WINTER 2024

NORTHLEW

NEWS



GRATITUDE

CRAFT & PRODUCT SHOW REPORT. NORTHLEW REMEMBERS. WHEN NATURE BREAKS THE RULES. UNDERSTANDING TRAUMA. A PANTHER IN NORTHLEW?

www.northlewparishcouncil.org.uk

NORTHLEW VICTORY HALL

Christmas Lunch

Sunday 15th December 2024

Doors open 12.30 for 1pm

Adults £13 | Children (11 and under) £9

Roast turkey and all the trimmings
Vegetarian and delivery options available

Bar | Raffle

Call Jayne by Thursday 12th December on:
01409221225

Made with PosterMyWall.com

Charity No: 266213 A/3



In this issue.....

From the Editor.....Page 2
Pews News: St Thomas of Canterbury..... Page 3
Seasons Greetings from FOST .....Page 9
Produce and craft show report.....Page 6
PTFA News.....Page 7
SPECIAL FEATURE: Understanding Trauma.....Page 8
Harvest Moon. A poem.....Page 9
With Gratitude.....Page 10
Northlew Remembers.....Page 12
Panthers in Northlew?.....Page 14
Quiz Time: A look back 2024..... Page 15
Northlew Nature: When nature breaks the rules .....Page 18
Seamoor Lotto .....Page 19
Cottage Garden Wildlife.....Page 21
Tania's recipe: *An alternative Christmas Pudding*.....Page 24
Northlew Market & 50:50 shop.....Page 25

INFORMATION PAGES

Your Parish Council .....Page 26
Community Contacts .....Page 27
Sports and Recreation .....Page 28
Bus and Train .....Page 29

NORTHLEW NEWS IS A FREE NEWSLETTER PRODUCED BY NORTHLEW PARISH COUNCIL.
YOUR NEWS, STORIES, ARTWORK, POEMS OR PHOTOS WELCOMED,
EMAIL THE EDITOR, VICTOR HULBERT AT NORTHLEWNEWS@HULBERT.ORG.UK
TO ADVERTISE OR IF YOU WISH TO JOIN THE E-DISTRIBUTION LIST, PLEASE CONTACT CELIA MINERS AT NORTHLEWNEWS@GMAIL.COM.

OPINIONS EXPRESSED ARE THOSE OF THE INDIVIDUAL AUTHORS AND DO NOT NECESSARILY REPRESENT THE VIEWS OF THE COUNCIL. THE COUNCIL DOES NOT ENDORSE ANY ADVERTISING BUT PROVIDE IT AS A SERVICE TO USE AT YOUR OWN RISK.
PROOFREADER: AUDREY ANDERSSON
ALL PHOTOS ARE BY THE EDITOR UNLESS OTHERWISE STATED.



Recently I've been up in the attic looking through boxes of our archives. It is a time-consuming exercise as we easily find ourselves distracted by family photos, old letters or autograph albums, and other unexpected surprises.

One of those surprises was a folder of cartoons Luisa had drawn during our courtship and the first few years of our marriage.

Luisa has a tremendous sense of humour and often uses her artwork to make a point. One cartoon in particular jumped out at me reminding me of when I was an insecure young preacher. As I preached my heart out, she sat in the congregation distractedly caring for our three young children while supposedly listening to my sermon.



The expression on her face on the way home as I posed my insecurity-inspired question said it all, *"So, how was my sermon today, dear?"*

It was fun. It was light-hearted, but it made a point. A point I needed to take note of. Listening skills and improving communication are half the battle in ensuring a happy marriage. We've been married for more than four decades, but we are still learning as time goes by and the stages of life change.

Now we watch our children as they raise their families and find ourselves filled with admiration at the way they translate those similar skills with the next generation.

The same is true as we learn from each other in the village. Whether personal conversations, a bit of banter in the Green Dragon, or an exchange of information on the Facebook group, learning and understanding each other helps us to be the vibrant community for which Northlew is known.

Several articles in this edition emphasise those same skills. Revd Leigh tackles the tricky problem of when to let go - and how to take on something new.

Cathering Wensley shares practical advice on defining and dealing with trauma, while other contributions put those skills into practice.

This winter edition brings me to the end of my first year as editor. I'm still learning, and I'm more than grateful for your ideas, suggestions, and good-humoured patience when I get things wrong. Thank you, and please keep those articles and contributions coming in 2025.

So here is to wishing you a merry and blessed Christmas and a Happy New Year. I shall be waiting with expectation for Shaun and the midnight canon!

PEWS NEWS: ST THOMAS OF CANTERBURY CHURCH


Revd Leigh Winsbury

Dear Northlew,

I don't know about you but I do like to feel like I'm noticing the passing of the seasons. It hasn't been so easy this year with summer having not put in much of an appearance, but autumn is currently doing its beautiful, colourful, dishevelled best.

The view from my office window of our neighbours' beech tree in a blaze of gold and orange is just as it should be.

At our most recent Celtic night prayer in Jacobstowe, I led a little reflection based on autumn leaves. I passed a basket of leaves around asking each person to take a few. The reason is that I learned, more recently than I should have, that autumn leaves are only pushed of the branches because of the swelling of the buds beneath preparing for next year's burst of new growth. So, with that in mind, I asked a few questions which I believe are pertinent to all of us.

What are our 'dead leaves'; the things we carry that once were productive and full of life but which now have run their course? And then, what are the reasons behind our unwillingness to let go?

I find it is very easy to know when to pick a thing up or start something new, but the reverse is so much harder when the time comes to lay it down and recognise it's time to stop.

Perhaps even more important, what is now 'swelling in the buds' of our consciousness? What are the things we see new life in that we'd love to take hold of but feel we can't because we're already over committed?

The bud from a falling leaf may, next year, develop a twig bearing 8, 10 or even more new leaves. That would not be possible without shedding last years' effort.

We often don't like change. It threatens our sense of security. But change happens whether we like it or not. The natural world knows this. God knows it too. In the long run it is more productive to work with God and His creation than resist.

So as we ponder these things, here's a tip: Follow the peace. Follow the joy, and follow the life. And rest up when you get the chance!



With every blessing,

Revd, Leigh.

Season's greetings!

The Friends of St Thomas' Church would like to thank everyone who has supported us through the year and have become regular readers of FOST news.



It was launched in March and every two months has information about our Parish church and churchyard. You'll find copies in the Church and Church Room or you can receive the newsletter by email if you prefer by contacting Jackie Ellis (contact details below).

A range of locally designed Christmas cards in aid of FOST will be on sale at various events in the lead up to Christmas and at the Hof Gallery. Each purchase helps us conserve our beautiful church building - and you can even make a secure donation by mobile phone using our new QR code.



As you may be aware, Jackie is recovering from major heart surgery. She writes:

I would like to take this opportunity to thank everyone for their prayers and good wishes. Your cards and visits (and baked goods) have been much appreciated and enjoyed! Thank you so much – I look forward to joining you at all our village events over the coming months.

