

# NORTHLEW NEWS



**December 2018**

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

## **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: see page 23
Terry Hatt: 07811 383397	Clerk: Janet Millership: 01409 221409
Cllr James McInnes: 01837 861364	Cllr Patrick Kimber 01837 810057

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## **Note from the Editor**

A huge thanks to Martin Perry of Elmfield bed and breakfast for sponsoring the printing of this edition of the Northlew News. This is the second year he has sponsored an edition and it is very much appreciated. Dan Anscomb of The Green Dragon has kindly agreed to sponsor January's edition and we would be very grateful if other local businesses would consider sponsoring a monthly edition each year.

We are also very grateful to everyone who has contributed to the Northlew News in 2018. Feedback has been very positive with people particularly liking the diversity of information that is now included. Thanks to the suggestion from a reader we are introducing a new item in the new year which is a list of local contact numbers. If you have any other ideas or comments about the Northlew News then please don't hesitate to contact me.

Please note there is a hard, early deadline line for contributions to the January edition 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 you can email me at [northlewnews@gmail.com](mailto:northlewnews@gmail.com) or please call me on 01409 220254.

May I take this opportunity to wish you all a very merry Christmas and a peaceful and prosperous new year.



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## **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***

The next window display will be courtesy of the Knit and Knatter group.

### ***Thank you***

Paula would like to wish everyone a very merry Christmas and all the very best for the new year. Thank you to all customers for your continued support of the village shop.

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

The Women's Guild and Fellowship Christmas lunch will be held in the Green Dragon on Wednesday 5<sup>th</sup> December. All welcome

## **Northlew Methodist Church**

### **Services**

#### **2<sup>nd</sup> December**

9:30 am Rev Jerry Cook

#### **9<sup>th</sup> December**

9:30 am Service

#### **16<sup>th</sup> December**

9:30 am Rev Jerry Cook

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

6:30 pm Carol Service with Mrs Angela Banfield and the Northlew Silver Band followed by tea and mince pies

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

9:30 am United Christmas Day Service. Everyone welcome to join us on this special day

#### **30<sup>th</sup> December**

9:30 am Mr John Hawkins

***We wish everyone a peaceful and happy Christmas and amid all the festivities may we remember the true meaning of Christmas***

### **50/50 Coffee Mornings Saturday 15<sup>th</sup> December**

10:00 am – 12 noon

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

### **Saturday 22<sup>nd</sup> December**

10:00 am – 12 noon

Coffee and mince pies and 50/50 shop open



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

### **Services**

#### **2<sup>nd</sup> December**

9:30 am Holy Communion

#### **9<sup>th</sup> December**

4:00 pm Christingle service

#### **16<sup>th</sup> December**

9:30 am Holy Communion

6:30 pm Service of nine lessons and carols

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

6:30 pm Carol Service in the Chapel

### **24<sup>th</sup> December Christmas Eve**

4:00 pm Crib service and nativity

10:00 pm Christmas Eve Holy Communion

### **25<sup>th</sup> December Christmas Day**

9:30 am Christmas celebration in the Chapel

### **31<sup>st</sup> December**

11:00 am Group service at Hatherleigh

### **First World War Exhibition**

Lots of people have visited the church to see the first world war exhibition in the Lady Chapel. It is very interesting and informative and must have taken a great deal of thought to put together.

Thank you Mollie!

### **New bench in the church yard**

If you have walked through the church yard recently you will have probably noticed a new bench next to the war memorial. This has been given by the parish council to mark the centenary of the 1918 armistice. It provides a peaceful place to spend time in thought and we thank the parish council for it. The church was full for the Service

of Remembrance and I thought that those 26 men from Northlew who died for our freedom would have been pleased to know of our act of remembrance with the bells, pipes, readings, hymns, the last post, reveille and our silent thoughts – all would have been familiar to them. (And maybe the sherry after the service too but a 100 years ago it would have probably been cider!).

The Parochial Church Council (PCC) would also like to thank Jane for the new red alter frontal which was in place for armistice day. The old one had fallen to pieces and so she offered to make a new one which is dedicated to the men from Northlew who died in the two world wars. Years ago, when Jane was at primary school, she asked the rector ('Friar Tuck') if she could be a server like the boys. He said that she couldn't as she was a girl and therefore not up to it ..... but he said 'You can mend my robes'. So, she did and the alter frontals as well.

Thank you for all your care and attention to the church.

