

# NORTHLEW NEWS

World War One: 28<sup>th</sup> July 1914 – 11<sup>th</sup> November 1918

They shall grow not old,  
As we that are left grow old,  
Age shall not weary them,  
Nor the years condemn.  
At the going down of the sun,  
And in the morning  
We will remember them.



From *For the Fallen* by Laurence Binyon published  
in *The Times* 21<sup>st</sup> September 1914

**November 2018**

## Your Parish Councillors

<b>Chair:</b> Joanna Wilson: 01409 220254	<b>Vice Chair:</b> Celia Rundle: 07432 512499
Jane Colbourne: 01409 221220	Simon Dufty: 01837 871744
Mark Rundle: 01837 53314	Bryan Dufty: 01837 871256
Kate Hawkins: 07775 621756	Vacancy
Terry Hatt: 07811 383397	Clerk: Janet Millership: 01409 221409
Cllr James McInnes: 01837 861364	Cllr Patrick Kimber 01837 810057

## **Note from the Editor**

If you have any events planned for the 2019, even if the detail hasn't been finalized, please let me know the dates and I will put them in 'Events at a Glance'. The more we dates we can save the better!

Also, if you have any thoughts about the Christmas edition and would like to make a seasonal contribution or sponsor the printing costs for the festive edition (or any future editions) please let me know as soon as possible.

Please note there is a hard, early deadline line for the January edition (not December as stated last month - sorry!) of Friday 15<sup>th</sup> December so that it can be printed before Christmas.

If you would like your copy of the Northlew News electronically then please email me at [northlewnews@gmail.com](mailto: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](mailto: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.

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## **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

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## **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.

## **Northlew Methodist Church**

### **Services**

**4<sup>th</sup> November**

9:30 am Rev Liz Singleton

**11<sup>th</sup> November**

10:50 am Remembrance Service at the Parish Church

**18<sup>th</sup> November**

9:30 am Service

**25<sup>th</sup> November**

10:30 am Mr John Hill. United Toy Service

### **Christmas services**

**23<sup>rd</sup> December**

6:30 pm Carol Service with Mrs Angela Banfield and the Northlew Silver Band

**25<sup>th</sup> December**

9:30 am United Christmas Day Service

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

**Saturday 24<sup>th</sup> November**

10:00 am – 12 noon

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

## **Mini Minstrels from Canworthy Water and The Briars from Northlew**

**Friday 23<sup>rd</sup> November**

7:30 pm Victory Hall

Admission £8 to include refreshments

Please ring Dorothy 01409 221782 or Bet 01409 221003

Everyone welcome  
Proceeds for the Northlew Methodist Church

### **Harvest festival**

Thank you to everyone who supported the Harvest Festival at the Methodist Church on the 14<sup>th</sup> and 15<sup>th</sup> October. The service on Sunday afternoon was led by Mr Dale Sutcliffe and on Monday by Reverend Liz Singleton.

The offering at the services amounted to £184.97 for chapel funds. The sale and the supper money together, with donations, raised £296.85 so we can send £300 to the Indonesian Earthquake appeal.

Many thanks to the helpers, auctioneers and all the supporters.

# **St Thomas of Canterbury Parish Church**

## **Services**

### **4<sup>th</sup> November**

9:30 am Holy Communion

### **11<sup>th</sup> November**

10:50 am Armistice Day Service

The service of Remembrance will start at the War Memorial and then continue in church.

### **18<sup>th</sup> November**

9:30 am Holy Communion

### **25<sup>th</sup> November**

10:30 am United Toy Service at Chapel (Please note there will not be a service in the parish church)

### **Christingle**

Christingle this year will be on

**9<sup>th</sup> December 4:00 pm**

### **100th Anniversary of the First World War**

Each year to mark Armistice Day, Mollie sets up a display in the Lady Chapel in the parish church. This year to commemorate the centenary of the first armistice which signaled the end of the terrible first world war, she is

extending the exhibition so that it is on display for two weeks, the week before and and the week after the 11<sup>th</sup>.

The church is open from 9:00 am until around five-ish each day so please just wander in to see this thought provoking collection of W.W.I memories.

Thank you, Mollie!

### **Harvest festival**

Harvest festival was a good couple of days. Many thanks to the cooks, clearers, decorators, The Silver Band, auctioneer and all who came to the supper. And I almost forgot many thanks to Reverend Stuart for taking our service. As you will have heard if you were in church or at the supper, a new team vicar has been appointed. This is very good news and quick work by previous standards! The Reverend Leigh Winsbury and his wife Lynne will move to Hatherleigh in January and he will take up his duties on January 23<sup>rd</sup> 2019. We are very much look forward to welcoming them to Northlew.