A merry Christmas and prosperous New Year to you all!

Val Welsh

FOST Committee 2024

Chair–Keith Ellis
Secretary – Jackie Ellis 01837 658750/07952 071809
or Email to: jackie.ann.ellis@btinternet.com
Treasurer-Tony Hazell Email: carmelcoaches@hotmail.com
Allan Welsh
Roger Atkinson
Shaun Millership
Tania Haycocks
Val Welsh
Revd. Leigh Winsbury [ExOfficio]

Tarpaflex



Tarpaflex Ltd is a family owned business established in 1992 with over 30 years experience in the trade.

Tarpaflex is one of the UK's largest importers of prefabricated poly tarpaulins, with over 200 different variations of size, colour and specification available. In addition we also supply a comprehensive range of dust sheets, poly rope, scaffold sheeting, debris netting and complementary products.



- Tarpaulin
- Scaffold sheeting
- Dust sheets
- Netting
- Hessian rolls
- One tonne bags
- Sand bags
- Pallet covers
- Rope and accessories

15%
LOCALS
DISCOUNT
FOR COLLECTION

CONTACT US

The Granary, Rocky Lane, Northlew, EX20 3BR
01409 221192
Sales@tarpaflex.co.uk



www.tarpaflex.co.uk







With almost 400 entries from 65 people at the Northlew and Ashbury Produce and Craft Show, those queuing at the door certainly had a wide choice of items to inspire and enjoy.

The show has been going in different forms since 1922, firstly, with the Women's Institute and then with the Allotment Group. With a few breaks, including during covid-lockdown, the show has been an annual event for the village.

It was great to see so many children entering the show this year and to see their excited faces as they showed parents and family around. It it very clear that this is a village bursting with talent.

Older youth also gave the adults a good competition when it came to the baking, photography and crafts entries.



In recent years Northlew school has taken one of the categories to develop a whole school display. This year was fantastical beasts and demonstrated an amazing variety and creativity. These children have huge imaginations and skills.

Northlew Needles Group made an exhibition lap blanket. The different members knitted squares showing a variety of techniques, colours and textures. Once they had been stitched together their creation of vibrancy was made clear to all. The blanket was then donated to a care home in Oakhampton, the textures and colours really lift the people living there.



The Northlew Needles Group meet on the second and fourth Wednesday of the month 2:00 – 4:30 pm, at the Methodist Hall. Everyone is welcome to come along, learn different crafts, eat homemade cake and enjoy good company and a chat.

Judges for the show come from both the village and further afield. As we are not members of the WI and not bound by their guidelines it can be tricky to navigate a fair competition. Yet, our judges are experienced in many forms of competition and seem to negotiate this path sensitively.

Each year I learned something different about the skills; shown. I find it amazing how the same set of cake ingredients results in so many different shapes, sizes and texture. I learnt that even using different spoons and the timing of the whisking makes all the difference.

There are multiple cups and trophies awarded,

but the overall winner of 'Best in Show 2024' was Pat Canham. She garnered the most points across the different categories. Congratulations not just to Pat, but to the many winners and every participant.

Having had such a wonderful day, the committee is definitely encouraged to start planning for another show next year. We have had lots of suggestions, will continue to add different categories or drop categories that don't appear to be popular. Every year we discuss the timing of the show; too early and we're in the school holidays and people are away, yet, too late and some of the flowers have gone over. And that doesn't even take into consideration what the weather can throw at us.

If anyone is interested in joining our committee or just helping out on the day (putting up tables, serving tea and coffee etc) we would be really happy to hear from you. Please message Maggie Basanti on the Northlew life Facebook page, or any of the committee members. The whole show is organised around 6 to 8 short meetings, usually on a Wednesday evening. Even the crazy set up and the actual day itself is fun, working with a great bunch of gifted committee members and volunteers, and being consonantly astonished by the variety of skills and talents to be found in Northlew and Ashbury.

The AGM next year will be 7.30pm on 26 February at the Victory Hall.

Northlew and Ashbury Primary PTFA News

We would like to update everyone on our play equipment fundraising; so far, we have raised £4000 towards our £15,000 target. Unfortunately, the company who gave us the quote has gone bankrupt. We are now in the process of getting some new quotes which will be with us soon. During this time we registered the PTFA as a charity to allow us to apply for more grants and hold more money in our bank account. The hold-up now is waiting for the new quotes, so we can apply for the grants.

This year, other than saving money for the play equipment, we have paid for the children to have first Aid Training with Joe Rice, a fun science afternoon in school, leavers hoodies, and bus trips to the panto in Exeter.

A big thank you to those who braved the bad weather to attend the School Christmas Fayre on Friday, 22 November. We raised £475 with various quality items, local stall holders selling their crafts or products, cakes, and a raffle with prizes donated by local businesses. Selling hot chocolate, cakes, and more, at the Carols in the barn helped swell that figure.

You are warmly invited to the school carol concert in the church on Wednesday, 18 December, at 2.30 pm. This will be followed by refreshments in the school and a hamper prize draw. Christmas hamper raffle tickets are available to buy from the school on a Tuesday or Thursday morning or simply catch one of the parents.

Keep an eye out for more exciting events in 2025. Plus, if you have any spare time and would like to help us in any way, such as helping at events or any fundraising ideas, then please come and speak to us.



We would like to wish you a very merry Christmas and a happy New Year, and thanks for all your support.

Jo, Becky, Mel, Jade, Becky, Natalie and Rosie.



Ashbury resident, Catherine Wensley, is a Trauma-Informed Consultant, Trainer, and Coach committed to making Trauma-Informed Practice a standard in professional communication.

Definition: *Trauma is a deeply distressing or disturbing experience that can have a profound physical and emotional impact on a person. It can be caused by a single event, such as a car accident or a natural disaster, or by repeated exposure to stressful or traumatic situations, such as child abuse or domestic violence. [Dr. Mayank Saxena]*

Trauma is a deeply personal experience that can result from any event or situation. It's important to recognize that no one has the right to judge whether a particular event should or shouldn't be traumatic for someone. Trauma isn't necessarily caused by the event itself, but rather by how the individual perceives and processes that event. It's the emotions they attach to it that create the trauma. What might affect one person profoundly may not have the same impact on another.

What Influences How Trauma Affects Us?

Traumatic experiences vary widely, and several factors can influence how an individual perceives and is impacted by an event:

- Current Stress Levels: High stress may make someone more susceptible to trauma.
- Past Traumatic Experiences: Previous trauma may heighten vulnerability, making the individual more sensitive to new events.
- Triggers Associated with the Event: Sometimes, elements of an event coincide with a past trauma, amplifying its impact.
- The Event Itself: The nature, intensity, and context of the event matter.
- Individuals Involved: How others act during and after the event may influence the individual's response.
- Self-Perception at the Time: A person's emotional state—such as worrying about something, dealing with grief, or feeling insecure — may affect their vulnerability to trauma.