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



November saw a step of activity for us with the training band wowing the Green Dragon pizza lovers with their first public performance, Twinkly star, Oats and Beans and Northlew Shark. Short and sweet really proud of them! Then the Carnival and in the middle of the month the remembrance service, oh and the training band also gained another two members so are up to 7.

December is a busy month for the band and the last half of November we'll be spending with the Carol book and Xmas music folder!

Big, big, big news for December, join us for the .....



**Silver Band Extravaganza!**  
**Saturday 15<sup>th</sup> December**  
**2:30 pm in the Victory Hall.**

There will be carols and Christmas music from the training and full band as well as a few special duets and musical treats, for the first time we'll also be introducing 'Request a Carol' feature and expect some singing. Added to that there'll be cakes and mince pies and a tombola and raffle.

We hope to see as many as possible of all ages in the audience. Please join us! The aim is to raise money for the band, especially with all brilliant juniors, as we need more instruments and music.

**Calendar of events**

**Monday 3rd December**

6 pm Northlew PTFA Xmas Fayre  
– joint training and main band carols

**Friday 14th December**

Holsworthy Market Xmas Service

**Saturday 15th December**

2:30 pm Victory hall  
Northlew Silver Band Extravaganza  
Don't miss it!

Free to enter, donations gratefully accepted

### **Sunday 16th December**

Parish church carol service and  
turning on of the Christmas lights

### **Sunday 23rd December**

Chapel Carol Service

### **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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### **Northlew Post Office**



® The post office  
is open on  
Monday and  
Friday mornings  
from 9:30 am to

12 noon in the Church Room -  
please check Christmas opening  
hours



## **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!

### **Christmas at the Green Dragon**

#### **Saturday 15<sup>th</sup> December**

Christmas jumper party!  
Live music, buffet and Christmas  
raffle. Free entry

## **Thursday 20<sup>th</sup> December**

Self employed and retired  
Christmas lunch.

Menu and tickets from Ian Richards  
or Dan. Please make sure you have  
pre-booked by Monday 17<sup>th</sup>  
December. Thank you.

## **Christmas market at The Green Dragon**

– date to be confirmed.  
Please see Northlew Life and  
posters around the village.

## **New Year's Eve**

### **Monday 31<sup>st</sup> December**

Party night! Buffet and disco – no  
tickets required.

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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.

## **Village Defibrillator**

We are in the process of  
purchasing a new defibrillator. It  
will be housed in the same spot as  
the previous one, which is in a  
cabinet by the church room. The  
early use of a defibrillator is key to  
survival if someone is having a  
heart attack – see below.

### **THE CHAIN OF SURVIVAL**



If you would like to know more  
about CPR training or the  
defibrillator then please contact  
Parish Councillor Kate Hawkins on  
07775 621756 or via email see page  
23.

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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.



## ***Gardening tips for the month***



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

This month, as well as sharing my favourite vegetable seeds and plants of 2018, I'm giving some apt Christmas gift ideas for gardeners. Some are completely practical and some are for inspiration.

### ***Vegetables for 2019***

I've trialled all the veg seeds and plants mentioned. All did extraordinarily well this year..  
...either because of the hot weather or in spite of it!

#### ***Beans***

I grew haricot beans this year specifically for a client who uses the beans rather than the pods. She often buys them in farmers markets

in Switzerland and wanted to try growing them here. I managed to identify them as Coco or Lazy Housewife climbing beans. The podded beans can be cooked fresh or dried and are deliciously creamy. Stocked by the Real Seed Company.

The best performing climbing French bean I grew was Cupidon. These incredibly fine, long beans were so prolific that we could barely keep up with the picking. Quite superb and great for the show bench.

The best dwarf French beans were Stanley F1. They cropped so heavily that they needed support from little canes.

#### ***Sweet corn***

Some sweetcorn varieties grew beautifully this year my favourite for flavour was Lark F1. By contrast, Swift F1 is one that I wouldn't use again. Poor flavour in comparison to Lark and much slower growth.

#### ***Fennel***

One vegetable that thrived in the heat was Florence fennel. I used Romanesco. Sown on June 30<sup>th</sup>, it hasn't bolted and has produced large bulbs with a good strong

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flavour that we started cropping in mid October.

### **Potatoes**

Potatoes suffered in the heat, producing smaller yields. But the blight resistant strain called Sarpo Kifli is my new favourite. It's almost waxy, not unlike a Charlotte, and produced some of the biggest and best looking potatoes that are storing well and taste delicious.

