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

September 2026

50p donation

community newslink

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



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Tavistock Area Support Svcs. 01822 616958
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Lifton PO & Stores 01566 784211
Bridestowe PO & Stores 01837 861321

Front Cover Picture

Description

Solar eclipse - August 12, 2026. Photograph taken from Dartmoor National Park.

Photo: Clive

newslink archive
www.rawrationsplus.co.uk/lraarchive.html

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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 ASAP but no later than 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 adverts are free for 'free to enter' charity events in our local areas.
Adverts for events outside of the area and for businesses are priced as follows:

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

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

I went to an archaeology party recently where they were only looking for the remains of lower legs.

It was quite some shindig.

Good evening dear readers, and welcome to this month's tripe.

A few weeks ago we went to Flete house, yes I have never heard of it either, until we discovered they were holding an open gardens for St Luke's hospice. It's about 6 miles from Ivybridge, towards the coast, you turn off the A38 by Endsleigh Garden Centre if you want to get there. It really is a most impressive place reminded me a bit like Castle Drogo in design. The gardens would have been most beautiful, but for one slight problem, everything was a wonderful shade of brown, other than the trees of course. It isn't general open to the public, as it has been converted into very exclusive apartments, which range in price from £95 000, to £425 000, and there are three available at the present time, if you are interested.

Well the hot dry weather is still with us, which is making it difficult to grow for the produce show, as nearly everything is so forward this year, or a complete failure, fortunately we had over 3000 litres of water in various containers around the green house collected over the winter, but by September we will have run out as well.

Will close as I have been watching the hundred on the tele, yes I enjoy cricket, always have, always will, football I can take it or leave it, but cricket I still love, that's probably made a lot of you ladies roll your eyes in despair and sympathy for the present Mrs Nash.

Best to you all from Tim Nash.

Ps. Every morning I take my pet cows for a walk in a neighbours vineyard.

Yes, I heard them through the grapevines.

You have to be a certain age to really appreciate this joke.

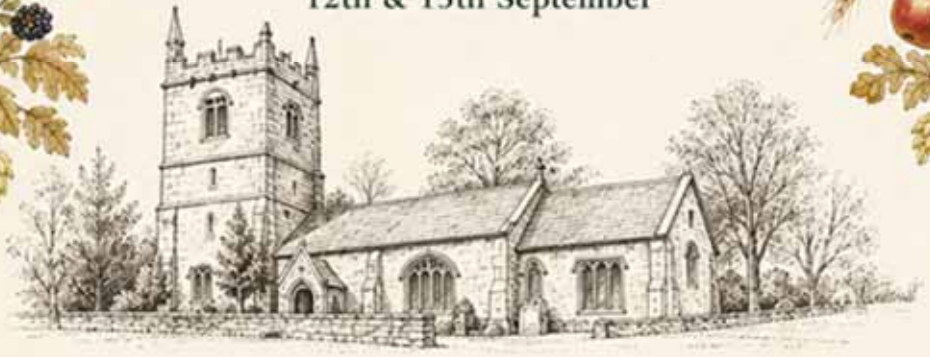
PPs. Did you hear about the first ever silkworm race.

It ended in a tie.

HARVEST WEEKEND

at Lewtrenchard

12th & 13th September



SATURDAY 12TH SEPTEMBER

St Peter's Church

Beautifully decorated with seasonal flowers and harvest displays.

Visitors are warmly invited to enjoy the church as part of the

Lewtrenchard Manor Wedding Fayre

11.00AM – 4.00PM

SUNDAY 13TH SEPTEMBER

Harvest Festival Service

11.15AM

Followed by a

Bring & Share Lunch

at Lewtrenchard Manor

EVERYONE IS WARMLY WELCOME.

Two historic landmarks,
one shared celebration of harvest and community.



From the Editor:

Wow what a month! Fifth heat-wave & another on the way. Hosepipe ban. A partial eclipse. The Hundred & the England v Pakistan Test match series about to start. Disastrous wildfires all over the place. Train derailments. Various wars. Floods & earthquakes. Yet another unelected PM. Food & fuel prices soaring. But as I sit in my snug I am hearing the soft gentle sound of rain, the tourists will go home in under two weeks - so at last things are returning to normal.

One of my contributors told me: *we're getting ready for a 36° heatwave tomorrow - we're surrounded by hundreds of acres of tinder dry harvested wheat and barley fields. However, yesterday everyone spotted a villager foolishly lighting up a BBQ at the bottom of his garden. Great fun when the local special constable strode in and chucked a bucket of water over it. Who says nothing exciting happens in the rural hinterland?* 😉
Ed.

On behalf of Lewdown Village I would like to thank everyone that came to the Bacon Bap coffee morning that was held at Anvil Cottage, a special mention goes to those that helped and made it a very successful morning. We raised £648.00 towards the defibrillator.

An up date on the defibrillator: The Lewdown Residents Association have purchased a new Defibrillator which is now situated at The Blue Lion.

The older defibrillator is waiting for a new cabinet and hopefully will be situated at Downhayes, Lewdown.

But we have yet to purchase a new cabinet. We have £300 left over after your kind donations but unfortunately the cost of a new cabinet is from £450, so when we have grown the fund we will purchase one and then this defibrillator will be up and running.

Many thanks to everyone who has donated.

Sarah 😀

Lewdown Grouped Parish Council

Coryton, Lewtrenchard, Marystowe and Thrushelton

Abbreviated Minute No 804 of Ordinary Meeting
Held on Monday 27th July 2026 at Lewdown Victory Hall