Even seemingly small, everyday stressors—like feeling self-conscious or dealing with a personal loss — may shape how someone experiences and reacts to a situation. All of these variables combine to determine whether a person feels overwhelmed and, ultimately, traumatized.

The Impact of Trauma on Individuals

Trauma can have a profound, long-lasting effect, disrupting a person's sense of safety, trust, and self-worth. It can halt development, and sometimes you can see this in behaviours that resemble child-like characteristics — reflecting that development may have stopped at the time of the trauma.

Trauma destroys hope, and without hope, it's challenging to have aspirations. Trauma isn't something we simply grow out of; it stays with us, influencing our decisions, relationships, and how we show up in the world—until we consciously address it.

In today's society, trauma is almost inevitable. Studies show that one in three children will experience at least one traumatic event by the age of 18. The impact of these experiences can ripple through their lives unless they receive the right support.

Trauma Always Finds a Way to Surface

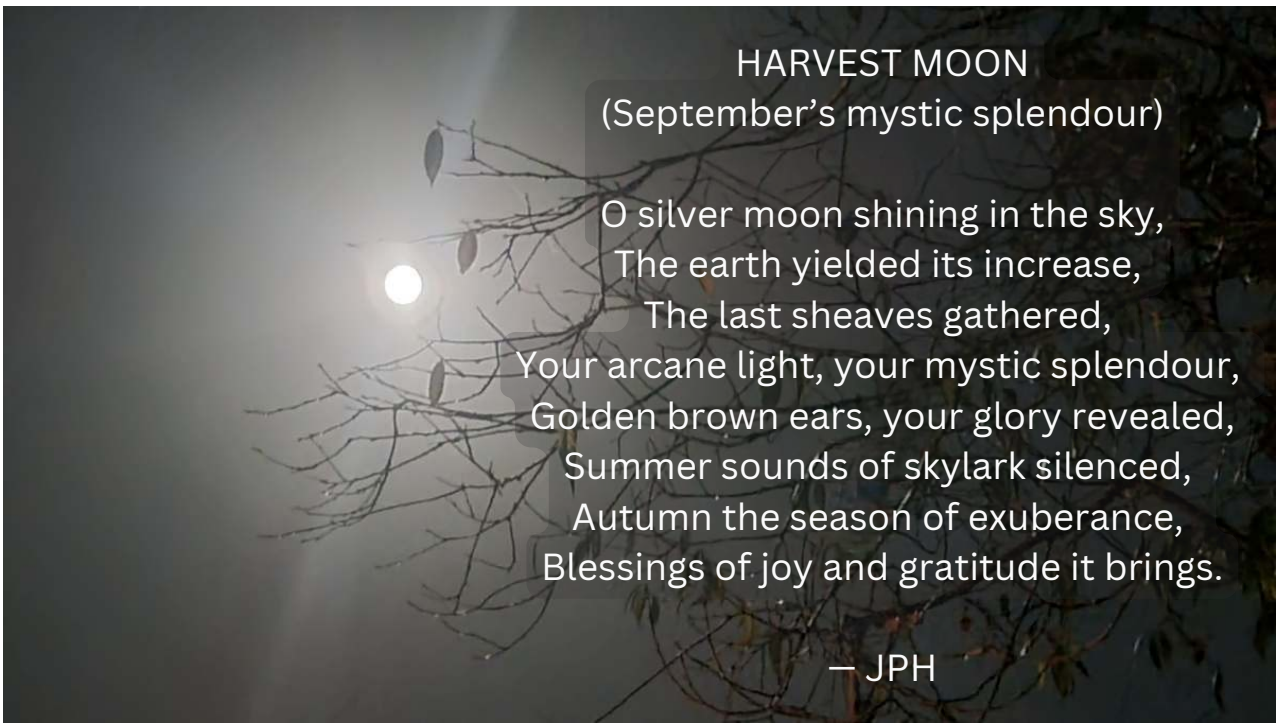
Trauma doesn't just disappear. Even if someone tries to bury it—often because it feels too painful to face—it will eventually present itself in some way, whether through behaviour, emotions, or physical symptoms. In short, trauma leaves an imprint on the brain.

When the brain senses a situation similar to the one that initially caused trauma, it can flood the body with the same intense emotions. For the person experiencing this, it may feel as though they are reliving the event. These triggered responses can happen repeatedly, often without the person even realizing what set them off.

Trauma-Informed Support: A Call to Action

Understanding trauma and its effects is crucial, to create safe, supportive environments for everyone. By building a trauma-aware culture, we can help individuals feel supported, safe, and valued—laying the groundwork for healing and growth.
Trauma doesn't have to be a life sentence. With the right knowledge and support, we can make a real difference in the lives of those affected, fostering resilience and hope for a brighter future.

Discover more about Catherine Wensley's approach at Striding Forward Together: http://www.stridingforwardtogether.com or connect on LinkedIn: https://www.linkedin.com/in/traumainformedconsultanttrainercoach.



JPH, a very frequent visitor to Northlew, deals with the trauma in his life by writing poetry and taking long, solitary walks on Dartmoor.

With gratitude

Complied by Victor Hulbert





There are many ways of coping with trauma, loss, illness or negative emotions. One that I've found extremely helpful over a period of almost five years of Long Covid that forced radical curtailment both of my career and much of my love of outdoor pursuits, is to develop an attitude of gratitude. Even to keep a gratitude journal. It would appear I am not alone, and often that has led to some kind of action. Here are a few examples:

300 for £3,000 reaches more than £4,500

Jayne and Kaitlyn's Cornish Coastal Challenge fund raiser for the North Devon hospice has raised more money than they could ever have imagined. Total currently stands at £4082.09 with an additional £501.25 gift aid = £4583.34

Fully inspired by their adventure, the mother/daughter duo have created a booklet including many of the photos they captured during the walk. Now on sale it makes an ideal Christmas presents at a price of just £5 each.

"Val and Allan Welsh have complied them for us and Morgen Witzel has very kindly paid for the printing so that 100% of the profits will go to North Devon Hospice," Jayne enthuses. "I have also kept the just giving page open for a little longer in case someone is drawn to the cause whilst seeing the booklet!"

A full report of their adventure was in the Autumn 2024 Northlew News.





Carnival bonfire and bingo.

We all love a good bonfire - and nobody does it better than Northlew farmers, the silver band and a large band of helpers. The event certainly brought joy to the crowds that surrounded the square and enjoyed the PTFA BBQ and the hospitality of the Green Dragon. But the joy didn't end with just the carnival and bonfire.

Band member, Tracey Barrett writes, "Just wanted to say a very big thank you to everyone that came and supported the bingo to raise money towards the cost of the bonfire insurance.

Everyone loves Carnival Night and every year the band covers the cost of the insurance. This year was around £400 for the one night.

Special thanks to the businesses that sponsored a game:

Elmfield B&B
The Green Dragon
Local writer A J Mackenzie
M B Construction
NV Motors
We also received a donation of £50 from the coffee and chat club.

The total raised with donations was a massive £869. Thank you everyone.





Force Cancer care.