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**Northlew Silver Band invites you to join them for**

# **NORTHLEW CARNIVAL**

Carnival time will soon be upon us with this year's festivities being held on:

**Friday 2<sup>nd</sup> November 2018.**

For those of you that don't know every year the village holds its annual carnival which is based around the Fancy Dress competition held in the Victory



Hall with a Bonfire and refreshments held in the Square afterwards.

The competition has a series of classes for all age groups. The

costumes can be anything in design and subject with the emphasis on having good fun.

Previous years have seen subjects such as the Flintstones, mermaids, fighter's pilots, Nursery Rhyme characters, Circus characters, Gangsters and Molls and many, many more.

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The carnival has been running for over 40 years and we really want it to continue but we really need people to participate so are asking you to get your thinking caps on and get involved!

Carnival is one of those events that see's the whole village coming together, it is a lot of fun with cash prizes for the best in class.

You don't need to register beforehand, just turn up on the night and enjoy!

Please, please get involved with your kids, your family and your friends, the only limit is your imagination!

We don't want the Carnival to end so come on and show the village what you can do!

Below is the list of classes for this year's competition:

1. Under 4 years old
2. Children's Groups
3. 4-6 years old
4. 6-8 years old
5. 8-11 years old
6. Children's Pairs
7. Adult's
8. Adult Groups
9. Wheeled Vehicles

We look forward to seeing you at 6 pm on the 2<sup>nd</sup> November!

**Northlew Silver Band  
Devon's only Village Silver  
Band over 100 years old and  
counting**



During the month we played at the Harvest Thanks-

giving service in the church and saw the return of some 'old' faces (apologies Francis). Now I'm not great with hymn names but you know the one in 3/2 was a little tricky but we got it right on the day. No-one ran away screaming and Stuart is still talking to us, so I think it went quite well thank you.

We've been practicing Marches, Slaidburn appears to be the favourite of our young cadets. However, I'm afraid we won't be marching at the carnival, it's not that easy at the best of times but add in our average age and it's in the dark .... even I think it's best not trying it this year - maybe next.....

Personally I popped over to Okehampton to help the Excelsior Silver band at the Okey carnival a

few weeks back which was fun (boy that's not a flat route) and a number of the chaps there were planning to come across to bolster our numbers for our carnival but it's their final practice before the fourth section band contest in Torquay on Sat 3<sup>rd</sup> - Good Luck!!!

Exciting news.... the training band will be practicing for their carnival performance with a sneak preview on Wednesday 31<sup>st</sup> at around 6:30 pm in the Green Dragon. Now I know you will have missed this as it will already have happened by the time you read this but I can tell you in advance that it went down a storm, well done to everyone and who will ever forget their versions of Northlew Shark, Twinkly star and Oats and Beans. I'm sure Dan won't mind if we turn up every week.

Finally an apology - once the carnival has passed we're full on carol rehearsing mode.....  
Deck your halls.....

**Calendar of events  
Wednesday 31<sup>st</sup> October**

Juniors training band's first ever public performance!!!! Green Dragon 6:30 pm

## **Friday 2<sup>nd</sup> November**

Northlew Carnival

This will include the training band's debut performance after the fancy dress competition and the main band playing in square

## **Sunday 11<sup>th</sup> November**

Remembrance service in the parish church 10:50 am

### **Join us!**

Beginners, every Wednesday in the band hut at 6:15 pm

Full Band, every 2nd Wednesday in the band hut at 7:30 pm -9:00 pm

All welcome - Your Devon Village Silver Band needs you! For more information please contact:

Tim Williams 01409 221754

or

Martin Perry 01409 221376

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

The Women's Guild and Fellowship will meet on Wednesday 7<sup>th</sup> November at 2:30 pm in the Methodist Hall

All welcome

## **Telephone Scams – Beware!**

Recently a parishioner was made very upset by phone calls from a withheld number asking for someone of another name. The caller's accent sounded to be from the Indian sub-continent. Usually she just put the phone down to end the call but, after several months, she became angry and spoke to the caller, asking him to stop calling. He then spun her a lie, stating he was investigating tax evasion and that she was in danger of being arrested. At this point, she came to us for help.

Her phone contract was with BT. I discovered that they have two free extra features that should deal with this type of nuisance call.

**Call Privacy** makes sure you are registered with the Telephone Preference Service, which is used by call marketing people to know not to call your number.

