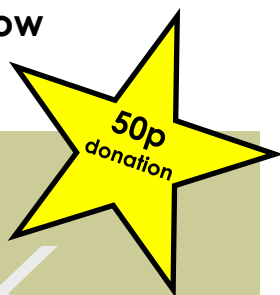


**The Area Magazine for Lewdown, Stowford, Thrushelton,  
Lewtrenchard, Chillaton, Coryton & Marystow**

April 2025

# community newslink

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



**Published by the Lewdown Residents Association**

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**Front Cover Picture**

**Description**

*Daffodils in the Tamar Valley. One of the joys of visiting Devon in April is to come across fields of daffodils and primroses growing in the banks of the country lanes.*

*Photo: Anon*

**newslink archive**

[www.rawrationsplus.co.uk/lraarchive.html](http://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.**  
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**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**

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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:**

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

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

## **Hello and welcome to this months tripe, and to start with...**

*Two Pirates were recently heard talking in a local branch of Costa.*

*One said, "when I was younger I was made to walk the plank".*

*Really said the other, "why was that".*

*"My parents were too tight to buy a dog".*

*Other coffee retailers are available...*

Well good evening to you all and welcome to this the pre Easter edition of this wonderful magazine.

Recently while watching an edition of digging for Britain, hosted by professor Alice Robert's she was talking about the Roman Empire both BC and AD, and a thought entered my tiny brain as to when this method of counting the years began, as I'm pretty sure it was not about when Jesus was born.

No I don't know either, but I suppose with a bit of effort and time I could find out, but if there is anyone out there who knows the answer then please inform me (us).

We recently picked up the new St Luke's open gardens brochure for 2025. Nick and myself enjoy nothing better than walking around other peoples gardens, getting ideas and inspiration as to what we can do to improve, or alter ours. This year we intend to go to Calstock on the 18th of May for a village open gardens, with maybe a pub lunch thrown in for good measure. The total cost is £6 each so everyone benefits.

Will close now as there are dishes to wash, and Nick and the cat are outside planting wallflowers in the tubs around the house.

Best wishes to you all from Tim Nash

*PS. A friend of ours recently got his back tattooed with the outline for flowers. Why would he do that I asked?.*

*So when his children are depressed, they've got a shoulder to crayon.*

*Did you hear about the man who was caught trying to steal stamps?*

*He philately denied it.*

# Soupa Troopers

All welcome to this community event



**Wednesday April 9th**

From 12.30pm in Lewdown Victory Hall

Soup and a Bread Roll, Tea or Coffee - £4

Followed by conversation & games



## Draw Results

### February

£15 Katie Mudge No. 8  
£5 Liz Metherell No. 100  
£5 Gemma Dufty No. 109

### March

£50 Roy Stacey No. 130  
£15 Liz Metherell No. 100  
£5 Val Vernon No. 23  
£5 Chris James No. 92

### January

£15 Margaret Hill No. 123  
£5 Caroline Wonnacott No. 69  
£5 Tony Crocker No. 61

# From the Editor

We only need another 17 households/businesses to sign-up to the Lewdown Exchange Project and we will reach the target for Openreach to commit to providing our community with High Speed Gigabit Internet access.

Remember this is funded by UK Government.

To sign-up visit: [www.openreach.com/connect-my-community](http://www.openreach.com/connect-my-community)

If interested let me know if you need help.



## The Ark

### AT BRIDESTOWE METHODIST CHURCH

Is open for teas and coffee and a chat on  
Tuesdays From 10am to 12noon & 2.00pm to 4.00pm  
Thursdays From 10.00am to 12noon

Do come and join us, you will be made most welcome.  
You will find us on Launceston Road, Bridestowe.

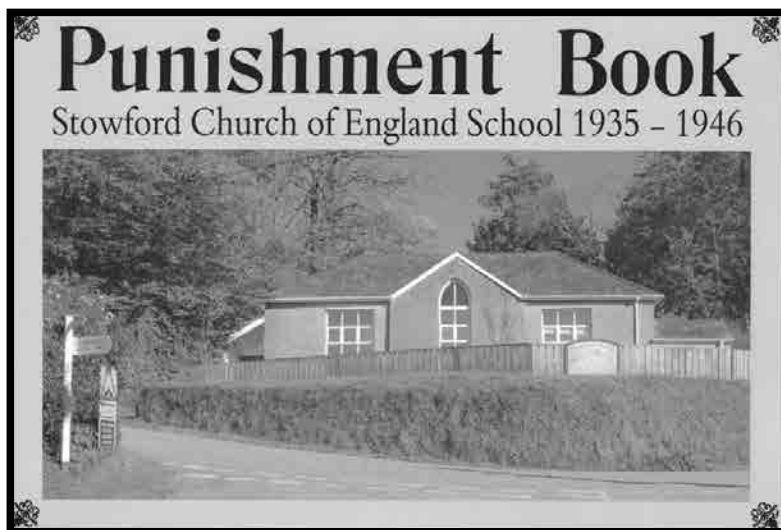
## Lewdown



**Located in the roadside porch of the Blue Lion, EX20 4DL.**  
Please note it is not recognised by 999 calls if more than 200 metres 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.



This is the sixth in this serialisation of Stowford's Church of England School Punishment Book. On this page it appears that just a few youngsters are struggling with the teacher's rules, but otherwise a fairly quiet 17 months!

Peter van Delft.

