

The Area Magazine for Lewdown, Stowford, Thrushelton,
Lewtrenchard, Chillaton, Coryton & Marystow

February 2026



community newslink

for all that's going on in your area...



Published by the Lewdown Residents Association

Registered Charity Number: 1071808

Funded by the Subscribers, Advertisers, Sponsors & Area Churches

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Emergency 999**

All other contact with Police 101

Police Contact/Crime Prevention
PCSO Seonid Greenwood 101

Neighbourhood & Farm Watch

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Bridestowe Ward
Terry Southcott 01566 783079
Caroline Mott 01837 861212
Tamarside Ward
Chris Edmonds 01566 784794

Schools

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Lifton 01566 784288
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Okehampton 01837 650910
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Okehampton Area 01837 55000
Tavistock Area 01822 618028

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Chillaton Football Club 01822 860476
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Lewdown Past 01566 783396
Lewdown Residents Assoc. 01566 783320
Lewtrenchard WI 01566 783765
Lifton Benefice Churches
Revd Philip Conway 01566 784462
liftonpriest@yahoo.com
Lifton Surgery 01566 784788
01566 784111
Red Spider Company 01409 221376
Recreation Field 01566 783367
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Victory Hall 01566 783267
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West Devon Women's Aid 01837 55228
Age Concern 01752 665424
Health Information Line 0800 665544
Homelessness Trust 01822 615259
Parentline 0800 8002222
Relate 01392 275681
Samaritans 08457 909090
Tavistock Area Support Svcs. 01822 616958
Age UK 01822 616958
Transport to Health 01822 617525
Victim Support 01822 820455
Youthwise Okehampton 01837 54004

Shop & Post Office

The Shop @The Blue Lion 01566 783238
Lifton PO & Stores 01566 784211

Front Cover Picture

Description

A festive photo of carol singers at the Friends of the Forgotten Garden's Winter Solstice event at Lewtrenchard Manor.

Photo: Graham Yeo

newslink archive

www.rawrationsplus.co.uk/lraarchive.html

For us to be able to print and distribute the community **newslink** it costs approximately £500 a month.

Please make an annual donation of £5+ for yours to:

Account name: **Lewdown Residents Assoc.**
Sort code: **090154**
Account number: **97666081**

Thank you for your support

community newslink

Produced by Lewdown Residents Association

A magazine providing news, information & items of interest for the areas of Lewdown, Stowford, Thrushelton, Lewtrenchard, Chillaton, Coryton & Marystowe

Established January 1999
Issue No. 297 February 2026

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All news, photographs, reports, events, etcetera for NewsLink need to be sent to the Editor by the 15th of the preceding month.

We welcome your articles / items / advertisements. Though we do our best, we cannot guarantee to publish all that is sent to us.

B&W advertising in newslink is free for Charity events in our local areas.

Adverts for events outside of the area and for businesses are priced as follows:

	Black & White	Colour
1/4 page	£4/month or £40/year	£6/month or £60/year
1/2 page	£8/month or £80/year	£12/month or £120/year
Whole page	£12/month or £120/year	£16/month or £160/year

Please note that advertising prices are subject to VAT at 20%

Sad news everyone, and right at the start of a New Year as well. There has been an explosion in the local cheese factory the other day.

There was nothing left but de Brie.

Happy New Year everybody and welcome to this wonderful winter weather we are having, and even better England won a test match in Australia in less than two days, miracles do happen after all.

As you can see the quality of the jokes has not improved in the New Year, as you probably have come to expect. The only problem is I had a few others written down on a piece of paper, but in the head long rush to prepare for Christmas they seem to have been recycled in the wood burner, so think yourselves extremely fortunate.

There was 8 of us in our little house for Christmas dinner, hopefully everyone enjoyed themselves, the tele hardly got a look at, so we are slowly catching up on a few items.

We had a excellent evening at the carols around the tree 🎄 on the 19th of December, with the winner of who came the furthest to be with us competition, won by Maureen Norton, who came all the way from central France to join us for our festive get together, arriving at nearly 9pm, which was not entirely her fault, as the easy Jet flight was 1 and a quarter hours late leaving.

Anyway will close now as the fire is being lit as we speak and a cup of tea is in need of my attention.

Best wishes to you all , from all of us here in the Nash household. We hope 2026, will bring joy to you and all your family wherever they may be.

Ps. My son recently said that he needs a new job. I told him that he should apply to the search and rescue team.

They're always looking for someone.

From the Editor: Happy New Year to you all.

A **big thank you** to all who make donations or, like ST Lane, collect money on our behalf.

It's been a year since we asked you all for payment so now its time to request again: **Please send your annual subscription** to Sarah so we can continue to publish community **newslink**. See Page 3 for BACS details.

Read Page 12 for exciting news about **The Shop @The Blue Lion, Lewdown**

We have a new series starting on Pages 16-17 of Astronomy articles.

Finally I would like to thank competition winners Bebe White and Tori Isaac for entering the Holiday Competition - see puzzle pages for more information.

Ed 😊

From Roy Stacey: Thank you for your kind birthday wishes and donations, see below part of an email I received from The Chestnut Appeal for Men's Health.

Dear Roy

Donation to the Chestnut Appeal for Men's Health

I'm writing to thank you for your wonderful donation of £300.00 raised from your recent 80th Birthday celebrations.

As you know, we will ensure, as always, that your kind donation is put to good use, more specifically, your donation will help fund our PSA testing event at Plymouth Argyle in March, reaching more men than ever before, so thank you.

Kindest regards and wishing you a very Happy 80th year Roy

Lesley-Ann Simpson

Chief Executive Officer

The Chestnut Appeal for Men's Health

Derriford Hospital

Plymouth

PL6 8DH 01752 431579

Registered Charity No. 1087175

Farming Report

Winter is in full swing now with all the cattle inside since mid November, it's the same routine everyday with them feeding, cleaning and bedding them up. Whilst outside we have 400 store lambs fattening on the winter grass we should start to pick out some fat ones early February with the majority going March time for the easter trade.



In the cold frosty snap we had it was an ideal time to get the dung out on the fields which the sheep had eaten up to get that growing again. The sheep definitely did enjoy the cold weather but I'm not sure I did as much, although we didn't have it as bad as some places.

We've also been busy drenching the cattle for worms and fluke, we always do this 6-8 weeks after housing as this is when the products we use will be most effective and when the worms/fluke have matured. Luckily we never have too much problem with this anyway and rarely have a case come back on the abattoir post mortems.

On the horizon will be picking out fat cattle and lambs for the abattoir and thinking about getting the slurry out depending on the weather situation.

Becky Dennis

Stowford Parish Hall



For bookings and enquiries contact Julie Chick Tel: 01566 783223

Email: stowfordparishhall@gmail.com

A Defibrillator is located in the porch - Postcode EX20 4BZ

Charity No: 1020031



Thank you to everyone that helped make the Friends of the Forgotten Garden's Winter Solstice event at Lew Church and the Manor Hotel such a great evening of Carol singing and story telling. Special thanks to **Lewtrenchard Manor** and the **Packhorse Singers** for their contributions to the evening.

For details & updates see: www.forgottengarden.co.uk

Lewdown Grouped Parish Council Coryton, Lewtrenchard, Marystow and Thrushelton **Councillor Vacancies**

Would you like to become a councillor representing one of the parishes?

Would you like to help shape the future of the area where you live?

If so, why not come along and see what is involved in being a parish councillor, your contribution will make a difference.

Contact the clerk for more details:

Email: clerk@lewdowngroupedpc.org.uk www.lewdowngroupedpc.org.uk

Secrets of the Past Beneath Our Feet

Have you ever thought of what you might be walking over?

Here we have two of three Tin Ingots I found in the Lewdown Area. The Ingots were analysed by Exeter University using Atomic Absorption Spectrometry (AAS) and were determined to be from the Roman Period.



