

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

February 2020

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

Community



Newslink

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LLOYDS TSB FOUNDATION FOR ENGLAND & WALES

What's going on in the area

Date	Location	Organisation & Contact	and at what time
Wed-05-Feb-20	Victory Hall	AUCTION Paul 07401192921	AUCTION @19:00-
Sat-08-Feb-20	Victory Hall	Colin 01566783279	Whist Drive 20:00
Mon-10-Feb-20	Victory Hall	Cathy 01566784104	W I meeting 19:00
Wed-12-Feb-20	Victory Hall	Soupa Troupers	12.30 till 16:00
Wed-12-Feb-20	Victory Hall	AUCTION Paul 07401192921	AUCTION @19:00-
Mon-17-Feb-20	Victory Hall	Audrey 01566783392	Lewdown Drop In 14:30
Tue-18-Feb-20	Stowford Parish Hall	01566 783396	Lewdown Past - "The Okehampton Archive
Wed-19-Feb-20	Victory Hall	AUCTION Paul 07401192921	AUCTION @19:00-
Wed-26-Feb-20	Victory Hall	AUCTION Paul 07401192921	AUCTION @19:00-

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The Community Newslink

A MONTHLY MAGAZINE PROVIDING NEWS, INFORMATION AND ITEMS OF
INTEREST FOR THE AREAS OF LEWDOWN, CHILLATON, CORYTON,
STOWFORD AND MARYSTOWWE, THRUSHELTON, LEWTRENCHARD

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Mrs A. Westlake, Mrs M. Rolfe, Terry Southcott, Simon and Monique Hedger,
Coppers Stores, Keith Turner and Ryan and Jessica Kingdom

**All news, photographs, reports, events etc. for the Newslink need to be
handed in to the Editor by 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, as some things will not reproduce
in a good enough quality.

DONATIONS TOWARD THE COST OF PUBLISHING THIS MAGAZINE CAN BE GIVEN TO
ANY COMMITTEE MEMBER OR CONTACT:

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LRA TREASURER: SARAH NASH (SARAHNASH@BTINTERNET.COM)

YOUR SUPPORT WOULD BE VERY MUCH APPRECIATED

Could you help with delivering the Newslink?

We always welcome new volunteers to join our excellent team of
helpers that deliver the Newslink every month. If you're interested
please to contact us (details on page 3)

**Don't forget that you can always get copies of the Link
in the Village Shops and in the local Churches, or
register with us to be sent the PDF version
(send an email to us at Lewdownra@gmail.com)**

Cover Picture - St. Mary's Church, Marystowe—for a report see page 21



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www.lewtrenchardschool.org.uk Email lewtrenchardadmin@andaras

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Please Contact: **Terry Southcott, Fairview Bungalow, Lewdown**
Phone 01566 783079.

All proceeds will go to The Lewdown Residents Association
and The Community Newslink.

Stowford Parish Council:

The Royal Exchange Bus Stop has toppled over from its foundations and is now lying on it's back for safety reasons.

This is due to the extremely bad weather .

It is the responsibility of Stowford Parish Council to deal with this and we are discussing with local builders various options and related costs.

Please be aware that this will not be fixed quickly. We will keep you informed of course.

Gail Bones,
Chair,
Stowford Parish Council



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Dear readers, To start with i would like to take this opportunity to wish you all a very happy new year from all of us here at the link. I do realise that by the time some of you get to read this, Valentine's day will be fast approaching but better late than never. We in the Nash house are at long last back in the modern world, after a whole month without the telephone (landline type), and the internet. We haven't been to upset though, No one trying to take your money by this or that scam, and definitely no rubbish phone calls asking whether we have had a accident. On the up side we can stop parking outside friends houses so that the present Mrs Nash can upload stuff for her job, also on the upside our son has been having conversations with us about normal stuff which i know something about.

Have you heard about the local person who has reinvented the door knocker? He has just been awarded a NO bell prize.