Date	Name of Child	Age	Offence	Amount of Punishment
1940 Feb 5 <sup>th</sup>	Roger Wickett William Wickett Norman Wickett	6 10 8	Throwing stones from play-ground on to house	One stroke on each hand three strokes on each hand two strokes on each hand
1940 May 31 <sup>st</sup>	Norman Wickett	8	Throwing stones in playground, hit Brian Cobbledick's head	Three strokes on each hand
1940 Sept.	John Wickett	12	Repeated inattention	Three strokes on each hand
1940 Oct 1 <sup>st</sup>	William Wickett	10	Insolence	Two strokes on each hand
1941 June 10 <sup>th</sup>	William Woodridge	13	Repeated noisy inattention	Three strokes on each hand
1941 June 10th	David Goater Brian Cobbledick Donald Woodridge	13 10 10	Talking after being warned given a warning.	Two strokes on each hand
1941 July 16 <sup>th</sup>	William Woodbridge	13	Repeated talking and disobedience	Six strokes on each hand

## Reflections of a Steam Fireman

As we moved closer to the end of steam on the 9th July 1967 all our older engines were gradually withdrawn and towed away for scrap with rods removed and put in the tender, S15 4-6-0 tender engines had gone for scrap and Q 0-6-0 Q1 0-6-0 U 2-6-0 and N 2-6-0 had started to be withdrawn.

The loco was allocated extra standard class loco 4-6-0 and 2-6-0 tender engines plus Standard tanks 2-6-4 and 2-6-2 also diesel as they became available.

The smoke box was supposed to be self cleaning but to undo the door, no spanner needed unlike the older engine with 8 nuts to undo, just unscrew the handle releasing the other handle, move a quarter turn, door opens, check and clean, they were fitted with rocker fire grates, so no shovelling clinker.

But I missed the skill that was needed to do the older engines. This would involve shovelling the good fire to the right and cleaning the clinker with a long shovel and withdraw it into the cab and out the side onto the ash pit. The shovel would get hot, but one hand was in a ring on the end of the shovel and the other hand would let the rod of the shovel run across it protected by your cloth that was issued. If you did it right you did not burn yourself. You then used the pricker to clean out the back corner. If heavy clinker, the dart would be used to scrape it off the fire bars, then put the good fire on the right to the left and clean the right side of clinker, when cleaned, pull up under the door and shovel coal onto the fire, open dampers fully into the pit make sure wind direction is in the right direction and with the ash pan rake, clean out ash pan, reset dampers.

I did not realise that this skill was so needed when I was seventeen and was 7am cover when the foreman said the 0930 Bournemouth had failed at Woking and we had to take a standard class 5mt 4-6-0 to Woking pronto, it involved taking an engine that was just about to leave the loco much to the crews dismay making the fire up going tender first to Woking, I inform the signalman at Woking home signal and he set us back onto train in the station by this time the engine was lifting her safety valves, the fireman and driver of the failed engine relieved us and with the right away set off.

My driver said the failed engine is down the east end carriage sidings and it has dropped a fusible plug in the boiler designed to protect the boiler (water to low) I did not realise that when we got to the engine an un-rebuilt west country class that nothing works no steam and my driver said the fire has to be removed.

And the firebox was full, so I set about removing the fire but without the blower the flames were rolling back towards me, I put buckets of water on the fire and it was like being in a steam room so I had to kneel on the floor and shovel burning coal out of the cab there was no pit and I had to keep getting down and moving it away from the engine because of the engine valve gear it is in an oil bath and are prone to catching alight, my driver carried buckets of water to put on the hot coals, I was exhausted but had managed to clean out the firebox and we were towed to the loco for repair.

**Tom**







# 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 10th April 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)

**Rhymes and ways  
by Bert Jewell \***

**May**

The garden shed, what a wonderful place,  
A place to escape from life's fast moving pace,  
To sit in the corner with a paper to read,  
Listening to the birds on the table to feed.

There are trays and pots of all different kinds,  
and of course the essentials like the garden line,  
There's tools that will suit all gardening needs,  
from turning the soil to lifting the weeds.

A nice new mower, primed and ready to go,  
The lawn not ready for its first mow,  
But the sun will come out, the ground will dry,  
That'll be the best time to give it a try.

The weather is changing, the lawn is now dry,  
Let's see if the mower is up for a try,  
As it stands there waiting with an arrogant look,  
How does it start? Where is the book?

It all now makes sense, the cord we pull,  
It isn't that long till the grass box is full,  
To the compost heap where we tip all the grass,  
Hey, this new mower is really fast.

With the mower all clean and back in the shed,  
Now where is that paper that I haven't yet read,  
There's a tap on the window, "telephone dear"  
I pretend that I didn't hear.

It's no use hiding says the wife with a grin,  
The person on the phone wants to know if we're in,  
You just can't get away from life's fast moving pace,  
But I still think the shed is a wonderful place.

\* Lewdown Victory Hall Show Judge of Vegetables & Flowers from Crediton



## **Cheesy Onion and Potato Soup: A yummy recipe - 6 servings**

### **Ingredients:**

3 medium cooking onions, chopped  
2 tbsp. butter  
4 medium potatoes, peeled, cubed  
500 ml chicken stock (use vegetable for vegetarian recipe) Salt and pepper to taste  
750 ml milk  
250 g grated cheese (Cheddar or Leicester)

### **Method:**

In a large saucepan cook onions in butter until soft but not brown. Add potatoes, stock, salt and pepper. Cover and bring to boil then simmer until the potatoes are tender – approximately 15 minutes. Remove from heat and liquidise in batches. Return to the saucepan. Add milk and cheese and reheat slowly until the

cheese melts. Do not boil.

I often make this in advance up to the point of adding milk and cheese and do that when I am ready to heat and serve.