### **Tomatoes and tomatillos**

Tomatoes thrived this summer. One of my favourites was the yellow variety called Ildi although Pat's Black was a close second. Next year I have Crimson Blush on the list to try. I tried purple tomatillo's from the James Wong range. They grew into 6 foot tall plants, covered in berries that are the main ingredient in Mexican salsas, but are very hard to find in supermarkets. They were easy to grow in a polytunnel but they sure weren't purple, just the normal green. Next year I will be trying pineapple tomatillos. I will report back!

### **Celery**

Celery Tango FI did well too. It needed a lot of water and the ones in a shadier corner did better and didn't go stringy.

### **Gifts**

And now to the gift ideas... The first is a Burgon and Ball Groundbreaker Spade. This is an absolutely indispensable tool for heavier or compacted soils. Shaped to a point, it even severs through roots with ease. Wouldn't be without mine. Around £35.

If you're feeling extravagant, a pair of Ariat Telluride boots are the ultimate in comfort. Horribly expensive though at around £140. A cheaper though heavier alternative are Harris Dryboots at about £65. They do what it says on the tin and definitely live up to their name.

### **Stocking fillers**

Stocking fillers could be Little Hotties. These disposable hand warmers have saved my freezing mitts on a few occasions. They are slim enough to slide into a glove and stay warm all day.

## **Books**

Most gardeners love a good book. There are hundreds on the market, but 3 that I keep going back to, are as follows:

- Dear Friend and Gardener by Christopher Lloyd and Beth Chatto. A collection of their correspondence on gardening, food, writing and life in general. These two were legends in the horticultural world. Both were opinionated and hugely knowledgeable. This is a little gem of a book.
- The Victorian Kitchen series by Jennifer Davies are marvellous and full of information that is still relevant. Based on the TV series in the 80s, a redundant kitchen garden was restored over a year. Perfect for anyone who loves the process of food to plate.

Following that theme is

- Kew on a Plate by Raymond Blanc. The chef worked with Kew Gardens on a BBC series to recreate a fruit and vegetable garden using heritage varieties.

Quite wonderful and full of mouth watering recipes and growing tips.

If none of this appeals of course you can fall back on the old standby that never fails to delight. The National Garden Gift Voucher is available from most garden centres.

Whatever you choose, I hope you have a lovely and peaceful Christmas and New Year.

See you again in February.

Happy gardening, Harriet

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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.



# **Victory Hall World War One Commemoration**

## **Remembrance Afternoon Tea**



On Saturday 10<sup>th</sup>  
November the  
Victory Hall  
hosted a  
Remembrance

Afternoon Tea. Guests were welcomed by the sound of bagpipes played by a splendid looking Andrew Buchanan.



A packed hall listened to an opening talk from Holly Dancer which got the balance between commemoration and celebration exactly right. Then Marilyn Livingstone sang a haunting rendition of 'In Flanders Field'. The Okehampton College Big Band astounded everyone with their enthusiastic playing of old favourites and some modern classics.



Plenty of sandwiches, quiche, cake and tea followed and finally a raffle and quiz. A display of WWI memorabilia added to the occasion. The function was to raise funds for the Royal British Legion and I am delighted to say that the sum of £300 was raised for this excellent cause.

So, thank you to the Big Band, Marilyn, bagpiper Andy and Holly. Behind the scenes the Hall Committee and friends buttered, baked and helped out under the direction of Jayne. But the biggest thank you goes to this village who supported this event and enjoyed it all.

Thank you all and we hope to see you again in December for the Christmas Dinner. Tickets available from Jayne (see page 29).

Simon Dancer  
Chair, Victory Hall Committee

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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) and the Parish Council to name but a few also use the Victory Hall.

Come along and join in.

Simon Dancer  
Chair, Victory Hall Committee



### ***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 for which all the profit will go to the named registered charity.
2. Registered charity name & number required when booking and must be on all advertising for the event.
3. The organiser is a parishioner.
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)

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

As the clocks have now gone back, this was our first walk of 2018 to start from the square at 1 pm. Joining us on this walk were Keith Ellis with his two dogs, Steve & Diane Hargreaves, Susan Jones, Sue

Lewis, Jenny Anderson, Marion Dufty, Mags Jarvis, Shirley Brookman, Sue Sanders, Paulette Bowman and Shirley Lloyd.

Despite it being November, it was a glorious day as we set off down Crowden. Even though the sun was shining, we didn't want to venture into the fields for fear of mud, so we stuck to the quiet country lanes and continued on to Greendown Cross. Unfortunately, Paulette had to turn back on the way up to the crossroads, the hills proving too much for her. After a quick breather at the crossroads we turned left and continued on to Loveland Cross. After the regulation photoshoot, we once again turned left, downhill passed Loveland Farm and up towards Lower East Kimber.