Victor and Luisa would like to thank you all for the birthday fundraiser donations that, between Facebook donations and gifts in exchange for their upcycled heating system raised £350 plus gift aid for ***Force***, an amazing charity based on the grounds of the Royal Devon and Exeter Hospital that provides active support, advice, therapy and a listening ear for anyone going through cancer treatment. It also supports their partners and provides a comfortable 'safe space' to relax between appointments. Their care and support is amazing. .

https://forcecancercharity.co.uk



Harvest thanks

St Thomas church thanks you for the £187 raised at their Harvest Festival service which, together with all the donated produce, went to support the Okehampton Community Food Bank.

The Methodist church also say a great big thankyou to everyone that came to their harvest festival. They raised £530, £265 of which has been donated to Cancer Research.

The delightful Ashbury Festival of Light church service and fireworks raised £174 for the Royal British Legion Poppy Appeal


Photo: Liz Mary

Help around the village.

Thank you so much Simon Dufty for gritting the road during the recent snow, and Joe Colbear (and others) for pushing/removing trees off the road.

Thank you for all the travel updates on the Facebook page during the bad weather, and the care shown by neighbours supporting neighbours and the more vulnerable.

And a big thank you to all the volunteers who, in various areas, keep the village looking prim and proper, support the various activities, donate their expertise, and generally keep us all in good cheer.


Photo: Jack Savage



Northlew Remembers

With its Victory Hall, War Memorial, and the annual Remembrance Day service at St Thomas Church, Northlew never forgets its 22 servicemen who lost their lives in WWI and the many who have served their country since.

While we remember especially those 22 men who lost their lives on the front line, Tania Haycocks pays tribute to her great uncle. He was the man whose command led him to make painful and challenging decisions in the crisis of war that affected tens of thousands of troops, including those from our village. This is her story.

Field Marshal The Right Honourable The Earl Haig was my great uncle Douglas. He was the son of John Haig, the head of Haig & Haig whisky distillery in Edinburgh.

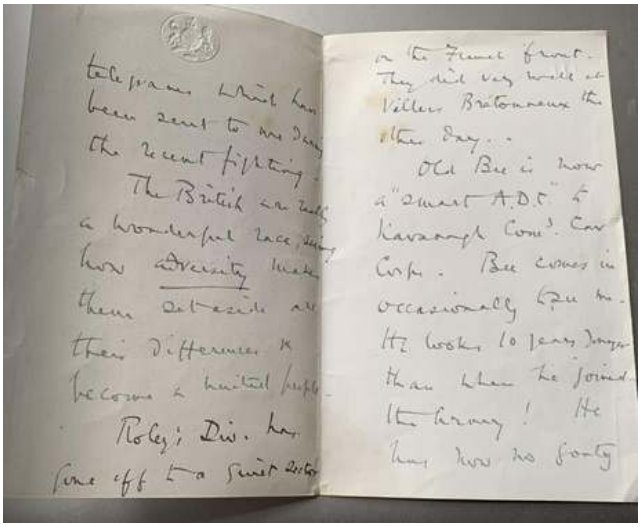
After leaving Sandhurst, his first posting was in India, where he served as adjutant, eventually returning to England to attend Staff College in Camberley. Kitchener then picked him for a campaign in the Sudan and he served in the Boer War. In 1909 he returned to India as Chief of the General Staff.

His idea that a British Indian Army should be formed for the likely chance of a European war was not to be. Instead, an Indian Corps was formed which served on the Western Front.

Haig left India in December 1911 to take up command of Aldershot. At the outbreak of war in 1914 he helped set up the British Expeditionary Force, commanded by Field Marshal Sir John French (whom he had never got along with).

He predicted that the war would last several years and an army of a million men would be needed.

Throughout the war, he wrote letters to his sister Henrietta. I've read some of these very personal letters, which show a different side of the man than what was often portrayed in history books. He wrote how he hated to see young men dying in battle, some maimed beyond recognition. The pain and emotion evidenced in those letters is tangible.



The Northlew 100 year commemoration of WWI can be watched on the village YouTube playlist.

In an excerpt from a letter to Henrietta in May 1918 he writes, “The British are a really wonderful race, seeing how adversity makes them set aside all their differences and become a united people. The Germans are quiet at the moment. They must bring up more guns and collect more ammunition before they can hope to press us back any further. They have lost very heavily and from all accounts are much disappointed that they have not succeeded in beating us already.

The German offensive near St.Quentin achieved an unprecedented advance of 37 miles. The initial offensive was a success. After heavy fighting, however, the offensive was halted. Lacking tanks or motorised artillery, the Germans could not consolidate their gains.” (Haig’s letter was dated 5 May 1918).

The problems of re-supply were exacerbated by increasing distances stretching over shell-torn ground, often impassable to traffic. The resulting Allied counterattack, which started the Hundred Day Offensive on 8 August, led to a marked collapse in German morale. Those were difficult days with hard choices to be made.

In the late 1990s, Haig was perhaps known to the public because of publicity, which implied him as a brutal disciplinarian. He was portrayed as an inept commander who exhibited callous disregard for the lives of his soldiers. This was not, however, the belief of his contemporaries.

An example of this more generous side is The Haig Poppy Appeal, which became the symbol of Remembrance when he realised that this could be a means to support ex-servicemen in need of help

He ordered nine million poppies which were sold on 11 November, 1921. Thus, the Poppy Appeal was born.

As his great nice, the family and I have always believed he was misunderstood. History, I hope, will treat him more kindly.



O God of all hope and peace, we bring to you the needs of our broken and hurting world. Our hearts are breaking with images of lives lost and torn apart by grief in Israel and Palestine, the Ukraine and Russia, and wherever hurt and destruction exist.
We pray for an end to violence and warfare so that the challenging work of rebuilding may begin.



Help us, O Lord, to affirm our common humanity so that in our differences we may build together for justice and peace.
In Jesus Christ, our Lord.
Amen.

Panthers in Northlew?



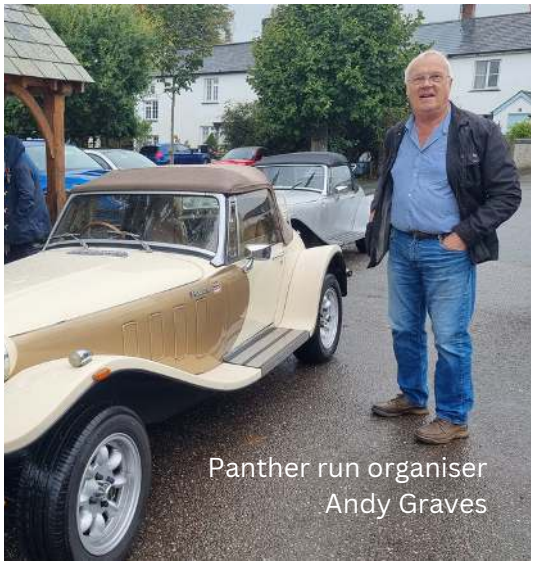
Andy Graves, a one time resident of Northlew, edits the Panther club magazine and recently took a group of club members for an autumn run on a circular route from Tavistock driving their classic cars. After a run across Dartmoor via Postbridge and Twin Bridges to Moretonhampstead, they headed to the highlight of their day, Sunday lunch at the Green Dragon.