Good news everyone, by the time you read this rubbish we will have a new Priest in the Lifton benefice. The Reverend Philip Conway will be taking up the post as of the 13th of January. We wish him and all of his family a warm welcome. He will not be moving into the Rectory until March, so if you need him at present, speak to your local Churchwardens and they can pass the message on until some form of system is in place.

Will close now as it's omelette for tea for a change, as we in the Nash house have just about finished off all the stilton cheese that was left over at Christmas.

Best Wishes to you all from Tim Nash Still the best chairperson at the link.

Here's a seasonal joke, My friend Jack claims he can communicate with vegetables, Jack and the beans talk.

A friend of mine took his car to the garage the other day as it was making a terrible noise. It's a lot better now after the mechanic took the Mariah Carey Christmas CD out.

P.S Have you put your onions in yet, if you want to win at the local shows now is the best time,

P.P.S. Ringing practice has been continuing at Thrushelton for anyone who wants to have a go. The next evening is Thursday, February the 6th at about 7.30pm. The more the merrier.

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In aid of Lew Trenchard Primary School

Soupa Troopers

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2020

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Wednesday March 11th

Wednesday April 8th

From 12.30pm in Lewdown Victory Hall

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Lewdown Community Association Newslink Magazine

New Advertising Costs

The costs of advertising in the Newslink have remained unchanged for around 20 years! Unfortunately we are not immune to rising costs, so reluctantly it has been decided to increase the rate for advertising as from the beginning of 2020.

There will also be different rates applied depending on whether the advert is to be black and white or in colour.

The new rates will apply for all new adverts placed in the Newslink. Existing adverts will not have the new charges applied retrospectively—the new rates will only be applied when the adverts come to be renewed.

Cost of advertising

Size	Black and White	Colour
1/8th of a page	£3 or £30 for a year	£4.50 or £45 per year
1/4 of a page	£4 or £40 for a year	£6 or £60 per year
Half a page	£8 or £80 for a year	£12 or £120 per year



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Lewtrenchard WI, January 13th 2020.

Our first meeting of 2020 was a quieter affair than usual due to many of our members going to Lifton to meet the new Vicar of our grouped Parishes.

Our President, Cathie Slocombe took us through a full programme of activities and notices including last year's Christmas party with a discussion that not only should our Secret Santa should be replaced with contributions to local food banks but also a proposal which was approved of by the meeting that every month we have a contribution box which will then be split between the food banks in Launceston and Okehampton.

Cathie mentioned our current winning form in the WI skittles competition, reminded members to sign up for the pantomime and our upcoming Christmas meal at Trethorne. The Tamar Group 2020 competition entries were also discussed.

The first meeting of every year focuses on the Resolutions for National which we vote on at the meeting, send those results to National and the winner over-all across the country is adopted at the National AGM later in the year.

Our presentation on each resolution was given by:

Resolution 1, Barbara Scott on Increasing Numbers of Stem Cell Donors registering on a national database. Barbara gave a good outline of the reasons why this is needed and then how the WI could promote this;

Resolution2, Female Crash Test Dummies was presented by Monique Hedger. Monique gave us a guide to the sexism that still functions in the car industry and took us through how the WI could start to make a difference;

Resolution 3 Cathie Slocombe helped us address the issue of how to End Modern Slavery by taking us through its prevalence and its challenges as an almost invisible crime.

Resolution 4 Cathie took us through Time to Talk About Death with reference to end of life wishes and communicating these to friends and family;

Resolution 5 on the issue of Protecting Our Precious Helium Margaret Dunn took us through an issue none of had any idea of regarding the finite resource that is helium and its vital use from medicine to industry.

Members then voted on their ballot papers to be forwarded to National.

Tea was served, our competition An Interesting Item Beginning With 'H' was won by Mary Edgecombe.

We look forward to our next meeting on Monday, February 10th where we expect to be back at full strength. Our speaker will be Alison Haslam-London Blue Badge Guide. Competition- Photo and Green Heart.
Victory Hall, Lewdown, 7pm. ALL WELCOME.