I donated them to Exeter Museum (RAMM) because they are very rare.

Exeter Museum loaned them out to The National Park Visitors Centre, Postbridge.

Tony Butland



STOWFORD COMMUNITY COFFEE MORNING

Come and meet your neighbours for a coffee, cake and catch up!

We meet on the first Tuesday of every month at Stowford Parish Hall.

10am - 12noon. All friends and family welcome.

£3 per person (cash only) which includes a hot drink and homemade cake.

All profits are donated to a charity chosen by villagers.

If you need help with transport, please contact Tracy on 07973 327161



Stowford's



at Stowford Parish Hall

Thursday 19th February 7.30pm

and then Thursday 12th March 7.30pm

£4 per person at the door Teams of 2 - 6 people

Bring your own drinks, we provide the nibbles.

(All profits go to charity)

Stowford Parish Hall

The committee of Stowford Parish Hall would like to thank everyone who came to our autumn supper on 17th October. A fantastic evening was had by all, good food, great company and a wonderful time, what more can we say.

We also wish to thank the parishioners for their donations, who wanted to come along to the supper but for reasons were unable to attend. Their support is very much appreciated.

We donated many prize items for the raffle. Those amazing contributions made for a great end to the evening, thank you everyone.

Your help has so far managed to raise £714, money that will go towards maintaining the hall. We also wish to continue improving the hall and have plans for some further improvements that will benefit its users.

We also wish to thank the Stowford Community Coffee Morning volunteers for providing us a donation of £200. This money will go towards replacement pads and battery for the defibrillator, thank you.

We hope to see you all at our 35year celebration on 4th May 2026, details will be provided nearer the time.

Table Tennis

@Stowford Village Hall

Ping Pong at the Village Hall!

A fun way to keep active, meet new people & unleash your inner champion
Join us for **Table Tennis**, no experience needed, just bring energy and a smile

All ages welcome - Bats & Balls provided

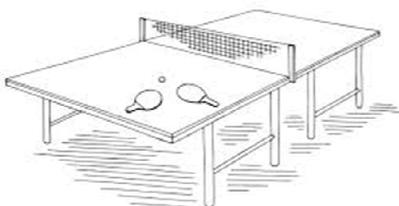
Friendly games, plenty of laughs. Whether you're a beginner or a backhand pro, it's the perfect midweek pick-me-up!

Tuesday 10th February 2026

Tuesday 25th February 2026

19:00 - 21:00

Donations welcome



The Shop @The Blue Lion, Lewdown

Grand Opening Saturday 31st January 2026 10.00-16.00

Come and join us for coffee, tea, cakes and a bag of sweets for the children to celebrate the opening of our little shop

Some of what the shop can offer will include a selection of:

Fruit & Veg
Fresh Bakery
Drinks & sweets
Fresh meats (to order)
Newspapers & magazines (to order)
Foxcombe Bakery
Local Jams, Chutneys & Honey
Local bottled/canned beers
Cleaning products

If there is anything you would like us to stock please let us know and we will do our best to get it.

To begin with our opening hours:

Mon-Fri 09:00-11:00 & 15:00-16:00

Sat 10:00-12:00

Sundays Closed

We will also open during quieter times when the pub is open (tbc).



Lewdown Grouped Parish Council

Coryton, Lewtrenchard, Marystowe and Thrushelton

Abbreviated Minute No 795 of Ordinary Meeting

Held on Monday 24th November 2025 at Lewdown Victory Hall

These minutes are provisional until they signed by the chair at the next meeting of the parish council

Present: Cllrs Yeo (Chair), Alexander, Allison, Andrews, Metherell, Perkins, Southcott, Wilkinson.
P. van Delft (clerk).

1. Apologies for absence Cllrs McSmythurs, Mincher and Cllr Mott (WDBC)
2. Members of the public open forum - One member. Dr Pahdi introduced himself, providing details of the volunteer-led charity '**BASICS Devon**' that supports the South Western Ambulance Service by providing 24/7 pre-hospital emergency care for the community. The volunteers respond in their own fully equipped vehicles under blue light emergency conditions. **BASICS Devon** volunteers bridge the gap, delivering advance pre-hospital care at the scene. In an emergency just phone 999 in the usual manor then the authority will do the rest. For more information about **BASICS Devon** visit www.basics-devon.org.uk
3. Declarations of Interest - Cllr Alexander Item 10.4 and Cllr Southcott item 7.
4. Minutes of previous meeting 794 being a true reflection of that meeting was approved and signed by the chair. Proposed Cllr Southcott, seconded Cllr Andrews, motion carried.
5. Cllr Mott (WDBC) report - no report available for the meeting, however Cllr Southcott informed that the WDBC proposal is for a '4.5.1' model, this includes the following:
 - A unitary authority for West Devon, Teignbridge, South Hams and Torbay
 - A unitary authority for North Devon, Torridge, Mid Devon, East Devon and Exeter
 - Plymouth to remain a standalone unitary authority
 - The full case for change will be submitted to the government by 28th November
 - The government's decision is expected June 2026
 - Implementation is to commence on 1st April 2028.
6. Planning app. 2878/25/VAR - Application for variation of condition 1 (approved plans) of planning consent 2077/22/ARM retrospective), Holster Yard, Lewdown, EX20 4BS, Council decision - Support - Proposed Cllr Southcott, seconded Cllr Alexander, motion carried
7. The following grant applications were approved - Lewdown Residents Association - Newslink printing - £300, Lewtrenchard PCC for grass cutting maintenance £275, Marystrow PCC for grass cutting maintenance £275, Thrushelton PCC for grass cutting maintenance £275, Coryton PCC for grass cutting maintenance £275 Motion proposed Cllr Southcott, seconded Cllr Andrews, motion carried. Lewdown Victory Hall application declined.
8. Finance -
 - 8.1 Payments were authorised for the following; West Devon Borough Council - Dog bin emptying service £763.78 Dean Elliott - Grass cutting £120.00, Matt Electrics - New replacement landing light £690.00, Royal British Legion - wreath £20.00, Clerk salary - Oct- Nov £566.50, HMRC - Clerk paye £137.88. Proposed Cllr Alexander, seconded Cllr Southcott, motion carried.
 - 8.2 R.F.O. Reported a combined credit balance after approved payments of £24,568.71 Proposed Cllr Alexander, seconded Cllr Southcott, motion carried.
 - 8.3 Draft budget 2026-27 - The R.F.O. provided a draft budget that included anticipated costs associated with the new 'Ramps' playground equipment. Final budget to be approved at the next meeting.
9. Play area updates
 - 9.1 Lease agreement - amendment request, councillors approved the final amendment. Cllr Metherell informed that the Recreation Ground committee have approved the lease agreement.
 - 9.2 Review of the play equipment quotes - Lewtrenchard school were consulted, no comments were received
 - 9.3 Planning application - WDBC required further information
 - 9.4 Section 106 - update - no new news
10. Councillors vacancy - no interest received. New advert to go in the Newslink.
11. Highways - Drainage damage at Lobhill, Cllr Metherell informed of his site meeting with D.H, it was agreed that the drainage issues and damage to the existing hedgerow would be looked into and resolved. Cllr Metherell also informed that a fallen tree was obstructing the pavement opposite the Jethro's site. Cllr Perkins reported 11 highway issues with D.H, also she informed that drainage at Coryton Station was not working adequately. D.H. had come to investigate and some remedial work was undertaken.
12. Emergency plan - update. Cllr Southcott informed that the plan needed a new contact to be added to the plan, Cllr Allison offered to become an additional contact, the plan will be fully reviewed at the next full meeting.
13. Councillor email accounts. A suggestion for Cllrs to have '.org.uk' email accounts replacing their own current Cllr accounts. It was resolved that the option of a 'self managed' option at a cost of £75.00 + VAT per annum was not good value for parishioners, it was resolved that until it became law that parish councillors had to have secure .org.uk or gov.uk email accounts, the parish councillors could continue to use their own dedicated Cllr accounts. Motion proposed Cllr Alexander, seconded Cllr Andrews, motion carried. Meeting closed 9.10pm

Lewdown Victory Hall

Spring Supper

Saturday 7th March @ 7pm

£15 per person

Meal Choices:

Cottage Pie

Vegetarian Curry & Rice

Chicken Casserole

Choice of Homemade Desserts

Tea, Coffee & Mints

BYO Bottle

Tickets: Sarah Nash 01566 783274 / 07852 403571

Lewdown Exchange Project

UPDATE

Having reached 91.5% of the required target Openreach has committed to bringing us **High Speed Gigabit** Internet access by the end of 2026.

