia <i>Please note the change of date</i>
October	<ul style="list-style-type: none"> • Sunday 7th October: Harvest Thanksgiving Service Parish Church 6:30 pm • Sunday 14th October: 2:30 pm Harvest Festival • Monday 15th October: 7:15 pm Harvest Festival • Tuesday 16th October: International restart a heart day
November	<ul style="list-style-type: none"> • Sunday 10th November: WWI Commemoration Victory Hall • Friday 23rd November: Concert 7:30 pm
December	<ul style="list-style-type: none"> • Saturday 1st December: Supper with Scrooge, Red Spider Company, 7:30 pm Lewdown Village Hall • Sunday 9th December: Christmas Lunch, Victory Hall



**Northlew & Ashbury
Primary School**

5 Non-pupil days 2018:

Wednesday 25th July
Thursday 26th July
Monday 3rd September
Tuesday 4th September
Friday 23rd November

Autumn Term 2018

Wednesday 5th September: All pupils return

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

Monday 29th October: All pupils return

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

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

Events at Okehampton Library

Saturday 1st September 10:00-12:00 – Slime time!

Get ready for some gooey fun and make your very own slime!

For children aged 5+. £1 per child, no booking necessary

Tuesday 25th September 19:00

Karen Maitland 'A Gathering of Ghosts'

Queen of the Dark Ages, Karen Maitland, is back with a ghostly new medieval thriller, set on the wilds of Dartmoor. Join Karen at Okehampton Library as she discusses everything from healing holy wells to haunted caves, knights and nuns, plus miracles, witchcraft, folklore and more.

Tickets to include refreshments: £3.50 each for members of Devon Libraries, £4 each for non-members

Regular Events

Tuesdays 10:00- 10:30 - Bounce & Rhyme for over 1 year olds

Free, no booking necessary

Tuesdays 11:00-11:30 - Bounce and Rhyme for under 1 year olds

Free - no booking necessary

Wednesdays 09:30-10:15 - Duplo Builders & Storytime for ages 0-5 year olds

Free - no booking necessary

Saturdays 10:30 – 11:30 - Lego Builders for ages 5 years +

Free, no booking necessary

Book Track for ages 6+ during library opening hours. Free, ask staff for further details

Children under 8 must be accompanied to all events by a responsible adult

okehampton.library@librariesunlimited.org.uk

Carmel Coaches Excursions for 2018/19

Date and venue	Cost
29th October: 5 day break at Warner Hotel, Thoresby Hall, Notts	£379
3rd November: Bridgwater Carnival	£15
9th – 12th November: Turkey and Tinsel at Great Yarmouth including Thursford Christmas Spectacular weekend	£249
24th November: Bath Christmas Market	£18
1st December: Bristol Cribbs Causeway	£16
2nd January: Dick Whittington pantomime at Plymouth	£25
13th February: Matilda the musical at Plymouth	£70

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