**Call Protect** blocks certain calls and sends them straight to a junk voicemail service. Blocked calls can include:

- Calls from numbers on a BT blacklist of known nuisance callers

- Calls from numbers that you put on your own blacklist
- Calls from international numbers
- Calls from withheld numbers
- Calls from unrecognised numbers

The types of call to block can be selected by the user. So, suppose you have relatives that call you from abroad, then you would not choose to block international numbers. Also, if you expect to be called by a doctor or a hospital, they will often use a withheld number. If you need to listen to these calls in the junk voicemail, you can do so by dialling 1572. With these two extras set up on her contract, the calls should stop. She was also given advice by the police to tell any nuisance caller that the police have been notified and that calls to her number are being traced.

These scams can be very distressing, especially for someone living alone.

If this is happening to you, don't keep it to yourself – ask a relative or friend to help or call me, Roger Atkinson on 01409 221779.

## **International Restart Heart Day**



Kate Hawkins ran a fantastic two hour training session on cardiopulmonary resuscitation (CPR) and defibrillator use on Tuesday 16<sup>th</sup> October as part of the International Restart Heart Day initiative. She had also been into the primary school earlier in the day to teach the children about CPR too. The training session was well attended and everyone learned a lot.

The key messages of the training are summarized below:

When someone suffers an out of hospital cardiac arrest, if certain things happen in a certain order, their chances of survival are hugely increased. This concept is known as the 'Chain of Survival'.

## THE CHAIN OF SURVIVAL



The Chain of Survival is made up of four links, the first three of which can be performed by members of the public who have learnt basic life saving.

1. **Early access and recognition:** being able to recognise someone is in cardiac arrest and getting assistance is the first step to helping them.
2. **Early CPR:** performing chest compressions can keep their heart going until a defibrillator arrives. Research has shown that CPR can double a person's chances of survival.
3. **Early defibrillation:** for every minute the patient doesn't have a defibrillator attached to their chest, their chances of survival reduce by 10%. We now know that early defibrillation can triple a person's chances of survival.
4. **Early advanced care:** delivered by the Paramedics who arrive shortly after. If you start CPR within 2 minutes,

place a defibrillator on their chest in four minutes and a paramedic arrives in 8, they have a 40% chance of survival.

Source:<http://www.cardiacsmart.nwas.nhs.uk/about-us/chain-of-survival>

The Parish Council is in the process of replacing the defibrillator located outside of the church room.

If you would like to know more about CPR training or the defibrillator then please contact Parish Councillor Kate Hawkins\* on 07775 621756

\*Please see page 20

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## 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

### **Storm Callum – staking plants**

Storm Callum seems to have put paid to what was promising to be a spectacular autumn foliage display. Here on the Cornish coast we don't have many leaves left! Who knows what November will bring.....somehow I'm doubting the hoped for Indian summer.

A lot of trees, shrubs and tall perennials will have taken a battering in the recent storm. To protect them from further bad weather, stake if necessary as windrock can tear roots and kill a woody plant . Make sure to stake on the side of the tree that receives the most wind so that the trunk bends away from the stake and doesn't rub on it, when the wind blows. Tie the tree in low to

the stake rather than halfway up. This encourages the trunk to thicken but keeps the roots stable. If you can drive the stake in at an angle, so much the better.

### **Winter gardens for birds and insects**

If you have tall perennials in a sheltered area that are still standing well, consider leaving them up over winter as they provide shelter for insects and can look very striking on a frosty morning.

Whilst on the subject of leaving plants standing, can I put a plea in for people to leave ivy flowers and berries untrimmed until Spring. These are a valuable source of food for birds and insects, especially bees. Ivy comes in two forms - juvenile and adult. It's the older adult ivy that grows away from its supporting structure on thick stems, which bear the flowers and berries. On the occasional warm day in the middle of winter, bees will forage and sometimes ivy is the only available food source for them. So..be nice..put away the shears and feed the bees.

### **Garden tasks specific to November.**

Tulip bulbs should be planted towards the end of the month, to

help avoid tulip virus, which causes stunted yellow streaked foliage. Plants such as dahlias and cannas can be cut down and lifted for storing till spring, once frost has blackened the foliage. You can over-winter them in the ground, but you need to be vigilant about protecting them from slugs when new growth emerges next spring. It's worth mulching them now to protect the tubers from cold too.