Fibre is presently being installed throughout the Lewdown exchange area. Work is expected to complete by the end of February. If you signed up you will be updated in due course.

To sign-up visit: www.openreach.com/connect-my-community.

LAMERTON PRE: Point 2 Point Horse Racing 2026 □



DIG OUT YOUR DABBERS!!
MONDAY 2nd MARCH 2026

LEWDOWN VICTORY HALL
Lewdown Devon

**Grab your seat! Doors Open 7pm
Eyes Down 7.30pm**

£10 for 8 Game Card • Extra Games • Raffle
Win Fresh Chickens for Full House
With prizes for 1 line & 2 lines!!

WIN 3 PICNIC HAMPERS

to include p2p passes for the P2P at Kilworthy nr Brentor



on 22nd MARCH 2026 □

Village Skies by The Watcher on the Hill

The night skies in Winter are blessed with bright stars and distinctive constellations.

Look high up towards the south-east after dusk to see Capella, the fourth-brightest star visible to us. Along with four or five dimmer companions it forms the outline of the constellation Auriga, the charioteer. A little below, and to the right, appears the head of Taurus, the bull – five stars in the shape of an arrowhead. The brightest of these, appearing slightly orange, is Aldebaran. Like many stars it was named by Arab scholars centuries ago, and means “follower”. The object of its nightly pursuit across the sky appears above it, slightly to the right: the conspicuous little cluster of stars called the Pleiades, or Seven Sisters. While the naked eye may see only seven, binoculars reveal over 100.

Below Taurus lies the famous figure of Orion, the hunter. His “belt” of three stars appears between his two “shoulders” above, and two “feet” below, the right-hand one being Rigel (the name derives from the Arabic for “foot”). Its brilliant, blue-white appearance contrasts with the red of Orion’s left shoulder star, Betelgeuse. This is an example of a red supergiant, a star approaching the end of its life. It has swollen to a size 500 times larger than our own sun. It may well explode as a supernova in the next thousand years, outshining the moon, and visible even in daytime. Follow Orion’s belt down towards the south-eastern horizon to see brilliant Sirius, brightest star in the night sky and one of the very closest (even so, a spaceship would take 170,000 years to get there).

But the brightest object in the night sky at the moment isn’t a star – it’s the planet Jupiter. Situated below Capella, and to the left of Orion, it does look like a very bright star. But binoculars show it as a disc, flanked by up to four pinpricks of light – its larger moons. Like the other outer planets, it wanders slowly between those constellations known as the zodiac. It currently lies in Gemini, whose brightest stars, Castor and Pollux, are named for those twins

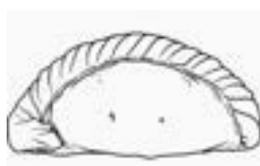
of mythology, and who appear to Jupiter's left. As it happens, the other three "gas giant" planets are also visible at the moment. Saturn is in Pisces, setting in the west early in the evening. Neptune is close by, while Uranus lies in Taurus, though the last two need a small telescope or binoculars to be observed.

The other wandering object in the sky at the moment is our moon. The start of February finds it beneath Gemini and, being full at this time, its glare will hinder the view of the constellations mentioned above. A week later it will have moved to Libra, and will not be rising until gone midnight. If the skies are clear then, the early evening would be an ideal time to view our magnificent Winter night sky.



Feb 8th 20:00

St. Peter's, Lewtrenchard invite you to
a **'Pasty, Pudding and Pint night'**
with a quiz thrown in for free



to be held at **Lewdown Cricket Pavilion**
on **Saturday 28th February at 7.00pm**
The bar will be open for refills
and other drinks

**Tickets £12.50 to include the
Pasty, Pudding and Pint**

Teams of 4 for the Quiz

Tickets available from
Lynn Atkinson on **07794 548447**

**ALL PROCEEDS TO ST. PETER'S
FABRIC FUND**

From Delft to Devon

My family history by Peter van Delft - Part Three
Hendrik 1745-1815, 4 x Great grandfather

Esther and I went to Holland in 2012. The purpose of this visit was firstly to take a look in the archives for more information about the family. But also to try and understand what life was like in the town Hendrik lived in.

On a cold February Monday morning we drove into the town Noordwijkerhout. There, in the town square was a white painted church known as the 'Witte Kerk' built around 1300. This was where Hendrik married Cornelia Kromhout. Cornelia came from a wealthy family so she was a woman of substance. Cornelia recently widowed, lived in a farm house called 'Sixenburg' surrounded by 50 acres of land which was quite substantial at the time. Sixenburg was previously owned by the 'Six' family another wealthy family who had connections with Rembrandt. To this day the Six family live in Amsterdam and still have a significant art collection including some Rembrandts.

I mentioned to Esther that I wanted to pop into the local newsagent opposite the church. Hoping, it may sell local vintage maps and in particular maps for the period 1700-1800. I mentioned to the shop owner that I was tracing my family history. The shop owner said that the local history group met up on Wednesdays at the town library and that I would be able to ask them for more information. This opportunity was too good to pass up so Esther and I went back again on Wednesday. I did purchase a fantastic book giving me lots of information on Dutch history from that shop.

So, on Wednesday, at the history group meeting we were helped to gather more information on Sixenburg and the Witte Kerk. The group leader suggested we come to their next meeting, Saturday to meet a genealogist.

Saturday, back at the history group meeting room, we were introduced to someone who turned out to be a distant relative of mine, Jan Douverman. Jan's mother's family were traced back to the sister of Hendrik. Jan heard that we were in town and wanted to get acquainted. We exchanged information and gained much from each other on our family history. It just goes to prove that you just don't know what or who is around the corner and that sometimes a little effort can make a massive difference. Jan provided us with a lot of family history some of it would not be easily found in the archives. When we got back to Devon Jan had emailed us more info. All this would take a while to put into context and transfer into my family book.

More to follow next month...

From the Mountains of Japan

No.19 - New Year's Happiness in a Bag

While Christmas is a growing presence in Japan, it is mostly about KFC, romantic dates, and foreigners dressing up as Santa Claus. New Year remains the biggest and most celebrated holiday period, and it comes with various familiar traditions, some long-held, others more modern. Most people visit a shrine around New Year, for example, or eat traditional food, known as “Osechi”, or watch the yearly Red-White song contest on NHK, Japan’s equivalent to the BBC.

One of the quirkiest modern traditions is that of the “fuku-bukuro”, which roughly translates to “Happiness Bag”. This is something that many shops offer, a kind of pot luck bag that you order before New Year and pick just after. It’s most common with clothes shops, but you’ll also see it in toy shops, hardware stores, even electronics shops. The bag, available for a set price (usually between 5,000 and 15,000 yen (25 to 75 pounds), but prices can vary) are filled with goodies that are only revealed upon opening. You might get some real bargains, or you might get junk. They’re basically a way for shops to get rid of leftover stock, but while the value will certainly be more than the cost of the bag, whether the stuff is useful to you or not is another matter.



