

THE AREA MAGAZINE FOR LEWDOWN, CHILLATON, CORYTON,
STOWFORD, MARYSTOWE, THRUSHELTON, LEWTRENCHARD

March 2024

The magazine for all that's going on in your area

RRP
50p

Community



Newslink

Published by the Lewdown Residents Association

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Bridestowe Ward
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Chris Edmonds 01566 784794

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Front Cover Picture

*The smallest mouse and the UK's smallest rodent. At around 10g, **harvest mice** are the weight of a 20p and so tiny that they are very rarely seen. Photo: **Amy Lewis***

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 payment of £5+ for yours to:

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Sort code: **090154**
Account number: **97666081**

Thank you for your support

The Community NewsLink

Produced by Lewdown Residents Association

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

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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.

Advertising in the 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

Dear Readers

I shall start with some very serious local news:

Police are currently looking for a person who killed at least three people using only a box of cornflakes as a weapon.

You guessed it! they are looking for a cereal killer.

Good evening to you all and welcome to this month's NewsLink.

You may be wondering why there is an envelope attached to the front.

Last year the NewsLink made a loss of £986 and we can't continue losing money at this rate for long, so we are hoping that the generous people who receive the NewsLink would be prepared to donate £5 towards the running cost of the link per year to keep this magazine going.

One of the other options is to return to black and white which is a lot cheaper to produce. If you have already donated then please ignore this message.

The other Tuesday I went to the optometrist, nothing unusual there you may think. Recently though they have started doing hearing tests and wax removal, which I was in need of. At the end I was back to hearing in glorious stereo again and was told by the nice lady, that like a lot of men she treats, she could now see right through with nothing in between to obscure the view.

Over the next couple of weeks, (to the end of February), we in the Nash household will be hopefully enjoying the comic delights of Bill Bailey and Michael McIntyre in Plymouth Pavilions, will let you know in the next edition how we got on. It's our Christmas present to each other.

Will close now as heir hunters is on the tele, and my poached eggs are getting cold on the crumpet's.

Best wishes to you all.

From Tim Nash.

What is the funniest bone in the human body?.

The humerus.

I had a bit of time on my hands recently, so I joined a meditation class! Well I thought, it's better than sitting down and doing nothing for a few hours.

The Ark



AT BRIDESTOWE METHODIST CHURCH

Is open for teas and coffee and a chat on
Tuesdays From 10am to 12 noon And 2.00pm to 4.00pm
Thursdays From 10.00am to 12 noon And 2.30pm to 4.00pm.
Do come and join us, you will be made most welcome.
You will find us on **Launceston Road**, Bridestowe.

Think you've seen an Asian Hornet? Report it!



Report through the Asian Hornet Watch app or www.bit.ly/asianhornetreport



Animal & Plant Health Agency



An Daras Trust
Igniting Curiosity Growing Capabilities

Lew Trenchard C of E Primary School



Monday to Friday
8.45am to 3.15pm

2-5 year olds

Led by Lisa Broadbridge
Early Years Teacher

Please phone for availability.

Early Years Foundation Unit with plenty
of safe outdoor space.

We accept 2gether funding for 2 year
olds and Early Years Education funding
for 3 year olds.

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Kindness
Responsibility

FLS

Friends of Lew Trenchard C of E Primary School

We have an amazing team that
fundraise to enhance our children's
learning journey. Please see our FLS
Facebook page, school website and
local adverts to support our fantastic
school.

Bingo ~ Bake sale ~ summer/winter fair ~ raffles ~
jumble sale ~ sponsored activities and much more!

Wrap around care

Available for 3-11 year olds

£2 per hour (1/2 hour bookings available)

8am to 8.40am breakfast club £2 per session

3.15pm to 5.15pm (4.15pm Fridays) after school care including snacks.

For more information contact the school office on
01566 783273.

www.lewtrenchard.devon.sch.uk

Email lewtrenchard@andaras.org



Stowford Parish Council

Stowford Parish Council are looking for two new councillors

If you are looking for an interesting and rewarding experience and would like to put something back into your local community then please contact the clerk to learn more.

We look forward to hearing from you.

Contact: Parish Clerk
Telephone: 01566 783023
Email: stowfordclerk@gmail.com



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For

Your Wedding



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Tel: 01566 783342
All Proceeds to the Gurkha Welfare Trust

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e:info@redsquirreltreecare.co.uk

Stowford's



at Stowford Parish Hall

Thursday 14th March 7.30pm also Thursday 11th April 7.30pm

£3 per person at the door Teams of 2 – 6 people

Bring your own drinks, we provide the nibbles (All profits go to charity)



STOWFORD COMMUNITY COFFEE MORNING

Support this new venture and come and meet your neighbours for a coffee, cake and catch up!

When?

10am-12 noon on the first Tuesday of every month.

Where?

Stowford Parish Hall.

Cost?

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

Profits will be donated to a charity chosen by SCCM.

All friends and family welcome.

