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NORTHWOOD NEWS

September 2016

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Emergency Services: 999	Northwood W.I. (Fay Bunday): 296081
Ferries - Red Funnel: 0844 844 9988	Northwood Playgroup: 289717
Ferries - WightLink: 0871 376 1000	Post Office, Pallance Road: 293794
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Library, Cowes: 293341	School - Gurnard Primary: 295923
Medical Centre, Cowes: 295251	Southern Vectis Lost Property: 827000
Northwood Church (Amanda Collinson): 294913	Southern Water: 0845 278 0845

To submit articles for publication in Northwood News please contact Peter Lambert. Email: neditor@northwoodvillage.org.uk or Tel: 01983 526385

Please note: acceptance is subject to space being available

COPY DEADLINE DATE for the October 2016 edition:



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www.northwoodvillage.org.uk

Your free monthly magazine collated for you by Northwood church, bringing you news and events from the churches and organisations in and around the Parish of Northwood, Isle of Wight

Letter for September

Hello there!

'Are you ready?' How often have you seen these words or perhaps said or heard this phrase? As a Mum of two young boys I say this phrase every day around 8am as I try to get myself and the boys out of the door for the school run, however I hear it in so many other places and in different scenarios - cooking and eating a meal, commencing a church service, at the tills in Aldi, starting a race.....all the way to solicitors checking whether you are ready for death! Even Google is asking me the question this evening as I type this letter - apparently there is the 2016 Doodle Fruit Games in the latest Google app: dear Lord, and no, I have no idea what it means!

This phrase reminds me of a sketch comedian Michael McIntyre does about trying to leave the house when you have children. Whilst he is a little frenetic in his performance, it is hilarious, true, and hysterical - I would suggest you look it up on YouTube if you haven't seen it! In it he describes, in his most comedic style, the process of getting his family 'ready' to go out in the car and every time James and I are running out of the door trying to herd the boys into the car I think about this sketch and inwardly smile.

But the reality is we have never been more aware of time, or indeed been able to be ready than any other time in history - everything we have has the time on it: our watches (those of us who still wear them!), our phones, all electronic tablets, TVs, set top boxes, I could go on and on. And yet how many times have we had to ring on our mobiles telling the people we are meeting that we are on our way but may be a few minutes late!!!

We are cramming so much in our week, our day, our hours that we are fearful of not saving space and time for ourselves, for those important to us, and for those of us who have a faith - for God. There are a number of stories in the bible about 'being ready': for noticing when God plays a role in our lives, for when we have an opportunity to serve others and serve God, for His return, to name a few. And so, all Christians should be living their lives 'ready', but actually I think we all should be like this otherwise we may miss out.

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We have just had a great experience at our first family camp in Corfe, now our eldest has begun his Scouting journey. I loved my time in Guiding and Scouting and was heartened to find out that the motto of the latter hasn't changed from when I was a girl - 'Be prepared' is what the youngsters are told to be, but how much would we benefit if we all kept to that motto: as the quote on the front cover says, 'The secret of success is to be ready when your opportunity comes.' Disraeli said it, God tells us repeatedly, our nearest and dearest I am sure are regularly saying it - we need to be ready, for all adventures that lie ahead!

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Young or old, active or frail, we all have adventures ahead and opportunities to try new or different things every day, whether you want to believe and acknowledge it or not, all we have to do is be ready for them and perhaps be prepared to challenge ourselves to move out of our comfort zones and do something we don't normally do.

So as the children get ready to start a new year and perhaps a new school this month, why don't you join the 'getting ready' gang and look for all the opportunities that pass your way. And most importantly don't shy away from any open door, any challenge or something new - as the poster in hallway of The Rectory says "Life isn't about waiting for the storm to pass but about learning to dance in the rain."

Wishing you every blessing for whatever adventures you are getting ready for this month,

Rev Amanda

**Northwood Parish Church
Will be participating in this year's
Shoebox Scheme**

Please obtain a form from
Northwood Stores or Northwood Church.

The form gives all details, instructions and advice on how to make up your shoebox.

It gives advice on what sorts of contents are suitable for particular age groups, what can be included and what cannot be included.