This year, after 20 years in Japan, I decided to get my first Happiness Bag. I ordered one for 5,000 yen from Home Bazaar, an interior goods shop. When I picked it up, I was surprised how big it was, and also surprised at the contents. I’d been expecting a bunch of scented candles and grandma slippers, but among other things, I got a frying pan, a set of ornamental plates, a blanket, an apron, a couple of bags, and a towel set. Some items have proved useful, but as always,



those that haven’t can be kept in their packets and recommissioned as presents for other people. So, Mother, I hope you’ll like your Mother’s Day gift this year, a plastic microwaveable casserole dish...!

Chris Ward

Cocktail of the Month 'Tickled Pink'

This pretty pink cocktail has been expertly created and contains rich mixed berry flavours...

...a hint of lifting citrus and tropical flavours for a tippie that's perfect for toasting someone special.

YOU WILL NEED:

- 150ml London Dry Gin
- 25ml Vanilla Syrup
- 100ml Sparkling Rosé
- 1 pink grapefruit, juiced (about 20ml), plus a strip of pared zest, to garnish
- Fresh raspberries and edible flowers, to garnish
- Ice cubes



METHOD:

Put the gin, grapefruit juice and vanilla syrup in a cocktail shaker and top up with ice cubes. Shake, then strain into your glass.

Top with the sparkling rosé and garnish with a twist of zest.

Tip: Use a peeler to cut a long piece of grapefruit zest. Trim the edges with a knife or pinking shears to get a jagged edge. If you want a slightly weaker version, add a glug of grapefruit juice..

Gardening Jobs For February

Like I did last winter, I am going to give you a recap of the last year in my garden and give you some ideas of what I'm looking ahead to in 2026.

What I learnt in 2025

Last year was full of ups and downs, from a wet spring, to four local village shows and the constant learning – that is all part of the joy gardening brings.

This time last year I mentioned planting elephant garlic in my polytunnel which was a great success, although they were much later to harvest than regular garlic and I didn't account for how big the bulbs would get – accidentally sticking a hand fork through one which was much bigger than I had expected.

I also learnt that whilst having a planting plan is really useful, you have to be adaptable – crops aren't always ready to harvest when you expect them to be. So when it comes to second/later plantings of things like beetroot, salad and fennel, it is better to have them ready in early summer to fill gaps rather than growing them to follow a particular crop.



What I'm planning for 2026

I had some grand plans for this year, but unfortunately since the end of October my allotment has now flooded four times. So whilst the stream that runs behind the plots is useful in the summer, it is now very much my nemesis.

If I do decide to keep my plot for this year, the first thing on my agenda will be a big tidy up, not that I know where to start. The woodchip which previously made up the paths between my beds has been washed all over the place, the veg beds are covered in mud & silt from the river and the shed needs a good clean..



Otherwise my plans included sowing lots of new varieties, attempting to save more of my own seeds and trying to grow more year round crops to increase my self-sufficiency.

Quick fire tips for January

- Review your seed stock, if there are any packs that are rather old or almost empty, consider adding them to your shopping list
- Another good job I like to do at this time of the year is to oil the handles of any wooden tools, like spades and forks – I use Danish oil, which helps protect them
- Don't forget about the garden, whilst there still might not be many specific jobs, it is still a good idea to keep an eye on the plot ahead of the growing season

May the weather be with you, and have a great growing season!