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

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

1. Apologies for absence - Cllr Mincher
2. Members of the public open forum - 6 parishioners present. One parishioner expressed her frustration, disappointment and concerns for work being done on land at SX 458 878 Lewdown. Work is still incomplete. Farm animal movements are occasionally done in late evenings. Concern for the wildlife and environment was also expressed. Cllr Mott informed that one tree now had a TPO. Cllr Metherell informed that land owners were most likely making use of the government initiatives for land improvement schemes including hedgerows and fencing. The parishioner wished to inform the pc she had also reported her grievance to all the appropriate agencies and authorities.
   A representative from the Lewtrenchard Handbell Ringers gave a presentation about their community group, providing a description of the work needed to restore the handbells that were over 130 years old.
   A parishioner gave a brief update regarding a proposal to open a new community shop. She and Cllr Southcott had formulated a questionnaire and this is due to go in the next Newslink and on the Lewdown Noticeboard, the questionnaire will also be sent out via email. A 32ft shipping container has been offered for use to convert to a shop, permission to locate the shipping container on land adjacent to the Victory hall has also been sought. It was proposed that once the shop is opened that possibly permission to provide a sub-post office will be sought. Volunteers would be sought to help with running the shop.
3. Declarations of Interest - Cllr Alexander Item 7.4
4. Minutes of previous meeting 800 & 803 being a true reflection of those meetings to be approved and signed by the chair; Minute No 800 - Proposed Cllr Andrews, seconded Cllr Southcott, motion carried. Minute No 803 - Proposed Cllr Southcott, seconded Cllr Perkins, motion carried.
5. Planning - 1839/26/HHO - Removal of conservatory and erection of 2 storey extension. The Crest, Portgate, Lewdown, EX20 4PU. A motion to support, Proposed Cllr Andrews, seconded Cllr Alexander, motion carried, one cllr abstained, two councillors against.
6. Finance
   6.1 Payments were authorised for the following; Elliott Groundcare - grass cutting No 4 £120.00, Clerk salary (June-July) £566.50, HMRC - (PAYE) £137.88, proposed Cllr Alexander, seconded Cllr Andrews, motion carried.
   6.2 R.F.O Reported a combined credit balance after payments of £21,534.47. Proposed Cllr Metherell, seconded Cllr Alexander, motion carried.
   6.3 AGAR - The RFO reported that the external auditor received the exemption notification.
   6.4 Grant application-Lewtrenchard Handbell Ringers - It was resolved to approve the application in full for the sum of £180.00, motion proposed Cllr Andrews, seconded Cllr Wilkinson, motion carried.
7. Play area updates
   7.1 Lease agreement - update - still awaiting a response from the solicitors.
   7.2 Play equipment update awaiting information on item 7.3
   7.3 National Lottery application - Notification is due on or before 6th August
   7.4 Section 106 - update, the balance is yet to be claimed.
   7.5 The Ramps - site update - Discussion took place for risk assessments. Advice was received from D.A.L.C. however further clarification is still required. Risk assessments for the installation and equipment to be provided by the approved supplier. The clerk suggested that an extraordinary meeting is held just to ensure that all the documentation is correct prior to work commencing, the councillors agreed.
8. Cllr reports -Cllr Metherell reported that Mr and Mrs Nash held a successful and very well attended fundraising event for a new defibrillator. The Lewdown Residents Association had been offered a location on land by owners at Downhayes EX20 4BU. L.R.A. to arrange. Cllr Andrews informed the Defibrillator located at Lewtrenchard School is still not in its box.
9. Cllr Mott reported on the Local Government re-organisation changes, providing the proposed new authorities, they are Devon Coast and Country, Exeter, Torbay and Plymouth. It is not yet known where the D.C.C. head offices will be located
   Devon County Council are seeking a judicial review to the governments changes. Elections will be held in May 2027. Cllr Mott also informed councillors of the current consultation period for proposed changes to the planning process, this can be viewed on the W.D.B.C. website.
10. Councillor vacancies - Two councillors for Marystow - Clerk to review adverts.
11. Stoney Lane “Do not park signs” vandalised - remedial work required - Cllr Wilkinson offered to re- erect the signage with new stronger steel posts.
12. Style on footpath through Fernridge Park. Cllr Alexander informed that the existing style was not suitable for all users of the footpath including pet owners. Cllr Southcott informed of the ‘P3 scheme’ this is managed by D.C.C, he also suggested that a representative could be asked to make a presentation to the pc. Clerk to enquire.
13. Correspondence - Cycle race complaint. Concern was expressed by Cllr Perkins that the designated route was not suitable. Cllr Perkins asked that the clerk to enquire what the arrangements are for 2027.
14. Emergency plan update - Cllr Southcott has updated the E.P. and will submit it to Devon Communities.

Date, place and time of next meeting for Ordinary Meeting on Monday 24th August, Lewdown Victory Hall, 7.30pm

Reflections of a Steam Engine Fireman

When I passed firing school in 1964 our shed allocation was 28 steam locomotives, our shed pilot was a USA tank no 30072 and we were allocated a Maunsel 0-6-0 Q class tender engine Eight 0-6-0 Q1tender engines,4 N class 2-6-0 tender engines, Eight 2-6-0 U class tender engines: two BR 3mt 2-6-2 tanks, one BR4mt 2-6-0 tender engines, three BR5mt 4-6-0 tender engines, also not allocated to our depot were S15 class 4-6-0 tender engines and BR4mt 2-6-0 tender engines and BR5mt 4-6-0 tender engines up the coal stage would be stabled visiting Pacifics 4-6-2 tender engines. West Country or Battle of Britain class sometimes a Merchant Navy class ,they would all have to be turned on the triangle at Weybridge because the turntable in our loco was not big enough.



Five of our U class were converted K class tanks. After a derailment one of our loco 31800 then named River Cray became unstable at 55mph between Sevenoaks and Dunton Cross and the leading front bogie became derailed causing the engine to derail, thirteen passenger were killed and many more injured, the inquiry found that the tank locomotives would roll on poor track and it was decided to rebuild them as tender engines. Our allocation was 31790 River Avon, 31799 River Test, 31800.

River Cray,31801 River Darenth and 31806 River Torridge. Sadly the nameplates were removed. My favourite engines were the U class .

Because Horsham depot did most of the work on the Guildford to Horsham line we would have Ivatt 2-6-2 tanks visit the loco and we used them on our rostered turn over the branch. If not available a Q1 would be used, Baynards tunnel on the line was restricted width but a Q1 had enough clearance.

The loco had passenger work over the Reading Redhill line and the main line Waterloo to Southampton and Salisbury, freight and ballast workings.



Now all engines were fitted with two injectors. Where you opened the tap andat same time open the steam valve and cut back the water till it would sing. Handy at night when you could not see what you were doing on the Pacifics they had a light, very handy, it was important to check both injectors when preparing the engine.

Now Roger, a fireman that started the same time as myself, had a caper on a boat train to Southampton docks, they left Waterloo with twelve coaches and when approaching Winchester the injector turned off and just produced steam, he tried the second injector buy no good it was out of water, he shouted to his young driver Alan, because they need water, to stop at Winchester but Alan thought he could make it. They stopped before Eastleigh and had to throw the fire out causing chaos resulting in an inquiry and days off without pay ,i think the injector was not tuned in and wasted water, always keep and eye on your injectors.