Please return filled boxes to any of the above by Saturday 29th October 2016

KEY CHURCH PERSONNEL —NORTHWOOD

Priest in Charge: Rev'd AMANDA COLLINSON

The Rectory, Chawton Lane, Northwood PO31 8PR Tel: **01983 294913**
Email: amandacollinson01@gmail.com

Assistant Curate: The Rev'd DIANA NETHERWAY
138 Bellevue Road, Cowes PO31 7LD Tel: **01983 298505**

Churchwarden: PETER LAMBERT
9 Forest Hills, Gunville, Newport PO30 5NG Tel: **01983 526385**

Churchwarden: PAM CLEMENTS
57 Noke Common, Newport Tel: **01983 526220**

MESSAGE FROM REV AMANDA COLLINSON

Do you know of someone who would appreciate a visit by the church? Or would you, yourself, like to meet and talk with someone from the church? Please contact me, via phone or email listed above: I would be delighted to meet with you, to bring communion to you if you cannot come to church, or to explore with you if you just want to know more about the Christian faith. I am always here for you – because that's what the church is about!

From the Parish Church Registers:

Baptisms

Euan Mathew Vince 24th July 2016
Henry Robert Berryman 7th August 2016

Marriages

Lynden Clapp and Sarah Williams 16th July 2016
Damian Evans and Laura Bunday 30th July 2016

Died

OUR PRAYERS AND THOUGHTS TO THE FAMILIES OF

Jamie Gunnell 29th June 2016
James William Gustar 10th July 2016
Sylvia May Sibley 17th July 2016

For Baptism, Wedding, Funeral and other enquiries please contact
Rev'd Amanda Collinson

Visit the village website: www.northwoodvillage.org.uk for the latest local news and events and much more.

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Visit the village website: www.northwoodvillage.org.uk for the latest local news and events and much more.

NORTHWOOD PARISH CHURCH SERVICES
in St John the Baptist Church, Chawton Lane, Northwood

September 2016

- 4th 15th Sunday after Trinity
11.00 am Holy Communion (BCP)
- 11th 16th Sunday after Trinity
8.00 am Holy Communion (BCP)
11.00 am All Age Worship
(refreshments from 10.30am)
- 18th 17th Sunday after Trinity
11.00 am Holy Communion
- 25th 18th Sunday after Trinity
11.00 am Morning Prayer (BCP)

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Church Cleaning Rota for September 2016

DATE	CHURCH	BRASS
2nd	Volunteers Required	Volunteer Required
9th	Volunteers Required	Volunteer Required
16th	Mrs E. Banks, Mrs K. Welfoot	Jane Peakall
23rd	Volunteers Required	Volunteer Required
30th	Volunteers Required	Volunteer Required

Flower Rota

- 4th September Sally Martin
- 11th September Volunteers required
- 18th September Pat Lambert
- 25th September Jill Fry



**Would you like a flower arrangement made in memory of a loved one.
or for an anniversary?**



Each week flower arrangements are made and put on the altar window at Northwood Church. If you would like one made in memory of a loved one or for an anniversary/ special occasion this can be arranged in exchange for a donation to cover the cost of the flowers (minimum donation £5)

For further details please contact **Sally Martin on 295416**

COWES METHODIST CHURCH, Birmingham Road, Cowes

SERVICES FOR SEPTEMBER 2016

Sunday	4th	10.30am	Mrs Marion Best
Sunday	11th	10.30am	Mr Den Brewin
Sunday	18th	10.30am	Mrs Marion Challoner
Sunday	25th	10.30am	HARVEST FESTIVAL HOLY COMMUNION & THEME SERVICE Rev David Plumb

Tea and coffee is served after the services.

The SUNDAY SCHOOL recommences again on Sunday 4th September at 10.15am. More young people would be very welcome to come along.

The Monday FELLOWSHIP GROUP recommences in October.

The LADIES' SISTERHOOD will meet at 2.30pm on Tuesdays 6th and 20th September. All ladies welcome to join in our fellowship.