LEWDOWN VICTORY HALL

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CHURCH NEWSLETTER

Ministers

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

The Revd. Nick Law 01822 840229

nick123law@gmail.com

The Rectory, The Down, Bere Alston, PL20 7HQ

Milton Abbot Benefice

The Revd. Andy Atkins, 01822 870298

The Vicarage, The Parade, Milton Abbot PL19 0NZ

Churchwardens

Lifton-St Mary's

Mrs E Brown 01566 784386

Mrs G Whitford 01566 784242

Broadwood- St Nicholas

Mr D Perkin 01566 776758

Kelly with Bradstone-St Mary's

Mr W Kelly 01822 870393

Mr R Eggins 01822 870240

Marystowe—St Mary the Virgin

Mrs B Dawe 01566 784797

Mrs D Asbridge 01822 860378

Coryton—St Andrews

Mr G. Vicat 01822 820254

Mr R. Searight 01822 860148

Stowford—St John the Baptist

Mr C Chick 01566 783223

Mr S Hedger 01566 783765

Lewtrenchard—St Peters

Mrs A Westlake 01566 783909

Mrs R. Dawe 01566 783127

Thrushelton—St George

Mr A J Nash 01566 783274

Mr T Nash 01566 783320

Roman Catholic Services

Tavistock Sunday 9.15 am
Holy Days 10am

Fr. Greatbatch 01822 612645
(P. Sparling 01822 860355)

Okehampton Saturday 6pm
Sunday 11am

Fr M. Darline Joseph
01837 52229

Launceston Sunday 10.30 am
Holy Days 7.30pm
Canon John Deeny 01566 773166

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

St. Mary the Virgin, Marystowe

Church services at 9.30am unless otherwise stated

1st Sun. in the month - Holy Communion ● 3rd Sun. in the month - Family Service

New Priest-in-Charge for Lifton Benefice

The Reverend Philip Conway was licensed as Priest-in-charge of the Lifton Benefice, which comprises of the parishes of Lifton, Lewtrenchard, Stowford, Broadwoodwidge, Thrushelton and Kelly with Bradstone, on Monday 13 January by the Right Reverend Robert Atwell, Bishop of Exeter. Rev Conway was warmly welcomed by the six parishes of the benefice, Rev Andy Atkins of the Milton Abbot Benefice and by representatives of the local community at the service at St Mary's Lifton. Refreshments were served in the Lifton Community Centre following the service and this gave an opportunity for those present to meet with Philip and his family.

Rev Conway was previously Priest-in-Charge of Lanlivery and more recently was Chaplain of Abbots Bromley School. He has a great love of music and dogs and is looking forward to getting involved with the life of the local community.



St. Mary's Church, Marystowe

[We're](#) well into the New Year, a new decade too, and Christmas already seems a long time ago! It's lovely once again, to see the snowdrops in the churchyard.

Our **Christmas coffee morning with craft stalls**, held back in November, was a great success, with many people from the village and from across the benefice visiting. The event raised £458 for Church Funds.



An incredible seventeen people took part in decorating the church for **Christmas** and it really did look beautiful, especially by candlelight. We had two lovely services, both led by Rev Andy Atkins. **The Crib and Carol Service** on 15th December, was well attended and enjoyed by everyone; the children dressing up and taking part in the service and reading too. Festive refreshments were served afterwards. And, on Christmas Eve, we welcomed many visitors to the **Christmas Communion Service**.

We would like to thank Faye and Steve, who hosted the **Carol Singing** in their front garden in the village on Friday, 20th December. Everyone was in good voice, enjoying the social occasion, the mulled wine and mince pies, when suddenly and quite unexpectedly, the rain came. Very kindly, we were all invited into the kitchen, where we continued in the dry. The collection raised £50, which was given to the church.

I think those who took part, enjoyed the challenge, **Double your Money**, coming up with some great ideas, one of them as an alternative to the traditional occupational therapy offered! Various hand-knitted items, jars of jam, marmalade and chutney, doorstops, greetings cards and illuminated bottles were made and sold, raising a total of £391. Congratulations to Joy McSmythurs for her ingenious idea and for raising the most money.

Please remember we offer **greetings cards** and a wide range of **second-hand books** for sale in the Church. If you have any books you have finished with, please call Barbara Dawe [on 01566 784797](tel:01566784797). Collection can be arranged.