Andy wrote in their club magazine, “This trip was bit of a personal mission as although I had lived in this village I was too young at the time to go in the pub. The food was good, very good and sensibly priced, consequently the place was packed!”

I’ve no idea how they still managed a cream tea back in Tavistock after what Andy described as ‘a lazy loop’ through Bratton Clovelly and Chillerton. You could say they had a good run for their money! What is clear is the admiration a number of Northlew residents gave to the stunning cars while parked in the village square.

These were not the only classic vehicles to descend on Northlew this year. Back in April some 60 plus Lambrettas came roaring up Harpers Hill where their riders congregated outside the pub to reminisce together while enjoying an especially laid on BBQ. They came to honour the memory of Mike Karslake who ran a Lambretta museum in the village during his retirement years.

So now we look forward to 2025, anticipating more friendly visitors to our village and the hospitality of the Green Dragon.



Panther run organiser Andy Graves

You may have heard rumours concerning the beast of Bodmin Moor, puma’s on Dartmoor, or even that the devil died of cold and is buried here under the village cross. But have you ever seen a Panther in Northlew?



Quiz Time: *Can you remember what happened through 2024?*

Created by Ian Richards. *Answers on page 20.*

1 Can you name the two Chancellor of the Exchequers we have had this year?

2 Who became GB's highest ever winning gold medalist at this years Paralympics?

3 Which film won Best Picture at this years Oscars?

4 Which former England football manager passed away this year?

5 Where were this years Summer Olympics held?

6 What was the name of the most disruptive hurricane of 2024?

7 What has been the highest grossing film worldwide in 2024?

8 Who Played Mr Bates in the TV programme Mr Bates vs The Post Office?

9 Who is Donald Trumps' Vice President going to be?

10 Which team won the 2024 Champions League?

Local to Northlew

D	H	D	N	N	B	O	W	N	X	H	N	A	E
A	I	S	I	O	I	Q	U	O	D	I	T	C	H
D	I	W	N	D	O	E	J	T	A	U	C	H	S
S	O	W	W	L	H	O	H	R	T	H	S	H	A
O	B	B	A	E	E	S	E	U	J	T	E	J	S
O	B	R	R	M	L	S	G	O	P	E	A	L	H
N	O	D	D	I	H	W	O	S	P	C	E	H	B
W	A	I	L	H	D	N	I	W	O	N	O	A	U
H	S	T	E	B	C	E	A	B	R	R	R	L	R
H	L	D	I	L	N	S	S	U	W	M	U	W	Y
N	E	C	G	H	H	T	O	T	E	R	W	I	O
S	Y	D	H	A	O	B	I	E	O	I	H	L	S
I	E	D	U	W	X	J	T	I	O	W	D	L	E
H	C	U	E	E	Y	H	T	R	O	W	A	E	B

Play this puzzle online at : https://thewordsearch.com/puzzle/7

How many local villages can you find in this WordSearch? Answers on page 20.

Enjoyed the quiz? Don't forget the regular quiz and curry nights at the Green Dragon.

Plus food specials that include the Wednesday lunchtime meal deal, Wednesday night pizza, and Friday night Fish and Chips. .



pear tree Cottage

Peartree Cottage, Howards Gorhuish, Northlew, Okehampton, Devon EX20 3BT



Peartree Cottage is a charming two-bedroom self-catering holiday home standing in the grounds of Howards Gorhuish, 2 miles from Northlew. Howards Gorhuish, is a former dairy farm dating from late 17th century and the cottage was originally the cowshed, converted in the 1990's. It has recently undergone a complex refurbishment but retains its old-world charm. It is warm, cosy and comfortably furnished with Visit England 4 Star Gold Award Accreditation.

Accommodation: Sleeps 4 plus one infant (travel cot provided). Fully equipped kitchen/diner. Triple-aspect sitting room featuring stone inglenook fireplace with wood burning stove and French doors leading to the cottage's private patio and garden. Entrance hall leading to stairs and upper landing which leads to two spacious double bedrooms each with its own en-suite. Both bedrooms are double aspect with lovely views across the gardens, meadow and beyond. Further overflow accommodation available in The Old Cob Barn, which can be let as B&B. Garden features private patio and steps leading up to a secluded lawned area with feature shrubs. Garden furniture and BBQ. Gate leading to wildflowers meadow with summer house and a small shady copse. Dog friendly. Open all year round. Short breaks available. Generous welcome pack provided by The Square Shop, Northlew.

For further information contact: Keith & Jackie Ellis Tel: 01837 658750
Website: https://www.peartreecottagedevon.com or Email: Jackie.ann.ellis@btinternet.com
Facebook @PeartreeCottageDevon or www.cottages.com





Northlew Baby and Toddler Group

Wednesday mornings 10 – 12

(Term time)

In the Village Hall

£2 per child snack included

Tea and coffee for adults

For more info find us on facebook:

Northlew Toddler Group, Devon







What is a species?

The simplest definition is that a species is defined as one that can only produce fertile offspring by mating with the opposite sex of the same species.

Unfortunately, nature doesn't always play by the rules, and so there are examples where the rule does not apply.

For example, if a 'species' of bird gets cut off from the mainland due to, say, volcanic action and continues to live and breed on this isolated island for long enough, then something odd occurs. If this group of birds eventually meets up with its brothers and sisters on the mainland, the two groups will no longer interbreed. This isolated group has become a new 'species'.

The basic reason for this rule is to keep the species pure. Otherwise, hybrids would become dominant, and the original species would disappear.

The Scottish Wildcat is a good example of what happens when this goes wrong. The species is in danger of being lost due to interbreeding with domestic cats. Only by keeping the Wildcats isolated for a long time is there any possibility of the 'species' surviving.

Strangely, a bird species in the UK seems to go against the rules, and this is the Ruddy Duck. Not native to the UK, it escaped from collections and began to breed successfully. Unfortunately, it was found that it was also breeding with the White Headed Duck, a Southern European species. The concern was that this interbreeding would affect the purity of the White Headed Duck species, so the Ruddy Duck was effectively exterminated from the UK to resolve the problem. Scientists explain that this behaviour occurred because the White Headed Duck and the Ruddy Duck are from the same genus, but not the same species.

A genus is a family term so a zebra is in the same genus as a donkey, but is a separate species. In the case of our two birds, they are a separate species, but obviously closely related in their genus resulting in their interbreeding.

Let's take the case of the Carrion Crow and the Hooded Crow. Once they were considered to be the same species, but obviously different in feather pattern. It is believed that two groups of crows were separated during the last ice age and continued to live and breed for long enough that they became different species. When we came out of the ice age, the two groups met again and some interbreeding



occurred, but not significantly enough to again become one species.