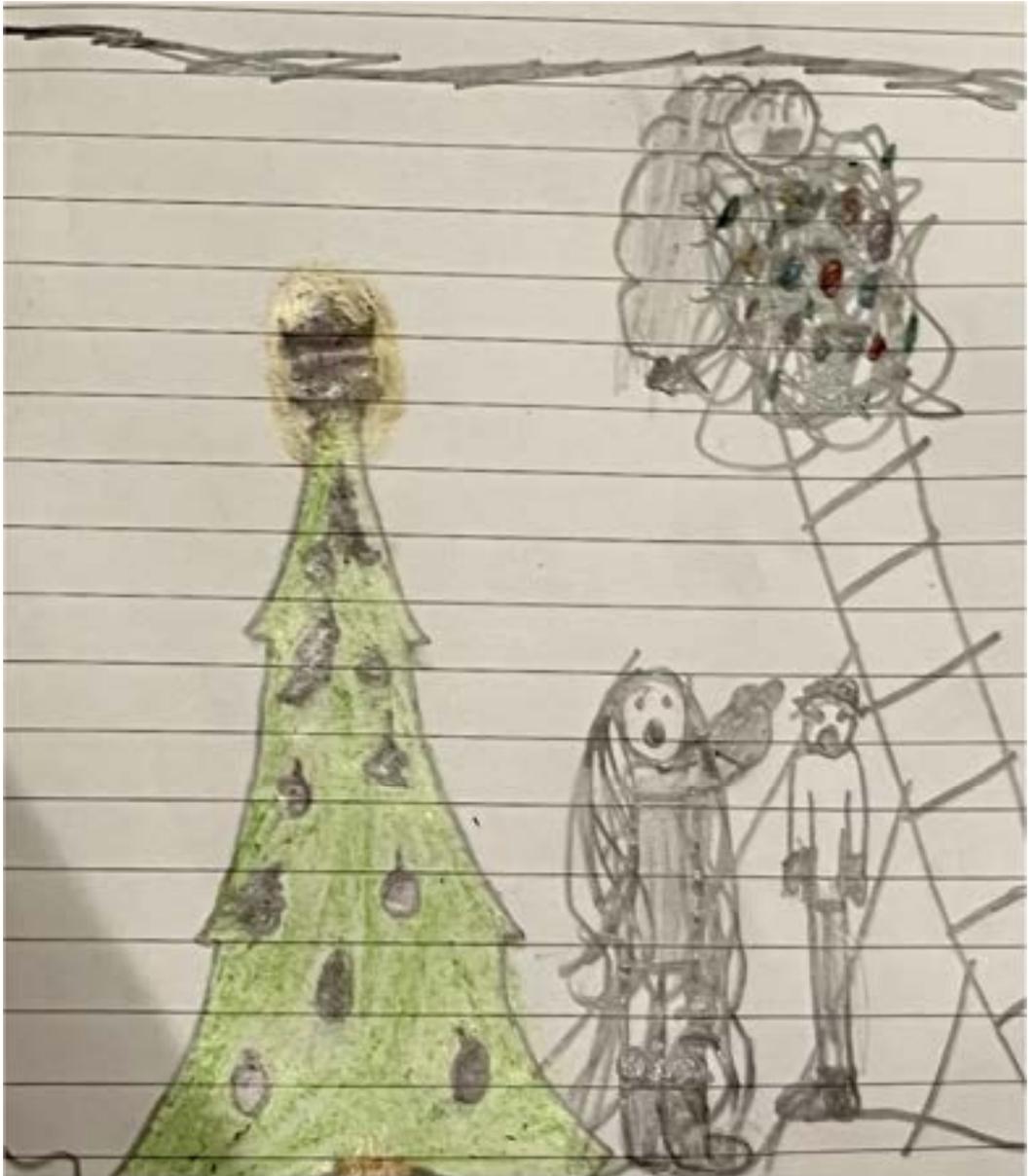
Liam

The Guilt before Christmas

by Bebe White aged 8

Christmas was everybody's favourite time but one girl's favourite especially and her name was Flash. Flash was an 11-year-old girl with a freckly face and long, wavy, ginger hair that flowed all the way down her back. Flash was in her house and she and her mum were about to decorate. "Mum! I can decorate the tree myself! I want to decorate the tree and I can!" Flash complained. "Flash Manhoo! I expect an 11 year old like you to know better!" Said Flashes mum. "But-" DING DONG! The doorbell went before Flash could argue any more. "Flash? Are you home?" Called Anna from outside the door. Anna was Flashes best friend and they never had a day without talking to each other. Flash had always tried her best to not have arguments or fallouts with Anna in case they weren't friends anymore because Flash would be depressed without Anna. "Hold on Anna I'm coming!" Called Flash from the other side of the door. "Are you decorating?" Squealed Anna as Flash opened the door for her. "Yes. I am." Answered Flash. "Can I help? My mum kicked me out of the house.....for some reason..." Asked Anna hopefully. "Sure! You caaaannnnn....." Flash wasn't sure what Anna could do because she wanted to do the tree herself. "Do the lights!" She finished. "ok!" Agreed Anna. DING DONG! Flash roared in disappointment as the doorbell went again and she ran to open the door. "Oh! Finn!" Finn was Flashes.....friend. Though she wasn't sure if to call him a friend but he wasn't not her friend either. "I've come to say sorry." Said Finn in a gloomy sort of way. "For what?" Said Flash, trying not to sound too surprised. Anna was looking at them from on top of a ladder, lights hanging down from the ceiling. "For something you don't know I did. I told your mum that you were hatching a plan with Anna to let you do the tree yourself. That's why you were having an argument earlier." Said Finn. Both Flash and Anna stared at him angrily. "Out. Now." Demanded Anna. Finn left and they got back to decorating. "Anna. I feel a tiny bit sorry for Finn that I didn't accept his sorry." Said Flash guiltily. "I don't." Said Anna. "I'm just going to get some.....mince pies?" Claimed Flash, sounding more vague than she ment. "ok?" Said Anna, raising an eyebrow. Flash ran through the door, past the shop and found Finn just about to go back through the door of his house. "Finn! Wait!" Panted Flash, tired from all the running. "I forgive you and...I'm sorry too." Said Flash, holding her breath. She saw a smile spread across Finns face. "It's ok Flash." Said Finn and they ran back to Flashes house

and Flash, Anna and Finn decorated all together feeling their strongest of it so far, elated. Flash had told Anna everything that had happened and Anna apoligised too. "WAAAAAAAAAHHHHHHH!!!!!!!" Screamed Anna as the lights all fell down on her. They all started laughing and that is what Christmas is really about. Happiness.



Lewtrenchard WI January Report



Barbara welcomed everyone to a very well attended meeting on January 12th despite the cold, drizzly weather.

We are now starting to focus on our centenary in 2027. Watch this space for events to raise funds so that we can have some great celebrations for members and give something back to the community.

The NFWI resolutions were discussed and voted on with some really good conversations on all five subjects with some surprising 'U' turns.

The meeting concluded with an excellent quiz on British Citizenship, tea and of course cake.

**Date & venue for next meeting: Monday February 9, 19:00, Lewdown Victory Hall
Movement for Well Being**

Dates for your diary:

9th February Monthly Meeting at 19:00
19th February Coffee morning
25th April Centenary fundraiser 10am - 12pm Lewdown Victory Hall
Walks are suspended until the spring

Competition time:

We would like to invite members and the community to create a logo for our centenary. Logos may be hand drawn or electronically designed and submitted.

Contact secretary@lewtrenchard-wi.org.uk for more information or to submit.

The winning logo will be published in **newslink** and used for posters, stationary, etcetera. We may adjust colours to conform with NFWI rules.

Closing date: 15/03/2026

Get creative and good luck 😊

The Christmas Party in December had a presentation to our members by the Committee - The Turkey Dance. This was well received and can be viewed on our website at: www.lewtrenchard-wi.org.uk →



Puzzle Page

The Man in the Lift Puzzle: A man lives on the 10th floor but only takes the lift to the 7th and walks up unless it's raining. Why?

The Ball Weighing Puzzle: You have 9 balls, all identical except one that's heavier. You have a balance scale and can use it twice. How do you find the odd ball?

The 2-sided polygon: Can you draw a polygon with 2 sides and 2 angles of 90 degrees?

The Colourful Socks Puzzle: You have 20 red and 20 blue socks mixed in a drawer. If you must pull two socks at a time in the dark, what's the minimum number of pulls to ensure a matching pair?

A woman shoots her husband: Then, she holds him underwater for over 5 minutes. Finally, she hangs him. But 5 minutes later, they both go out together and enjoy a wonderful dinner together. How can this be?

There is a word in the English language: in which the first two letters signify a male, the first three letters signify a female, the first four signify a great man, and the whole word, a great woman. What is the word?

Evil Sudoku

9	8		2	5	
		1	8	7	4
			3		
2	9				1
			6		
6					7 9
				6	
	1		9	2	4
			7 3		5 6

You're escaping

a labyrinth: and

there are three

exits. Exit A

leads to an

inferno. Exit B

leads to an assassin. Exit C leads to a

lion that hasn't eaten in 3 years. Which

exit do you pick?



In 1990: a person was 15 years old. In 1995, that same person was 10 years old. How can this be?

Holiday Competition Winners:

Bebe White (Page 23-24) and Tori Isaac (Page 28-29) both win a tub of **Celebrations** for sending in fantastic illustrated short stories. Well done both! Contact the editor to arrange prize collection...

December Answers

First: Imagine the candles in a pile. 1 to 9 occur 10 times each as units digits, for example 1 is the last digit of 1, 11, 21, ..., 91. And they occur 10 times each as tens digits, for example 1 is the first digit of 10, 11, 12, ..., 19. So the total is $(1+2+\dots+9)\times 20=45\times 20=900$. So the answer is (c).

Second: Say the hexagon has side length h (so certainly $h<1$). The right-angled triangle in the top right of the diagram has short sides both of length $1-h$, and hypotenuse of length h (it's a side of the hexagon), so, by Pythagoras's theorem, $h^2=(1-h)^2+(1-h)^2=2-4h+2h^2$, so $h^2-4h+2=0$. We can solve that using the quadratic formula, which shows that $h=2\pm 2-\sqrt{\dots}$. But we know that $h<1$, so $h=2-2-\sqrt{\dots}$. So the answer is (b).

Third: 4

Fourth:

2	9	4
7	5	3
6	1	8

Christmas Evil Sudoku

6	5	7	2	3	9	4	8	1
3	2	8	1	4	6	9	7	5
1	9	4	7	5	8	3	6	2
4	8	9	3	1	7	2	5	6
7	6	5	4	8	2	1	9	3
2	1	3	6	9	5	8	4	7
8	3	2	5	7	4	6	1	9
9	7	1	8	6	3	5	2	4
5	4	6	9	2	1	7	3	8

TINY'S WISH by Tori Isaac

Andy the farmer loved all his chickens but Tiny was special.



Tiny was the smallest hen on the farm, with feathery wings too fluffy for flying and the loudest, bravest little cheep in the chicken run. He followed Andy everywhere: clucking at his boots while corn was poured, peeping encouragement while eggs were gathered, and roosting near the warm barn door at night.

"This is home," Andy always said, spreading his arms wide to the rolling fields.

Tiny believed him.

Next door lived the turkeys.

Big gobble-gobble turkeys with shiny feathers and booming voices that echoed across the hedgerows. Tiny watched them through the wobbly fence, fascinated by their rumbly calls and proud tail fans. One chilly morning, when a blustery breeze rattled the gate and scattered kernels of corn across the grass...

Tiny squeezed through the fence for a closer look.

A truck rumbled into the turkey field.

Collection day.

Workers ushered the gobbling flock toward a tall trailer. Feathers fluttered everywhere as birds shuffled forward.

Tiny was far too small to be noticed in the hustle until he was swept along by accident into the feathery crowd.

The trailer doors clanged shut.

Tiny's heart fluttered.

The trailer rattled along icy roads.

Tiny trembled beneath towering wings.

He tucked himself into the softest pocket of feathers he could find.