Deborah Asbridge

Worship in the Lifton Benefice - February

St. Mary, **Lifton** St. Nicholas, **Broadwoodwidge** St. Peter, **Lewtrenchard**
 St. Mary, **Kelly** St. John the Baptist, **Stowford** St. George, **Thrushelton**

Services listed in alphabetical order:

2nd Feb	9:30 am	Holy Communion - Broadwoodwidge Candlemas Service
	11.15 am	Morning Prayer - Kelly with Bradstone
	9.30 am	Holy Communion - Lifton
	11.15 am	Holy Communion - Stowford
	9.30 am	Holy Communion - Thrushelton
9th Feb	10.00 am	Benefice Service - Broadwoodwidge Dedication of War Memorial & Gates to the Church Lead by Bishop Right Rev. Nick Mckinell
16th Feb	11.15 am	Holy Communion - Kelly with Bradstone
	9.30 am	Morning Prayer - Lifton
	11.15 am	Morning Prayer - Stowford
	9.30 am	Holy Communion - Thrushelton
23rd Feb	9.30 am	Holy Communion - Broadwoodwidge
	11.15 am	Holy Communion - Lewtrenchard
	9.30 am	Morning Prayer - Lifton
26rd Feb	7.30 pm	Ash Wednesday Holy Communion - Lewtrenchard

There will be a short service on Wednesdays at 10.30am in Lifton.

Please email your services to Simon no later than the 10th of the preceding month
 for publication in The Community Newslink

Launceston Men's Probus Club



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Bridestowe Methodist Church

For Febuary at 11.00am unless stated

2 nd	U S at Church 9.30am
9 th	B W Group
16 th	C Brook
23 rd	Rev J Cook S

Calling all relapsed campanologists,

and any one else who would like to try their hand at bell
ringing.

Due to the fact that none of us are getting any younger, we are
looking for some keen people to
try their hand's at this enjoyable pastime.

We are going to meet on the first Thursday of each month
starting on November the 7th
at Thrushelton to start with.

please call Tim Nash on 01566783320 if you are interested.

Lewdown Past

The Lewdown and area local history group

Stowford Parish Hall

Tuesday 18 February at 7.30pm

The Okehampton Archive an illustrated talk by Christine Marsh

You may have read some recent articles in the magazine *Okelinks* about Christine's involvement with the Okehampton Archive and information preserved therein about the town's Victorian arcade. At the meeting she will be telling us about her work with the archive over the last 10 years and also show us some of the photographs and articles collected, with special reference to Sidney Simmons. Many of you will know our speaker from her work on the council and in other roles locally and this should prove to be an interesting evening.

Visitors are very welcome but may like to phone 01566 783396 nearer the time to check there has not been a rare change of programme or for further information. Lifts are possible also. Charge £2 for members, £3 for non-members to include refreshments.

Gardeners' answer time?

Our November meeting 'Tulips, Tradescanth and Topiary' was bursting with plant lore and gardening tips from the 17th century. This was when formal gardens really took off, partly as a result of Henry VIII's generous donation of much former monastery property to his supporters. Water features, topiary and formal bedding suddenly became must have features. There was also an influx of new plants from abroad, with John Tradescanth (of the talk's title) introducing many from Europe. During 'tulipmania' these bulbs could sell for 3000 florins. Estate gardens and country gardens alike also grew plants for a practical purposes, often reflected in their names.

Culinary plants included many to add flavour to a monotonous diet and disguise less than fresh meat: bay, ramsons, *Calendula* marigolds for sweetness and nasturtiums for a peppery taste.

Household uses included lavender to mix with threshed straw, strewn on the earth floor to absorb grease, fowl droppings etc. A raised threshold kept the straw inside. Horsetails were also called pewter-wort due to their effectiveness in cleaning this metal. Teasels teased out wool ready for spinning. Glue could be made by boiling up bluebell bulbs! Dyes were plant

-based: woad (yellow) and indigo (blue) while black, made from crab apples, was the most difficult, expensive and tended not to be fast.