### ***Cleaning your greenhouse***

One of the most mundane, but valuable tasks at this time, is cleaning the greenhouse. Using a mild solution of bleach or greenhouse cleaner, scrub the glass and all the crevices in the frames, to get rid of algae and hibernating whitefly. A plastic plant label can sometimes be used..(with extreme care!) to clean between the overlapping glass. It's a boring job, but worth it in terms of increased light levels for next season.

At the end of the gardening year, it's worth visiting places such as RHS Rosemoor to see how they continue to have interest in the garden through the whole winter. They have fantastic colour even now, using trees and shrubs with coloured bark such as Cornus,

snake bark maples and birches and tall grasses such as Miscanthus.

Some of these can be adapted for smaller gardens too.

Happy gardening, Harriet

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## ***Victory Hall***

The Victory Hall use on weekdays is booming and includes:

- ***Badminton*** - Monday and Wednesday
- ***Skittles*** - Tuesday and Thursday
- ***Short Mat Bowls*** – Thursday
- ***Table Tennis***- Friday
- ***Toddlers Group*** – Friday

In addition the camera club, the walking group, Northlew Amateur Dramatics Society (NADS), the Parish Council to name but a few also use the Victory Hall .....

Come along and join in.

Simon Dancer  
Chair, Victory Hall Committee

**World War One  
Commemoration  
Saturday 10<sup>th</sup> November  
2 pm – 4:30 pm**



Afternoon Tea  
with  
Okehampton  
College Big  
Band

Northlew Victory Hall invite you to join us to remember the men who gave their lives to keep this country free, on this the centenary year of the end of WWI.

We would like to pack the Victory Hall so that we can send a sizeable donation to The Royal British Legion.

If you have not yet heard Okehampton College Big Band, then you are in for a real treat so why not come and listen to them whilst enjoying a sumptuous afternoon tea.

Also available, a free quiz, raffle and a table of memorabilia to browse.

Tickets are just £8 and are available in advance from Jayne on 01409 221225.

Small display to commemorate the end of the first world war.



***To bake  
a cake  
please!***

If anybody would like to bake a cake to add to this fundraiser, we would be very grateful.

To pledge a cake, please call Jayne on the same number by Saturday 3<sup>rd</sup> November, stating how many portions it yields.

Thank you.

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### ***Northlew Walking Group***

Despite the promise of great weather, our group for this walk was much diminished from our usual number of walkers. As a result, we decided to transport everyone to Dartmoor and enjoy the great views and walking to be had there.



Joining us on the walk this month were Pat Carter, Shirley Brookman and myself from Northlew along with Susan Jones, Shirley Lloyd, Brigid Richardson and Steve and Diane Hargreaves from further afield.

Having picked up Shirley Brookman and Pat Carter, we met up with the others at Meldon Quarry for the start of the walk. With the weather improving by the minute we set off up the track towards Meldon Reservoir and the dam. Looking back down the valley, we had great views of the viaduct, now used by pedestrians and cyclist as part of the Granite Way. A far cry from the days of steam trains which carried people and goods to and from Plymouth.

After crossing the dam, we stopped to admire all the Dartmoor ponies with their foals just before the car park, one of which was proving to

be particularly feisty despite his size. Continuing along the lane, we reached the bridge where the Granite Way crossed the road.

Climbing up onto the disused railway track, we walked over the viaduct, at which point we stopped for the photoshoot. From here, we took the footpath down by the side of the viaduct, to bring us out onto the approach road to the quarry. Taking the path on the right, we walked through woodland and gorse, to bring us back up to the car park, and the end of the walk.

You would be forgiven for thinking that all the fun was over, but no, we then went on to enjoy well earned 'refreshments' at Betty Cottles.

Probably our last walk in 'summer' conditions this year.

### **Next Walk No 27**

Our next walk, on the 2<sup>nd</sup> November, starting at 1 pm from the square in Northlew. Note the earlier start, as the clocks have now gone back so it will be getting dark earlier.

For information please call Chris Baines on 01409 221362

## Northlew Nature Watch

By now our migrant birds from Scandinavia and further north will have already settled in to enjoy the relatively mild climate of the UK.

Among them will be Fieldfare,



Redwing,  
Waxwing and  
Brambling.

The great thing about these birds is that they will happily visit our gardens,

particularly if we provide their preferred food.

Included among their favourites are the berries from Rowan (Mountain Ash), Hawthorn, Ivy and Holly.

Rosehips are also enjoyed by Thrushes, particularly the smaller ones, which the birds can pick and swallow whole.

They will also take Crab Apples, and if the weather gets really cold, will feast on windfall apples, preferably cut in half, and laid on the lawn.