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Northwood Church

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At Northwood Scout Hut 2pm-4pm

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You will be most welcome



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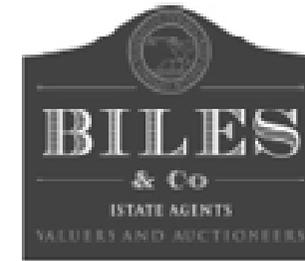
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Songs of Praise - part of IOW Day Celebrations

Sunday 25th September at 16.00pm

At Cowes Enterprise College – no charge for entry with IOW Symphony Orchestra providing the music and Tim Dakin, BBC Radio Solent to host

Gurnard Church

Our Harvest Show will be held on the 17th September Refreshments and Lots of other activities, Fun and Games in the field opposite the church - 10.30 am - 3pm

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**Please do not dump your Black Bags of refuse
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We have had a couple of observed incidents when people have actually dumped their black refuse bag at the scout hall

Please do not

Volunteer Required

We are looking for a volunteer who could be responsible for collecting copies in bundles of the Northwood News from Northwood church. Then delivering up to some 24 distribution points in Northwood for 10 month a year and it will take about 90 minutes per month you will need a car to do this.

If you can spare the time and are willing to help please ring Peter Lambert 01983 526385

1st NORTHWOOD SCOUT GROUP - SCOUT H.Q. Wyatts Lane

Beavers Thursday 5.45pm to 6:50pm

Scouts Monday 7.00pm to 9.00pm

Cubs Friday 6.45pm to 8.15pm

For more information contact Derek Finch on 292904

**2nd NORTHWOOD BROWNIES meet on WEDNESDAYS
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NORTHWOOD VILLAGE PRODUCE ASSOCIATION

The next Northwood Village Produce Association meeting is on Friday 9 September, at 7.30pm in the WI hall. Graham and Donna Street will be talking on Bats and bringing some live ones for us to see. Refreshments will be available, and new members are always welcome.

For Schedules and further information please contact
Pat Ready on 01983 248287

COWES-DEAUVILLE TWINNING ASSOCIATION

This Association was formed in 1964 with a view to furthering social, cultural and sporting exchanges between the citizens of both towns.

Anyone with an interest in France and the French and who have, or have had, some connection with Cowes, Gurnard, Northwood, East Cowes and Whippingham are very welcome to apply for membership.

New members are always welcome

Chairman: Barrie Clarke 882334 Secretary: Barry Bates 296303

Trinity Theatre, Cowes presents:

Outside Edge as seen on TV! Richard Harris' classic comedy

A Summer Idyll—A sunny afternoon and the sound of leather against willow and the occasional cry of “Owzat!”. Surely nothing could be amiss in such a perfect scene.

Looks like it could be a real ‘Test’ match for all concerned. Come along and see if the team can overcome the challenging odds?

Thurs 15th, Fri 16th, Sat 17th September at 7.30pm. Book online atwww.caods.org.uk or phone 01983 295229. Tickets £8

Joking, aside, this phenomenal bit of research is a live, ongoing project, in fact professor Spector is running a piece of research at the moment called the British Gut Project - www.britishgut.org – in which anyone can join (for a fee). If you sign up, you get a full analysis and profiling of your gut microbes, looking at DNA and RNA - full details are on the website.

The significance is profound. One example he gives from his research is the implications and effect on health that a simple change of diet can cause, citing a farmer, who had always worked outside; his wife did the cooking. When his wife died, never having cooked himself, his diet changed, so did his microbes, which caused the onset of obesity, ailments, and complications culminating in an untimely death. So, this could happen to anyone who suffers loss or change in circumstances and resultant change in diet and alteration to their balance of microbes; someone struggling at home on their own, for example, with a change to live off convenience food, it might even apply to the change in diet when someone goes into care. The point is that we are all different, and diet is something very personal, as is our microbial balance.

I am talking with our health professionals on the significance of professor Spector's research; how it might benefit the Island. Professor Spector has already indicated that he would be willing to work on a project with us.