If you need help with transport, please contact Sarah on 07801106702 or Tracy on 07973327161



Travelling through Devon in 1782- a crisis year!

An illustrated talk by Kevin Dickens

**7.30 pm on Tuesday 19th March
at Stowford Parish Hall**



Travels in or on a coach must have been very uncomfortable at times, especially given our local weather. Kevin spoke to us a while ago about 17th century Devon and now moves on a century in his research. Evidently every '82 year, since 1682, was one of crisis! Sorry, no spoilers- you will have to come to this meeting to find out why. We are pleased to welcome this interesting and informative speaker again.

Visitors are very welcome: charge £2 for members, £3 for visitors including refreshments. Parking in front of the hall or opposite, by the church.

Lewdown

Located in the roadside porch of the Blue Lion, EX20 4DL.

Please note it is not recognised by 999 calls if more than 200 meters away from it. When ringing 999 they will access code to open box.

Chillaton

Located in the Village Square on the wall of No. 1 Barn Cottages, PL16 0HS. The 999 operator will be able to give directions for its use.





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THE LAND'S END TRIAL

The original long distance trial

The Lands End Trial will start from Launceston Rugby Club on the 29th March.

Road cars will leave 14:50-15:00hrs Motorcycles 15:00-16:50hrs

Trial Cars 18:30-20:00hrs.



There are 200 competitors and they will all pass through Lewdown on their way to Bridgewater Rugby Club where they meet up with 200 competitors from Cirencester.

The start of the trial is from 19:00 hrs. Last one away is at 02:00 hrs.

Sections are: Felons Oak, Beggars Roost, Riverton, Sutcombe, Hackmarsh, Crackington, Warleggan and Blue Hills near St Agnes.

It is 236 miles long and if you would like to spectate look up themotorcyclingclub.org.uk.

You can see some of the sections on YouTube for 2023.

I will watch from Lobhill Cross and perhaps Blue Hills at the end of the trial. Andy



Soupa Troopers

All welcome to this community event

Wednesday March 13th

From 12.30pm in Lewdown Victory Hall
Soup and a Bread Roll, Tea or Coffee - £3

Followed by conversation & games

Lewdown Residents Association, the producers of NewsLink, would like to thank **Andy McCarthy** for many years of dedicated hard work in editing our newsletter. Andy has decided to take a break but will still be available to help. **Many thanks Andy**

Stowford Parish Hall

Smart Device Training

How to navigate your personal computer, phone or, smart device

Ensure you are safe when shopping or surfing the web

Our aim is to help you with your computer or smart phone questions

If you are looking to purchase a device but unsure what you need, perhaps we can offer some guidance

Our aim is to help you feel confident in using your equipment



Free training on Thursday February 29th
10am-12pm at Stowford Parish Hall
Bring your laptop, tablet, smart phone



Cathy Dennis & Leroy St Louis look forward to helping you!
No question is a silly question, come along and let them help you.

For bookings and enquiries contact

Leroy St Louis - Telephone 07405 472931 Email – stowfordparishhall@gmail.com

Stowford Parish Hall, Stowford, Okehampton, EX20 4BZ

Charity No: [1020031](#)

Sign-up to Mailchimp to hear more about events in Stowford
subscribe to our newsletter, click the link the below

www.stowfordparishcouncil.org.uk

Stowford Parish Council



Abbreviated minutes of Ordinary meetings held on 9th January 2024

These minutes are provisional until they are signed by the chair at the next meeting of the parish council.
Meeting No 723