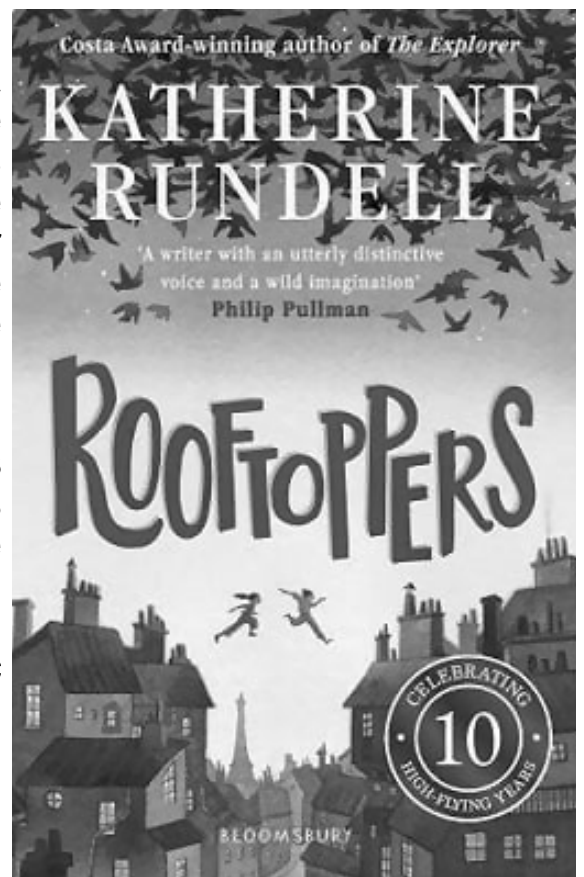
**By Barbara**

## **Former Waterstones Childrens Book of the Year Rooftoppers by Katherine Rundell**

Everyone tells Sophie that she was orphaned in a shipwreck - found floating in a cello case on the English Channel on her first birthday. But Sophie is convinced her mother also survived. When the Welfare Agency threatens to separate her from her guardian and send her to an orphanage, Sophie takes matters into her own hands, starting with the only clue she has - the address of a cello-maker in Paris.

On the run from the authorities, Sophie finds Matteo and his network of rooftoppers - urchins who walk tightropes and live in the sky. In a race across the rooftops of Paris, will they be able to find her mother before it's too late? Hopeful, inspiring and thrilling in equal measure, this is a classic adventure story about pursuing your dreams and never ignoring a possible.

*Publisher: Bloomsbury Publishing PLC*  
*ISBN: 9781526624802*



# Cocktail of the Month 'White Rabbit'

Enjoy a springtime twist on a brandy alexander

It's a blend of amaretto, cream, lemon curd and vanilla, finished with flowers!

## YOU WILL NEED:

- 80ml gin
- 50ml amaretto
- 50ml double cream
- 1 tsp lemon curd
- ¼ tsp vanilla paste
- handful of ice
- edible flowers to serve



## METHOD:

Put the gin, amaretto, double cream, lemon curd and vanilla paste into a cocktail shaker with a handful of ice and shake until the outside of the shaker feels very cold. Strain into two small cocktail or coupe glasses and garnish with edible flowers before serving.



The second weekend of March saw the annual south west area weekend this year held in Weston-super-Mare. On the Saturday evening our cheerleading team competed against 5 other teams from across the south west and have done us all extremely proud by winning and are now through to the national finals in the summer. A massive congratulations to Charlie Crocker, Thomas Martin, Phoebe Ogborne, Evie Pitts and the members from Clawton YFC for this brilliant result.



We've also been busy with the group round of pool, skittles and darts and a social to Exeter Chiefs!

Our Charity Easter bingo is fast approaching on Monday 11th April at Lewdown Victory Hall doors open 7.30pm eyes down 8pm, lots of prizes to be won!

## **From the Mountains of Japan**

### **No.10 - Hotaka Wasabi Farm**

If you go to any sushi restaurant in Japan, as well as fish and rice you'll find in abundance a bright green paste that if consumed in too great an amount will leave your nose tingling and eyes watering. This is "wasabi", or Japanese horse radish.

Wasabi is a water-grown root that thrives in clear and cool mountain water out of the Japanese Alps. The biggest wasabi farm in Japan is in Hotaka, about half an hour north of Matsumoto and an hour or so from where I live.

Hotaka Wasabi Farm is an interesting place to spend an afternoon. The wasabi "fields" are several large areas of shallow water fed by the nearby river and filled with green plants. In summer they are covered by black nets to block the strong sun, in winter by white ones, perhaps to hold off the heavy snow. The fields are separated by hilly areas upon which are viewing platforms, little shrines, and even a "ya-ho" horn for shouting across one of the fields to your friend on the other side.

There are also a pair of rather picturesque waterwheels near the entrance, which one assumes had to have had some old-world function, but were actually constructed in 1990 as part of a movie set for *Dreams* by Akira Kurasawa (he of *Seven Samurai* fame), and kept, basically because they make for a good photo.

Other wonderful attractions include a pond containing several large fish that look like trout but are actually the locally famous "Shinshu Salmon", a cross between brown and rainbow trout, developed by landlocked Nagano's government about thirty years ago and now a popular export. So, I guess that means that they are technically trout...!

And on our most recent visit last week, we made sure to enjoy several of the wasabi-themed foods on sale, including wasabi croquette burgers and wasabi ice-cream. You can also get other items such as wasabi pickles and wasabi wine. Thankfully there was no wasabi in the apple pie that I ate!



**Chris Ward**



# The Land's End Trial

18 and 19 April - 243 miles - 17 hours

Started in 1908

I have contacted the clerk of the course and he has informed me that this year that all competitors will start to leave Bridgewater Rugby Club from 2100hs and sadly will not be passing through

Lewdown.

This 24 hour event will take you through some of the most remote and beautiful landscapes in the UK. Steeped in automotive history, the Lands End Trial



will see competitors truly test themselves and their machines as they navigate rocky hill climbs, observed trial sections, winding roads and unique green road access.

Highlight sections are Felons Oak ,Beggars Roost (Exmoor) Riverton, Sutcombe, Hackmarsh, Crackington, Ruse Mills, Warleggan and Blue Hills

The times for Ruse Mill are 0715-1215 Warleggan 0820-1420 Blue Hills Near St Agnes is very popular with spectators .