The Broken Leg Saga

Thank you to all who have thoughtfully bid me a speedy recovery (even offering to help with the shopping). The leg is well on the mend, but, due to the severity of the fractures, will take a bit longer. Once you get used to it, in a routine, you can accommodate. What I didn't anticipate, though, was problems with my back, which, according to the specialist, may have been due to the impact at the time of the accident; so, a problem waiting to happen. And, when it did, brought sciatica to my good leg. Never having suffered from sciatica before, I can, now, really sympathise with all those people who suffer. The broken leg was nothing compared with that! Being in my good leg, there was no getting away from it. What can you do; you can't put weight on your broken leg and, neither, on the good one because of the raging pain in it. Anyway, with a bit of manipulation, time, and, I must say, the unexpected relief that a strong fresh cup of decent ground coffee seemed to bring, all is well on the up. I plan to resume my doorstep visits, as soon as I am fit to walk and drive again.

John Nicholson, Ward Member for Northwood & Cowes South

cldr.john.nicholson@btconnect.com

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Ward Councillor's Report –August 2016

New Turn for Remedial Work to New Road Surfaces

It seems that I am not alone in campaigning for tougher action against the way that Utility Companies blight our roads with 'essential' works. It seems that London got so fed up with the disruption caused by such works that they decided to levy a daily charge for the duration, with the amazing result of around 50% reduction in times. The initiative has proved so successful that the LGA (Local Government Association) is seeking that all Local Authorities have the power to charge the same. I would go further, and charge for poor workmanship as well, like the appalling mess that has been made by 'essential' repairs on the new road surface on the bend in Nodes Road. I think we would soon see another miraculous improvement. Let's tell the truth, is not the reason for many of these essential repairs due to decades of poor maintenance and network management, at the public's expense, anyway?

It's not Just What You Eat

There is a lot of great work that goes on in the Country, that is world class, and just seems to get brushed over by our establishment. Amongst the countless examples is the outstanding work of Professor Tim Spector of Kings College and St Thomas' Hospital, in London. The author of the recently released book *The Diet Myth*, professor Spector has carried out significant research into diet and, more particularly, the importance of our gut flora; the microbes that inhabit our digestive system. His work is set to change that way that we look at our health, physiology and wellbeing, with such ground-breaking results as, for example, transplanting gut microbes from a fat person into a thin person, or vice-versa, can cause the recipient to gain or lose weight respectively. His research also shows that microbes can be responsible for controlling diseases and ailments, as they effect hormones and the chemical balance of our bodies. One of the best bits in the book for me, was confirmation that red wine (and Real Ale, no doubt), taken in moderate Mediterranean proportion, can actually improve the diversity and strength of your gut bacteria, and your overall health and wellbeing as a result (I knew there was a good medical reason why I favour Real Ale and red wine so much!).



Visit the village website: www.northwoodvillage.org.uk for the latest local news and events and much more.

GRUUPS

NORTHWOOD WOMEN'S INSTITUTE

The next event is on Thursday 1st September at 2pm in the Northwood W.I. Hall.

SPEAKER: Dr Ruth Waller

TOPIC: Archaeology of Northwood

COMPETITIONS: Royal memorabilia, Best Garden Bloom

Thursday 22nd September—Lunch & Games

HALL IS AVAILABLE FOR HIRING

To hire the Hall please contact **Mary Chick** on **01983 296020**
Visitors & New Members are always Welcome

MEDHAM WOMEN'S INSTITUTE

The next event is on Monday 12th September at 7.30pm in the Northwood W.I. Hall.

Speaker: Harriet Robinson

Topic: Waistcoats

Competition: 4 Jam Tarts, Best garden bloom. Bring & Buy

REFRESHMENTS: Tea & biscuits (Pat C. & June W.)

Visitors & New Members are always Welcome

CREEA - COWES RADAR EX-EMPLOYEES ASSOCIATION

The next event is on Thursday 8th September at 2:30pm

Healthy Indulgence—Sarah Hagen

also

Tuesday 20th September Lunch—Time/venue TBC

For membership details contact Mary Mead on **01983 298154** or visit the **CREEA** webpage in the **Local Groups** section of the village website where you can also download a copy of our 2016 Programme and view photos of past events.