Continuing on passed East Kimber, we returned to Northlew via Station Road and back to the square.

Our last walk of the year will take place on the 7th December. As Christmas will nearly be upon us, there will be festive treats at Wistful Cottage after the walk, where we will toast the official opening of Angela's Retreat!!

All welcome.

### ***Next Walk; No 28***

For information please call Chris Baines on 01409 221362

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## ***Northlew Amateur Dramatics Society (NADS)***

NADS members are busy rehearsing for our upcoming show 'Darts!' by Lucy Turmaine which is being performed on 11<sup>th</sup> and 12<sup>th</sup> January 2019 in the Victory Hall. Tickets will be on sale from Elmfield from December 15th.

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Ladies' darts night comes but once a week.....at least, during the season. It's time to let your hair down, put aside all the stresses and strains of everyday life and have a good evening out with your mates. Unfortunately, events don't always turn out that way.

Set in the local pub, Darts! explores the relationships within and between the teams, the camaraderie and conflict, and deals with the inevitable sexism that the women encounter.

Everyone welcome!



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# theWI

## INSPIRING WOMEN

### ***Ladies of Northlew***

Do you fancy becoming the founding members of the newly formed Women's Institute?

I am arranging a non-formal meeting for thoughts, ideas and plans to be discussed, with an aim to reform the Northlew WI. I would love to hear from ladies who may have been in a different WI in the past. This is a new venture for me as I have not been part of a WI group before. So, I am looking for support. We will need a President, Secretary & Treasurer and a minimum group number of eight. We can also choose a different name, it doesn't necessarily need to be "Northlew WI".

***Tuesday 4th December 2018***

The Green Dragon Pub  
7:30 pm

Leave your reservations at the door but do bring an open mind and a glass of wine! As this is a new group we can mould it into whatever we like.

If you would like any further information, please contact Gina Farrow on 01409 221238

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## **Theatre Highlights**



### **Theatre Royal @ Plymouth**

Box Office 01752  
267222

#### **STOP PRESS**

**Les Miserables** in Plymouth

Get your tissues ready for the  
greatest musical ever!

11<sup>th</sup> June – 6<sup>th</sup> July 2019

**4<sup>th</sup> December – 19<sup>th</sup> January**

The Gingerbread Man for 3 year  
olds and up

**4<sup>th</sup> December – 8<sup>th</sup> December**

David Walliams Awful Auntie

**14<sup>th</sup> December – 12<sup>th</sup> January**

Pantomime - Dick Whittington

**15<sup>th</sup> January – 16<sup>th</sup> February**

Roald Dahl's Matilda

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

Horrible Histories

**6<sup>th</sup> March – 9<sup>th</sup> March**

Birmingham Royal Ballet - Beauty &  
the Beast

**11<sup>th</sup> March – 16<sup>th</sup> March**

Club Tropicana

**18<sup>th</sup> March – 23<sup>rd</sup> March**

Tom Stoppard's Rough Crossing

**3<sup>rd</sup> April – 6<sup>th</sup> April**

Welsh National Opera

**9<sup>th</sup> April – 13<sup>th</sup> April**

The Worst Witch - 7 yrs and up

**22<sup>nd</sup> April – 27<sup>th</sup> April**

Hair - the musical

More on the website

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

### **Northcott @ Exeter**

Box Office 01392 726363

**3<sup>rd</sup> December – 6<sup>th</sup> January**

Pantomime - Jack & the Beanstalk

**22<sup>nd</sup> December – 30<sup>th</sup> December**

Hansel & Gretel for 3 years and up

**22<sup>nd</sup> February – 2<sup>nd</sup> March**

Hip Hop version of Wind in the  
Willows

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

The Bank Robbery Goes Wrong

**11<sup>th</sup> April – 13<sup>th</sup> April**

Room on the Broom for 3 years up

**6<sup>th</sup> May – 11<sup>th</sup> May**

The Mousetrap - touring

More details from Martin Perry  
01409 221376 and possible free  
lifts!



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## **Northlew Nature Watch**

The end of another year, and what a year of extremes it has been.

Who would have thought that we would have had such a great summer, when we were suffering the 'beast from the east'.

Now we are in December you may think that there is no wildlife to enjoy out there, and it is true that a lot of our native species have shut down for the winter. Dormice and bats will be hibernating, as well as some of our butterflies.

