



# NEWSLETTER

Twentyfifth edition of the Newsletter for: Pleasley, Pleasley Vale  
New Houghton and Stoney Houghton.

September ninth month of the year, winter is approaching, what happened to the Summer, next newsletter will be Christmas edition, back to the cold, sleet, snow and icy roads and complaints about gritting the roads.

Over the past few weeks there has been quite a few new residents into our parish, The parish council would like to welcome all new residents and trust that they will take the advantage to approach us with ideas to enhance the parish for the benefit of residents and be able take part in the events of the future, like the annual events that we have had already,

It maybe too late for some of this years events but keep your eyes open, as they will be notified well in advance in the Parish Council Newsletter,



I know its early for Christmas but this is reminder that there will be carols in the Verney once again on Friday 14 December at 7pm and participate in a festive drink with

the Chairman this will be mentioned once again in this Newsletter.

In case you overlook this announcement. You will be reminded again in the Christmas Newsletter.

What's happening before the next newsletter?

## Saturday November 3rd.

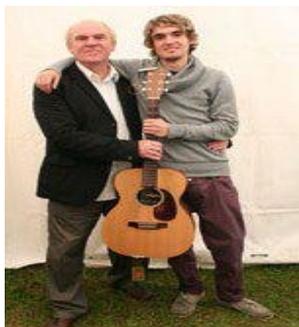
Pleasley Parish Council, through the agency 'Live and Local' have booked one of their acts to perform in the Verney Institute on November 3rd, at 8pm.

### **Blair Dunlop & Ashley Hutchings.**

Acoustic icon and Father of British folk-rock, Ashley Hutchings, brings you an intimate gig with his excep-

tionally gifted guitarist son for sensational folk, blues, rock and more. This special evening sees the two talented musicians perform original songs alongside traditional folk tunes and instrumental jigs and reels. You'll have trouble stopping your toes from tapping!

Ashley Hutchings & Blair Dunlop Concert. Only 60



tickets will be available because of the size of The Verney.

The 60 tickets for this concert will be on sale in September. Tickets £8.00, Concessions (60+ & U16) £6.00 Telephone 810035. or 07734274848 or any parish councillor, Refreshments available.

Oct 31st Halloween Night. The clocks go back.

November 11th will be Armistice service at St Michaels Church 10-15am followed by the laying of wreaths at both war memorials.

On the 16th June the scarecrow festival got off to a windy and wet day, despite the inclement weather on the Saturday quite a few people attended and used their vote, Councillors Jackie Jones and Val Douglas with the help of Sheila Jones managed the catering satisfactory, the standard of scarecrows were equal to the previous years and the new contestants were quite surprising in their choice and quality of scarecrows, they were excellent as was the regular contestants, the Sunday was better weather with more visitors, the voting was very close, the first prize of £75 was Mr & Mrs Woodward Church Lane with Five little pigs, second prize of £50 Mr & Mrs Eggington Florence Close, third prize of £25 Mr & Mrs Wright Newboundmill Lane, Since Cllr Wright is chairman of the Parish Council Mr & Mrs Wright donated their third prize to the entrant of the fourth placed scarecrow, Mr & Mrs Talbot 2 Deansgate.

The event was sponsored by **Maurice Hill Transport** and **Glapwell Nurseries**, sponsorship money £130, Cash collected for maps over the two days £225 which was donated to the Derbyshire Air Ambulance. The Parish Council wish to congratulate the prize winners, every one who entered a scarecrow and thank the sponsors for their donations.

Finally a big thank you to all those who came to look at the scarecrows and made the event a success.

After many requests from the parish council following complaints from residents the pavement from the Doctors surgery towards Pleasley Cross has finally been cut back, why it takes so long is beyond belief.

## AED in PUBLIC PLACES.

Portable Life Saving Defibrillators are now becoming common place in most public places from railway stations, Airports, Shopping Centres, Stadiums, Business premises and Village Halls, they are an essential piece of life saving equipment.

With our emergency services being stretched and traffic conditions making it virtually impossible for Ambulances and Para Medics to reach the scene of a Heart attack Victim within 15 minutes let alone the crucial 8 minutes of a heart attack it makes sense for the strategic placement of portable Defibrillators in places where public gather and to offer immediate response to saving a life whether it be an Adult or a Child.