1. Apologies – Cllr Alexander
2. Dispensations & declarations of interest – none.
3. Minutes of previous meeting 722 were signed as a true and accurate record of that meeting, proposed by Cllr Lorna St Louis, seconded by Cllr Judy Law, all in favour.
4. Finance - 6.1 Computer replacement + software – It was resolved to purchase a new Laptop from Amazon + Software, cost £319.99, proposed Cllr Govett, seconded Cllr Lorna St Louis, all in favour. 6.2 Payments were approved – Peter van Delft – clerk salary (Nov-Dec) £435.72, HMRC – PAYE for clerk £34.40. Proposed by Cllr Law, seconded by Cllr Lorna St Louis, all in favour. 6.3 R.F.O. reported a credit balance as at 9th January of £4,978.70 (excluding the purchase of the replacement computer and software) proposed Cllr Leroy St Louis, seconded Cllr Law, all in favour. 6.4 Draft budget & precept – A review of the R.F.O. proposed budget showed a forecast of expenses amounting to £3336, a precept of £3265 would therefore be required. The motion to approve the precept of £3265 was proposed by Cllr Law, seconded Cllr Lorna St Louis, all in favour.
5. Bus shelter request – The response from Lewdown Grouped Parish Council for the positioning of a bus shelter at the current location of the bus stop opposite the former Royal Exchange was supported by the council however L.G.P.C. could not provide any financial assistance and would not be able to provide any financial support or any other liability of its standing. The chair suggested that a public consultation should now take place to ascertain what level of support and use a bus shelter would have, the consultation would be promoted through the Newslink and the Parish Council website. Cllr Law also suggested that notices should be put up on the noticeboards.
6. Councillor vacancies – two councillor seats – no new interest yet.
7. Cllr Edmonds reported that WDBC had purchased 5 properties in the Okehampton area to help with homeless, Ukraine and Afgan families. It is also on target to purchase a further 3 properties to also help reduce homeless, Ukraine and Afgan families in the area. Funding has come from central government schemes and Devon County Council.
8. Reports from Councillors – Cllr Leroy St Louis reported that the Tamar Energy Community should be contacted again and asked to do a presentation on the services it provides, the chair to action.
Cllr Lorna St Louis reported that she recorded on the WDBC website flooding in the Townleigh area also she recorded ‘flytipping’ in the same area.
9. Broadband – Cllr Govett reported that he had written to Sir Geoffrey Cox MP requesting his help and intervention with the completion of the installation broadband network by Airband for our parish. Cllr Govett commented that G. Cox MP had helped nearby parish’s of Mary Tavy and Peter Tavy. Cllr Leroy St Louis reported that he had not had any responses from Airband yet to his letters.
Cllr Lois Samuel of D.C.C. to be invited to the next meeting to answer questions on the subject.
10. Original Parish Map – The clerk reported that the storage and safekeeping of the Map and the Apportionment register was now at ‘The Box Plymouth’
11. Clerk employment contract – A review of the contract took place that now showed the approved amendments, proposed Cllr Leroy St Louis, seconded Cllr Govett, all in favour.
12. Items for next meeting – Bus shelter, NewsLink support. Meeting closed 8.46pm.
Date time and place of next meeting – 12th March 2024 – 7.30pm at Stowford Parish Hall

Lewdown Grouped Parish Council

Coryton, Lewtrenchard, Marystowe and Thrushelton

Abbreviated minutes of Extraordinary meeting held on 15th January 2024

Minute No 769

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

1. Apologies for absence – Cllrs Alexander and Perkins
2. Members of the public open forum – one member, when asked no comments were made.
3. Declarations of Interest – Cllr Southcott item 9.
4. Minutes of previous meeting 768 being a true reflection of that meeting were approved and signed by the chair. Proposed Cllr McSmythurs, seconded Cllr Yeo, all in favour.
5. Planning Ref: 3647/23/ARM – Application for approval of reserved matters following outline approval 2808/21/VAR for access, layout appearance, landscape and scale. Land at Sx 455 868 (Cross Roads Farm, Cross Roads, Lewdown.
Council decision – Object proposed Cllr Southcott, seconded Cllr McSmythurs, all in favour
Planning Ref: 3697/23/HHO – Householder application for removal of a conservatory and replacement with 2 storey extension. The Crest, Portgate, Lewdown, EX20 4PU
Council decision – Support – proposed Cllr McSmythurs, seconded Cllr Wilkinson, all in favour.
Planning Ref: 3233/23/FUL – Conversion & extension of existing barn into residential accommodation. Demolition of former agricultural building and lean-to. Thorn Farm, Lewdown, EX20 4PS
Council decision – Support – Cllr McSmythurs, seconded Cllr Metherell, all in favour.
Planning Ref: 3002/23/HHO – Householder application of the extension & conversion of existing Garage/store. 2 Crossroads, Lewdown, EX20 4DP. Council decision – Support – Cllr McSmythurs, seconded Cllr Mincher, all in favour.
Planning Ref: 3832/23/HHO – Householder application to regularise the erection of a garden shed in the rear garden of the property, and regularise the addition of two skylights on the rear and side facade of the attached "barn" section of the house. Regularisation for the erection of a 6ft wooden featheredge board fence on the boundary between our property and the neighbouring property (Retrospective). 3 Warracott Court, Rd from Router Cross to Spla, Chillaton Devon PL16 0HE
Council decision – Support – proposed Cllr Metherell, seconded Cllr McSmythurs, all in favour.
6. Meeting with South West Water at the Lewdown treatment works. – The clerk reminded councillors that a meeting would be held on 15th February at the sewage treatment works.
7. Defibrillator – replacement and funding – It was resolved that money would be ringfenced in the budget for a replacement, proposed Cllr Andrews, seconded Cllr Metherell, all in favour
8. VAS – Additional equipment and grant funding application. It was resolved to submit a Community grant application up to a value of £195 for the equipment. Proposed Cllr Mincher, seconded Cllr McSmythurs, all in favour. Cllr Southcott to provide the clerk with the details to submit the application.

Items for the next meeting – Pot holes registration, former Jethro's planning application, thermal image camera.