Why? The belief is that the birds then chose mainly to breed with birds that looked like them. This is why you generally only see Hooded Crows in Scotland and Carrion Crows in England. Some interbreeding does occur but not in high enough numbers to again 'merge' the two species.

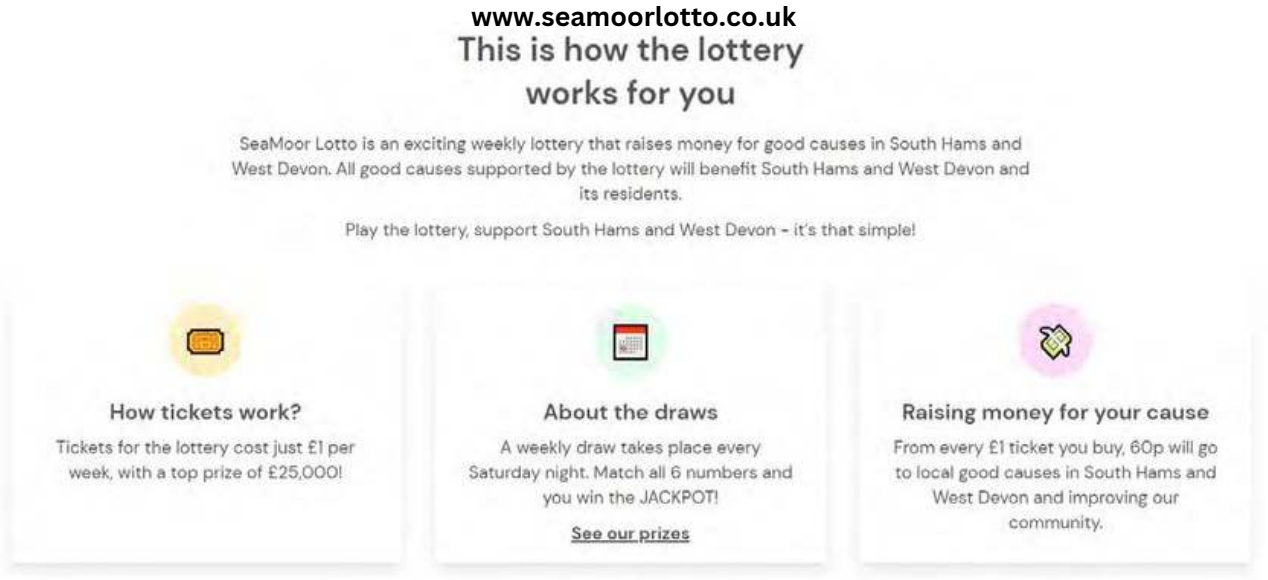
The classic example of a species is the human being (homo sapien). We are the last surviving genus of primates known as homo. As such, we can only breed with other homo sapiens, but if we look far enough back in time, there were other primates in this genus that we bred with, like Neanderthals.

Anthropologists generally believe that our genus started to move out of Africa about 300,000 years ago and slowly eradicated all other members of the genus until about 160,000 years ago, when there were only homo sapiens left in the genus. There are now over 8 billion of us covering every continent in the world, so I suppose you could say we are a pretty successful species!



SeaMoor Lotto

SeaMoor Lotto was created in 2018 by West Devon Borough Council. Set up to support community projects in the local area, SeaMoor Lotto operates on the principle of raising money within the community for the community.
We empower local good causes to raise money in a fun and effective way. A ticket for SeaMoor Lotto costs £1 a week and 60p will go directly to good causes! Northlew Parish Council are a registered good cause with SeaMoor Lotto, so you can raise funds for the parish council, and potentially win something for yourself. Google SeaMoor Lotto, it's really simple to join!



GREENAWAY RECYCLING

WE COLLECT YOUR FARM WASTE PLASTIC

SILAGE SHEET
BAGS INCL. FERTILISER BAGS
WRAP AND NET WRAP
STRING
BUCKETS AND OF COURSE TYRES!

WE CAN WEIGH IT ON SITE & ISSUE YOUR WASTE TRANSFER NOTE THERE AND THEN.

CALL / TEXT 07411 243013
OR NIGEL ON 07785 731376

TO ARRANGE A COLLECTION TO SUIT YOU.



Quiz answers from page 15

How many did you get right?

1 Jeremy Hunt and Rachel Reeves
2 Sarah Storey
3 Oppenheimer
4 Sven Goran Eriksson
5 Paris
6 Milton
7 Inside Out 2
8 Toby Jones
9 J D Vance
10 Real Madrid

Wordsearch Villages

INWARDLEIGH
EXBOURNE
SHEEPWASH
SOURTON
WHIDDON
HALWILL
ASHBURY
BRIDESTOW
BOASLEY
MELDON
QUODITCH
JACOBSTOWE
MEETH
BEAWORTHY

Coming Events

A reminder that Chris Baines produces a helpful monthly village Coming Events Diary. This includes special events, clubs, church and chapel service times and even the bus timetable. This is sent out by email and also published on the Northlew and Ashbury Facebook page. This is the best way to stay abreast with village happenings. To subscribe or to submit a coming event email: northlewnews123@gmail.com.



Cottage Garden Wildlife

Therapy for the soul by Country Mouse

Not long ago our garden was responding to autumn with changing leaf colours, abundant fruit and seeds, flowering ivy, and colourful fungi. We were saying goodbye to swallows and redstarts begining their six-week return journey to Africa.

But now winter is here. Our hedgehog no longer gathers nest material and sleeps under the old stone trough. Adult peacock and tortoiseshell butterflies have moved indoors to the conservatory. A young field cricket occupies the downstairs loo – a positive sign that numbers are improving.

The autumn weather means many insects began seeking winter shelter later this year. We've enjoyed watching a huge garden spider eyeing up our wooden letterbox as being more hospitable, and the large ladybird cluster discovered last year under the bedroom windowsill is back. In the same room is an incomplete bell-shaped solitary wasp nest hanging from the curtains - started during the summer, but then abandoned.

Night-time frosts have encouraged our friendly toad to return to his favourite corner in the garage. How he squeezes his bulky body under the door is not yet known! Impervious to the cold having denser fur than other shrews, a solitary water-shrew has been spotted hunting aquatic prey in the pond.

We've enjoyed the grey squirrel antics as they try fathoming out where they squirrelled away their winter nut supply. Squirrels are supposed to have good spatial memories to relocate cached food larders. The many unsuccessful holes in our lawn suggest otherwise!



Finally, we've enjoyed testing Exeter University findings about the pecking order of birds using seed and nut feeders. Our observations suggest the more aggressive birds, such as nuthatches, dominate the nut feeders, while larger birds, such as sparrows and finches, hold sway on the seed feeders. The smaller ones, such as tits and dunnocks, simply wait patiently until a gap opens in the queue. One bird that always trumps the others, however, is the Great Spotted Woodpecker, whose sudden and noisy arrival simply scatters all diners far and wide until he leaves.