There is growing interest in developing strategies which will enable defibrillation to be administered while waiting for the emergency medical service to arrive

Nearly half of all deaths from cardiovascular disease are sudden and unexpected. Most sudden cardiac deaths occur before hospital admission. The delay from cardiopulmonary arrest to defibrillation is a significant independent predictor of survival.

Two minutes after the arrest around two thirds of victims have rhythms amenable to defibrillation, but this percentage decreases rapidly with time. Obviously, it is imperative to minimise the delay from calling the emergency medical service to their arrival at the arrest scene. However, some delay is inevitable. Therefore, interest has grown in complementary strategies whereby defibrillation can be administered while waiting for the emergency medical service to arrive.

Now, portable automated defibrillators about the size of a laptop computer are available. These devices not only deliver a shock to restore a regular heartbeat, they also determine whether a shock is really needed, making it possible and safe for people without medical training to use.

It has been suggested that the parish council purchase one for each village and help to save a life which makes the cost worth while.

HEALTH TIP

An excerpt from Healthier Life Magazine, concerning Diabetes,  
10 ways to control your blood sugar levels.

**1. Eat a low GL diet.**

A diet that is low in carbohydrates will help you to control your blood sugar level.

GI stands for 'glycaemic index', a measure of the speed at which a carbohydrate raises blood sugar levels. which also takes account of how much of a carbohydrate is in a food and what portion size is being eaten. If you are not already eating in a low GL way, put it at the top of your to do list!

**2. Cut out sugar as far as possible.**

A diet high in sugar is a sure way to raise sugar levels in the blood.

High blood sugar slowly erodes the ability of cells in the pancreas to make insulin and the damage becomes permanent with time. Sugar also causes many of the diseases associated with 'metabolic syndrome', including high blood pressure, diabetes and accelerated ageing. Sugar is more dangerous to your health than saturated fat or salt. Keeping to a low GL diet will help to control sugar cravings.

**3. Get regular exercise.**

Not only will it keep your weight down, improve your cardiovascular fitness and make you feel good, for those with type 1 diabetes it lowers blood sugar levels and may help you to reduce the amount of insulin you need. Exercise can also reverse the root cause of type Diabetes, by reducing insulin resistance, so that glucose is used more effectively.

When muscle cells are made to contract during exercise, they take in glucose in the presence of insulin much more readily than do passive cells.

4. Top up your vitamins and minerals. Vitamin D promotes insulin production and maintains insulin sensitivity, while Vitamin B1 is excreted more rapidly in diabetes and its deficiency lies behind many diabetic complications. The minerals chromium, calcium and magnesium are also especially important for people with diabetes.

5. Know your fats. Not all fats are created equal. Saturated fats, mainly found in meat and dairy products, can block the mechanism by which your pancreas knows when to release insulin and can contribute to type 2 diabetes. Unsaturated omega-3 fatty acids, on the other hand, which are abundant in oily fish, actively promote insulin sensitivity and help to control blood sugar levels, as well as reducing the risk of cardiovascular disease

6. Minimise reliance on drugs. Although medications have their place in the treatment of diabetes and are sometimes essential, you should work with your doctor to reduce your need for them. The measures outlined above should help with this. All diabetes drugs have side effects, some of which are life-threatening. In addition, statin drugs for controlling cholesterol levels have been found to actually cause diabetes.

7. Eat the diabetes 'super foods'. You can help to control your blood sugar levels by making certain foods a regular part of your diet. Fish contain omega-3 fatty acids, which promote better glucose uptake and lower blood sugar levels. Red grapes (and red wine) contain resveratrol, which improves insulin sensitivity and strawberries contain fisetin, which may reduce the risk of diabetic complications. It's also good to know that coffee and dark chocolate can help to improve insulin resistance while protecting the insulin-producing cells in the pancreas.

8. There are several herbs that can help you to control your blood sugar safely, without the risk of drug side effects. Bitter melon, ivy gourd, gymnema, cinnamon and fenugreek have all been shown to be effective in clinical trials. Medicinal mushrooms also contain many different chemicals that can aid blood sugar control, through a variety of biological mechanisms in the body.