Meeting closed 8.45pm. Date place and time of next meeting Monday 29th January, Lewdown Victory Hall, 7.30pm

Lewdown Grouped Parish Council

Coryton, Lewtrenchard, Marystowe and Thrushelton

These abbreviated minutes are provisional until they signed by the chair at the next meeting of the parish council
For the full minutes visit the parish councils website www.lewdowngroupedparishcouncil.org.uk

1. Declarations of Interest – Cllr Southcott declared an interest regarding the proposed donation for the Newslink.
2. Minutes of previous meeting 769 being a true reflection of that meeting was approved and signed by the chair. Proposed Cllr Southcott, second Cllr Yeo, motion carried.
3. Planning app. Ref:- 0031/24/LBC – Listed building consent for replacement roof finishes. The Old Vicarage, Chililton, Lifton, PL16 0JA . Council decision – Support- Proposed Cllr Southcott, second Cllr Alexander, motion carried.
4. Finance
 - 4.1 – Payments were authorised for the following:- Victory Hall Committee – Hall hire £75.00, P. van Delft – Clerk salary, Dec-Jan £527.25, HMRC – Paye £90.60. Proposed Cllr Southcott, second Cllr Mincher, motion carried.
 - 4.2 - R.F.O. reported a combined account credit of £21,296.92 after authorised payments. Proposed Cllr Alexander, second Cllr Yeo, motion carried.
 - 4.3 - Defibrillator – The clerk reported that the B.H.F application had been unsuccessful, Cllr Mincher suggested that South West Ambulance service provide free defibrillators and servicing. It was resolved that the clerk should follow up Cllr Mincher's advice.
 - 4.4 - Budget and precept for 2024-25 – After due consideration it was resolved to approved the proposed budget. The precept request was approved for £9,355, motion carried, proposed Cllr Metherell, second Cllr Yeo – Cllr Southcott declared an interest thus abstained.
5. New Councillors - vacant seats for Coryton and Marystow still apply.
6. Play area update – Including approval of preferred supplier, planning application. Cllr McSmythurs stated via email that a planning -pre-application telephone call had been arranged for February.
7. D.C.C. Winter carriage way report – After due deliberation it was considered that it was an unhelpful report, Cllr Southcott commented that D.C.C. will prioritise work in need of urgent attention.
8. Planning application 1666/20/OPA – Public consultation on the proposed site plan. It was resolved that no comment could be made on the proposal since no formal plans have been submitted to the Parish Council. Cllr Andrews reminded the council that S.W.W main sewage and drainage pipes lay across the proposed development.
9. Housing surveys – WDBC response to questions raised at meeting 27.11.23. Cllr McSmythurs informed via email that a response has been received from Cllr Mott. Cllr McSmythurs to inform the council at the next meeting.
10. Energy efficiency – Thermal image camera. Cllr Mincher informed that the T.I.C. was available for a period of 2 weeks the purpose of the survey is to help identify where heat energy is escaping from existing dwellings. Results from the survey will go to Tamar Energy. Anyone interested should contact Cllr Mincher for more details on how to take part.
11. Cllr Reports – Cllr Metherell reported that more stonework has been dislodged on the bridge at Thrushelford.
12. Correspondence – Letters, emails and telephone messages of appreciation from Marystowe, Lewtrenchard, Coryton and Thrushelton PCC's for the donations received.
13. Clerk employment contract – the updated contract to be considered at the next meeting.
14. Meeting with South West Water at the Lewdown treatment works to be held on 15.2.24.
10.30am

Date, place and time of next meeting Tuesday 5th March, Lewdown Victory Hall, 7.30pm

Recipe of the Month

Did you know that Watercress is a proper Superfood? With more than 28 essential vitamins, minerals, and compounds, watercress is a high protein content superfood offering a distinctive taste that stands out from many of the muted flavours other salad greens provide. Here is a simple Watercress Soup Recipe:

Ingredients - Serves 4

15ml/1 tbsp olive oil
1 small onion, chopped
1 small stick celery
350g/12oz potato, peeled and diced
600ml/1pt chicken or vegetable stock
3 (85g) bags watercress
150ml/1/4pt milk
pinch of nutmeg
squeeze of lemon juice
salt and freshly ground black pepper

Method

Step 1

Heat the oil in a large pan, add the onion and celery and sauté over a medium heat for 5 mins until pale golden. Stir in the potato and stock and bring to the boil. Cover and simmer for 10 mins or until the potato is tender.

Step 2

Stir in the watercress, cover and cook for a further 5 mins or until the watercress is wilted. Transfer the soup to a food processor and blitz until smooth. Return the soup to the rinsed out pan add the milk, nutmeg, lemon juice and seasoning to taste. Gently reheat until piping hot and serve with crusty bread.



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Thriller of the Month for February 2024 The Cloisters by Katy Hays

Hays' debut about a mysterious group of art researchers and an invaluable fifteenth-century tarot deck is a mesmerising dark academia classic in the making.

Ann Stilwell arrives in New York City, hoping to spend her summer working at the Metropolitan Museum of Art. Instead, she is assigned to The Cloisters, a gothic museum and garden renowned for its collection of medieval and Renaissance art.

Drawn into a small circle of charismatic but enigmatic researchers, Ann happy to indulge some of their more outlandish theories, including the museum's curator who is fixated on tarot and the real possibility of predicting the future.