[*Country Mouse Cottage Garden Wildlife diary appears courtesy of Tavy Links, First published in December 2022 and updated for Northlew News.]*

AJL
PLUMBING & HEATING

ASHLEY LONG
M: 07710 790 010
E: ajlplumbingheating@outlook.com
INSTALL - SERVICE - BREAKDOWN

OFTEC







NEED A SUMMER PROJECT?

- Naturally coloured knitting yarns
- Sheep skin rugs in a range of colours
- Raw fleeces for crafting, spinning, felting

100% pure wool in the natural colour of the sheep, spun at a woollen mill in Launceston

Several colours & yarn weights available from 2 ply to Chunky £5.50/50g ball; whites, creams, greys, mid-dark browns



All from our own flocks raised just outside Northlew

Available direct from the farm

South Yeo Farm East, Northew, EX20 3PS
Tel: 01837 810274 e: southyeofarm@btinternet.com
FB: Farmer Dixon - Twitter: @southyeoeast



Piers' Sheds & Animal Housing

Over 25 years' experience

providing all types of bespoke garden buildings, field shelters,

kennels, poultry / small animal housing, and many other timber products

We are always happy to work with you to develop your ideas,

One-off commissions or large orders

Please contact us with any enquiries

Phone: 01837 52406 or 07816 446574

Email: piers@piersshedsandanimalhousing.co.uk

Website: www.piersshedsandanimalhousing.co.uk

Tania's Tarts presents: an alternative lighter Christmas pudding

500g soft breadcrumbs
500g plain flour
250g soft brown sugar
800g mixed dried fruit
125g mixed peel
250g ground almonds
800g suet
1 jar marmalade
3 eggs
1/2 tsp salt
2 tsps mixed spice
2 tsps cinnamon
Rind and juice 1 lemon
Grand Marnier (optional)
Orange juice

Mix the dry ingredients very thoroughly, add the well beaten eggs and marmalade with either a little Grand MRnier or orange juice if needed. Grease a 2pt pudding basin and put a disk of baking parchment in the bottom. Spoon in the pudding mix, cover with baking parchment (make a pleat to allow for expansion) and tie with string or rubber band. Boil for 6 hours, not letting the saucepan run dry. Cool and store in a dry place. Before serving, boil again for about 2 hours. Warm some Grand Marnier and pour over the pudding. Light with a match and keep you eyebrows out of the way....!

Tania's Tarts

Delicious tarts, pies and delicacies available from Tania's window every Friday 10am-12 noon.
[Photo: Jack Savage]


Photo: Tracy Barrett

Northlew Market

The market is held on the first Saturday of the month in the Methodist hall, between 10 and 12. We now have a full house of interesting local stalls. These include honey, eggs, preserves, goat meat and goat milk soap, haberdashery, Avon, plants, and cakes ***Lots of Cakes!!!***

We will add a community table where we can sell your excess garden produce, plants, eggs etc. A great way to make a bit of money, maybe for next year's seeds! [We only take 10% the rest is yours.]

Enjoy refreshments, a raffle, hot and cold snacks, and did I mention CAKE? Plus, of course, the chance to catch up with friends and find out about future village events. Look forward to seeing you there. Enquiries: Ros Smith 01409 221814.

50/50 Shop

Did you know there is a 50/50 shop in the village? You can bring your unwanted items (not clothes), state a price for them and if the goods are sold you receive half the money, and the other half goes to Northlew Methodist Church.

The shop situated behind the Methodist Hall is open every Saturday from 10 a.m. to 12 noon. During this time you can also enjoy a cup of tea or coffee and biscuits.
Come along and see what bargains are on offer.

[Winnie Davey]



Information pages

Your Parish Council

Your Councillors are here to help and always welcome your support and comments. Contact details as follows	
Mark Rundle: Chair	mrundle@northlewparishcouncil.org.uk
Celia Miners:	cminers@northlewparishcouncil.org.uk
Andrew Alger	aalger@northlewparishcouncil.org.uk
Bryan Dufty	bdufty@northlewparishcouncil.org.uk
Shaun Millership	smillership@northlewparishcouncil.org.uk
Dave Kent	dkent@northlewparishcouncil.org.uk
Siobhan Williams	swilliams@northlewparishcouncil.org.uk
Rob Woolley	rwoolley@northlewparishcouncil.org.uk

Visit our website, http://www.northlewparishcouncil.org.uk, to discover:

- Details on how to contact your Borough and County Councillors and Member of Parliament.
- Minutes of previous council meetings and agenda for the next meeting.
- news, local information and a memory page.

Parish Council Meetings are usually held at 7.30 pm on the third Monday of each month in the back room of the Victory Hall. **The agenda** is published on the website at least 3 days prior to the meeting. At 7.30pm prior to the start of the formal meeting, there is 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 items for the 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.

Please contact our clerk Johannah Shaw, for further information, for comments or suggestions on the website, or if you would like to raise a topic at the public session of the Parish Council Meeting. Johannah should be contacted at: clerk@northlewparishcouncil.org.uk.

Community Contacts

Medical	
Blake House Surgery, Black Torrington	01409 231628
Derriford Hospital	01752 202082
Royal Devon and Exeter Hospital	01392 411611
MyDentist, Okehampton	01837 52853
NHS Direct	111
Okehampton Boots (Mon-Sat 9-5.30)	01837 543220
Okehampton Community Hospital	01837 658000
PharmaDerma Pharmacy, Okehampton (Mon-Friday 9-6.30. Sat 9-5.30)	01837 847663
Okehampton Medical Centre	01837 52233
Vets	
Okeford Vets	01837 52148
North Park Veterinary Group	01837 658777
Other	
Police	101 (non-emergencies) 0845 277 7444 (enquiry office)
Samaritans (24 hours)	116 123
Reporting a Power Cut	105
Floodline	0345 988 1188
Citizens Advice Bureau	0344 411 444
West Devon Borough Council	01822 813600
Devon County Council	0345 155 1015





Sports and Recreation

Please note that this may not be a complete guide and may be subject to change. For further information please contact event organisers.

- BADMINTON — held at the Victory Hall on Tuesday and Wednesday at 5-7pm.Contact Chris Baines for more information on 07917 795072 or email chrisbaines63@btinternet.com

- NORTHLEW NEEDLES - held every 2nd and 4th Wednesday of the month in the Methodist chapel hall from 2pm until 4pm. Bring your crafting - be it knitting, crochet, sewing or anything else you fancy - and join us for a cuppa and a chat. £2 per session, refreshments included. Contact Julie Phillips on 01409 220088 for more information.

- NORTHLEW AMATEUR DRAMATIC SOCIETY (NADS) –We have welcomed a few new members but need more volunteers both to perform and to help with costumes, painting, set and programme design, curtain pulling.....oh and not forgetting prompting (probably a big part!) We meet most Monday evenings before our next production so please feel free to come along. Just call us to confirm. Send an email to Lyn Taylor, Chair, 07971 609115 lyntaylor11@live.co.uk, or Martin Perry, Secretary 01409 221376 martinperry.northlew@gmail.com.