"Cheep... cheep..." he whispered, but his tiny voice was lost beneath the engine hum.

He didn't know where he was going.

He only knew it wasn't home

At last, the trailer stopped.

Cold air rushed in as wide doors opened and turkeys were gently guided out — until a worker spotted something small at their feet.

"That's not a turkey," he said kindly.

Tiny was carefully lifted out and set beside a stack of warm hay bales.

Tiny was carefully lifted out and set beside a stack of warm hay bales.

Soon the workers were busy again, and the truck rolled away.

Tiny was all alone.

Tiny peered across the unfamiliar land.

There were no chicken coops here.

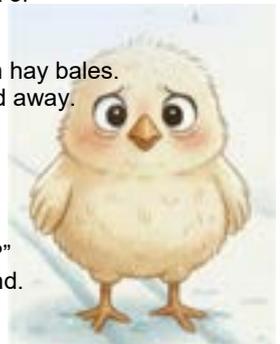
No corn buckets.

No Andy.

"Excuse me," Tiny cheeped softly, "is this home?"

No answer came only the whistle of the winter wind.

So Tiny began to walk.



Before long, Tiny found a slow chugging tractor and climbed up. For a glowing moment he thought, This might be it! But the tractor turned the wrong way. "Thank you," Tiny peeped politely as he hopped back down onto the snowy verge. And he kept walking.



Soon a bicycle stopped beside him. Tiny nestled into the basket and felt the wind rush through his feathers. But the ride ended in town, where shop lights twinkled and cars whooshed past. Tiny blinked.

"Oh dear," he murmured. This didn't feel like home at all.

"I wish Tiny would come home," Andy whispered to the sky.

At the very same moment, Tiny shut his eyes tight.

"I wish I could find Andy."

Jingle jangle — clop clop clop!

Tiny's eyes popped open. A glowing red sleigh settled nearby, and a snowy-bearded man climbed down with a gentle laugh.

"Well now," Santa said kindly, "you don't belong here, little feather."

Tiny puffed up his courage.

"I just want to go home."

Santa winked.

"Then hop aboard."



Tiny nestled between warm reins as reindeer leapt into the sky. The snowy world sparkled beneath them fields rolling past like quiet waves. Then Tiny spotted something familiar.

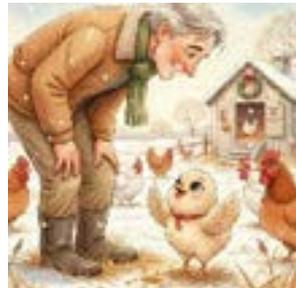
"There!" he cheeped.

Below glowed a barn he knew by heart.

Santa guided the sleigh down, landing softly beside the chicken run.

The next morning, Andy stepped into the coop with breakfast corn rattling softly in his hands. "Cheep! Cheep!" Andy froze. He turned. Tiny stood in the frosty straw, muddytoed and bright-eyed. "Oh my," Andy breathed, kneeling down. "You're home."

That Christmas morning, surrounded by feathers and falling snowflakes, Tiny ate more corn than ever before but nothing tasted sweeter than being home again



Exercise of the Month

Why is the Calf Muscle Considered The Second Heart?

Did you know your calf muscles are often called the second heart? As the heart pumps the oxygen rich blood to your whole body it benefits from some help from your calf muscles to keep the oxygen depleted blood flowing around the system- against gravity. Your calf muscles give the blood an extra push through the veins back in the direction of the heart.

A good reason to keep them strong and healthy.

Calf exercises

One of the best things you can do is walk. Get moving, particularly after you have eaten.

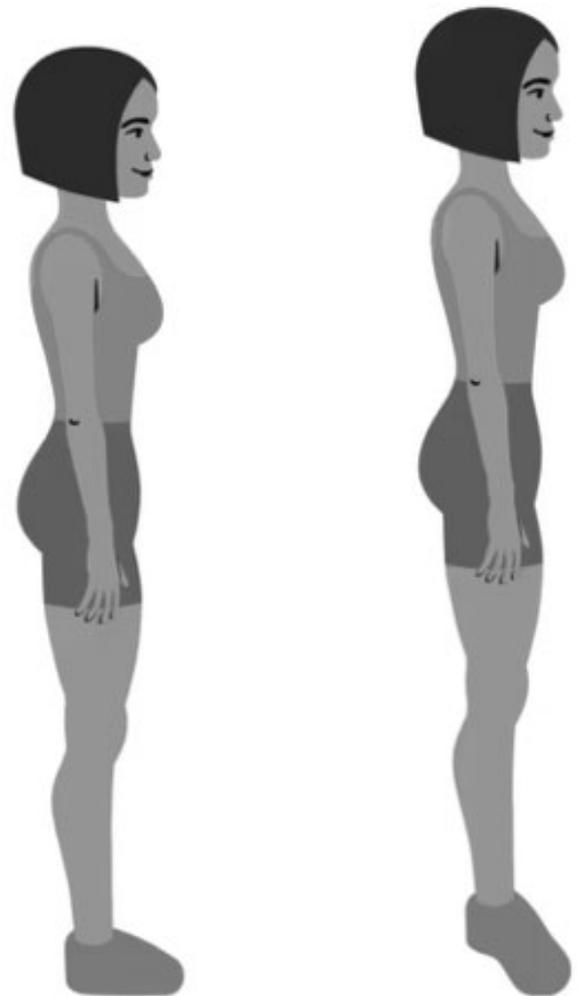
Try raising your heels about 10 times. You can do this standing or sitting.

Walk on your toes for a few steps.

Rest your heels on the floor and raise your toes upwards. These are called foot pumps.

Repeat these easy exercises several times a day.

Jean



CALF RAISES

Happy Chinese New Year Feb 17th Year of the Horse:

These sticky Chinese chicken drumsticks are full of flavour and super easy to make. Serve with a simple salad for a mouth-watering midweek meal. Serves 4

Ingredients - for the marinade:

1 tbsp groundnut oil 2 tbsp light soy sauce
3 garlic cloves, chopped 2 tsp five-spice powder
2 tbsp grated fresh ginger 2 tbsp honey
1 tbsp rice wine or dry sherry

For the chicken:

1kg/2lb chicken
drumsticks, skin on

Method:

For the marinade, put all of the marinade ingredients into a large bowl and stir to combine. Add the chicken and allow to marinate while you preheat the oven to 200C/180C Fan/Gas 6.

Put the chicken drumsticks on a roasting tray and roast for 20-30 minutes, or until the skin is golden and the chicken is cooked through. (To check, pierce the drumstick at its thickest part, next to the bone. The juices should run clear.)



From Monique

Awaiting publication: **The Girls Before** by **Kate Alice Marshall**

There is a girl in a basement.

The door has stopped opening.

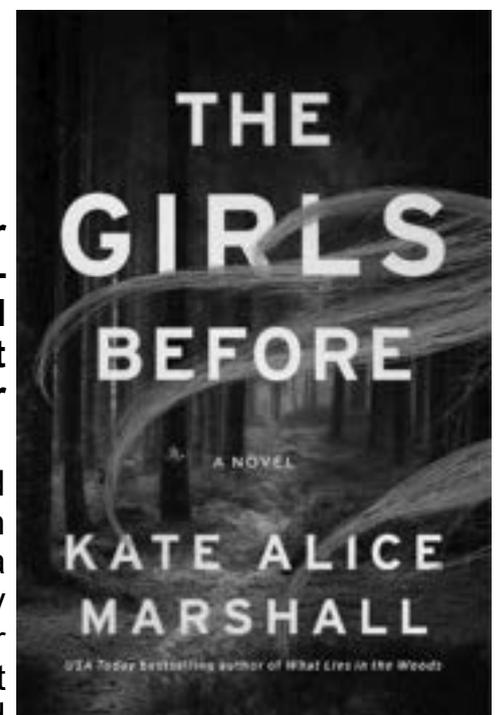
The light is gone.