Some plants had **magical reputations**. A bay tree by the door would keep witches at bay, as well as diverting thunder and lightning. And don't cut elder without apologising to the witches who live there. Elecampane, or elf wort, could protect against elf magic. To tame a bull, tie it to a fig tree.

Medicinal plants were the only source of remedies for many and they would be carefully picked in season and preserved for later use. A plant's appearance was often thought to indicate its usefulness, hence lungwort was used to treat chest problems and lesser celandine was also known as pile wort from the shape of its roots. Which part of a plant to use, and how to use it, is now lost for many plants, despite the rise of printing and publications such as Culpeper's *Complete Herbal* in 1653. Some 'cures' may have relied on a placebo effect but modern medicine supports the effectiveness of others, compounds found in foxgloves *Digitalis purpurea* still being used to treat heart problems. Hyssop, for coughs, is found in modern cough mixtures, lavender oil is still recommended for curing snoring and valerian continues to have a calming reputation. Less proven are mint, the 17th century Viagra and honeysuckle for teething problems.

Pest control included garlic to deter moles and soot as snail repellent. Camphor was used to protect clothes against moths.

And then there was **personal hygiene**. Fortunately Mistress Agnes (alias Janet Few, our speaker) had just had her annual bath. A number of aromatic plants were used to mask odours, and the leaves of elecampane (also known as horse heal and a factor in veterinary medicine) were very soft on one side so it was often grown beside the privy to provide toilet paper (moss being substituted in winter).

Be warned – Mistress Agnes's final advice was 'don't try this at home, children'!

Healthy and Happy 2020 to all the team at Lewdown Residents Association

I know Words from Wiltshire have not been spoken for some time but here I am again and want to say thanks for the dedicated work of all involved with getting the magazine from thought to door!
Beryl also wishes to say Hallo to old friends around the area

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Lewdown YFC

We started this YFC year with a new members evening back in September, this again proving a successful night for the club with around 10-15 faces taking our overall membership into the 80's- this puts us in the top 5 of most mem-

bers per club in the whole of Devon.

The week after we held another successful disco, raising nearly £2000. At the end of this year some of this money will be donated to our chosen Charities (yet to be decided) We then had our cider and Pasty quiz, another great night with about 18 teams. The £370 we raised has been donated to the RNLI, after we had a tour of the Looe lifeboat station in June.

The club had another successful dinner and dance and had a lovely meal at Trethorne with over 100 in attendance. Guest speaker for the night was Adrian Edwards from Hatherleigh and he had the whole top table attempting to twist sausages! Club awards went to



Member of the Year- Owen Bellamy



Achievement for the year-Harry Cole, Olly Smith-Burkett and Richard Stevens for making it to the national finals of fencing

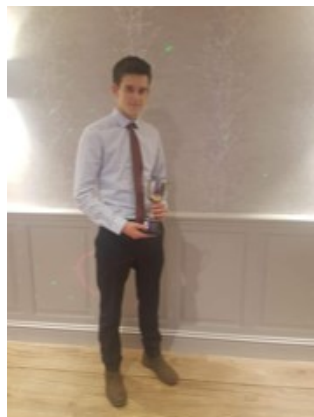


Wooden spoon- Chris Vallance.

End of October/November brings carnivals; this year's theme was WWE, we picked up prizes in Okehampton and Hatherleigh. At the end of November we had our Tarka Dinner and Dance at the Waie Inn, the club had a great night. Awards won



Sports Cup-Club with most sports points throughout the year



☀️ Becky Dennis- Most points in Tarka at County Competitions and Stock Judging

☀️ 2nd overall in Tarka completions

☀️ Owen Bellamy- Tarka Member of the Year.

December came and we had our successful Poultry Bingo, we made just under £800, again at the end of the year some of this will be donated to Charity. A few members also went along and planted some trees at Lew Quarry and Bratton Park. At the Devon Agm we came away with the trophy for the best member increase throughout the year. Becky also won the trophy for individual contribution through the year.

We've got lots of new things coming up this year for members to enjoy and our Charity events will start over the next month or so.



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