Even so, now is the time that some of our wildlife are easiest to spot, and making the most of the shorter daylight hours to find food each day. Barn owls and tawny owls can be heard calling to each other and can often be spotted early or late in the day. One of the most remarkable spectacles of winter is a starling murmuration. Many of the birds in these flocks are not native to this country, they will have flown over from Scandinavia to enjoy our 'milder' winter. One of the best places to see this wonder of nature is by the army camp on Dartmoor or maybe somebody could let me know somewhere better.

This is also the time when some of our flora comes into its own, mistletoe being one that we introduce to our homes at Christmas. No doubt you will all have stolen a kiss under the mistletoe but apparently it was used in ancient times to control people's ardour. The story goes that after each kiss a berry was removed and, when there were no berries left, the kissing had to stop. I look forward to December, not because of Christmas, but because from the 21<sup>st</sup> onwards, the daylight hours actually start to increase again. Some birds like the crossbill and mistle thrush are already starting their breeding activities, spring bulbs are pushing through, just waiting for spring to kick in, and frogs could have started laying spawn.

So, thank you for reading my articles this year, have a great Christmas and New year and see you all in 2019.

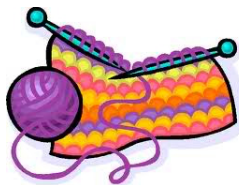
Chris Baines



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## ***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



## ***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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## Yoga Classes



Yoga classes will be having a break through December, finishing on Wednesday 5th.

We will be back on Wednesday 9th January 2019

7 - 8.30 in The Methodist Hall

Further information contact Angela on 01409 221110 / 07809427991

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## 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.

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



## 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

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last Monday of the month and see what we get up to.

For more details please contact Julie Phillips on 01409 220088 or email: [winelover296@gmail.com](mailto:winelover296@gmail.com)



### ***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 Scadeng on 01409 221797

## **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



Kay and Andrew Alger would like to thank all family and friends for their kindness and support during this year and to wish you all a merry Christmas and happy new year.



## ***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***

#### ***Parish Clerk***

Following the announcement of Janet Millership's retirement next March as parish clerk, the position will be advertised shortly. The clerk is a paid post employed by the Parish Council. 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 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 23 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@northlewparrishcouncil.org.uk](mailto:clerk@northlewparrishcouncil.org.uk)

***Wishing everyone a very merry Christmas and all the very best for 2019***



## **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>





## **Recipes for the festive season**

*Thanks to Tania Haycocks for these three recipes*



### **Prawn Tortillitas (fritters)**

300g raw prawns, de veined and thinly sliced  
Approx. 200ml olive oil for shallow frying  
1 lemon, quartered

#### *Batter:*

55g chickpea or gram flour  
130ml soda water  
1/3 teaspoon sweet smoked Spanish paprika  
A pinch of bicarbonate of soda  
Sea salt

To make the batter, sift the flour into a bowl and slowly add the soda water, mixing in with a wooden spoon, trying to avoid lumps forming. The batter should have the consistency of something between single and double cream. Add the paprika, bicarbonate of soda and salt to taste. Chill and allow to rest for at least 20 minutes.

When ready to eat, stir the sliced prawns into the batter. Pour enough oil into a large frying pan to cover the bottom liberally. Heat the oil to a medium high temperature for about 3 minutes. Now with a dessert spoon scoop up a heaped spoonful of the mixture, carefully pour it into the oil and gently and quickly spread it out with the back of the spoon. Create two or three more fritters in exactly the same way making sure there is enough room between them. When golden turn with a spatula and cook the other side. Keep warm while you cook the rest. Serve immediately with wedges of lemon.



## ***Moorish Skewers (pinchitos morunos)***

1 pork fillet of 500g, trimmed of fat and sinew  
Sea salt and black pepper

### *Marinade:*

1/2 heaped teaspoon each of coriander seeds, cumin seeds and fennel seeds, all roughly ground  
1 teaspoon sweet smoked Spanish paprika  
2 garlic cloves, crushed to a paste with a little salt  
A good pinch of saffron, infused with 2 tablespoons of boiling water  
1 teaspoon dried oregano  
1 bay leaf, preferably fresh, chopped very finely  
1 dessert spoon red wine vinegar  
1 dessert spoon olive oil

Cut the pork fillet in half lengthways and then into 3cm cubes. Flatten them slightly. Place the pork in a large mixing bowl and add the marinade ingredients. Toss well and leave in the fridge for 2 hours so the flavours of the marinade soak into the meat.

Thread the pork onto wet skewers, this stops them from burning, and cook under a hot preheated grill for about 2 minutes each side until lightly charred on the outside but still juicy inside. Season as necessary and serve hot.