Tom

Lewdown £200 Club

Draw Results

August

£15 Steve Jones #85
£5 Angela Wilkinson #67
£5 John Pengelly #60



Soupa Troopers

All welcome to this community event







Wednesday September 9th

From 12.30pm in Lewdown Victory Hall

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

Followed by conversation & games

Stowford Parish Hall

For bookings and enquiries contact:
Julie Chick Tel: 01566 783223
Email: stowfordparishhall@gmail.com
A Defibrillator is located in the porch - Postcode EX20 4BZ
Charity No: 1020031

Table Tennis

@Stowford Village Hall

Join us for Table Tennis**,** no experience needed, just bring energy and a smile, all ages welcome - Bats & Balls provided



Tuesday September 8 & Tuesday September 22
19:00 - 21:00

Donations welcome





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



Cocktail of the Month ‘Paloma’

We all love a margarita, but if you ask me, this paloma cocktail is just as good! Made with grapefruit and lime juice, it's sweet, sour, and refreshing...

...a traditional paloma cocktail consists of tequila, lime juice, and grapefruit soda. This recipe is a fresher version of this classic combination.

YOU WILL NEED:

- Tequila
- Freshly squeezed grapefruit juice and sparkling water
- Lime juice
- Agave syrup
- Salt
- Ice



METHOD:

Rub the rim of a margarita glass with a grapefruit wedge, and dip it in a small plate of salt. Add the tequila, grapefruit juice, sparkling water, lime juice, and sweetener to the glass, stir to combine, and add ice to fill the glass. Sweeten to taste, and garnish with a grapefruit or lime wedge.

Enjoy!

From Delft to Devon

My family history by Peter van Delft - Part Eight
Jan van Delft 1920 -1990 Father (Part one 1920 - 1938)
Some text has been taken from his biography.

My father grew up in a household that was one part (grandfather) very traditional and on the other part very bohemian (grandmother). Jan, who was the eldest of the three children, struggled to form a bond with my grandfather from an early age. Jan's interests included nature and the outdoor environment. As a young boy he studied insects, these were stored in jars in his bedroom. This hobby was at odds with grandfathers wishes who wanted his son to grow up with strict religious beliefs.

The Great Depression of late 1929 -1933 also had a great effect on Jan. Aged between 9-13 years, he was surrounded by public disorder, poverty and unemployment. Forced to stay indoors to learn Greek, Latin and other 'boring' subjects Jan, at the age of 13, had enough of homelife and social upheaval in Holland. He decided that his future lay elsewhere.

One night he set off from home in Amstelveen, Amsterdam and would end up on a farm in Germany. The farmer and his wife were very welcoming, with much coaxing they managed to learn that Jan came from Amsterdam. They eventually managed to contact his parents so that he could return home.



Back at home, with help from the local priest, Jans parents decided that he would go to a new school in a small town known as Boskoop. This school focused on outdoor learning, this suited Jan very much.

At the age of 15 he started a 2 year course of Tropical Studies and now lived in lodgings in Boskoop. This gave Jan the freedom he sought. The school set up an apprenticeship with a local nursery and he earned his first wage of 2 Guilders per week. Life was to get better. At the age of 16, Jan would meet his sweetheart and lifetime companion. Gerredina, she also lived in Boskoop and not too far from Jan's new school. They would build a strong loving relationship together for 55 years.

However, at the age of 17, Jan decided he needed to see the world and with a friend went off to hitchhike around Europe. He remained in touch with Gerredina, she was not allowed to travel with Jan by her parents, they did not approve of this since she was only 15. In the summer of 1938 travelling through Austria, Hitler invaded the country. Jan's parents got in touch and told him to return home, this he done reluctantly.

To be continued next month...

Children's Book of the Month: The Wild Ones by Steve Cole

The old familiar world had gone. Out there in the cold and gusting dark, something new and unknown was waiting...



Scamp lives at a pet care centre. He has friends, food and a warm bed. But one terrible night - the Night of the Great Growl - his world changes for ever.

The people have vanished and all that's left outside are the Things: vicious, starving beasts that roam the ruined city. Driven into the wilds - with Chandelier the cat, Punzel the rabbit, Patticake the dachshund, Falstaff the parrot and hamsters Nudge and Wink - Scamp sets off in search of safety.

On their epic journey, Scamp must discover his own wildness if he's to lead the pets to the one thing they so desperately need - a new home.

Publisher: Scholastic
ISBN: 9780702351525

Sausage, Squash & Apple Tray Bake: Less than 30 mins, Serves 6

Ingredients:

1 small butternut squash	2 red onions, sliced/rings	2 apples, unpeeled/cored/sliced
12 pork sausages	3 tbsp olive oil	1 tbsp runny honey
1 tsp English mustard	salt & black pepper	15g fresh flat leaf parsley, chopped

Method:



1. Preheat the oven to 220C/200C Fan/Gas 7.
2. Cut the squash into quarters and leave it unpeeled. Remove the seeds then cut each quarter into 5mm/¼in slices.
3. Place the squash in a very large baking tray with the onion, apple and sausages. Drizzle with 1 tablespoon oil and season well with salt and pepper. Roast for 20 minutes.
4. Meanwhile, whisk together the honey, mustard and remaining oil in a small bowl. Drizzle over the sausages and vegetables and turn to coat everything in the dressing.
5. Return to the oven for 10 minutes until the sausages are browned and cooked through and the vegetables are tender. Sprinkle over the parsley, if using, and serve.

BBC Food

LEWDOWN CRICKET CLUB

Please check the website for results and stats: lewdown.play-cricket.com

We are approaching the end of the season and our last home game will be against Bridestowe & Belstone on Saturday 29th August starting at 1.00pm.

HOME FIXTURES (1.00pm start):
Saturday 22nd August 2nd XI vs St Marychurch Old Boys
Saturday 29th August 1st XI vs Yelverton Bridestowe & Belstone 2nd XI

Your support during the season has been most welcome and appreciated by the players.

ANNUAL AWARDS DINNER: Date to be announced

AGM: Date to be announced

LAST CHANCE TO GET YOUR TICKETS

50 / 50 DRAW

£5 per ticket

The 50/50 draw is a fun way to help raise money for the club. It's Simple! For every ticket we sell the club keeps half and the other half goes into the total prize pot at the end of the season. The tickets are £5 each and your ticket number will be entered into 5 separate draws, so you have 5 chances to win!

The total prize fund will be divided into 5 and in each draw the pot will be divided as follows:

1st prize = 60% 2nd prize = 30% 3rd prize =10%

Let's say we sell 300 tickets at £5 each giving a total of £1500. The club keeps £750 and the total prize fund is £750. This is divided into 5 and each of the 5 draws has a pot of £150. The winning ticket will receive £90, the second ticket £45 and the 3rd ticket £15.