Tom







The season is rapidly approaching with the first Junior Games starting in late April and the first adult friendly scheduled for the weekend of the 26th/27th April. Its time to get those legs moving and your arm turned over! We have a couple of Winter net sessions left before starting to train and practice outdoors :

**2025 WINTER NETS** Please call Keith Maynard on 07368 654932 for details.  
Thursday 20th March (20.00-21.00)  
Launceston College Sports Hall

Thursday 27th March (20.00-21.00) Launceston College Sports Hall

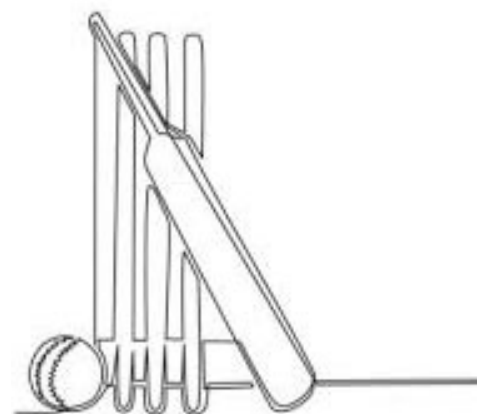
### **2025 OUTDOOR TRAINING (Throughout the summer)**

Starting on Thursday 3rd April (6.30pm onwards) Adults from 13+ at the Recreation Field

Junior Sessions will begin after Easter and more information will be provided on social media etc.

### **GET SET WEEKEND – 5th & 6th April**

The Get-Set Weekend has for many seasons been the pre-season focal point for clubs up and down the country to get set for the cricket season. There are many jobs that need to be done, including power-washing, strimming etc and we will be meeting at 9.30am on Saturday 5th April at the club. If you can help then please message Geraint on 07850 786310



### **SPONSORSHIP OPPORTUNITIES – MATCH BALL SPONSORSHIP**

Like all community clubs we rely heavily on the generosity of local people and businesses. We passionately believe that sport can be a power for good in our community. One relatively low-cost way of supporting us is through match ball sponsorship. Every Saturday we have to use a brand new ball for each innings and at £15 per match this is a great way to support our club. Your name or business will be displayed on A-board at the game and on social media over that weekend. Make contact on the number below if you interested.

#### **Club Contact:**

Geraint Williams 07850 786310

#### **Junior Cricket Coordinator:**

Mike Maynard 07974 756136

# Farming Report

Spring is definitely in the air with longer days and warmer weather. We've had more calves on the ground and all has gone well so far. March has been a busy month with getting the muck and fertiliser out on the ground and it's been so nice to travel on the ground without making a mess, long may the nice weather continue.

With Easter approaching and more lambs being sold for the Easter trade, please remember to buy British and support local if you can when having your roast at Easter!



**Becky Dennis**

Chairman Lewdown YFC

# The Life of a Model Railway Buff

**Part 3:** So, with the installation completed the fun could begin. I decided to create four stations for the trains to run between. There is a large city station, Lewdown Central(!), with multiple passenger and goods routes stopping or passing through. The current work in progress is a group of high street shops and a bank around the station. Outside the city there is a country church next to the cricket ground, a row of local shops, houses and a garage. There is a small village with Hudson's Halt station, a pub, a post office and village green. Around and about the layout are lots of people, lit buildings, telephone boxes, signal boxes and electric vehicles on a road layout, also controlled via the computer. One of the fun activities is including cameo appearances of various friends and family and then asking them to spot their appearance when they come to visit. I run up to ten trains at the same time with the assistance of my electronics programming assistant (who shall remain anonymous – her indoors). It's a project that will never be fished but that is all part of the enjoyment.



**Still a work in progress**

Dublo Boy

# My Herbal Treasures in March - Cleavers

*March, 2010 by Lucinda*

Also known as Goosegrass or Sticky Willy, Cleavers is one of the first of our spring allies to appear, though it was perhaps a little later this year than I remember as I only managed my first harvest last weekend. It's found mainly in woods and hedgerows and, along with its good friend stinging nettle, is one of the first wild herbs many people learn about.



Cleavers is a herb of the moon and is governed by the element of water and this is key to my understanding of how it works in the body. As a medicinal herb it is most commonly used to treat the lymphatic system, a network of vessels which runs alongside the blood circulation carrying waste materials in lymph fluid ready for processing in the lymph nodes and organs such as the tonsils, thymus and spleen. The lymph has no pump of its own so is reliant on the movement of blood and muscles to aid its journey, so exercise is vital for a healthy lymphatic system. Its functions are primarily to aid cleansing of the tissues and assist the immune system by transporting white blood cells and antibodies.

To me, the lymph relates very closely to the water element in us and, as we know, the moon affects fluids in all of nature by governing flows and tides. The nature of water is to be fluid, we can easily see how polluted stagnant water becomes, and the lymph must also be flowing in order to perform its functions within the body. In the winter we can become more stagnant and accumulations tend to build up, stressing the lymphatic system and resulting in lowered immunity, swollen glands and sluggishness.

Cleavers is all about getting things moving and flowing again. I see it as an initiator and indeed it is meant to be auspicious to drink it before a journey. It doesn't force change, just gently encourages the body to wake and clear itself, helping to remove excess fluids through its diuretic action. This quality means it is also a good urinary tonic, especially in inflammatory conditions of the urinary tract as it is also anti-inflammatory. Its useful for clearing the skin, partly due to its general alterative properties, and it has been used to treat cancers, both internally and externally as a poultice.

The water element also governs the emotions and Cleavers can help us to gently let go of the past and be ready to embrace the new growth and change that Spring awakens.

Cleavers is covered in tiny little hooked bristles which you can see in the close up below which I took last year, later in the season when the plant was more mature.

I see Cleavers as a plant of youth, not only because of its appearance early in the spring but due to its ability to entertain the child in us all when, on long walks, we

can engage in the game I never grow tired of, how many cleavers can you stick on someone's back before they notice 😊

I think the real reason Cleavers grab on to us as we go by is because, in a damp climate like the UK, we could all do with a bit of lymphatic support and she is generously reminding us of the great service she can offer.

The plant itself is strong yet supple. It is flexible enough to be twisted round itself and apparently, country folk used to use it in this way to make a sieve for straining milk. It uses its little hooks to grow up other plants to get to the light, yet its strong enough to support them too when needed.