9. Put yourself in control. This really is your best strategy for avoiding or managing diabetes. Recent reports have slammed the woeful state of NHS diabetes care. Don't assume that doctors and nurses know best, or even know what they are doing. Read all you can about diabetes and its treatment. Question any medication you are asked to take and if something doesn't seem right, make your voice heard!

10. Get enough sleep. When you sleep, your brain secretes a hormone called melatonin, then when you wake up your adrenal glands produce another hormone called serotonin. Both of these have been found to affect blood sugar control and people who get insufficient sleep or who work irregular shifts are at a higher risk of developing diabetes.

Talking about sleep, what is sleep? "Its useful to know we sleep in cycles of roughly 90 minutes each" says Dr Chris Idzikowski from the Edinburgh Sleep Centre.

"If there is any underlying pain or discomfort, it is likely you will wake up at the end of the cycle". Each cycle has two phases of deep sleep that are essential for feeling refreshed.

While there is no ideal time to wake up during the night, getting in a couple of cycles first is a good basis for further sleep. "The first three hours is where we have our most intense sleep, which seems to do most of the restorative work", After that, the pressure for sleep is reduced, making waking more likely.

Of course we do need more than three hours sleep. It is important to get the most out of the first part of the night by being mentally and physically relaxed before going to sleep. However this may not happen naturally after a day of pain.

People just expect sleep to arrive when they want it, but doing mental and physical exercises will make it much more likely that sleep will come naturally to you. Visualisation exercises help to focus your mind on favourite people and places, away from the discomforts and anxiety, Concentrate your mind on a really pleasant scenario, it's the unpleasant thoughts that make sleep difficult.

**Your Parish Councillors are.**  
**Ian Allen 810346**  
**Pauline Bowmer (Vice Chair) 811492**  
**Val Douglas 811761**  
**Pat Fisher 810926**  
**Mick Gamble 810035**  
**Jackie Jones 811207**  
**Neil Jordan 811615**  
**Thomas Kirkham 07734274848**  
**Christopher Revill 811123**  
**Howard Wright (Chairman) 810486**  
[johnwright828@btinternet.com](mailto:johnwright828@btinternet.com)

**Parish Clerk Brian Carnall 01246-273239**  
**Web site [pleasleyparishcouncil.org.uk](http://pleasleyparishcouncil.org.uk)**

**Your two elected district Councillors are.**  
**Pauline Bowmer 811492**  
**Ann Syrett 01246 850215**  
**If you have any complaints on County matters contact Councillor Marian Stockdale 01629-580000 Ex 6058 Home No 742146 Mobile 07764229549 Email [marian.stockdale@derbyshire.gov.uk](mailto:marian.stockdale@derbyshire.gov.uk)**

The ash plot in the cemetery has now been extended to accommodate another 30 years of cremated remains, and the current plot has been recovered with layer of fresh pebbles.

Complaints are still coming in regarding the chicanes near the Verney, complain to Marian Stockdale lets see if highways can resolve this issue.

At the September parish council meeting County Councillor Marian Stockdale reported the latest position concerning the traffic calming scheme on Newboundmill Lane she indicated that further alterations were proposed such as yellow lines and speed cushions, this would depend on budgetary constraints, she also indicated that she had been investigating land ownership on Naples Crescent where land adjacent to the embankment was being incorporated into the rear gardens.

An invitation was received from the Chairman of Bolsover District Council to attend the Chairman's Charity Band Concert at Shirebrook on Friday 5th October at 7pm. In the Sports Direct Auditorium.



**VERNEY INSTITUTE**

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10am-11am— under 8 Disco - £3.00

11am— 12pm—Over 10s Street Dance- £3.00

11am— 11-30am Under 8s Irish /Ballet—£2.00

11 –30am—12pm—Over 10s Irish £2.00

12.15pm—1.15pm—All ages team work—£3.00

1.30pm—2.30pm - Disco - £3.00

**Wednesdays**

5pm—6pm Under 8s Street/Hip Hop—£3.00

5.30—6pm - Jazz - £2.00

6pm—6.30pm - Slow Dance - £2.00

6pm - 7pm - Over 10s Disco

**Please Book—0785021961/ 07941787338**

**To Continue****PLEASLEY COLLIERY 1949 TO 1983****MY LIFE and TIMES****By Dennis Hall.**

Before I continue with Dennis Halls life story I will mention the name of a pit pony Dennis told us about, he mentioned the name Blusher, this was a name often talked about in the 1930s and I would say that this is where the pony's name came from.