A lot of supermarkets plant Rowan trees around their car parks, and so if we get a 'good' Waxwing year,

then this is a good place to look. For unknown reasons, Waxwings will allow you to get really close to them before they fly away, so good views are really possible.

This is a good time to spot some of our woodland birds, as our deciduous trees will have dropped most of their leaves, and so they will be easier to spot. Take a little time to sit quietly in your local woodland and you should be rewarded with sightings of Great Spotted Woodpecker, Treecreeper, or Nuthatch, all resident birds, looking to feed up before winter sets in.

Any woodland walk will also deliver some great fungi at this time, but please be careful if you handle any, as they could be poisonous.



One of the most spectacular is the classic Fly Agaric, with its beautiful red

cap splashed with white flakes.

So, wrap up warm, and get out there, nature doesn't stop delivering, even in November.

Chris Baines

## **Booking a charitable event at the Victory Hall**

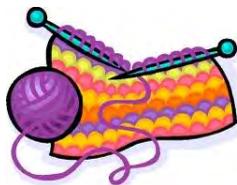
Northlew Victory Hall Management Committee are making a small change to the criteria needed for booking a charity event, as Trustees to NVH we have a duty of care within the charity. We were not covering our costs under the existing £10 fee and so have implemented the below to try and make things fair 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)

## **Knit and Knatter**



The Knit and Knatter group are knitting and crocheting for good causes and

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.

If you have any spare wool that you can donate to support the Knit and Knatter fundraising activities, please let me know and I will arrange to collect it. Your help is very much appreciated.

For more information or to donate wool please call Eunice Peck on 01409 221187

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



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

## **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](mailto:haycocks3@aol.com) for a sample menu and bookings.

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## **Recipe of the month**

### **Chocolate Guinness Cake with peanut butter frosting**

#### **Ingredients**

250ml Guinness  
225g butter chopped  
75g cocoa  
2 eggs  
160g sour cream  
300g plain flour, sifted  
1 1/2 teaspoons bicarbonate of soda  
440g caster sugar

#### **Frosting:**

160g icing sugar  
280g smooth peanut butter  
80g butter, softened  
1 teaspoon vanilla extract  
80ml single cream

#### **Method**

Preheat the oven to 160°C. Place the Guinness and butter in a saucepan over a medium heat and stir to dissolve the butter. Remove from heat and whisk in the cocoa. Set aside.  
Whisk together the eggs and sour cream. Add to the stout mixture with the flour, bicarbonate of soda and sugar and whisk to combine.

Pour into a lightly greased 21cm x 10cm x 7cm loaf tin lined with non stick baking paper. Bake for 1 hour 20 minutes or until cooked when tested with a skewer. Allow to cool in the tin for 10 minutes. Turn out onto a wire rack to cool completely.

To make the peanut butter frosting, place the sugar, peanut butter, butter and vanilla in an electric blender and mix for 6 minutes or until light and fluffy. Add the cream and beat for a further 2 minutes. Spread the frosting over the cake to serve. Serves 6-8.

Thanks to Tania for this month's recipe.

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## ***HOF Gallery and Cottage***



The HOF Gallery is a small space devoted to all things arts and crafty. The gallery also has a selection of fine ceramics, paintings, prints, locally crafted sculpted and

hanging feltwork. A 'rustic' framing service is also available.

The studio opens most weekends 10am - 6pm and bank holidays

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## ***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

## ***Quiz Nights***

The Green Dragon Quiz nights are returning. Pop into the Green Dragon to find out more!

## **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.

Next meetings:

- **Tuesday 6<sup>th</sup> November**
- **Thursday 15<sup>th</sup> November**

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

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## **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

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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

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## **Northlew Camera Club**

The camera club meets in the Victory Hall on the last Monday of the month.

A typical meeting will include :

**A monthly theme:** where we view and discuss attendees' photographs. Last month we chose movement as our theme.

**Buddying:** a chance for attendees to discuss photography with each other and for those with more experience to help others within the group.

**Field Trips:** a chance to practice techniques 'in the field', and then show results at the meeting.

**Workshops and speakers:** opportunities to learn from visiting experts.

If you are interested in photography at any level and you think you may like to join our friendly, informal group, then come along to the Victory Hall on the last Monday of the month and see what we get up to.

Please contact or email Richard Cox on 01409 220015 and email richardandjenny.cox@gmail.com or Julie.phillips240@ntlworld.com

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## ***Member of Parliament for Northlew***

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

## ***Parish Council Changes to the Parish Council***

### ***Kate Hawkins***

Further to the advertising for a new Parish Councillor, the Parish Council is delighted to announce that Kate Hawkins was co-opted onto the council at the last meeting. Welcome to Kate.