### **Cleavers Green Juice**

Juice is my favourite way to take them and also the most potent as we are ingesting the life blood of the plant which is an incredible gift. It does require the use of a juicer but if you don't have one you could whizz it in the blender with some water and then strain, though I haven't tried it this way. I juice a big handful of cleavers with some apple, fennel, lemon, ginger and celery. This makes a delicious cleansing and revitalising drink for bright Spring mornings.

### **Cleavers Vinegar**

Make your Cleavers into a delicious green vinegar by lightly packing a jar with them then covering in unpasteurised apple cider vinegar. Cap with a plastic not metal lid (vinegar corrodes metal) and allow to infuse for three weeks before straining and rebottling. This makes a lovely spring salad dressing with a drizzle of olive oil.



### **Cleavers Salad**

At this time of year you can finely chop the young cleavers and add to salads, though later in the Spring they become too tough and stringy. Enjoy them now while they're tender!

### **Cleavers Cold Infusion**

Many people prepare their cleavers as a cold infusion

by popping a handful in a glass, covering in cold water and leaving overnight to infuse. Strain and drink in the morning for a refreshing start to the day.

### **Cleavers Succus**

This one comes from Matthew and Julie Bruton-Seal's wonderful book *Hedgerow Medicine* which I would recommend to anyone interested in wildcrafting herbs. Juice fresh cleavers, measure it and add an equal amount of runny honey. Bottle and label. It will last much longer this way and would be a lovely soothing and effective remedy for tonsillitis.

## News from Lew Trenchard CofE Primary School

Welcome to our school. We are Zak and Daisy, our schools editors and we'd like to bring you small updates on our amazing school. This is a snapshot of what has been happening this week:

**Cross-Country** On Tuesday afternoon, some children participated in a cross-country race against other local schools within the Okehampton area. The course was approximately 1.5 miles long and saw us navigate the different terrains of Simmons Park. The race was for the Alford Cup which we were fortunate to win last year. The children shown incredible resilience and came a commendable 3rd place, behind much larger schools.

On Thursday, our Year 3/4 and 5/6 cross-country teams represented our school in the 2nd of the tri-series against teams around the Tavistock area. This was held at Whitchurch Down and was a rather tricky course, consisting of lots on inclines.

**Art** Lew Trenchard have been designing artwork based around the theme of Climate Change and Sustainability. This is for a competition against the other schools within our Trust. We're hoping that the final pieces will be exhibited for people to come and see.



### SAVE THE DATE

**Quiz Night at The Blue Lion, Lewdown  
24th April**

**£3pp, kids free! in aid of  
Friends of Lew Trenchard School**

**19.30 for 20.00 start**

**Winning team will receive a bottle of  
wine, kindly donated by The Blue Lion  
and FLS will receive a cash  
percentage of food ordered on the  
night**







MOUNT  
KELLY  
CHORAL SOCIETY

# Concert

## Carmina Burana by Carl Orff

Saturday 3 May 2025 at 19:30

St Eustachius' Church, Plymouth Road, Tavistock, PL19 8AU



Join us for what promises to be a spectacular performance of this much loved work, in the thrilling arrangement for choir, soloists, two pianos and percussion

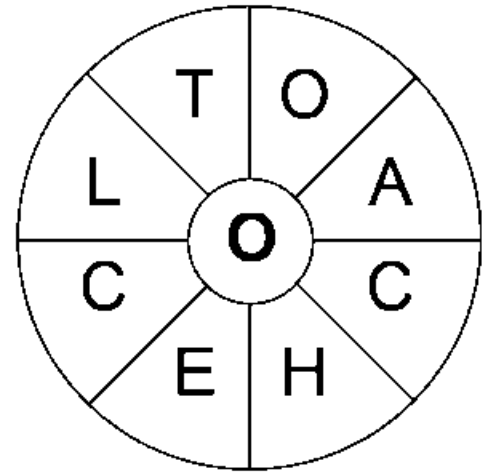
Tickets £15 on the door, £14 in advance from Book Stop or  
[www.ticketsource.co.uk/mount-kelly-choral-society](http://www.ticketsource.co.uk/mount-kelly-choral-society)

Free for U18s

# Puzzle Page

## Easter Word Wheel:

This Easter themed word wheel is made from a 9 letter Easter themed word. Try and find that word, then make as many words of any length as you can from these letters. You can only use each letter once, and each word must include the letter O. ?

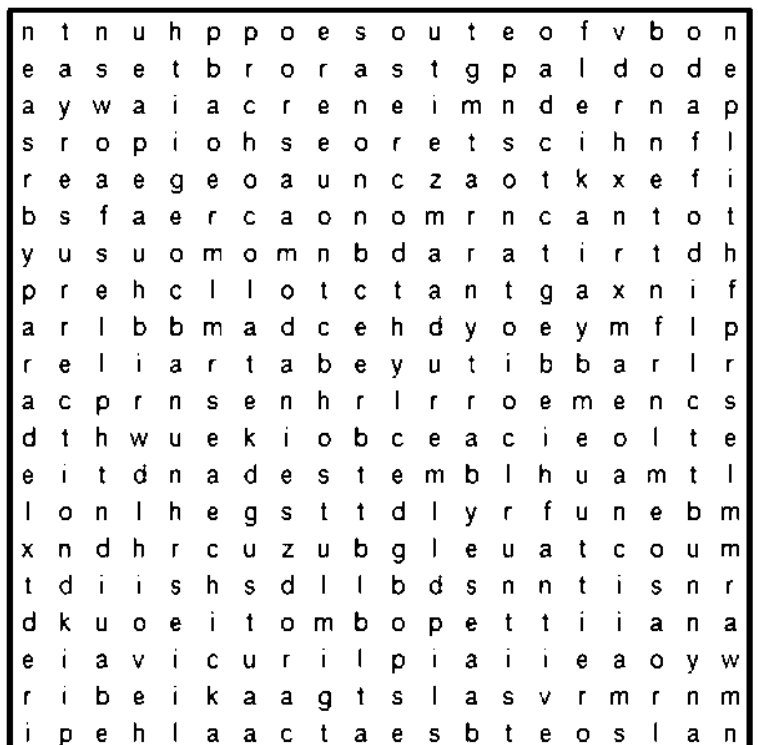


## Easter Word Scramble:

Can you unscramble the words to see what they are?

readpa  
aibtrlcenoe  
dihe  
ddflifao  
eurcositrnre  
bntneo  
isintcarh  
ynnbu  
unasyd  
mobt

## Easter Word Search:



See if you can find the Easter related words in our difficult word search.