But when Ann discovers a mysterious, once-thought lost deck of 15th-century Italian tarot cards she finds herself at the centre of a dangerous game of power, toxic friendship and ambition.

And as the game being played within the Cloisters spirals out of control, Ann must decide who she trusts.

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The North Tamar Mission Community



St Mary the Virgin,
Kelly with Bradstone

St Mary the Virgin,
Lifton

St Nicholas,
Broadwoodwidge

St. John the Baptist,
Stowford

St. George,
Thruselton

St Peter
Lewtrenchard

Invites you to
A Special Celebration of the
Love of God on
Mothering Sunday



Sunday 10th March 2024

At 9.30am

At the Parish Church of
St. Nicholas Broadwoodwidge

Followed by seasonal light refreshments..

Everyone, of all ages is
Very Welcome!

Quakers

Meeting for Worship:

Tavistock

Every Sunday 10.00am.

4 Canal Road

Tavistock

Contact: Kay Nicholson
01822 614596

Okehampton

Every Sunday 10.30am.

Children's Meeting 2nd Sunday
Community Centre, Okehampton
Community College, Mill Road,
Okehampton.

Contact: Eleanor Flack
01837 53475

Roman Catholic Services

Tavistock

Sunday 9.15am

Holy Days 10am

Fr. Greatbatch 01822 612645

(P. Sparling 01822 860355)

Okehampton

Saturday 6pm

Sunday 11am

Fr M. Darline Joseph 01837 52229

Launceston

Sunday 10.30am

Holy Days 7.30pm

Canon John Deeny 01566 773166

The North Tamar Mission Community



St Mary the Virgin,
Kelly with Bradstone

St Mary the Virgin,
Lifton

St Nicholas,
Broadwoodwidge

St. John the Baptist,
Stowford

St. George,
Thrushelton

St Peter
Lewtrenchard

St Johns Church Stowford

A lent lunch again will be hosted by St Johns Church Stowford
on **Wednesday 6th March, 12.30-2.00pm**

We will be serving soup, cheese, bread-roll with
tea or coffee and biscuits afterwards. Cost £5.00 each

This year's charity is the '**Farm Community Network**'
No need to book just come along.



CHURCH NEWSLETTER

Ministers

United Benefice of Lifton, Broadwood, Stowford,
Lewtrenchard with Thrushelton & Kelly with Bradstone

The Revd. Philip Conway, 01566 784462

liftonpriest@yahoo.com

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Milton Abbot Benefice

The Revd. Andy Atkins, 01822 870298

andya4jc@gmail.com

The Vicarage, The Parade, Milton Abbot PL19 0NZ

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Mrs E Brown 01566 784386

Sarah Chandler

Broadwood - St Nicholas

Mr D Perkin 01566 776758

Kelly with Bradstone - St Mary's

Mr W Kelly 01822 870393

Marystowe - St Mary the Virgin

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Mr G. Vicat 01822 820254

Mr R. Searight 01822 860148

Stowford - St John the Baptist

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Mrs A Westlake 01566 783909

Mrs R. Dawe 01566 783127

Thrushelton - St George

Mr A J Nash 01566 783274

Mr T Nash 01566 783320

Bridestowe Methodist Church

Preachers for March 2024

3	Drop in the Ark 10.30 - 12.30
10	B Down at 11.00
17	V Penfould 11.00
24	At CofE 9.30 followed by coffee in the ARK
31	Angela Banfield S

St. Mary the Virgin, Marystowe

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

Services are also available online from 6pm on Sundays.

The North Tamar Mission Community

Service times for March 2024

Any updates will be posted on the Mission Community Website north-tamar-churches.org.

3rd March Third Sunday of Lent

- 8am Eucharist at Stowford
- 9.30am Parish Eucharist at Lifton
- 11.15am Parish Eucharist at Kelly

10th March Fourth Sunday of Lent Mothering Sunday

- 9.30am Mothering Sunday Celebration at Broadwoodwidge
Morning Prayer at Thrushelton
- 11.15am Parish Eucharist at Lewtrenchard
- 4pm Evensong at Lifton

17th March Fifth Sunday in Lent

- 9.30am Parish Eucharist at Lifton
- 11.15am Parish Eucharist at Stowford
Morning Prayer at Kelly
- 3pm: SB-G Centenary Evensong at Lewtrenchard

Holy Week

24th March PALM SUNDAY

- 11am Mission Community Palm Sunday Celebration
at St. John the Baptist's Stowford
starting at the Parish Hall (Weather Permitting)
Procession of Palms, Reading of the Passion Gospel and Liturgy of the Eucharist, followed by Bring and Share Fellowship Lunch.

25th-27th March Monday, Tuesday and Wednesday of Holy Week.

- 7pm Eucharist and address
St. Mary's Lifton

28th March MAUNDY THURSDAY

- 7pm Mission Community Liturgy for Maundy Thursday
at St. George Thrushelton
Solemn Liturgy of the Day, with the Washing of Feet and Solemn Watch of the Passion.