### ***Chris Scadeng***

On behalf of the Parish Council I am sorry to announce, that since the last publication of the Northlew News, Councillor Chris Scadeng has resigned from the Parish Council with immediate effect due to an increase in her personal time commitments. Many thanks to Chris for her enthusiasm in supporting various community activities including her fund-raising swim for the Devon Air Ambulance landing light appeal and her contribution to the Parish Council over the last 3 years.

### ***Parish Clerk***

We will be advertising the position of clerk to the Parish Council before the end of the year.

The position of clerk is part time and the level of salary will depend on experience. If you would like to

have an informal chat about the evolving role of the clerk please call Joanna Wilson 01409 220254 or Janet Millership on 01409 221409.

### ***Parish Council meetings***

Parish council meetings are usually held at 7:30 pm on the 3<sup>rd</sup> 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

Published by the Parish Council November 2018

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 22 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](mailto:clerk@northlewparishcouncil.org.uk)

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## **Parish Council Emails**

<b>Councillors &amp; clerk</b>	
Joanna Wilson Chair	<a href="mailto:chair@northlewparishcouncil.org.uk">chair@northlewparishcouncil.org.uk</a>
Celia Rundle Vice Chair	<a href="mailto:crundle@northlewparishcouncil.org.uk">crundle@northlewparishcouncil.org.uk</a>
Jane Colbourne	<a href="mailto:jcolbourne@northlewparishcouncil.org.uk">jcolbourne@northlewparishcouncil.org.uk</a>
Bryan Dufty	<a href="mailto:bdufty@northlewparishcouncil.org.uk">bdufty@northlewparishcouncil.org.uk</a>
Simon Dufty	<a href="mailto:sdufty@northlewparishcouncil.org.uk">sdufty@northlewparishcouncil.org.uk</a>
Terry Hatt	<a href="mailto:thatt@northlewparishcouncil.org.uk">thatt@northlewparishcouncil.org.uk</a>
Kate Hawkins	<a href="mailto:khawkins@northlewparishcouncil.org.uk">khawkins@northlewparishcouncil.org.uk</a>
Mark Rundle	<a href="mailto:mrundle@northlewparishcouncil.org.uk">mrundle@northlewparishcouncil.org.uk</a>
Vacancy	To be filled at the election in May 2019
Janet Millership Clerk	<a href="mailto:clerk@northlewparishcouncil.org.uk">clerk@northlewparishcouncil.org.uk</a>



To commemorate the end of WW1

join us for an

**Afternoon Tea**

and music from

**Okehampton College Big Band**

at

**Northlew Victory Hall**

**Saturday 10<sup>th</sup> November 2018**

**2 – 4.30pm**

**Tickets £8**



They shall grow not old, as we that are left grow old:  
Age shall not weary them, nor the years condemn.  
At the going down of the sun and in the morning,  
We will remember them.

**Small display  
of WW1  
memorabilia**

To book please call  
Jayne on 01409 221225

**Free Quiz  
Raffle**

Proceeds to be split between:  
Royal British Legion  
and  
Northlew Victory Hall



## Exercise of the month: High intensity home training circuit

By Tom Wilkins [www.trainertompt.com](http://www.trainertompt.com)

Looking for a high intensity circuit that will help you lose weight and gain fitness? Give this high intensity, bodyweight circuit a go, all you need is the space of your own home...