Stranger is trapped in the dark, with only her imagination and the scribbles on the wall left by long-dead girls to keep her company. Nearly out of food and water, she makes one last attempt to escape. But if the door opens at last, will it mean salvation, or only the beginning of her fight to survive?

Audrey is a search and rescue expert who never stopped looking for her ex-best friend, Janie, who disappeared when they were teenagers. Janie used to love the local legend of a forest witch who saves girls from bad men, but Audrey knows now that for every one saved, there's always another one lost. When she stumbles upon evidence in the forest that a teenage runaway might have actually been kidnapped

from land belonging to the town's most prominent family, she will have to dig through decades of secrets to reveal the biggest one of all: what happened to the girls before. .

Publisher: Flatiron Books
ISBN: 9781250343086



Reflections of a Steam Engine Fireman

One of the problems with the Beeching report it brought uncertainty to the loco, was there a future on the footplate and it did not help the union rep saying "best find another job".

We decided to stay till end of steam and see what was on offer, they still needed us and were desperate for fireman at other depots especially Nine Elms.

Because John, my driver, was busy with other duties I was on loan to Nine Elms, I was happy to work the extra hours as I had just bought a brand new motorcycle, a royal Enfield Continental GT and it needed paying for.

I enjoyed London, but was always happy to return home. So sign on at the loco catch a train to Vauxhall and walk to Nine Elms and meet my driver Mr Wilton and prepared our engine for the shift 80154 the last engine to be built at Brighton works, a 2-6-4 Standard Tank.

After getting the engine ready move from the shed via the turntable to the coal hopper after filling the tender trim the coal, top up with water and make our way to the ground signal, at loco junction at the time of departure signal off and pull out onto the down local then when signal clear reverse via up local to Waterloo. Our train has just passed on the up main 12 coaches, when we approach Waterloo the signalman pulled the ground signal off



so we can reverse onto our train, the driver gently buffer up and applied the brake, I then get between engine and coach and couple up, for my safety I remove engine and coach vacuum pipe and when finish coupling put them together and climb back on the platform, tail light off, Headcode on ready to go and as it is not long fire is good and safety valves about to blow injector on to keep engine quiet.

Signal green Main Windsor or MW and we are away with help from the train engine a Merchant Navy, on arrival at Clapham we pull off the main into the washer siding and start pulling through the washer slowly, normally the operator waits for the engine to go through and then turns the washer on, we are halfway through and he turned the washer on, cab windows are open we are soaked lots of bad language.

Too late we pulled through the washer and entered Clapham yard, it my job to unhook and we go forward and reverse back to the top of the yard and we are told what road are next set of coaches are and what time of departure and I couple up again, we strip our overalls off and place in front of the boiler to dry it meant that my jeans and shirt would get dirty and I always took my overalls off when travelling home.

Leave Clapham and proceed to Waterloo this time I need steam to get there but we will be in the station for at least 25 minutes so must keep the engine quiet, uncouple, top up with water, and after bumping the train out of the station the signalman will guide us to our next set of coaches, keep going till the shift ends.

Tom

Lewdown Grouped Parish Council

Coryton, Lewtrenchard, Marystowe and Thrushelton

Abbreviated Minute No 796 of Extraordinary Meeting

Held on Monday 22nd December 2025 at Lewdown Victory Hall

These minutes are provisional until they signed by the chair at the next meeting of the parish council

Present: Cllrs Yeo (Chair), Mincher (vice chair), Alexander, Allison, Andrews, Metherell, Perkins, Southcott, Wilkinson. Cllr C. Mott (WDBC), P. van Delft (clerk)

1. Apologies for absence - Cllr Grainger (DCC)
2. Members of the public open forum - 8 members present. Members of the public provided detailed reasons expressing their thoughts on application 3158/25/FUL and why this application should not be considered for approval. Concerns with the visual impact and its effect on the local environment, drainage/dirty water, and extra traffic. The recent land management was raised and thought overly managed. One member explained the reasons for the application and why the location was considered to be suitable, also explained were the reasons for the recent land management.
3. Declarations of Interest - Cllr Alexander Item 7.
4. Minutes of previous meeting 795 being a true reflection of that meeting was approved and signed by the chair. Motion proposed Cllr Andrews, seconded Cllr Alexander, motion carried.
5. Planning app. 3121/25/OPA - Demolition of existing buildings and erection of up to 50 dwellings and means of access only (all other matters reserved). Jethro's, Lewdown, EX20 4DS Council decision - object, Proposed Cllr Mincher, seconded Cllr Allison, all in favour.
Planning app. 3158/25/FUL - New general purpose farm building and access track. Land at Sx 458 878, Lewdown. Council decision - object, Proposed Cllr Alexander, seconded Cllr Wilkinson motion carried, four councillors abstained.
6. Finance - Payments were authorised for the following grant approvals; Lewdown Residents Association - Newslink printing £300 Lewtrenchard PCC for grass cutting maintenance £275, Marystrow PCC for grass cutting maintenance £275, Thrushelton PCC for grass cutting maintenance £275, Coryton PCC for grass cutting maintenance £275. Motion proposed Cllr Andrews, seconded Cllr Alexander, motion carried.
7. Play area updates
 - 7.1 Lease agreement - update. The clerk provided all councillors a copy of the final agreement, Cllr Metherell proposed to accept the said agreement and for it to be signed off, seconded by Cllr Andrews, all in favour. The clerk to sign the agreement and would arrange for an authorised legal representative to witness the agreement.
 - 7.2 Planning application - update. The application and supporting documents have been submitted with WDBC.
8. S106 money request from Jethro's proposed development plus infrastructure requests. The clerk informed that he had received a telephone call from WDBC informing him that the Parish Council, Recreation Ground committee and Victory Hall committee would be eligible to S106 money from the proposed developments. Committees and Parish Hall to consider future requirements and improvements and for them to make representations to WDBC.
9. Cllr Reports - Cllr Wilkinson informed that he had arranged for repairs to noticeboard located near the former shop, work will be undertaken by J. Spry. Also, Cllr Wilkinson reported with WDBC a damaged tree limb near Thrushelton Church. Cllr Wilkinson reported with D.H. the demarcation highways markings in the vicinity of Lewtrenchard Manor was in need of repainting. Cllr Perkins reported that severe flooding had occurred again near Coryton Station, this was reported again with D.H. Cllr Mincher reported that the place markings for the car park at the new Crossroads development remained outstanding. Cllr Alexander reported that the heating system at the school may not be working efficiently since one part of the school could be cool and the other part may be much warmer, Cllr Alexander asked if he could correspond to the authorities informing them of the heating issues, it was resolved that the correspondence should be on an informal basis. Cllr Metherell enquired if the dead tree in the hedge opposite the Jethro's entrance had been reported, the clerk informed that this had not been reported yet. Cllr Andrews wished to thank Cllr Grainger of D.C.C. and D.H. for the work done in the lane at Lobhill Cross, the hedge bank had been restored and the debris removed also the existing drainage system had been restored.
10. Councillor resignation - Cllr McSmythurs who represented Marystow Parish tendered his resignation. The council expressed their appreciation for all the work he had done for the parish and in particular for the work relating to the Ramps play area and in helping with the arrangements for its lease.
11. Planning comments acknowledgement from WDBC reference 3121/25/OPA dated 26/11/2025. The clerk emphasised that the statement on the website was not provided by the clerk and wish to confirm that the comments are not that of Lewtrenchard Parish Council, Lewdown Grouped Parish Council. Cllr Mott would look into the issue and report back.