## ***Tyroller gröstle***

Leftover roast meat or turkey (!) with fried potatoes and croutons.

Cut 500g slightly stale white bread (crusts removed) into 1cm cubes  
Sliced white will not do!

Dice 500g pre-boiled waxy potatoes into 5cm cubes

1 onion, thinly sliced

2 teaspoons dried oregano

1 clove garlic, finely sliced

Any cold roast meat, cut into 5cm cubes  
3 tablespoons oil or 50g dripping or lard  
To serve: 4 fried eggs

Pre heat the oven to 200°C/Gas 6

Put half the oil into a baking tray and toss the bread cubes to coat. Cook in the oven for about 20 minutes or until golden.

Meanwhile, fry the onions, garlic and diced potato until starting to brown, add the oregano and salt and pepper to taste. Add the diced cooked meat and heat for a further 3 minutes, making sure the onions and potatoes don't start to burn but are nicely brown. Remove the croutons from the oven and add to the potato mixture. Stir lightly. In a separate pan, fry the eggs, place the eggs on top of the meat and potatoes to serve. Sprinkle with some crumbled sea salt flakes.

### ***Cranberry, orange and mincemeat tart***

Frozen puff pastry  
1/2 jar of good mincemeat  
1/2 jar cranberry sauce  
Grated orange rind  
Grand Marnier

Roll out the pastry into a thin rectangle and score round with a knife, about 1/2 inch in but do not go right through the pastry. Mix together the cranberry sauce and mincemeat with the grated rind of 1 orange. Spread the mixture inside the scored pastry rectangle. Bake in a hot (225C) preheated oven on a hot baking sheet for about 25 minutes or until the pastry is golden and puffed up round the edges. Gently heat the Grand Marnier and pour over the tart setting light to it as you go.

A real cheat's recipe that's easy to make and quite dramatic to serve!

## ***Go crackers over this healthy Christmas bake***

Gluten and dairy  
free

*Thanks to Tom Wilkins for this recipe*

Seed crackers are the perfect alternative to your standard bread cracker, great to have at Christmas with cheese or dips...

### *Ingredients:*

100g sunflower seeds

60g flaxseeds

100g sesame seeds

3 tbsp psyllium seeds

400ml water

1 tsp salt



Preheat your oven to 150°C

In a mixing bowl, combine all of the ingredients and leave the mixture to stand until it is thick and pliable, about 10-15 minutes. Spread the mixture out as thinly as possible on a baking tray lined with baking paper.

Bake the tray for an hour, checking them every 15 minutes. You may need to rotate them away from any hot spots in the oven.

They usually take about 1 hour 20 minutes to cook, once they are lightly browned and crisp, remove from the oven and leave to cool. Once cooled, break them into any size you like and store in an airtight container



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# Exercise of the month: High intensity home training circuit

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

What else better to do in the festive season then a Christmas circuit? If you are preparing yourself for an onslaught of mince pies, bucks fizz and chocolate then look no further. This circuit will keep you in shape even through the Christmas pudding, although, I wouldn't recommend performing these immediately after! Give it a go and don't forget to wear your Christmas hat...

CHALLENGE:

The 12 days of Fitness

DURATION:

1 - 10 minutes

FOCUS AREA:

Full body accumulator workout

ALWAYS REMEMBER  
WARM UP ↑  
COOL DOWN ↓

FIRST DAY 1 MINUTE PLANK 	FIFTH DAY 5 STAR JUMPS 	NINETH DAY 9 CHAIR DIPS 
SECOND DAY 2 MINUTE WALL SQUAT 	SIXTH DAY 6 PUSH UPS 	TENTH DAY 10 TUCK JUMPS 
THIRD DAY 3 MINUTE BRIDGE 	SEVENTH DAY 7 MOUNTAIN CLIMBERS 	ELEVENTH DAY 11 LUNGES 
FOURTH DAY 4 BURPEES 	EIGHTH DAY 8 SQUATS 	TWELTH DAY 12 CRUNCHES 

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# Christmas Lunch

Sunday 9<sup>th</sup> December 2018

At Northlew Victory Hall

Doors open at 12.30 for 1pm

Bookings **must** be in by Thursday 6<sup>th</sup> December

Adults: £10    Children (11 & Under): £7.50

Roast Turkey and all the trimmings

Vegetarian option available, please state when booking



Bar

Raffle

For bookings call: Jayne on 01409 221225

Registered Charity No/: 266213 A/3

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## Changes to the recycling and waste collections