New Members are always Welcome

NORTHWOOD FLORAL ART GROUP

The next meeting is on **Thursday 29th September at 7.30pm** in the Northwood W.I. Hall.

Shades of Autumn—Maureen will demonstrate a raised horizontal arrangement

Tea/Coffee and Cake £1.00

Membership is £18.00 per year

Visitors & New Members are always Welcome

Please contact **Sally Martin** on **01983 295416**



NORTHWOOD PARISH COUNCIL

MEMBERS:

CHAIRMAN - CHRIS RIDDET: 'Vert Bois' 46 Cockleton Lane, Gurnard PO31 8JD
Email: ringwood49er@hotmail.co.uk Tel: 01983 245033

VICE CHAIRMAN and CHAIRMAN of the Planning Committee - DAVID JAGGAR: 4 The Ridge, Medham, PO31 8QN Email: djjaggar@yahoo.com. Tel 280095.

JOHN PULLEN: 86 Wyatts Lane, Northwood PO31 8PY
Email: pullenjd@hotmail.co.uk Tel: 01983 641362

PAUL FULLER: 74 Wyatts Lane, Northwood PO31 8QA
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JOHN NICHOLSON: Sunnyside, Pallance Lane, Northwood, PO31 8LT
Email: cllr.john.nicholson@btconnect.com. Tel: 01983 209642

JOHN WARD: 9 Brickfield Court, Woodbine Close, Newport, PO30 1AH.
Email: Johnward.iow@sky.com. Tel: 0784680913.

CLERK & RFO TO NORTHWOOD PARISH COUNCIL - BARBARA HERBERT:
11 Wyatts Lane, Northwood PO31 8QB
Email: barbara.herbert@sky.com Tel: 01983 290086

MEETINGS

Meetings of the Parish Council are held on the first Tuesday of the month, commencing at 6.30pm.

The meeting of the Planning Committee, if required, is held on the third Tuesday of the month, commencing at 6.30pm.

ALL MEETINGS ARE HELD AT NORTHWOOD PRIMARY SCHOOL, WYATTS LANE, NORTHWOOD.

MEMBERS OF THE PUBLIC AND THE PRESS ARE VERY WELCOME TO ATTEND

The comments made in the following articles represent the views of the individual contributors, rather than Northwood Parish Council.

Visit the village website: www.northwoodvillage.org.uk for the latest local news and events and much more.

NORTHWOOD COMMUNITY PARTNERSHIP

Chairman: John Pullen, 86, Wyatts Lane, Northwood, Tel. 01983 641362
Vice Chairman: John Nicholson Sunnyside, Pallance Lane, Northwood Tel.01983 209642

Secretary: Eileen Turner-Palmerton, 40, Greenways, Northwood.
Tel: 01983 282242 – Email: whitecross@onwight.net

NORTHWOOD COMMUNITY PARTNERSHIP REPORT

(Eileen Turner-Palmerton)

Please tell our advertisers that you saw them in **NORTHWOOD NEWS!**

Our past two months Residents Events have had interesting speakers. In July, Nicola Cooke came from Haylands Farm with some of the workers. She explained how the farm helps people of all ages, with activities. At our August event we had Hazel Pullen speaking to us about the Men of Northwood & Gurnard. She explained about their time back in history during the 1914 -1918 wars. Their names are on a plaque in St. John the Baptist Church, Northwood. I expect most of you have been enjoying the warm weather and hopefully it will continue. Just a reminder from our Safer Neighbourhood Team to make sure you secure doors and windows when out in the garden and when you leave your property. There have been some opportunist crimes taking place. Please stay safe and look after your neighbours. At the next Residents Event in September, Mr. Mark Earp is giving a talk on "Curiosities".

Our next Event is on
WEDNESDAY 21st September 2016, 2.30.PM
At the W. I. Hall.

As always if you need transport to these events, please contact 282242 or 296020.

Why not come along and join us at our Residents Events. We are always pleased to see new faces.

The next Northwood Community Partnership meeting is on
TUESDAY 20TH SEPTEMBER, 2016 AT 7PM
AT THE TRAVELLERS JOY, PALLANCE ROAD.