- |              |             |
|--------------|-------------|
| Basket       | Bunny       |
| Candy        | Celebration |
| Chick        | Christian   |
| Decorate     | Easter      |
| Egg          | Family      |
| Fun          | Hide        |
| Hunt         | Jesus       |
| Lent         | Rabbit      |
| Resurrection | Sunday      |
| Tomb         | Treats      |

## April's Evil Sudoku

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

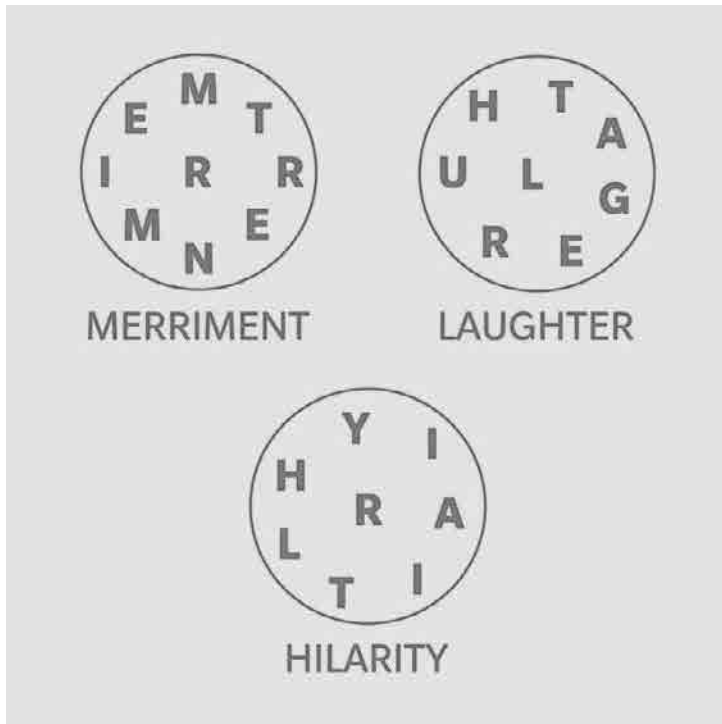


# March Answers

## TV Presenter Anagrams:

- |                     |                   |
|---------------------|-------------------|
| 1) Holly Willoughby | 2) Fiona Bruce    |
| 3) Jeremy Clarkson  | 3) Clare Balding  |
| 5) Helen Skelton    | 6) Dermot O'Leary |
| 7) Naga Munchetty   | 8) Davina McCall  |

## Word circles:



## Easter Blow an Egg Winner:

There were no entries received for our Easter competition. But never mind, we had fun recalling how we blew an egg 'Gnasher' from a replacement hen, after our neighbours friend Dennis's dog (a naughty Jack Russell) went for and killed one of our chickens.

## What's the quote:

What's in a name?  
That which we  
call a rose  
By any other name  
would smell as  
sweet.

## Evil Sudoku

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

# Lewtrenchard WI March Report

We met on Monday March 10, Barbara welcomed 21 members and 1 guest from Lifton WI. As usual we sang a lovely rendition of Jerusalem.

We were then introduced to Lisa Whale who came to talk about her hairdressing career.



Lisa arrived with her lovely assistant, her niece Katie, to show us some quick and effective hair dos on longer hair.

Lisa has been a hairdresser for 23 years (she only looks 25 😊) and works at Quinns in Okehampton. Lisa chatted away while showing us how to make a French plait, a fishtail plait and a hair up do called a French roll, as well as answering questions from the floor. All 3 hairstyles

are not that difficult to achieve, with a little practice you soon get the hang of it. We talked about hairstyles old and new, hair types and products that could help our hair to look its best, especially in more advanced years, train your hair by not washing it too frequently to help contain the natural oils. Each seat had a raffle ticket and the lucky winner, Josie, won a goody bag. Everyone really enjoyed the evening, chatting away, asking questions and watching Lisa work her magic on Katie's hair, we then stopped for some refreshments followed by a bit of business, a really nice evening.

Kym said a few words of thanks, which was quite funny as she recalled some of her own hair disasters.



**Date and venue for next meeting: Monday April 7 at 7.30pm, Lewdown Victory Hall, Antiques with Roger, bring items for valuing**

## Dates for your diary:

07th Apr Antiques with Roger, bring items for valuing @ LVH

14th Apr Tamar Group Meeting - Lifton Community Centre 6pm

17th Apr Thursday Coffee morning - Alder Vineyard, book your place with Mary E

28th Apr Potential first 2025 walk, contact Mary E

# **Lewdown Grouped Parish Council**

## **Coryton, Lewtrenchard, Marystowe and Thrushelton**

Abbreviated minutes Minute No 784 Monday 24th February 2025  
of Ordinary meetings held at Lewdown Victory Hall

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

Present: Cllrs Andrews (Chair), Southcott (vice chair), Metherell, Mincher, Yeo, Wilkinson,  
P. van Delft (clerk). Meeting opened 7.32 pm