**1 minute high intensity training & 1 minute rest**

**1.** high knees  
running in place

**2.** jumping jacks

**3.** squats

**4.** forward lunges

**5.** cycling  
russian twists

**6.** mountain  
climbers

**7.** plank leg raises

**8.** knee pull ins

**9.** leg raises

**10.** push ups

# **NORTHLEW PRIMARY SCHOOL PTFA CHRISTMAS FAYRE**

**Monday 3<sup>rd</sup> December 2018  
6pm – 8pm**

**Northlew Primary School**

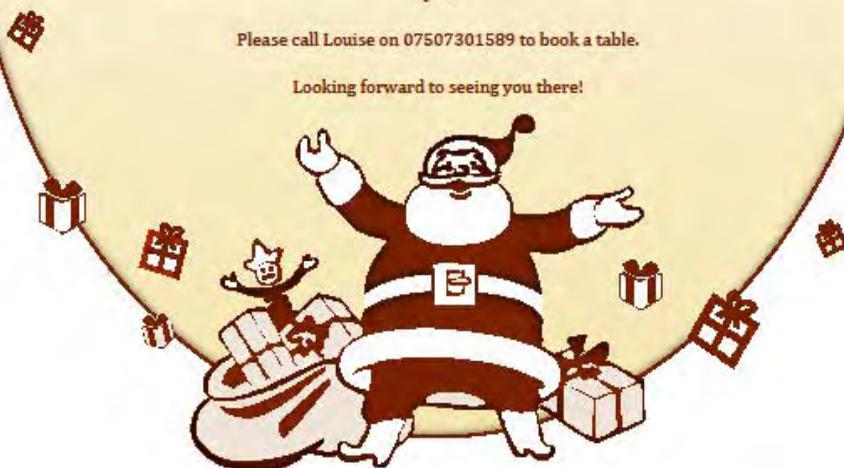
Northlew Primary School and PTFA are holding a Christmas Fayre in order to raise much needed funds for the school.

Various local gift and craft stalls, refreshments, raffle and much more.

Why not join us for a mulled wine and mince pie to get in the Christmas Spirit.

Please call Louise on 07507301589 to book a table.

Looking forward to seeing you there!



## Okehampton & District Community Transport Group



Okehampton & District Community Transport Group have been serving the community for 28 years. We cover 274 square miles of rural Devon. We provide accessible, door to door

transport for the frail, elderly, disabled and rurally isolated to access both healthcare and social appointments. We have a Ring and Ride bus service which takes passengers into Okehampton for shopping or to meet friends. We run a Volunteer Car Service for healthcare transport, we have two wheelchair accessible vehicles and also a 15 seat community minibus which we use for lifestyle trips during the week and weekends and is also available to groups and societies. All our fares are subsidised.

If you would like any further information, please ring Sue or Liz on 01837 55000

Sue Wonnacott  
Co-Ordinator  
Okehampton District Community Transport Group  
Unit 3  
Okehampton Business Centre  
Higher Stockley Mead  
Okehampton  
Devon  
EX20 1FJ  
01837 55000  
07484525577  
[www.odctg.co.uk](http://www.odctg.co.uk)  
<https://www.facebook.com/pages/Okehampton-District-Community-Transport-Group/165867586926940>

## Advertising in the Northlew News

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



**Anthony Stock**  
**DECORATOR**

The Old Manse  
 Northlew  
 Okehampton  
 Devon EX20 3NZ

**Tel: 01409 220161**



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

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



**RMS**  
 ELECTRICAL SERVICES

DOMESTIC • COMMERCIAL • INDUSTRIAL • SOLAR PV

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[rmselectricalservices@hotmail.co.uk](mailto:rmselectricalservices@hotmail.co.uk)

# P.S Electrical



Office :01409220246

Mobile: 07792 163156

enquiries@pselectricians.co.uk

3 The Old Orchard

Northlew

Okehampton

EX20 3NH

Domestic, Commercial, Industrial, Bespoke garden  
lighting and Agricultural  
PartP Approved



## **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**



## **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  
for a friendly and efficient service**

**01409 220091 07850 767686**

The Knoll, Northlew, EX20 3BR

Established 1981

Steve Lofthouse  
Driving Instructor  
Northlew



# **Take Up! Driving**

**07533 017938**

**01409 220285**

# CBL STOVES

The Showroom, Unit 5  
Red Post, Bude, Cornwall  
EX23 9NW

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



- Stainless Steel twinwall flues
- Chimney Lining
- Iskoern Pumice lining
- Fireplace alterations
- Stove Installations
- Wood, Multifuel, Gas & Electric Traditional & Contemporary Stoves & Fires
- Chimney Rebuilds
- Slate, Granite & Glass Hearths
- Wood & Ceramic beams & surrounds
- Floating Shelves