You can get your ticket at the club, the Blue Lion or by call/text Geraint on 07850 786310

DRAW WILL TAKE PLACE AT THE CRICKET CLUB ON SAT 30TH AUGUST 7.00PM

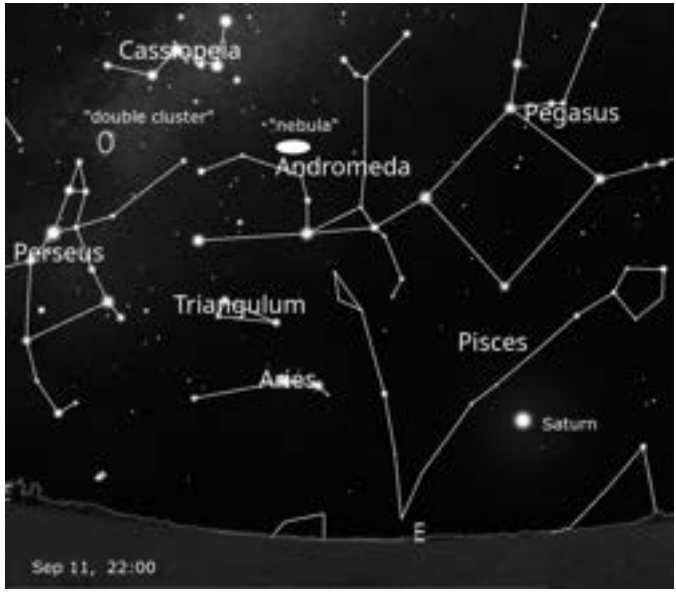


Club Contact: Geraint Williams 07850 786310

Junior Cricket Coordinator: Mike Maynard 07974 756136

Village Skies by The Watcher on the Hill

So the clear weather held, and gave us some magnificent views of the partial eclipse. We watched the progress through a pair of solar telescopes at the top of our garden. Later on, after darkness fell, we lay outside to watch the Perseid meteors, including a few bright yellow “fireballs” that left smoky trails in their wake. It was quite a day.



As the nights continue to draw in, we see the sky in transition: while the Summer Triangle (Deneb/ Vega/Altair) is still prominent up in the South, and Hercules is still well placed in the West for a while after dusk, the Eastern sky is now dominated by the classic Autumn constellations of Pegasus and Andromeda. The large square of Pegasus is very distinctive, though some imagination is needed to see it as a winged horse! To its left, a line of three bright stars, and a number of fainter ones, make up Andromeda, host of the famous “nebula” that bears its name - in truth, a whole other galaxy of stars, larger than our own Milky Way. It was this object that first caused astronomers to recognize, a century ago, that our Milky Way was not the entire universe. While it is one of the closest neighbours, it is more than two million light years distant. Even so, in dark skies it may just be made out with the naked eye - count along two of the brighter stars in Andromeda, and then up two of the fainter ones, and look for a dim, fuzzy patch. Binoculars will help, though they will still show no details.

Binoculars will also improve on another smudge just visible to the eye - the “Double Cluster” in Perseus. Representing the sword used by the legendary hero to slay the Medusa, in reality it is two clumps of young, blue-white stars, and one of the more impressive sights in a small telescope.

Saturn has also made a re-appearance in the night sky. It is still travelling slowly through the faint constellation Pisces - look for a yellowish “star” below Pegasus. It looked good in a telescope the other evening, and its rings are now showing very clearly.

Gardening Jobs for September



This years seems to have flown by, with another dry (and very hot) summer it hasn't been an easy year in the garden.

Getting ready for autumn

Even though lots of crops will be coming to an end as the temperatures start to drop and days get a bit shorter, there are still plenty of things to do:

- Be ruthless. If you haven't already, pinch out the tops of vining plants like tomatoes and cucumbers. Remove any remaining flowers and even the smallest fruits, they are unlikely to ripen and will just take energy away from those fruits which could still make it.
- Keep plants tidy. As lower and older leaves continue to die off, remove them from the plant as they are not providing any goodness and are more likely to harbour pests and diseases.
- Pick and preserve. At this time of year some crops will still be providing you with harvest after harvest, if you've had enough runner beans for the time being, keep picking them but freeze them or make a chutney. Beetroot can be stored in the fridge for many weeks.

Crop of the month - Tomatoes

Growing advice - there are lots of options, from bush varieties which can be grown in pots on the patio to tall 'indeterminate' varieties which can grow over 6ft tall. I grow a mixture, with the taller varieties tied to canes in my polytunnel.



Top varieties - my go to varieties are Cream Sausage (elongated, yellow fruits on medium sized bushes) and Sungold F1 (tall plants, with long trusses of golden orange cherry tomatoes. For something a little more adventurous, why not try Tigerella or Cuore Di Bue.

Best way to eat - it all depends on the type... nothing beats a cherry tomato straight from the plant, whereas bigger varieties are best cooked down in a sauce.

Saving seed - you can save seeds from ripe fruit, providing it isn't an F1 (hybrid variety). You will need to ferment the seeds for a week or so to remove the protective coating, then wash and dry them to save the seeds for next spring.

Pest & disease - when trying to grow plants outdoors, blight can be an issue in a damp summer. Otherwise, issues only tend to arise from poor circulation or inconsistent watering, so try to get into a routine of removing lower leaves and watering regularly.

May the weather be with you!
Liam

Secrets of the Past Beneath Our Feet

Dig finds:



Brass Horse Harness mount



Horse Harness mount, Launceston maker



King George III copper coin



American World War II. Army Spoon



A dolls shoe made of copper

Tony Butland

From Flatlands to Hills in 1954

1954 was a busy year for our family. We were living in a small village in Norfolk, and our lives were about to change dramatically. My father George had just obtained his Registered Shoeing Smith certification (RSS Hons) and the opportunity came up for him to take a job as farrier and blacksmith at another small village called Chillaton, in Devon. I was seven years old and my brother Jack was five.



Mr Squire in Chillaton was the owner and originator of the first mobile forge in the west country, and probably in the UK. He was moving towards retirement, and he was looking for a farrier/blacksmith to join the business with a view to taking it over. The Chillaton Smithy, as it was known, was the ideal opportunity for my parents to start their own business. The stage was set, and we moved all the way from Norfolk to Devon one day in the summer of 1954. The picture shows the mobile forge just before we arrived in Devon.