Blucher was a German heavy cruiser flag ship in the first world war leading a flotilla of warships during the invasion of Norway in 1940 to seize Oslo, two coastal land based torpedo batteries guns opened fire scoring a direct hit the ship sank with major loss of life, the wreck still remains on the bottom of the Oslofjord.

Part Two.

During the time on nights I had the shock of seeing my first dead man in the pit, a Mr Jim Holmes from Pleasley, who had had a heart attack we all assisted to carry him out of the pit.

On the night shift we had quite a few different nationalities, Poles, Ukraines, Yugoslavians and West Indies. Apart from the West Indians, most of them had come from Hardwick Camp, which was a prisoner of war rehabilitation camp.

As most of them had no families they took to coal mining many of them married local girls and settled down locally.

The West Indies were living in Nottingham, they had to travel to Pleasley pit because other pits would not set them on. Some were very good workers, in particular Albert Colbourne as he was called, a very nice man and good worker, Billy Empty was another, Leroy Powell, another good worker, but had the terrible misfortune to lose his wife and four children in a house fire.

We eventually finished up with four colonial lads on the 6.00 o'clock shift who would go to any job, carry anything to the faces, nothing was too much trouble for them.

On the night shift the teams of men were mostly rippers and cutter men, the rippers who come to mind are the Simpson brothers Doug, Bill, Wilf, Walt and George Bowmer, all hard workers, but well paid. The Groves' in the deep hard seam, *Alf, Walt and Bert.* The Wards Albert and Eric.

The Duttons Harry, Dick, Ern and Ellis. All good men, worked at Pleasley all their lives, in the north pit cutting teams of Jack, Jacky, Herbert Spence Sam Hill, my dad Frank Hall, Jack Godson, Bert Hackett Digger Lowe, men who worked hard and played hard, when they were in bed they could hear the bolts being drawn on the doors of the Stanton or club telling them the pub was open.

After quite a spell on night shift I finished up on days fitting coal on old 30's face in the dunsill seam,

the deputy's name was Albert Shotbolt, a very good worker and official, he was to play a big part in my future career at Pleasley Colliery.

If ever there was any bad work, and there was plenty, he would be there and give a hand. He later became Seam Overman and Superintendent of the Colliery Ambulance Brigade. He could recite and put into practice the whole of the First Aid Manual, a very good man, who later died of exposure after collapsing at the side of the River Trent. A sad loss to the colliery and the community and his family.

During this time I had married Mavis and we had a son, Ian, who was later to work as a Banksman on the pit top. Mavis' dad, granddad, uncles, brothers and brothers-in-law -all worked at Pleasley Colliery. Mavis' granddad, Freddie Brooks, used to clean the flues out at the top of the chimneys and was still doing it until he retired at 65 years of age.

By this time, 1958, we were expecting our second child a few men off the coal face, with the advice of Albert Shotbolt, decided to go to night school and study to be an official. Freddie Woodland - a dear friend and colleague. Jack Warner, Luke Gregory and myself all passed our exams and became Shot Firers. I went onto the staff on 19 June 1958 and was to rise to Senior Overman in 1963. I held that job until going to Shirebrook on 19 December 1983.

Another man, who was to further my career was Jake Gregory, perhaps the best Overman I ever worked for. He asked me to be Deputy on 10"s in the Dunsill Seam. This was the time when the influx of men from Glapwell, Grassmoor, and North East Scotland came. Harry Elliott, who was sadly killed in 1966 on 7's face, Tommy and Wally King, Freddie Turner, Torchey Hancock (so called because he was so very small) to name a few, all came to work for me - happy times! About this time the Dunsill Seam went mechanised.

We had the first Shearer Face in 80's, Ernest Herberts was the Deputy. It about drove him mad, it was always breaking down. Anyway after its teething troubles it was a success and another Shearer Face was opened on 70's - here again slow to start but with later success.