## LOCAL FREELANCE EQUINE SERVICES

CLIPPING  
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

<b>November</b>	<ul style="list-style-type: none"> <li>• <b>Friday 2<sup>nd</sup> November:</b> Northlew Carnival, Victory Hall and village square</li> <li>• <b>Saturday 10<sup>th</sup> November:</b> WWI Commemoration Victory Hall 2 pm – 4:30 pm Afternoon Tea. Tickets required</li> <li>• <b>Sunday 11<sup>th</sup> November:</b> Armistice Day Service, 10:50 am at the War Memorial continued in the Parish Church</li> <li>• <b>Friday 23<sup>rd</sup> November:</b> Mini Minstrels and The Briars 7:30 pm Victory Hall</li> </ul>
<b>December</b>	<ul style="list-style-type: none"> <li>• <b>Saturday 1<sup>st</sup> December:</b> Supper with Scrooge, Red Spider Company, 7:30 pm Lewdown Village Hall</li> <li>• <b>Sunday 9<sup>th</sup> December:</b> Christmas Lunch, Victory Hall</li> <li>• <b>Sunday 9<sup>th</sup> December:</b> Christingle at 4 pm in the Parish Church</li> <li>• <b>Carol Concert:</b> date to be confirmed</li> <li>• <b>Sunday 23<sup>rd</sup> December:</b> Carol Service 6:30 pm Methodist Chapel</li> <li>• <b>Christmas Day, Tuesday 25<sup>th</sup> December:</b> 9:30 am United Christmas Day Service</li> </ul>

## 2019 Events at a Glance

<b>January</b>	<ul style="list-style-type: none"> <li>• <b>Monday 7<sup>th</sup> January:</b> first day of term at Northlew and Ashbury Primary School</li> <li>• <b>Northlew Produce Show Committee Annual General Meeting:</b> date to be confirmed</li> <li>•</li> </ul>
<b>February</b>	<ul style="list-style-type: none"> <li>• <b>Monday 18<sup>th</sup> Feb – Friday 22<sup>nd</sup> Feb inclusive:</b> Half Term at Northlew and Ashbury Primary School</li> </ul>
<b>March</b>	<ul style="list-style-type: none"> <li>• <b>TBC</b></li> </ul>
<b>April</b>	<ul style="list-style-type: none"> <li>• <b>Monday 8<sup>th</sup> April – Monday 22<sup>nd</sup> April inclusive:</b> Easter holidays at Northlew and Ashbury Primary School</li> </ul>
<b>May</b>	<ul style="list-style-type: none"> <li>• <b>Monday 6<sup>th</sup> May:</b> May bank holiday</li> <li>• <b>Monday 27<sup>th</sup> May – Friday 31<sup>st</sup> May inclusive:</b> <i>Half Term at Northlew and Ashbury Primary School</i></li> </ul>
<b>June</b>	<ul style="list-style-type: none"> <li>• <b>TBC</b></li> </ul>



Northlew & Ashbury  
Primary School

**5 Non-pupil days 2018:**

Wednesday 25<sup>th</sup> July

Thursday 26<sup>th</sup> July

Monday 3<sup>rd</sup> September

Tuesday 4<sup>th</sup> September

Friday 23<sup>rd</sup> November

**Autumn Term 2018**

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 - 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

## **Events at Okehampton Library**

### **20:00 Friday 30 November – Ghost Stories**

An evening of live readings of traditional and local stories, from well-known authors, local authors and other less well known pieces, performed by a trio of deceased Victorian Librarians

Tickets £5 each in advance from Okehampton library or £6 on the door  
Refreshments included.

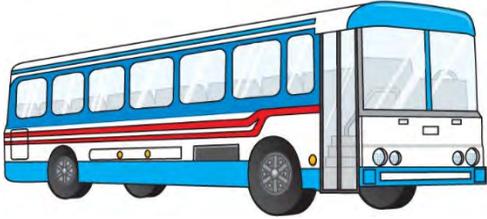
## **Regular Children**

- **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**
- **1st Tuesday of the month - Book Club** for ages 7 – 11  
(except Aug/Sept) 15:45 – 16:45 Free - no booking necessary
- **Wednesdays 09:30 – 10:15 - Duplo Builders & Storytime**  
For ages 0-5. Free - no booking necessary
- **2nd Thursday of each month 16:00-17:00 - Bunala Book Club**  
For ages 12+ Ask staff for further details
- **Saturdays 10:30 – 11:30 Lego Builders**  
For ages 5+ 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. See our website or call in for details –

[okehampton.library@librariesunlimited.org.uk](mailto:okehampton.library@librariesunlimited.org.uk)

## **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

## Carmel Coaches Excursions for 2018/19



Date and venue	Cost
<b>3<sup>rd</sup> November:</b> Bridgwater Carnival	£15
<b>9<sup>th</sup> – 12<sup>th</sup> November:</b> Turkey and Tinsel at Great Yarmouth including Thursford Christmas Spectacular weekend	£249
<b>24<sup>th</sup> November:</b> Bath Christmas Market	£18
<b>1<sup>st</sup> December:</b> Bristol Cribs Causeway	£16
<b>2<sup>nd</sup> January:</b> Dick Whittington pantomime at Plymouth	£25
<b>13<sup>th</sup> February:</b> Matilda the musical at Plymouth	£70

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