- NORTHLEW AND ASHBURY SNOOKER CLUB—this is an active and thriving facility with two full size tables and has a team in the Okehampton League. We welcome new members of all levels of play for a small membership fee. However, have a free go before joining, just contact David on 07977 789734 or david@grindhill.co.uk.

- NORTHLEW CHILDREN'S GROUP–held on Wednesdays, 10am-12pm at the Victory Hall–Contact Jo Drydenvia on Facebook or 07789282990.

- NORTHLEW SILVER BAND—Devon's only Village Silver Band over 100 years sold. For more information please contact: Tim Williams 01409 221754 or Martin Perry 01409 221376.

- PLAYGROUP FOR GROWNUPS - come to the Methodist Chapel on the 1st and 3rd Tuesday of the month from 2 to 4pm for games, refreshments and laughter. All for £1.50. Local transport available. For more information please call Chris on 01409 221797.

- SHORT MAT BOWLS - every Thursday, 2- 4pm at the Victory Hall. For more information call Mike on 01409 220320, Norman on 01409 221518 or Lin Miller 01409 221164.

- SKITTLES — Tuesday 7.30-10pm at the Victory Hall. Contact Mark Turley 07958764143.

- WALKING GROUP including nature walks are organised periodically throughout the year. Please contact Chris Baines, 07917 795072 or chrisbaines63@btinternet.com for more information.



Northlew Tutors

Struggling with English or Maths? Need some post pandemic catch up? Support with schoolwork? Help to get those grades?

Experienced and qualified local tutors, DBS-checked and insured.
Small group classes in English and Maths for all levels up to GCSE at Northlew Methodist Church Rooms.
Private tuition may be available on request.
For more information and to book, contact Shirley or Cath via **Facebook** or email **northlewtutors@outlook.com**

Bus timetable

Timetable complied from the MD buses and Tor and Torridge buses websites and is up-to-date as of April 2024.
www.mdcoaches.co.uk
www.tawandtorridge.co.uk/Service-Routes



For Okehampton to Exeter Train times please visit https://dartmoorline.com

NORTHLEW - BIDEFORD Via Shebbear 642

Monday only (Except Public Holidays)

NORTHLEW, Square	**0915**
HIGHAMPTON	0925
SHEEPWASH, Square	**0930**
BLACK TORRINGTON, Black River Inn	0935
BRANDIS CORNER	0940
BRADFORD, Lana Cross	0945
DIPPER MILL	0950
SHEBBEAR, Square	**1000**
CAUTE, Phone Box	1006
ROWDEN FARM	1011
STIBB CROSS	1015
LANDCROSS, Chapel	1028
BIDEFORD, The Quay	**1035**

BIDEFORD, The Quay Stop A	**1330**
LANDCROSS, Chapel	1337
STIBB CROSS	1350
ROWDEN FARM	1354
CAUTE, Phone Box	1359
SHEBBEAR, Square	**1405**
DIPPER MILL	1415
BRADFORD, Lana Cross	1420
BRANDIS CORNER	1425
BLACK TORRINGTON, Black River Inn	1430
SHEEPWASH, Square	**1435**
HIGHAMPTON	1440
NORTHLEW, Square	**1450**

NORTHLEW - OKEHAMPTON Via Germansweek & Bratton Clovelly 633

Monday only (Except Public Holidays)

NORTHLEW Square	**0930**
GERMANSWEEK War Memorial	0945
BRATTON CLOVELLY Clovelly Inn	1000
BOASLEY CROSS School	1010
OKEHAMPTON Market Street	**1025**

OKEHAMPTON Market Street	**1230**
BOASLEY CROSS School	1245
BRATTON CLOVELLY Clovelly Inn	1255
GERMANSWEEK War Memorial	1310
NORTHLEW Square	**1325**

NORTHLEW - HOLSWORTHY Via Sheepwash Taw & Torridge 639

Wednesday only (Except Public Holidays)

NORTHLEW Square	**0925**
HATHERLEIGH Market Square	**0940**
HATHERLEIGH Moor View	0942
HIGHAMPTON	0946
SHEEPWASH Square	**0952**
BLACK TORRINGTON Black River Inn	1000
BRANDIS CORNER	1006
BRADFORD Lana Cross	1015
HOLEMOOR CROSS	1016
COOKBURY Church	1022
ANVIL Corner	1030
HOLSWORTHY Manor Car Park	**1035**

HOLSWORTHY Manor Car Park	**1335**
ANVIL Corner	1340
COOKBURY Church	1348
HOLEMOOR CROSS	1354
BRADFORD Lana Cross	1355
BRANDIS CORNER	1404
BLACK TORRINGTON Black River Inn	1410
SHEEPWASH Square	**1418**
HIGHAMPTON	1424
HATHERLEIGH Moor View	1428
HATHERLEIGH Market Car Park	**1430**
NORTHLEW Square	**1445**

This service is financially supported by Devon County Council

NORTHLEW - HATHERLEIGH - OKEHAMPTON 630
NORTHLEW - OKEHAMPTON via Sheepwash 631

Thursday and Saturday only (Except Public Holidays)

	630 Th	631 S
NORTHLEW Square	**0945**	**0945**
SHEEPWASH Square	-	1000
HIGHAMPTON	-	1005
HATHERLEIGH Moor View	-	1010
EXBOURNE Red Lion	-	1020
SAMPFORD COURTENAY New Inn	-	1026
SAMPFORD COURTENAY Station	-	1030
HATHERLEIGH Moor View	1000	-
INWARDLEIGH Memorial	1010	-
OKEHAMPTON Market Street	**1025**	**1037**

	630 Th	631 S
OKEHAMPTON Market Street	**1245**	**1245**
FOLLY GATE Crossways Inn	1250	-
INWARDLEIGH Memorial	1255R	-
SAMPFORD COURTENAY Station	-	1252
SAMPFORD COURTENAY New Inn	-	1256
EXBOURNE Red Lion	-	1302
HATHERLEIGH Moor View	-	1312
HIGHAMPTON	-	1317
SHEEPWASH Square	-	1322
NORTHLEW Square	**1305**	**1337**
HATHERLEIGH Moor View	1320	-

CODE: Th - THURSDAY ONLY

inkprint

01837 52937

sales@inkprint.co.uk

Unit 8, A30 BC, Higher Stockley Mead, Okehampton, EX20 1BG



design services

business stationery

- business cards
- letterheads
- compliment slips
- menus
- labels
- laminating

NCR & invoices

- books
- pads
- sets

events & advertising

- flyers & leaflets
- posters
- orders of service
- invitations
- draw tickets
- banners
- signs

books & circulars

- magazines
- stapled booklets
- perfect bound
- spiral bound
- newsletters
- mailouts
- binding

artists

- prints
- greetings cards
- calendars

large format

- posters
- plans
- scanning

shop

- stationery
- paper
- ink cartridges
- letterboxing supplies