This Face brought such men as Colin Spick, Les Simpson, Noggy Norwead to the fore and once you had been on a Shearer face you were top dog. Colin and Noggy later became deputy's.

The first unit I had as an Overman was 2's face in the Waterloo Seam, This was a developing face whilst going forward there were faces being put off the tailgate. (Return airway in supply gate). 5's, 7's, 9"s faces, all mechanised, Poor Harry Elliott got killed on 7's about the same time as Big Pete Evans got killed in Deep Hard Seam. 400's face and 2's face were a Shearer Face with a stable hole at either end of the face. In the loader gate stable hole there was a man named Albert (fat) Tye who was also the Treasurer of our football club "New Houghton Villa".

The Chairman was Teddie Fretwell, a player and Captain, and myself as Secretary. It was always said that we used to pick the team for Saturday when we were stood. At this time may I say that everything we wanted at the football club, except money, was provided for by the pit.

I remember once Derek Weaver, whom we had become very friendly with also his wife and family, was boring a shot hole in the coal and the borer spun round and broke his nose. He said to Jake Gregory, the Overman, "I'm claiming off the coal board for this", whereupon Jake said "With a nose like that I'd claim off your dad".

We used to play drafts or cards in The Gate after we had completed our tasks and had quite a following a formed a mini-league.

As an Overman I was involved in the planning and running of the pit. There are numerous men and incidents I can recall,; one of the earliest was being on 2"s face and was wanted on the phone at the transfer point. It was "Fudder" Harrison, so called because he did not swear. He used to say "Fud" this and "Fud" that, sooner than use bad language. This brings to mind a Jack Brown who married Mavis Williams, the daughter of Frank Williams the Superintendent of New Houghton Methodist Chapel.

This Methodist movement in New Houghton was started by my great grand father, Mr Joseph Murfin in his front room (parlour), at number 55, Stanton Hill Road, in about 1885. The Chapel was built in 1906.

Coming back to Jack Brown, he used to say, instead of swearing, "Oh treacle the thing, I could write bum all over the wall". There were many good and upright and god fearing men in the industry.

Coming back to Fudder Harrison, he said "You'd better get down here fast, we've got a fire". I rushed to the bottom of the gate and found a man called Stomper Seals cleaning the gears out. Every time he pulled a shovel dirt out it was that hot it burst into flames. It was a matter of cooling everything down, cleaning out and bagging the rubbish for examination by the Inspector, my first experience of an emergency under ground.

Another emergency was that the winding rope broke and the chair clattered down into the pit bottom - tremendous damage was done. The pit was stood about a week to repair the damage.

Pleasley Colliery was a friendly pit and officials and workmen mixed regularly in local pubs and clubs. Also playing for various football teams, Pleasley Imps, New Houghton Villa, Pleasley Colliery, numerous players and club officials come to mind - Frank Hempstock, the Briggs Boys, Clarry, Bert, Ken, Roy, Pete Evans, Lol Bonser, Ern Page, Fat Tye, Jack Maltby, George Fretwell, Jack Warner -1 could go on forever.

Then there was the Colliery fire fighting team - who were very good: They won many area competitions and cups, - individual and as a team - some of the members were Ace Morgan, Tony Glyn Richards, Barry Shaw, Alan Baron - a very good team coached by the Fire Officer Mog Aldred.

Dennis speaks of the 1940s lets go further back and congratulate those who were born in the 1930s, and include 40s 50s and 60s.

We survived being born to some mothers who smoked or drank while they carried their babies and lived in houses made of asbestos.

They took Aspirin, ate blue cheese, raw egg products, loads of fried bacon and processed meat, red meat, tuna from a can, had regular fry ups of food left over, they didn't get tested for diabetes or cervical cancer.

Then after that trauma, our baby cots and toys were covered in bright coloured lead based paint.

There were no childproof lids and locks on medicine bottles, washing detergents, cartons, doors or cabinets. When we rode our bikes and motor bikes, we had no helmets or crash helmets or special shoes.

We rode in cars those lucky to have one with no seat belts or air bags.