29th March GOOD FRIDAY

- 10am Ecumenical Procession of Witness and Reflection
Starting at Strawberry Fields
Concluding at St. Mary's Lifton

- 2pm Mission Community Liturgy for Good Friday
The Liturgy for Good Friday at St. John the Baptist Stowford

30th March **HOLY SATURDAY (EASTER EVE)**
7pm **Mission Community Easter Vigil** at St. Peter's Lewtrenchard
*Lighting of the new Fire and Liturgy of Light, Vigil of Readings
Renewal of Baptismal Promises and First Eucharist of Easter.*

31st March **EASTER DAY**
9.30am **Easter Eucharist** at St. Nicholas Broadwoodwidge
11am **Easter Festival Eucharist** at St. Mary's Lifton

1st April **EASTER MONDAY**
4pm **Easter Festival Service followed by tea at St. Mary's Kelly.**

Wednesday Morning Eucharist: 10.30 at Lifton

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

From the Parish Priest

Dear friends,

Easter is early this year!! When Easter Sunday is in March it coincides with Clock Change Sunday, so be aware if you want to turn up on time!!!!

The run up to Easter is the most special time of the year for Christians. It is the time when we retell the wonderful story of God's saving love in Jesus Christ and are invited and encouraged to take time out of our, sometimes frantic, lives to contemplate the sacrifice that Jesus made for us all.

The timetable for services this Holy Week is published separately in this volume, and as always, I encourage you to come and join in our commemorations and celebrations of this great season and festival.

As I write this our churches are planning their Annual Meetings. These are important occasions, as they reflect on the activity and vibrancy of our worshipping communities. The Church, as I have said and written often, is not a building but a community of people, and without that worshipping community our church's are just shells. If you would like to help build up the real church, that is the community of people, and could support us in our mission and ministry, then you are most welcome to come to our Annual Meetings and join in!

Meetings, however mundane are still about the Joy of the resurrection, and the new life that God gives us in and through Jesus Christ! May that Easter Joy fill all our lives.

With love and prayers,

Philip



A Year of Celebration and Commemoration.

SABINE BARING ~ GOULD
In commemoration and celebration of his life and works

Sabine Baring-Gould: Centenary 2024

There is much written, and there will be much said about both the man, and the celebrations that mark the centenary of his death. It is hoped that all those who live within, and around, the area he called home will be able to join in the celebrations.

As you are part of this community, then he is part of your history and please take this as an invitation to be part of our celebration. You can find out more about all the special events and occasions organised both locally and further afield in three ways.

Online:

The North Tamar Mission Community Website: north-tamar-churches.org
for all church and community events organised by St. Peter's church, where he was Rector.

The Website of the Sabine Baring-Gould Centenary Celebration Group:
www.sbgcentenary.co.uk *for all the events local, county and nationwide celebrating this important year.*

Brochure:

A colour brochure of all church-based events *can be collected from the display in St. Peter's Church and may be available in other places.*

Permanent Display:

During the Centenary celebrations there will be a regularly updated display of events and memorabilia in the North Aisle of St. Peter's Church.



No-Dig Gardening

by the Soil Association

What is no-dig gardening?

Many of you will have heard of no-dig gardening, a method that has gained popularity in recent years and has a lot to offer for soil health and those that depend on it. It's an organic way of growing plants, and the principle is simple; leave the ground as undisturbed as possible and you'll end up with less pests, healthier plants and a healthy vibrant soil community.

What are the benefits of no-dig gardening?

Rather than digging the soil to remove weeds, the no-dig method promotes adding garden compost or manure to the surface of the soil. This emulates the natural processes in an ecosystem, as leaves fall to the ground, break down and incorporate into the soil.

By doing this, the structure of the soil is also maintained, leaving worms and other soil-dwelling organisms undisturbed and the ecosystem intact.

What's more, it's a great option for gardeners who don't have time to dig over beds and borders - let the soil work its magic!

"No-dig works on the principle that healthy, covered soils are less weedy because weeds are most present in soil that needs healing."

How – doesn't it take ages?

In fact, the opposite is true. Once setup, a no-dig system can be incredibly time efficient. This is because in the long run you will need to spend much less time digging and weeding. No-dig works on the principle that healthy, covered soils are less weedy because weeds are most present in soil that needs healing.

Top tip: You will need access to plenty of mulch and compost as weeds are kept at bay by being constantly covered.

Getting started

If you'd like to get started with a no-dig veg patch or bed, no-dig expert Charles Dowding suggests starting by covering grass with cardboard then adding a thick layer of compost. Use brown sheets of cardboard with minimal ink and remove metal clips and tape. Plant into the top of your compost and mulch around your plants. Over time the soil will become a haven for worms which will help to loosen the soil and keep it aerated.

The best time of year to convert to a no-dig system (or turn an area of lawn into a veg patch) is in the late autumn after your final harvests.