1. Apologies for absence - Cllr Alexander, McSmythurs, Perkins, Cllr Mott(WDBC).
2. Dispensations & declarations of interest - Cllr Southcott - item 6.1
3. Minutes of previous meeting 783 being a true reflection of that meeting was approved and signed by the chair.  
Proposed Cllr Southcott, seconded Cllr Yeo, all in favour.
4. Finance - 4.1 Payments authorized: Victory Hall Committee - Hall hire for year 2024 £300.00, Lewdown Residents Association - Newslink grant £300.00, Citizens Advice - grant £100.00, Proposed Cllr Mincher, seconded Cllr Yeo, all in favour. 4.2 Grant applications - Processing and determination:- The Recreation Ground Trust (Lewdown Cricket Club) was approved for £215.00, proposed Cllr Mincher, seconded Cllr Metherell, all in favour.
5. Reports from councillors - Cllr Mincher circulated a letter signed by 17 residents living at Crossroads Lewdown regarding the Viburnum SW Ltd development addressed to Cllr Cheadle of WDBC concerning the inaction of the WDBC planning department for a number of outstanding issues relating to the development. Cllr Mincher reported that Lewdown Sewage works was still discharging significant levels of foul water, possibly broken system to blame.  
On the same subject Cllr Southcott reported that he wrote to SW.W. enquiring when the treatment works would have the Reed beds reinstated, he was informed that no plans or money were available for the installation. Cllr Southcott reported that Speedwatch would be resuming again shortly but the team were still looking for volunteers to help. Cllr Wilkinson reported that visibility reflectors were needed on the Lobhill Cross - Lew Mill, Cllr Metherell suggested that this would still not resolve highway concerns.
6. Planning app. Ref 0433/25/LBC - Listed building consent for removal of existing cement-based Render from section of south elevation & reinstatement with insulating lime render, The Old Vicarage, Chillaton, PL16 OJA  
Council decision - Support. Proposed Cllr Southcott, seconded Cllr Andrews, all in favour.
7. Highways. 7.1 Maintenance of mile-stones and boundary stones update. Cllr Andrews and Yeo provided more milestones and boundary stones in need of maintenance. 7.2 Highways reports. Cllr Perkins reported 16 potholes (or multiples), Cllr Yeo reported that the Eastbound WigWag was still not functioning, highways are awaiting for spare parts, Cllr Southcott to follow up. Cllr Metherell reported a safety problem on the Lobhill Cross - Lew Mill road, Clerk to write a letter to be addressed to Cllr Samuel of D.C.C. and Devon Highways.
8. Play area - Planning application, lease update, play equipment - Cllr Metherell reported that another two trustees were required to make up the minimum of four trust Recreation Ground Trust members so that the committee could function, a secretary and treasurer has been found for the committee.
9. Free tree - Planting of the tree - Cllr Mincher offered to plant the tree in the designated place.
10. 10. Councillor vacancies for Coryton and Marystow - no new interest
11. Dog bins waste emptying service. The WDBC service has now been resolved
12. Mabrake - Update on meeting with Geoffrey Cox MP - A minute of the Mabrake meeting held on 31st January was circulated to all council members. Cllr Mincher had written to Mabrake but has not yet received a response.
13. Correspondence - Letters and email of thanks for grants received from Thrushelton, Marystow, Coryton, and Lewtrenchard PCC's, also a thank you letter from the Soupa Troupers for assisting in the successful Warm Hubs grant application.

Date, place and time of next meeting 31st March 2025 at Lewdown Victory Hall, 7.30pm

# Gardening Jobs For April

Finally, April is here and the sun is shining (I hope). At this time of year everything seems to speed up, and as the days get longer so does the to do list!

## Planting out

Come the first week or so of April, most of the crops you sowed back in March will be ready to plant out into the garden. I aim to plant my onions, peas, lettuce and beetroot on the first weekend in April. I will often cover fresh plantings with a layer of fleece for a week or two, it not only helps keep the worst of any frost off but also helps stop the pesky birds.

A couple of years ago I was given a long-handled dibber for Christmas, and I use it for 'dibbing' the planting holes for anything I've started off in module trays - an old broom handle should do the trick.



## Growing tomatoes

The first episode of Gardeners World aired on Friday 14th March, and Monty Don started sowing his tomato seeds – I ignored his advice, and will be starting mine in the middle of April instead, which I find works much better because they are so quick growing.

I multi sow my seeds into small module trays (3cm/cell), as I find that seed trays can get water logged and are a waste of compost. Once the seedlings emerge about 10 days or so later, I prick the little plants out into individual cells so that they can grow on under the protection of my growhouse.



As a general rule of thumb, I pot the tomatoes on one more time (after another 10 days or so) into larger modules or 9cm pots. This way they can grow on into really strong healthy plants, ready to be planted out in to the polytunnel by mid-May once the nights warm up.

## Quick fire tips

- As I said last month, there is still no rush to sow seeds of those more tender crops. Although, if you have a greenhouse or a polytunnel you could certainly try an earlier crop than those that will be planted outdoors.
- Beware of late frosts, which can happen even into May. Lots of things that you would plant in April, including onions, peas & salad are unlikely to be killed by a frost but a cold snap can certainly set them back a bit!
- Stay on top of weeds, as vegetables and fruit start to take off, so do the weeds. I still need to master my use of a hoe, as I'd rather not revert to crawling around the plot like I did last year.



**May the weather be with you!**

Liam

Forgotten Woodland Garden of Lewtrenchard

# Bluebell Wood Open Day

**Saturday 10th May 2025**

Come and enjoy the bluebells.  
Children's Pixie Hunt. Guided walks  
and a chance to experience and find out  
about the Woodland Garden

**Cream teas will be available. 2.30 - 4.30pm**

All welcome

See our website for up-to-date news: <http://www.forgottengarden.co.uk/>

## Wine & Wisdom

**St Nicholas Church Broadwoodwidge**

Invite you to a Wine and Wisdom evening  
at Bratton Clovelly Village Hall



**Friday April 25th, 2025**

**7.00 pm for a 7.30 Start**

**£6per head refreshments provided  
There will be wine for sale**

Please contact Marion Perkin 01566776758  
to book a table

All proceeds for the Church Fabric Fund

# 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](mailto:liftonpriest@yahoo.com)  
The Rectory, Parsonage Court, Lifton PL16 0BJ

### **Milton Abbot Benefice**

The Revd. Andy Atkins, 01822 870298 [andya4jc@gmail.com](mailto:andya4jc@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

Dear Friends,

I have mentioned on more than one occasion the statues of the 20th Century Christian Martyrs on the West Front of Westminster Abbey. A collection of faithful and brave Christians from across the denominational divides, who lost their lives because of their commitment to Christ and his teachings.