Meeting closed 9.26pm. Date, place and time of next meeting Monday 26th January 2026, Lewdown Victory Hall, 7.30pm

The North Tamar Mission Community



St. Mary the Virgin,
Kelly with Bradstone

St. Mary the Virgin,
Lifton

St. Nicolas,
Broadwoodwidge

St. John the Baptist,
Stowford

St. George,
Thrushelton

St. Peter,
Lewtrenchard

Ministers

Lifton, Broadwoodwidge, Stowford, Lewtrenchard, Thrushelton & Kelly with Bradstone United Benefice

The Revd. Philip Conway, 01566 784462 liftonpriest@yahoo.com
The Rectory, Parsonage Court, Lifton PL16 0BJ

Milton Abbot Benefice

The Revd. Gill George, 07947 604160 revgillgeorge@gmail.com
The Vicarage, The Parade, Milton Abbot PL19 0NZ

Churchwardens

Lifton - St Mary's

Mrs E Brown 01566 784386

Sarah Chandler

Broadwood - St Nicholas

Mr D Perkin 01566 776758

Stowford - St John the Baptist

Mr C Chick 01566 783223

Lewtrenchard - St Peters

Mrs A Westlake 01566 783909

Mrs R. Dawe 01566 788838

Thrushelton - St George

Mr A J Nash 01566 783274

Mr T Nash 01566 783320

Kelly with Bradstone - St Mary's

Mr W Kelly 01822 870393

Marystowe - St Mary the Virgin

Amy Harrowell 01822 860181

Joy McSmythurs 01822 860630

Coryton - St Andrews

Mr G. Vicat 01822 820254

Mrs J Whitfield 07989 666427

From the Parish Priest

I write this letter just after our Epiphany celebration.

I do hope that you all had a wonderful Christmas and new year. We were very happy to see so many of you join us for our services across the Mission Community. It was a really good sign of people wanting to join in the worship and celebration the church offered over the Christmas Season.

Worshipping God should be enjoyable, and I have always found it so. However, it should also be able to challenge us as to how we live our lives

This month sees the start of Lent, the season when we are challenged to think about how our lives reflect the life and love of Jesus.

This is not, as many suggest, a hard and painful thing to do, but an opportunity, supported by the whole church to reflect on how we live our lives as Christians.

So do please come and join us in our journey through Lent, starting with our Ash Wednesday Service at St, Mary's Lifton and we can all support each other as we live and grow in Christ Jesus

With love and prayers,

Philip

Service times for February 2026

Any updates will be posted on the Mission Community Website <https://north-tamar-churches.org>

- 6pm** on the eve Saturday 31st January Vigil Eucharist at Kelly
1st February Epiphany 4
9.30am Parish Eucharist at Lifton
11.15am Parish Eucharist at Stowford
- 2nd February** The Feast of Candelmas
7pm Festival Eucharist at St. Mary's Kelly
- 6pm** on the eve Saturday 7th February Vigil Office at Kelly
8th February 2nd Sunday before Lent
9.30am Parish Eucharist at Broadwoodwidge
9.30am Morning Prayer at Thrushelton
11.15am Parish Eucharist at Lewtrenchard
- 6pm** on the eve Saturday 14th February Vigil Eucharist at Kelly
15th February Sunday Next before Lent
9.30am Parish Eucharist at Lifton
11.15am GIFT service at Stowford
A service for the very young and those who care for them
6pm Community Carol Service at Lifton
- 18th February** Ash Wednesday
7pm Liturgy for the beginning of Lent at St. Mary, Lifton
See Separate notice
- 6pm** on the eve Saturday 21st February Vigil Office at Kelly
22nd February Lent 1
9.30am Parish Eucharist at Broadwoodwidge
9.30am Morning Prayer at Thrushelton
11.15am Parish Eucharist at Lewtrenchard

Wednesday Morning Eucharist: 10.30 at Lifton

There will be some occasions when the Wednesday Morning Service will be a service of Morning Prayer.



*Come and join us at
The Parish Church of
St. Mary the Virgin, Lifton
on
Ash Wednesday,
18th February 2026*

Start the new year with a new hobby...

Bells, we all hear them. Sometimes telling the time. Calling us for Weddings, funerals or Sunday service.

But do you think about how this is achieved.

In this benefice we have four bell towers that need to be rung but only 6 regular ringers.

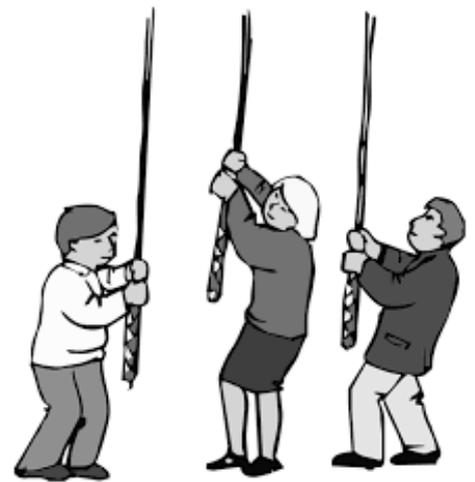
We would like to ring all these towers properly but at present can only ring one. We need people to learn how to ring. It's a good hobby providing physical & mental exercise, it's easy to learn.

Anyone can do it, you only have to be a certain height.

We have a great team who are very welcoming, so why not give it a try, practice nights are Monday's at Lifton.

If you would like to sample ringing singly then that can be arranged.

Interested then phone Jeff on 07812 896772



Bridestowe Methodist Church

Preachers for February 2026

1st	Drop in the ARK	10:30 - 12:30
8th	D Sutcliffe	11:00
15th	J Cook US	11:00
22nd	Bridestowe Worship Group	11:00

St. Mary the Virgin, Marystowe

1st February	09:30	Holy Communion
15th February	09:30	Morning Praise

St. Andrew, Coryton

8th February	11:15	Morning Prayer
22nd February	16:00	Holy Communion

Please see the church website www.southtamar.church for details about services

Quakers

Meeting for Worship:

Tavistock

Every Sunday 10.00am.

4 Canal Road

Tavistock

Contact: Kay Nicholson
01822 614596

Okehampton

Second Sunday 10.30am.

Fourth Sunday 10.30am

Second Sunday Children's Meeting

Ockment Centre

North Street

Okehampton

Contact: 01837 55805

Roman Catholic Services

Tavistock

Sunday 9.15am

Holy Days 10am

Fr. Greatbatch 01822 612645

(P. Sparling 01822 860355)

Okehampton

Sunday 11.15am

Sunday 5.30pm

Chagford - Saturday 5.30pm

Fr. A. K. Gundabathina 01837 52229

anil.gundabathina@prcdtr.org.uk

Launceston

Sunday 10.30am

Holy Days 7.30pm

Canon John Deeny 01566 773166

WORLD DAY OF PRAYER

A service for everyone!

Friday 6 March

I will give you rest, come

Nigeria 2026

**St Nicholas Church
Broadwoodwidge**

2.30pm

Everyone Welcome

(practice February 27th 2.30pm)



INFORMED PRAYER PRAYERFUL ACTION

24-7 365 Days a year Prayer movement Ecumenical International Women-led

wwdp.org.uk

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Mark Chivers (MC Carpentry) has asked me to send out the following:

We will be moving sometime after Christmas, so Obviously will be unable to carry out any works in this area.

I would be grateful if you could email as many people as you know sending my best wishes to everybody & thanking them for their loyal custom.

The link, as it says, is a great link for the community & I have had a good number of customers through the book.

Once again thank you & good luck & best wishes to you & your helpers.

Merry Christmas to all.

Kind regards

Mark Chivers (MC Carpentry)

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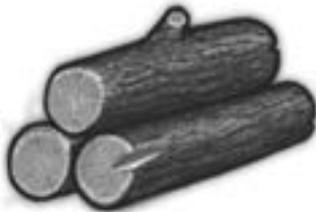
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