No-dig and mycorrhizae

You may sometimes see white strands within the soil. These are likely to be mycorrhizal fungi which are safe and beneficial. Most plant roots team up with fungal networks working in partnership – the fungi feed off sugars from the roots whilst the plant uses the expansive fungal network to receive nutrients and water beyond its own catchment. These delicate networks are doomed to die if the soil is turned, particularly as the fungi can't tolerate exposure to the air.



An Invitation from Red Spider Drama Company

Play-Reading Evenings

On the first Thursday of each month (excluding show months) we hold play readings for members and prospective members to come along for an enjoyable evening of dramatic reading.

On Thursday, 4th January 2024 come and join us at The Fox and Grapes in Tinhay, Lifton to read Pygmalion by George Bernard Shaw. It is proposed that this will be staged by Red Spider during April 2024, so if you are interested in getting involved, why not come along to the reading, which starts at 7.30pm.

New members

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Please Contact: **Terry Southcott, Fairview Bungalow, Lewdown**
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All proceeds will go to The Lewdown Residents Association
who produce The Community NewsLink.

Milton Abbot Grouped Parish Council

Please see our website for lots of information
about Milton Abbot, Chillaton, Bradstone, Dunterton and the surrounding
areas, along with a list of the local Parish Councillors

www.magpc.co.uk

Stowford Parish Hall

For bookings and enquiries contact Julie Chick Tel: 01566 783223

Email: stowfordparishhall@gmail.com

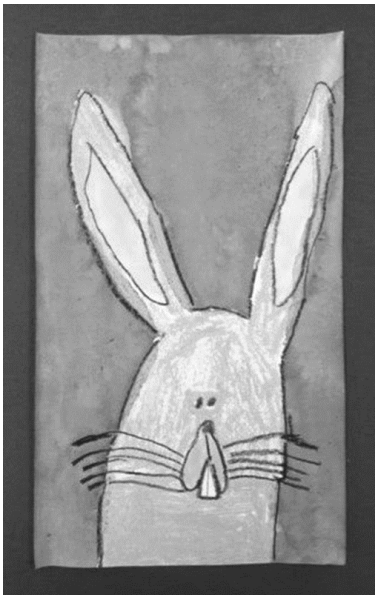
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Under 8 Colouring Competition

Easter Bunny Draw an Easter picture, colour it in, then scan and email to the editor before the 15th of March. The winner will be announced in April's edition. Don't forget to give us your name and age.

Good luck 😊





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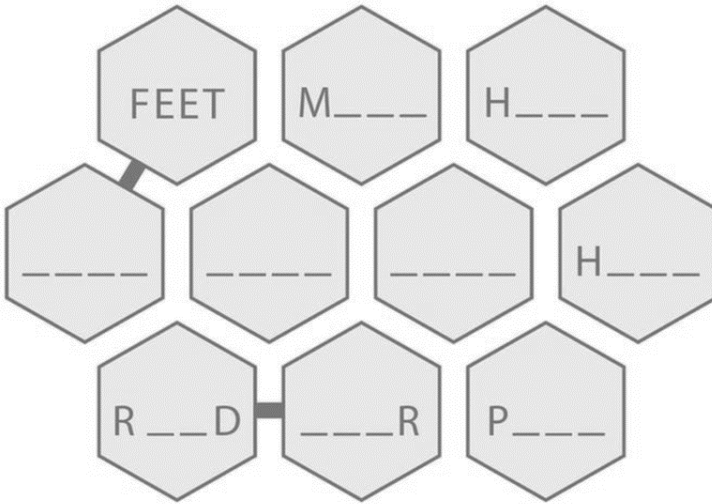
Do you quiver at the mere suggestion of organising something?

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Word Worm

From wherever you start (hint: it's probably easiest to start at the top left), join the hexagons by creating a new word that is only one letter different from where you started. Each hexagon must connect to exactly two adjacent hexagons.



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Damp and Mould

“Damp and mould is building up in our house. Our living room is worst and there’s a strong smell so we have stopped having friends round. We’re also concerned about our health. We’ve reported it to the landlord who has done nothing. We’ve six months left on the tenancy agreement and running out of options. What should we do?”

Absolutely right to tell the landlord but to work out if they are responsible you need to find the cause of the damp and mould, but this can take time unless it is clear there is a leaking roof or bad insulation.

Damp occurs when property doesn’t dry out. It can be rising, penetrating, construction or condensation damp and can lead to mould, the fungus that grows where warm, damp air condenses on cold surfaces like window frames. The following link will help establish they type of damp, who is responsible and what you can do <https://www.citizensadvice.org.uk/housing/repairs-in-rented-housing/repairs-common-problems/repairs-damp/>

Your landlord is responsible for fixing a damp problem if it’s making your home unsafe and unhealthy. They will also be responsible if the damp is related to repairs they should have done like rotting window frames. They would have to cover the cost of repairs to any items damaged by the damp including carpets and furniture. Keeping homes well heated and well ventilated is the best way to prevent condensation but with high heating costs and cold weather this isn’t always easy. You may, however, be eligible for support so check out this link. <https://www.citizensadvice.org.uk/consumer/energy/energy-supply/save-energy-at-home/get-help-with-the-cost-of-energy-efficiency/#:~:text=Applying%20to%20the%20Energy%20Company,apply%20through%20their%20local%20council>

Try to avoid doing anything that makes damp worse like drying clothes on heaters, blocking air vents or using portable gas heaters as that may affect whether the landlord takes responsibility for repairs.