"Very flat, Norfolk": This was the famous line spoken by Amanda in Noel Coward's 1930 play Private Lives – and this is exactly what we were used to. The highest point for miles around our village was a hump-back bridge over the local railway. I certainly didn't realise how much of a shock it was going to be arriving in a strange land with hills, valleys and moors everywhere.

The 350-mile journey to Chillaton: We took the train from Diss to Liverpool St station and then crossed London via the underground to Paddington. You can't imagine how excited I was by experiencing all these activities when previously, the only excitement had been walking to the local town of Diss from our village (Palgrave) or waiting for the postman to deliver to our house. We left Paddington in early afternoon and travelled to Exeter where we took one of the branch lines (I think it was managed by GWR) towards Tavistock and Plymouth. In the early evening, we arrived at Brentor Station. I was totally stunned by the surrounding views of moorland and free-roaming sheep. We were all exhausted of course, but more was yet to come. We were met at the station by Mr Harold Doidge in his black saloon car (it was probably an Austin A40 or a Ford Pilot). He owned the garage and taxi services at Chillaton. If you know the area, you will appreciate how exciting this was for us, driving along those narrow lanes, driving around resting sheep in the middle of the road, changing into low gear to climb steep hills (hills? What were they?) and also to slow us down while descending. We entered Chillaton at Green Cross and arrived in the village square on a hot summer evening.

Running Waters and our new home: We had bed and breakfast set up for us at Miss Samuels house in the village square. Even though we were completely exhausted, I can remember that I was unable to sleep for a long time because of the rushing sound of water as it cascaded over the stones in the stream which passed close-by the bedroom window. I'd never heard running water before, except from a tap. After a couple of days, our furniture and belongings arrived and were delivered by a huge

removal van to Willow Cottage – on the Lifton road just past Marlow Crescent. This was to be our home for about 6 years before even more exciting things happened for us in Chillaton (maybe for another episode).

I know this was all taken for granted by the locals, but to have a view from our house over rolling countryside featuring Marystowe Church atop a hill about a mile away and the impressive uplands and peaks of Dartmoor in the east, was wonderful. Here we were in the Devon countryside of West Dartmoor. We'd never had saffron cake before, or clotted cream or even pasties – and the locals spoke with a strange accent and vocabulary. I had no idea what "maze" meant (it was a complex garden hedge structure, or so I thought) and girls were called "maids". However, I soon got used to being called "my ansome" in general conversation. We met very many friendly and helpful people in the village which had a shop, post office, garage, butcher's, carpenter's, a village school, and of course the Smithy. All of these services and people were to play enormous roles in the development of our lives in that lovely rural community.

The next chapter… If you are of a mind to hear, I'll be pleased to comment further on how things developed in the village including my father's interactions with the local carpenter (Cyril Blithe) including making iron-tyres for cartwheels; life at Chillaton County Primary; moving into the school buildings and house after it closed and the journeys to Tavistock School on Pridham's buses.

Duncan Hannant

Lewdown Grouped Parish Council

Coryton, Lewtrenchard, Marystow and Thrushelton

Councillor Vacancies

Would you like to become a councillor?

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

If so, why not come along and see what is involved in being a parish councillor you may then decide to join your parish council and make your own contribution to the future.

Contact the Parish Clerk, Peter van Delft, for more details:
Email: clerk@lewdowngroupedpc.org.uk Web: www.lewdowngroupedpc.org.uk

From the Mountains of Japan

No. 26 - In Search of a Secretive Peak

Japan's most famous symbol is the towering cone of Mount Fuji, which sits on the border of Yamanashi and Shizuoka Prefectures, an hour by train outside Tokyo, and rises a cool 3776m into the air. One October night some fifteen years ago I climbed it with a mate, reaching the peak at the second attempt having failed a year earlier, but I haven't been back since, so this summer my daughter and I took a trip down to see it.

Unfortunately, the mountain had other ideas. Famously shy, it was shrouded in thick cloud for almost all of the three days we stayed nearby. While we got glimpses of parts of it, at no point did we see it in its entirety. Obviously, living in Japan means we'll have plenty more opportunities, but for the tourists currently pouring into the country, many of them will get only one chance.

Everywhere, the disappointment is rubbed in. Our first hotel had wall sized pictures in the lobby of the view from some of the rooms of a beautiful conical mountain topped with snow, but the best we got was a grey cloud bank. In recent years, and with the rise of social media, many quirky shots have become popular. Google "Kawaguchiko Lawson" and you'll find reams of pictures of the mountain apparently sitting on top of a Lawson convenience store. So popular has the shot become, that the local council has erected barriers to try to prevent disruptive tourists from trying to get their poses in. However, no one mentioned the weather, because when we drove past the store in question, we saw a tour bus parked outside, and group of backpacker types standing around in the car park with phones at the ready, in case the mountain showed itself. Judging by the weather for the rest of that day, I hope they didn't waste too much time waiting.

In fact, it wasn't until we were on the way home that we saw anything like a decent view. Not one to miss the opportunity, I pulled into the nearest convenience store and managed to get a pretty good shot of half the mountain sitting on top of a car park sign. It so far has three likes on Instagram. I'm pretty sure it'll start off a new craze soon …



Chris Ward

Lewtrenchard WI August Report

What could be better on a hot summers day than to get together with family and friends to enjoy our popular Afternoon Tea Event! We worked very hard to attract young people by organising free face painting. Several youngsters come along, which was great. Some adults had their faces painted as well. You are never too old for that. We might do this again ☺

Barbara welcomed Nick our speaker from Associated Country Women of the World (ACWW). Barbara said a few words about what we are doing and why we are fundraising. We will be donating some of the raised funds to ACWW. Then Nick gave an excellent insight of the work ACWW do. Nick was an entertaining, competent and interesting speaker.

Yet again, our members excelled themselves by providing a delicious spread. We had some fabulous looking & tasting cakes, cookies, tray bakes, sausage rolls, mini-pizzas, sandwiches and of course scones topped both ways ☺ Sterling work was done behind the scenes in the kitchen. Our WI cups & saucers are very pretty but not dishwasher safe, so a lot of washing up had to be done. Best of all, we raised in the region of £400 to be split between ACWW and our centenary fund.

We also managed to attract sponsorship for our Zip Wire Ride event in September. Six of our members are participating. A huge **THANK YOU** to everyone who helped on the day, baked, bought raffle tickets and came along. A wonderful afternoon spent with lovely people.