We drank water from the garden hose pipe and not from a bottle, We shared one soft drink with many friends all drinking from one bottle no one caught anything or died from it. We could collect old drink bottles and cash them in at the corner store then buy Toffees, Gobstoppers, Bubble Gum, if we dropped a sweet on the floor we picked it up wiped on your coat and ate it.

Take away food was limited to fish and chips, no pizza shops, McDonalds, KFC. Even though all the shops closed at 6pm and didn't open weekends, somehow we didn't starve to death!

We ate cupcakes, white bread and real butter, drank soft drinks with sugar in it, but we were not overweight because we were always outside playing, we would leave home in the morning and play all day, there were plenty of games to play, as long as we were home when the street lights came on.

We would spend hours making go-carts out of old prams, sledges in the winter using lathes from an old bedstead to put on the runners, we would build tree houses and dens.

We did not have Playstations, Nintendo Wii, no video games, no mobile phones, no computers or internet chat rooms.....we had friends and we went outside and found them.

We climbed and fell out of trees, got cut and injured, broke bones and teeth there were no lawsuits from these accidents, only girls had pierced ears.

You could only but Easter eggs and Hot Cross buns at Easter, we played with whips and tops, we had air guns and catapults, made bows and arrows putting a nail in the end of the arrow so it would stick into the target.

Mum didn't have to out to work to make ends meet!

The teacher used to hit us with the cane or the slipper, we never complained to our parents if we got into trouble because they would side with the teacher or police and probably clip your ear for being naughty.

We had Freedom, failures, success, pride, respect and responsibility, and we learned how to deal with everything ourselves,

If you are one of these fortunate people congratulations. Tell your kids so they know how brave their parents were.

**Another interesting point is school leaving age how they have changed.**

1893 - leaving age raised to 11  
 1899 - leaving age raised to 12  
 1918 - full-time education compulsory from 5 to 14, exemptions dropped  
 1936 - leaving age to be raised to 15 from 1939, not implemented because of the out-break of war  
 1944 - legislation to enable raising leaving age to 15, and 16 "as soon as it was practicable"  
 1947 - leaving age raised to 15  
 1959 - report recommending leaving age of 16  
 1963 - another report recommended 16  
 1964 - preparations for change begin  
 1968 - change postponed  
 1971 - leaving age raised to 16 from September 1972  
 1997 - all children must remain in education until the last schoolday in June in the year they turn 16  
 Since this last legislation there could well be more changes.

**Gardening tips.**

**Drowning Plants**

You might have noticed yellowing leaves on your waterlogged plants. There's two causes for this. Firstly, the water is washing out nutrients from the soil, mainly the nitrogen which is the shortest lasting of the food trio.

Your best answer for this is some liquid high nitrogen feed. Mix around 25g of sulphate of ammonia per 10 litres of water and give them that to drink or (organically) sprinkle some dried blood around the plants or some pelleted chicken manure. A liquid feed is far faster acting than a solid feed though, so some gardeners tend to bend from organic methods in an emergency.

Having provided an emergency boost with the nitrogen, an ounce or two of a general purpose fertiliser like fish, blood and bone or growmore per square yard will cover the other nutrients.

Some prefer fish, blood and bone to growmore as the nitrogen releases more slowly from FB&B when the effect of the liquid nitrogen feed is fading.

The second cause, drowning, is harder to solve. Roots actually need air as well as water and food. Usually there's enough in the soil but when it is sodden the plant is actually drowning.

Loosening the soil with a fork may well help get some air in and the water away but often it's just too wet to do much apart from hope for sun at this stage.

This is probably a bit late for this year although there may still be the odd nettles still growing. The stinging nettle might not be our most loved plant, but it is certainly one of the most useful. Nettle leaves are very nutritious, high in vitamins, minerals and chlorophyll.

When made into soups or eaten raw (be brave, but roll them up into a tight ball first), they can give the immune system a boost at any time of the year.

They contain anti-inflammatories and natural painkillers and have a long history of treating rheumatic disorders and arthritis. Recent research illustrates the point; applied as a lotion to sore joints or drunk as a tea, nettles appear to reduce the pain of arthritis and lessen the need for painkillers like aspirin and ibuprofen.