### Collection Day Changes

Weeks beginning  
24 December & 31 December

Usual	New	Usual	New
24 Dec → 24 Dec		31 Dec → 2 Jan	
25 Dec → 27 Dec		1 Jan → 3 Jan	
26 Dec → 28 Dec		2 Jan → 4 Jan	
27 Dec → 29 Dec		3 Jan → 5 Jan	
28 Dec → 31 Dec		4 Jan → 7 Jan	

Week beginning 7 January  
All collections will run one day late

### Recycling & Waste collections

#### Don't forget

- Garden waste service does not operate from 24 December – 5 January.
- However, all trees up to 6ft tall will be collected between 7 – 18 January. Put out on normal collection day during non-refuse week.
- Sorry, we can't recycle cards containing glitter or plastic nor wrapping paper.



West Devon Borough Council

www.westdevon.gov.uk

recycle



## Christmas Tree Festival

### Friday 8<sup>th</sup> December – Friday 14<sup>th</sup> December

St. Bridget's Church, Bridestowe (EX20 4EN) will be holding a Christmas Tree Festival from Friday 8<sup>th</sup> – Friday 14<sup>th</sup> December to which all are warmly invited. The church will be open from 10 am to 7 pm each day. Please do pop in to look at the trees and enjoy the background music. It would be lovely to see you.

### Collecting Teddies

We will be collecting teddies and other soft, cuddly toys in good condition for The Teddy Trust to be sent to traumatised and displaced children overseas. So please bring any redundant furry friends with you. Thank you



To find out more please visit <http://thetedytrust.wixsite.com>)

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# **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!



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## ***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 or 07484 525577

Sue Wonnacott, Co-Ordinator  
Okehampton District Community Transport Group  
Unit 3, Okehampton Business Centre  
Higher Stockley Mead  
Okehampton  
Devon  
EX20 1FJ

[www.odctg.co.uk](http://www.odctg.co.uk)  
<https://www.facebook.com/pages/Okehampton-District-Community-Transport-Group/165867586926940>

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## **'Supper with Scrooge'**

Red Spider Amateur Dramatic Company invite you to 'Supper with Scrooge'

This will be a one night only production, on Saturday 1<sup>st</sup> December, of Charles Dickens' famed Christmas story, A Christmas Carol. The production will take the form of a rehearsed reading, with all the familiar characters from Dickens' famed novel, in full Victorian costume, and, of course, plenty of "Bah! Humbug". If that was not enough, the play will be accompanied by supper, to be served between acts one and two, freshly cooked to order and provided by the Nippy Chippy. As well as fish and chips, choices include sausage and chips and a vegetarian option, all accompanied by a glass of mulled wine or apple juice and homemade mince pies and cream.



This is designed to be, as much as anything, a social evening and we are delighted to include among the cast children who made Fantastic Mr Fox such a special experience earlier in the year, as well as many well-known members of RSC. Directed for us, in his own inimitable fashion, by Charles Dickens (aka Martin Perry), the play will take place on:

**Saturday 1<sup>st</sup> December, at Lewdown Victory Hall. Curtain up at 7.30 pm.**

**Tickets £9.50 available from:**

**Maureen Cooke 01837 871110  
Martin Perry 01409 221376  
and Lifton Shop.**

[www.redspidercompany.co.uk](http://www.redspidercompany.co.uk)

## 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

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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?"*

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**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)**

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**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**



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



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## **P.S Electrical**



Office :01409220246

Mobile: 07792 163156

enquiries@pselectricians.co.uk

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## **J A WILKINS**

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Station Road  
Northlew

01409 221212  
07890 929184



## **JEANNETTE LAWRENCE**

*Traditional*

*Freelance*

*Mobile Hairdresser*

**01409 221762**

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## **J & J SERVICES**

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Repairs to old and new • All makes and models**

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**01409 220091 07850 767686**

**The Knoll, Northlew, EX20 3BR**

**Established 1981**



**Steve Lofthouse  
Driving Instructor  
Northlew**



## **Take Up! Driving**

**07533 017938**

**01409 220285**

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# CBL STOVES

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

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



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- 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

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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**