You may sponsor our **Zip Wire Ride** at:
www.justgiving.com/crowdfunding/lewtrenchard-wi



Date & venue for next meeting: Monday September 14, 19:30, Lewdown Victory Hall
Graham Parker - Owls

Dates for your diary:

12th September	Skittles @ Treburley
17th September	Coffee morning @ The Blue Lion
17th September	Food Craft & Skills
28th September	Walk

St. Mary's Kelly Church Bells Ring Out!

St Mary's Church in Kelly celebrated a short tester bell peal at their Flower Festival Fundraiser recently when the new set of bell ropes were fitted and rung by four bell ringers: Keith Hilton, Jeff Young, Gerald Tickner and Helen Parks. It was an emotional moment for our Vicar Philip Conway and team as the bells had not been rung for some time due to the ropes being worn out but due to the success of the weekend, when an amazing £1725 was raised (almost £2k now due to recent donations) - six brand new bell ropes were paid for out of the new funds. The festival was officially opened at the Friday Evening BBQ by newly appointed Mayor for West Devon Chris Edmonds and Mayoress Mrs Jan Edmonds. All day Saturday and Sunday visitors flocked to see the stunning flower arrangements kindly produced by ladies from Lifton, Thrushelton, Stowford, Lewtrenchard, Dunterton, Bradstone and of course Kelly – all based on the theme "The Five Senses" and the sun shone on visitors enjoying homemade cakes and teas. On Saturday evening visitors enjoyed an informal Concert. As a result of this success St Mary's would like to thank again all who helped or took part in this wonderful occasion and are pleased to announce that they will continue to hold their Flower Festival every summer in order to raise more funds and hope to include more craft stalls next year (watch this space for the new date!).





Louise

Community Questionnaire - A Community Shop for Lewdown

For most villages a shop is a vital lifeline and for some people, especially those without transport, it is an important connection with the world beyond their front door. It is a meeting place, communication centre and an important lynchpin of village life. Much of the appeal of our village rests on its sense of community. It is the reason many people have moved here and remain here. The presence of a shop would, we feel, greatly enhance that community spirit.

This questionnaire is the first step. We need to know your views on what might be provided and what would receive your support. Please be as honest and realistic as possible in your answers! Your response will be treated in confidence. It is entirely anonymous, unless you wish to add your name at the end.

Please return the completed questionnaire to LewdownCQ@proton.me during w/c September 28, 2026. The results of this survey will be published and presented to a public meeting when the proposal can be discussed further.

You can access an electronic version of the questionnaire via: www.rawrationsplus.co.uk/communityshopqa.html

We would also like to hear from you if you feel you could help in any way with the running of the shop. There will be a wide range of tasks to be done from the initial setting up of the project to managing the enterprise and being involved in the day-to-day practical operation. This kind of venture has been successfully achieved in other villages. There are currently over 450 community-owned shops in the UK and most of these have been set up with the support of the charity Plunkett UK: www.plunkett.co.uk. Will our village be the next one?

If you wish to speak directly to someone about this project, please contac**t lead person: Alex Collins, Farview, Lewdown 07530 254731.**

About a Village Shop

1. If a new village shop was opened in Lewdown, would you or any member of your household use it?
   - ☐ Daily
   - ☐ 2-3 times a week
   - ☐ Once a week
   - ☐ Once a fortnight
   - ☐ Occasionally
   - ☐ Not at all

2. What products would you be most likely to buy?
   - ☐ Newspapers/magazines
   - ☐ Local Dairy (Milk, cream.)
   - ☐ Local Produce Frozen food

Pull out centre page and scan/email or return...

- ☐ Fresh fruit & vegetables
- ☐ Ready meals
- ☐ Meat
- ☐ Greeting cards/wrapping paper
- ☐ Bakery
- ☐ Pet food
- ☐ Wild bird food (seeds, fat balls, etc.)
- ☐ Sweets / ice cream
- ☐ Household goods
- ☐ Beers, wines & spirits
- ☐ Stationery
- ☐ Packed groceries - tins, packets
- ☐ Craft items
- ☐ Cigarettes/tobacco
- ☐ Gifts
- ☐ Cleaning materials
- ☐ Coal/logs
- ☐ Toiletries
- ☐ Sandwiches
- ☐ Hot Pasties
- ☐ Organic/Fair Trade products
- ☐ Other (please list as many as you like below)

3. What services would you be most likely to use?
   - ☐ Postal Services
   - ☐ Parcel dropoff evri, yodel, etc.
   - ☐ Deliveries
   - ☐ Advertisement board
   - ☐ Tickets for local events
   - ☐ Photocopying / Printing
   - ☐ Internet
   - ☐ Dry cleaning
   - ☐ Shoe repairs
   - ☐ Photo processing
   - ☐ DVD rental
   - ☐ Tea room/coffee shop
   - ☐ E-top ups for mobile phones
   - ☐ Top ups for prepayment meters
   - ☐ Other (please list as many as you like below)

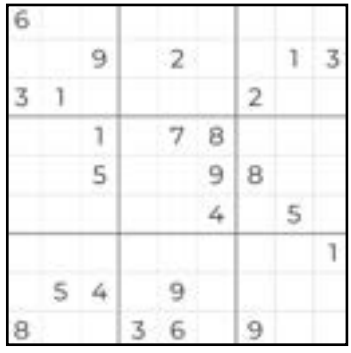
4. Are there any other products or services not listed above you would like to see on offer?

Puzzle Page (sorry mot much space this month😵)

How fast can you read these out loud?

English Tongue Twister: Many people mistakenly think that English has only about 5 vowels (A, E, I, O, U, and sometimes Y), but that's only counting vowel letters. In reality, English has around 14 vowel sounds, some of which are pronounced closely together in the mouth.

Betty Botter bought some butter
But she said the butter's bitter
If I put it in my batter, it will make my batter bitter
But a bit of better butter will make my batter better
So 'twas better Betty Botter bought a bit of better butter



Evil Sudoku

A Classic German Tongue Twister:
"Rhabarberbarbara," gained mainstream popularity in early 2024 thanks to a viral rap by German comic singer-songwriter Bodo Wartke.