The yellow roots provide treatment for an enlarged prostate, a condition that affects many men in midlife. After taking nettle root extract for a few months, both urine flow and frequency were shown to improve. You can also add nettle rinse to your haircare routine to help dandruff, improve growth, bring a healthy, glossy shine to hair.

To ease the pain of acute arthritis, steep 50g fresh young nettle tops in 500ml freshly boiled water, cover and leave for 10 minutes, Strain, Makes 3 cups to be drunk over the day.

**Nettle Soup**

25g butter, 1 medium onion, finely chopped,  
 2 garlic cloves, crushed,  
 400g potatoes, peeled and chopped.  
 450g freshly picked nettle tops (wear gloves)  
 1 litre vegetable stock, 150ml double cream,  
 Freshly grated nutmeg,  
 Salt and freshly ground black pepper.  
 Take a large pan, melt the butter and gently cook the onion and garlic for ten minutes.  
 Add the potatoes and nettles and fry for two minutes, Add the stock and cover, then bring to the boil and simmer for 15 minutes. Leave to cool.  
 Puree the ingredients with a handheld blender, then stir in the cream and season with a little nutmeg, salt and pepper. Reheat and serve at once.  
 Makes enough for six people.

Another plant that invades your garden which has actually quite a useful properties is the Dandelion.

Although the root is most often used medicinally, every bit of the dandelion can be used; the flowers in soothing oils; the leaves in infusions (and salads—try them; they are bitter but tasty); the roots as decoctions and tinctures.

Dandelion is a gentle diuretic and is used traditionally for urinary disorders and poor digestion. Most diuretics leach potassium from the body, but dandelion, apart from being mild, is very high in potassium and other minerals and vitamins, so it also makes a good all round health tonic.

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Columbo. Holmes.  
Taggart. Mason. Wimsey.

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Old School Lane

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from the initials of a name such  
as W A C which means Wom-  
en's Army Corps. Some edi-  
tions of the wordsearch will be  
printed in the next newsletter  
for you to read through and try  
and find this acronym consist-  
ing of four letters, with the  
clues for you work out, the win-  
ner chosen will receive a gar-  
den voucher from Glapwell  
Nurseries, there will be the  
usual wordsearch on the back  
page which will also have this  
acronym among the letters.

G	E	O	R	E	D	N	A	L	L	A	W
S	E	L	P	R	A	M	O	R	S	E	E
Y	P	O	I	R	O	T	L	Y	L	S	K
T	S	O	R	F	O	Y	L	E	R	O	A
A	S	T	E	G	E	T	O	S	B	Y	L
G	E	R	G	C	E	R	A	M	S	E	B
G	M	A	S	O	N	G	R	I	C	L	A
A	L	G	N	L	B	R	E	W	O	D	R
R	O	G	O	U	O	K	V	N	T	N	N
T	H	A	S	M	B	D	I	K	T	Y	A
T	Y	T	A	B	Y	S	I	W	E	L	B
F	K	A	J	O	K	B	A	I	L	E	Y

There is still room for people  
who wish to learn to use com-  
puters for free on Thursday  
from 9-30 to 12-30pm in  
**Open Door Computer  
Group** in the community cen-  
tre at New Houghton.

Visit  
**GLAPWELL NURSERIES**  
FOR ALL YOUR GARDENING  
NEEDS AND ADVICE  
**Bolsover Road Glapwell**  
Very competitive prices  
For Compost-Seeds-Plants - Bushes  
Fencing-Hanging Baskets  
Open Monday to Saturday  
9am to 5pm Telephone 812191  
It will be soon time to order your Xmas trees and wreaths.

Do Not Forget Christmas Carols inside the Verney and a festive  
drink with the Parish Council Chairman on December 14th at 7pm

**DISCLAIMER.**

Every effort has been made to make sure that all the information and news is accurate and up to date we cannot take liability for any information which may contain errors, omissions or inaccuracies in the general information and guidance contained herein, or loss, consequential or inconsequential, Any information contained within this newsletter does not constitute legal or professional advice and not necessarily endorsed by Pleasley Parish Council.

Many of the items are general information from District and Local Council bulletins news cuttings and newsletters and information from various council periodicals and public information from news cuttings. We also reserve the right to edit where necessary and retain the right to print or not.