One of them is, of course, an image of Dr. Martin Luther-King Jr. who lived through and campaigned against the appalling injustice of a racially segregated society in the USA

in the fifties and sixties. His community, and his family, lived through very dark days indeed.

He is quoted as saying that “Only when it is dark enough, can you see the stars”. This is something that I am reminded of when I am out and about after dark in this beautiful part of God’s Kingdom.

Sadly, the past few weeks have ushered at least the potential for very dark days, and I have had a number of conversations with people who are concerned and frightened regarding the changes there have been in the world order in the past weeks.

Dr King is right though, sometimes the glory of what is good can only be recognised when compared with the contrast of what is wanting. As Christians we are not only looking up at the brightness of the stars, but at the brightness of the resurrection of Jesus. We can be too easily tempted to see the resurrection life as something that only happens the other side of death, rather than something we are called to live here and now.

Sometimes, as Dr King, and other Martyrs have demonstrated, proclaiming the resurrection life can be a dangerous thing to do, but we follow a saviour who put himself at risk for others.

As we work towards the annual commemoration of the suffering, death and resurrection of Jesus, let us hear Christ’s call to proclaim the good news of his love, peace, justice, kindness and compassion and loudly and joyfully proclaim it.

With love and prayers,

Philip

## Service times for April 2025

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

**6th April**      **6pm**      **on the eve Saturday 5th April Vigil Eucharist at Kelly**  
                         **Lent 5**

**9.30am**      **Parish Eucharist at Lifton**  
**11.15am**      **Parish Eucharist at Stowford**

**13th April**      **Palm Sunday**

**11am**      **Mission Community Celebration at Broadwoodwidge**

*Starting at the Hub. (weather permitting)*

*Procession of Palms, Reading of the Passion Gospel and Liturgy of the Eucharist, followed by Soup and Pasty Lunch.*

**14th - 16th April**      **Monday, Tuesday & Wednesday of Holy Week**

**7pm**      **Monday Eucharist and Address at Stowford**

**7pm**      **Tuesday Eucharist and Address at Lewtrenchard**

**7pm**      **Wednesday Eucharist and Address at Broadwoodwidge**

**17th April**      **Maundy Thursday**

**7.30pm**      **Mission Community Solemn Liturgy at Lifton**

*with the Washing of Feet and Watch of the Passion*

## Bridestowe Methodist Church

### Preachers for April 2025

6th	Drop in the Ark	10:30 - 12:30
13th	Rev C Jackson / Rev A Brook <b>US</b>	10.30
20th	A Banfield <b>S</b>	11:00
27th	Bridestowe Worship Group	11:00

## St. Mary the Virgin, Marystowe

Please see the church website [www.southtamar.church](http://www.southtamar.church)  
for details about services.

Services are also available online from 6pm on Sundays.

### 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](mailto:anil.gundabathina@prcdtr.org.uk)

#### **Launceston**

Sunday 10.30am

Holy Days 7.30pm

Canon John Deeny 01566 773166



- 18th April**  
**10am** **Good Friday**  
**Ecumenical Procession of Witness and Reflection**  
*Starting at Strawberry Fields*  
*Concluding at Lifton Methodist Church*  
**2pm** **Mission Community Liturgy at Kelly**
- 19th April**  
**7pm** **Holy Saturday (Easter Eve)**  
**Mission Community Easter Vigil at Lewtrenchard**  
*Vigil of Readings, Lighting of the new Fire and Liturgy of Light,*  
*Renewal of Baptismal Promises and First Eucharist of Easter.*
- 20th April**  
**Easter Day**  
**9.30am** **Easter Eucharist at Thrushelton**  
**11.15am** **Easter Festival Eucharist at Stowford**  
**4pm** **Solemn Evensong at Lifton**
- 6pm** **on the eve Saturday 26th April Vigil Office at Kelly**
- 27th April**  
**Easter 2**  
**11am** **Mission Community Eucharist at Lewtrenchard**

*We are delighted to welcome Mrs. Sulu Pike, an Ordinand from the Diocese of St. Albans, who will be leading all our thoughts during Holy Week and Easter this year.*

**Wednesday Morning Eucharist: 10.30 at Lifton**

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



Cream  
Tea

Easter Monday

April 21<sup>st</sup> 2025

2.30-5pm

St Peter's Church,

Lewtrenchard

*in aid of Church funds.*

**LENT LUNCH**

**Wednesday**

**April 2<sup>nd</sup>**

**12.30-2pm**

*Soup, Cheese and Fruit*

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school.

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jumble sale ~ sponsored activities and much more!

## Wrap around care

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8am to 8.40 am 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](http://www.lewtrenchard.devon.sch.uk)

Email [lewtrenchard@andaras.org](mailto:lewtrenchard@andaras.org)



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**Contact Terry Southcott**  
**Fairview Bungalow, Lewdown**  
**01566 783079 or 07831309666**

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## 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](http://www.magpc.co.uk)**

## Stowford Parish Hall

For bookings and enquiries contact Julie Chick Tel: 01566 783223

Email: [stowfordparishhall@gmail.com](mailto:stowfordparishhall@gmail.com)

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

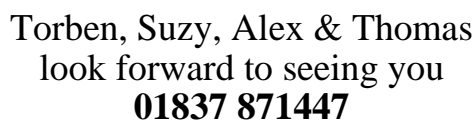
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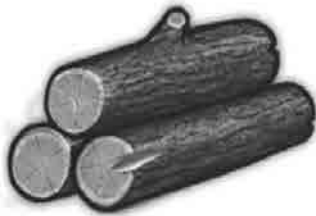


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