Rhabarberbarbara >
Rhabarberbarbarabarbarbarenbartbarbierbierbarbärbel
Rhubarb Barbara > Rhubarb Barbara bar barbarians' beard barber beer bar Bärbel

Magic Square

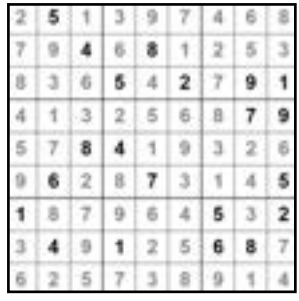
17		4	
	12		9
10		7	
	15		2

August Answers

Thanks You Crossword

1. Mandarin
2. Basque
3. Korean
4. Amharic
5. Hawaiian
6. Icelandic
7. French
8. German
9. Vietnamese
10. Spanish
11. Japanese
12. Swahili
13. Navajo
14. Hindi
15. Irish
16. Zulu

Evil Sudoku



5. At what time of day would you be most likely to use the shop (please tick as many as you like)?
   - ☐ Before 8am
   - ☐ 8am - 12 noon
   - ☐ 12 noon - 2pm
   - ☐ 2pm - 6pm
   - ☐ After 6pm

6. How far do you currently travel to do your:
   a) Main weekly shop?
   b) Convenience / top-up shopping?

7. On a scale of 1 - 5 (where 1 is not important and 5 is very important), how important do you think it is to have a village shop in Lewdown? Please circle your answer.

   NOT IMPORTANT <<< 1 2 3 4 5 >>> VERY IMPORTANT

8. Please state how many people in each age range there are in your household:
   - ☐ 0 - 16 years old / number of people:
   - ☐ 17 - 25 years old / number of people:
   - ☐ 26 - 45 years old / number of people:
   - ☐ 46 - 65 years old / number of people:
   - ☐ over 65 years old / number of people:

9. Would you or anyone in your household be interested in helping a community shop project in any way by:
   - ☐ Joining the steering group
   - ☐ Helping with fundraising
   - ☐ Providing professional advice/services and my profession/skills are:
   - ☐ Be involved in running the shop/volunteering
   - ☐ Making a donation
   - ☐ Buying a share
   - ☐ Making a loan

If you have answered yes to any of the above questions, or you would like us to contact you, then please write your name, address and phone number here:

Thank you very much for taking the time to complete this questionnaire

South West Lakes Reservoir Levels

August 2026

Reservoir	Current level (%)	Current storage (Ml)	Net capacity (Ml)
Reservoir	**Current level (%)**	**Current storage (Ml)**	**Net capacity (Ml)**
Stithians	52	2,557	4,967
Drift	58	694	1,200
Argal	63	820	1,302
College	63	155	246
Crowdy	51	517	1,022
Colliford	58	16,628	28,540
Siblyback	54	1,702	3,182
Upper Tamar	73	1,083	1,477
Roadford	64	22,093	34,500
Burrator	55	2,329	4,210
Wistlandpound	51	786	1,550
Meldon	59	1,795	3,020
Wimbleball	47	9,922	21,320
Fernworthy	55	967	1,765
Kennick/Tottiford/Trenchford	34	684	2,011
Avon	61	803	1,313
Venford	46	340	740

A temporary hosepipe ban is now in place for all customers in Devon, Cornwall, parts of Dorset and Somerset and the Isles of Scilly. The ban came into effect at 00:01am on Saturday 8th August to help protect water supplies during the current drought conditions.



Stowford Parish Hall



Stowford Supper

£15 a head
7pm Friday 16th October

Meal choices

Cottage Pie / GF Option Available

Jacket potato, Baked beans
Cheese and Salad Veg

Chicken Curry

Home made Desserts Tea, coffee and Mints
BYO Bottle

Tickets: Charles Chick - 01566 783223 | Sharon Adams - 01566 783030
Ester Van Delft - 07715 434237

The Wheelwright and The Blacksmith in Chillaton

Chillaton in its heyday had many businesses in the village. A baker, 2 shops and a Post Office, 2 carpenters, a blacksmith, publicans (there were two at one time) and of course the schoolmaster/mistress. And there were 4 farms in the village plus many more nearby.

The carpenter was also the undertaker (coffins being made within a week). A funeral could be organised within the week usually, from obtaining the death certificate, making the coffin, putting funeral notices in the paper, ordering the printed notices and posting them to the list of relatives provided by the family. These cards were delivered by the coach that came through the village in the evening, were many other items that were ordered. I was only allowed to lick and stick the stamps on the envelopes and post them, my writing was not good enough then! The carpenter was also a painter/decorator, wheelwright, joiner, glazier and had many other skills he would use.



Percy Blithe at Laurel Cottage where his father William Davy Blithe lived 1944

I remember being with my father, Cyril Blithe, watching him make many coffins from the wood we had been to Tavistock to buy. To watch a cartwheel being made has really stayed etched in my mind and all with hand tools, no electric tools then.

The day he and George Hannant worked together to put the iron tyre on the wheel is etched on my mind. I had crossed the square from Dad's workshop which was in the unit by the milk churn stand to see what George was doing to make the iron tyre in The Smithy, that in itself was fascinating. The red-hot furnace, the sparks flying around and the banging to shape the glowing red iron metal into a wheel shape. I can still smell the smoke that was billowing out of the door, now!

When the time came to 'shrink-fit' the iron tyre to the wooden wheel, the wheel was laid outside on the road and George Hannant fixed the extremely hot iron tyre over the wheel, then the fun began! Using cold water from the horse trough in the square the metal hissed and steamed, shrinking to fit the wooden wheel and the immense pressure held the entire wooden structure in place.



George Hannant at The Smithy late 1950s

Sue

Farming Report



With no substantial rain since we did the first cut back in June, the fields really are starting to burn up now. The last pick of the fields are over and any green shoots left have disappeared. It's surprising how the cattle seem contented still, even with dry brown grass just left and at the time of writing in mid August no rain on the horizon.

We did 60 acres of second cut at the end of July, but as expected the crops were down by around half, so we are really hoping to get a good third cut if the autumn gives good weather.

As you may or may not know bluetounge is really affecting



farmers this summer, particularly in sheep and with the weather being so dry farming really has got to overcome quite a lot of adversity and still somehow manage to carry on.

It's also affected a lot of shows, with some carrying on the cattle & sheep classes and some deciding it's too much risk, especially if there's been a lot of outbreaks in the area. We've managed to show at Woolsery and Honiton, both doing really well, with breed champion with cow & calf and reserve breed champion with senior bull at Woolsery and reserve breed champion with the cow & calf at Honiton.

Becky Dennis

Devon Wildlife

Narrow-Bordered Bee Hawk-Moth *(Hemaris Tityus)*

This is a very intriguing insect. At first glance it might look like a bee, but this is actually a narrow-bordered bee hawk-moth! Unlike most moths, it flies during the day, hovering from flower to flower as it feeds on nectar from plants such as bugle, lousewort and marsh thistle.



It can also be easily confused with its close relative, the broad-bordered bee hawk-moth. .

Wingspan: 37-42 mm

About: Closely mimicking a bumblebee, this is one of two similar species occurring in Britain.