At CA TNMWD we have trained energy advisers who can help.

[Rural Devon Citizen's Advice | Torridge, North, Mid ... \(citizensadvicetnmwd.org.uk\)](https://www.citizensadvicetnmwd.org.uk)

The above link will take you to our website which will give you several options **to get in touch. Alternatively, ring our free, local Adviceline on 0808 27 87 999.**

If you would be interested in volunteering with us, our website also shows the opportunities we have and you should then contact recruitment@ruraldevoncab.org.uk we would love to hear from you!

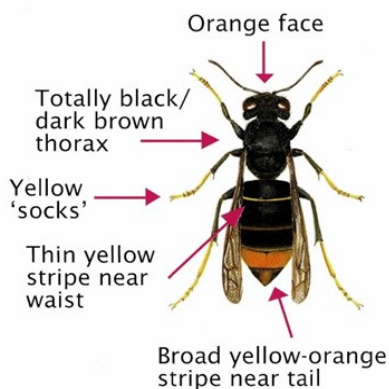
Be Alert for Asian hornets!

Asian or yellow-legged hornets (scientific name *Vespa velutina*) were accidentally introduced into France in around 2004. Now they have spread through much of Western Europe. They are serious predators of honey bees, and also attack bumblebees, solitary bees and other insects.

They defend their nests aggressively and will attack anyone who gets too close: **never approach a nest**. Since 2016, there have been sightings of the Asian hornet in the UK, and a few nests have been found.

Asian hornet

actual size



Asian hornets are generally smaller (25-30 mm head to tail) than our native hornet, the European hornet (*Vespa crabro*), which is 30-35 mm head to tail (but can seem much bigger!). They are easy to distinguish because Asian hornets are mostly dark brown/black, with yellow 'socks' and an orange-yellow band near the tail. Native hornets look like very large wasps, with brown legs and bright yellow and black/brown markings. Native hornets fly both night and day, while Asian hornets fly only during the day.

**If you see this insect
PLEASE REPORT IT!**



Asian hornet
REPORT



Native hornet
do not report

The best way to report the Asian hornet is by using the app: **'Asian Hornet Watch'**, or you can send photos and location details to: **alernonnative@ceh.ac.uk**

For identification help and advice in your area, go to www.bbka.org.uk (British Beekeepers' Association), hover over **Asian Hornet** and choose **Asian Hornet Action Team map** from the dropdown menu. Click on a pin on the map for local contact details.

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World Day of Prayer
England, Wales & Northern Ireland

"I beg you, bear with one another in love"

All are invited to World Day of Prayer
Program prepared by the Women of Palestine
St John the Baptist, Stowford
Friday 1 March, 2024 from 2.30pm

(Practice Friday 23 February at 2.30pm)



The Christian Women of Palestine are calling us to connect with the land from where Jesus came, where he was born, ministered and died – and from where our faith began and is rooted. Despite living in an area of the world where there is ongoing conflict and the future is uncertain, the women of Palestine are sharing with love a reminder that they are there, and they want to give hope to everyone. The theme of the service 2024 'bear with one another in love' seems very appropriate for these women who will not give up witnessing the love of Jesus Christ.

Artist for the Day of Prayer 2024: Halima Aziz
The artwork: "Praying Palestinian Women"

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Lewtrenchard WI February Report

We met on February 12 at Lewdown Victory Hall. Margaret welcomed 20 members, Graham Yeo and 3 guests, she also welcomed Lynn to her new home and presented her with a card. We sang a lovely rendition of Jerusalem.

Speaker: Graham Yeo on Sabine's life & the Sabine Baring-Gould Centenary Celebrations

Graham gave us a brief family history, which was very interesting especially as the SBG were possibly the wealthiest family in the world during the 18th Century, with connections to America, Germany & Holland. There are many exciting events planned throughout the year, please check out their website: <https://www.sbgcentenary.co.uk/> or local papers.

theWI
INSPIRING WOMEN

Annual Christmas Lunch White Hart Inn - Bridestowe Everyone had a great time, the company was good and we enjoyed lovely food. We voted to go again next year.



Table Top Sale

Lewtrenchard WI

Saturday March 9th - 2-4.30pm

Cost of table £10 - Entrance FOC

To book call Monique: 01566 783765

Raffle Refreshments Cake stall

In aid of Lewtrenchard WI funds

**Date and venue for next meeting: Monday March 11, 2024 at 7pm.
Ann Marcer - Training Teachers in the Mountains of Nepal.**

March dates for your diary:

09 - Table Top Sale

21 - Coffee morning at Roadford Lake

23 - Rampsonwillis Spring Tidy-up 2om -3pm

25 - **MONDAY** Walk