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# 2018 Events at a Glance

## December

- **Saturday 1<sup>st</sup> December:** Supper with Scrooge, Red Spider Company, 7:30 pm Lewdown Village Hall
- **Monday 3<sup>rd</sup> December:** Northlew Primary School PTFA Christmas Fayre 6 pm – 8 pm
- **Tuesday 4<sup>th</sup> December:** Inaugural brainstorming meeting regarding reforming a WI group
- **Wednesday 5<sup>th</sup> December:** Women's Guild and Fellowship Christmas lunch at The Green Dragon
- **Sunday 9<sup>th</sup> December:** Christmas Lunch, Victory Hall
- **Saturday 15<sup>th</sup> December:** Silver band extravaganza, Victory Hall. 2:30 pm free entry donations welcome
- **Saturday 15<sup>th</sup> December:** Christmas jumper party at The Green Dragon
- **Sunday 16<sup>th</sup> December:** Carol service at the Parish Church 6:30 pm followed by lighting the Christmas lights
- **Christmas market at The Green Dragon:** date to be confirmed – see Northlew Life and posters around the village
- **Thursday 20<sup>th</sup> December:** Self employed and retired Christmas lunch
- **Sunday 23<sup>rd</sup> December:** Carol service at The Methodist Chapel
- **Christmas Eve, Monday 24<sup>th</sup> December:** Crib service and nativity 4 pm and Christmas Eve Holy Communion 10 pm
- **Christmas day, Tuesday 25<sup>th</sup> December:** 9:30 am Christmas celebration in the Chapel
- **New Year's Eve Monday 31<sup>st</sup> December:** Party at The Green Dragon

# 2019 Events at a Glance

## January

- **Friday 11<sup>th</sup> and Saturday 12<sup>th</sup> January:** NADS performance of Darts! Victory Hall
- **Northlew Produce Show Committee Annual General Meeting:** date to be confirmed

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Northlew & Ashbury  
Primary School



### ***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

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Okehampton Library,  
4 North Street,  
Okehampton  
EX20 1AR

01837 52805

## ***Events at Okehampton Library***

### ***Christmas Hamper Draw*** – Tickets £1 each

Support your local library with a chance to win the contents of our luxurious hamper. To be drawn on Saturday 22<sup>nd</sup> December by the Friends of Okehampton Library.

### ***Friends of Okehampton Library Christmas Quiz Sheet*** - £1 each

Return completed quiz to Okehampton Library by 4<sup>th</sup> January 2019

1<sup>st</sup> correct entry drawn will receive a £10 book token and 2<sup>nd</sup> a £5 book token

### ***10:00-12:00 Monday 3<sup>rd</sup> December – Crafty Creations Workshop***

Learn to create beautiful paper flowers and take them home

£10 per person, booking essential

### ***15:45-16:45 Monday 3<sup>rd</sup> December – Christmas Craft***

For children aged 5+ 50p per child, no booking necessary

### ***14:00-15:00 Thursday 6<sup>th</sup> December – Christmas Card Making***

For under 5's and their carers – 50p per child, no booking necessary

### ***09:30-10:30 Friday 7<sup>th</sup> December – Christmas Card Making***

For under 5's and their carers – 50p per child, no booking necessary

### ***19:00 Friday 7<sup>th</sup> December – A Night of Music***

Ockment Centre, North Street, Okehampton

Local music groups including, Uke'n Play, The Electroleles, The Briars and Rough Diamonds.

Refreshments but no bar- you are welcome to bring your own drinks.

Admission £5, advance tickets from Okehampton Library or Friends Group. Enquiries: 07500 759639

**10:00-11:00 8<sup>th</sup> December Saturday - Christmas Craft**

For children aged 5+ 50p per child, no booking necessary

**10:00 Saturday 15<sup>th</sup> December – Christmas Story**

Suitable for all children and their carers - Free event no booking necessary



## Regular Children's activities

- **Tuesdays 10:00- 10:30 – Bounce and 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 and Storytime**  
For ages 0-5. Free, no booking necessary
- **1st Tuesday of the month** - Book Club for ages 7 – 11 (except Aug/Sept) 15:45 – 16:45 Free, no booking necessary  
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

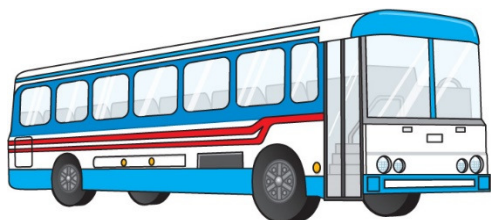
Children under 8 must be accompanied to all events by a responsible adult. See our website or call in for details –

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

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## **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. 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!

## Carmel Coaches Excursions for 2018/19

Date and venue	Cost
<b>24<sup>th</sup> November:</b> Bath Christmas Market	£18
<b>1<sup>st</sup> December:</b> Bristol Cribbs 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



**Merry Christmas and Happy New Year**

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

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