It appears in May and June and is a lively day-flier, visiting various flowers.

Frequenting marshy woodland and damp moorland, it has a wide distribution in Britain, but is generally quite scarce.



The larvae feed on devil's-bit scabious (Succisa pratensis) and field scabious (Knautia arvensis).



The North Tamar Mission Community



St. Mary the Virgin, Kelly with Bradstone | St. Mary the Virgin, Lifton | St. Nicolas, Broadwoodwidger | St. John the Baptist, Stowford | St. George, Thrushleton | St. Peter, Lewtrenchard

Ministers

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

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

Milton Abbot Benefice

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

Churchwardens

Lifton - St Mary's			
Mrs E Brown	01566 784386	Sarah Chandler	
Broadwood - St Nicholas			
Mr D Perkin	01566 776758		
Stowford - St John the Baptist			
Mr C Chick	01566 783223		
Lewtrenchard - St Peters			
Mrs A Westlake	01566 783909	Mrs R. Dawe	01566 788838
Thrushelton - St George			
Mr A J Nash	01566 783274	Mr T Nash	01566 783320
Kelly with Bradstone - St Mary's			
Mr W Kelly	01822 870249	Mrs L Hayward	01822870852
Marystowe - St Mary the Virgin			
Revd G George	07947 604160		
Coryton - St Andrews			
Mr G. Vicat	07485 241345		

From the Parish Priest

Dear Friends

We are all used to the routine of our seasons, both the temporal seasons of the year, and the seasons of our church year. Everything has its time and place.

Sometimes though, things happen that disrupt our normality and make us think again.

This month, major works will begin at St. Nicholas Broadwoodwidger, and during this time the church will not be open for visits or worship. God will not be absent, but we need to find another place to gather to worship him.

I hope very much that those who worship regularly at St. Nicholas will explore and enjoy the worship that is offered in the other parishes in this Mission Community, as I hope that those of us who worship in the other churches will join with the people of Broadwoodwidger in rejoicing and thankfulness when the work is completed and we are able to use the building for worship again. At present, we cannot be sure of when this will be, so watch out for further notices.

A many of you know, I look forward immensely to leading the singing in our schools. It is such a wonderful privilege to hear the sound of children's voices raised in song. This is something that crosses all national and cultural boundaries. Do please come and support the *Pearl of Africa Children's Choir*, who are raising money to support children's education in Uganda (see separate notice) I can assure you that it will lift your spirits immensely!!

With love and prayers,

Philip

Service times for September 2026

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

6th September **Trinity 14**
9.30am **Parish Eucharist at Lifton**
11.15am **Parish Eucharist at Stowford**
6pm **Evensong at Kelly**

6pm **on the eve Saturday 12th September Vigil Office at Kelly**

13th September **Trinity 15**
9.30am **Parish Eucharist at Thrushelton**
11.15 **Harvest Thanksgiving Eucharist at Lewtrenchard**
Followed by a Bring and Share Harvest Lunch at The Manor



20th September **Trinity 16**
9.30am **Parish Eucharist at Lifton**
11.15 **GIFT service at Stowford for Harvest Thanksgiving**
A service for the very young and those who care for them.
Followed by Bring and Share Harvest Lunch
4pm **Kelly with Bradstone Harvest Thanksgiving at St. Nona's**
An Evening Office for Harvest Thanksgiving Followed by Afternoon Tea



6pm **on the eve Saturday 26th September Vigil Eucharist at Kelly**

27th September **Trinity 17**
9.30am **Parish Eucharist at Thrushelton**
11.15 **Parish Eucharist at Lewtrenchard**
6.30pm **Broadwoodwidger Harvest Festival at Frankenborough Farm**
Followed by Refreshments



2nd October **Friday Service**
7pm **Harvest Thanksgiving at Thrushelton**
Followed by Supper in the Church



Wednesday Morning Eucharist: 10.30 at Lifton

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

PEARL OF AFRICA CHILD CARE

The Pearl of Africa Children's Choir

Traditional Music from Uganda to support Children's Education

The Parish Church of St. Mary the Virgin, Lifton
Tuesday 22nd September 2026 at 6.30pm
Free Entry

Bridestowe Methodist Church
Preachers for September 2026

6th	Drop in the Ark	10:30 - 12:30
13th	Bridestowe Worship Group	11:00
20th	P Wagstaff **S** US	11:00
27th	M Cooke	11:00

St. Mary the Virgin, Marystowe

6th September	09:30	Holy Communion
20th September	09:30	Northumbria Service

St. Andrew, Coryton

13th September	11:15	Matins
27th September	16:00	Holy Communion

See: www.achurchnearyou.com/benefice/15-267DP/service-and-events/calendar for services details

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 9am
Fr. A. K. Gundabathina 01837 52229
anil.gundabathina@prcdtr.org.uk

Okehampton
Sunday 11.15am
Fr. A. K. Gundabathina 01837 52229
anil.gundabathina@prcdtr.org.uk

Chagford - Saturday 5.30pm
Fr. A. K. Gundabathina 01837 52229
anil.gundabathina@prcdtr.org.uk

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

BEARNES & HAMPTON LITTLEWOOD

Lew Trenchard Primary School Fundraiser

Thursday 24th September - Lewdown Cricket Club - 18:30

Basic, Better, Best - which one is best??

Following the success of last 2 years "Call My Bluff" evening, FLS are delighted to announce another evening of "guess the value of the antiques" with auctioneers from Bearnes Hampton & Littlewood Auction House kindly hosting the event.

There will be complimentary cheese and crackers on arrival and a bar serving alcoholic beverages and soft drinks, as well as snacks.

£4 per person, children FREE

Tickets available from Lew Trenchard Primary School, The Blue Lion Inn and The Toy Shop, Red Lion Yard,Okehampton – or call 07854 206 400

We look forward to seeing you on the night!!

LEW TRENCHARD C OF E PRIMARY SCHOOL

Swift TAXIS

07734 956925

8 Seater Vehicle Available

Anytime - Anyplace - Anywhere

AIRPORT • TRAIN STATION
SHOPPING • DOCTOR

Prompt Reliable Honest
FAMILY RUN BUSINESS
24/7 365 days

Chair Yoga for Seniors

with Yogajeanie

Chair yoga helps with
Muscle toning
Reduced stress levels
better breathing habits
better sleep
overall sense of well-being
It's fun too!

Interested?
Just come along in comfy clothing

At Lewdown Village Hall
Thursday's
from 10:00 am -11:00 am
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