



NEWSLETTER

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

September, ninth month of the year. Winter is approaching, after a brief summer. Next newsletter will be the Christmas edition, when we will be back to the cold, sleet, snow and icy roads and complaints about gritting the roads.

We welcome comments from our old and new residents regarding our parish events and facilities. It has been reported that some of our new properties do not get the newsletter. We hope to resolve this problem shortly. The reason given is that the properties are out of the catchment area for economic delivery which from the delivery point of view is practical, when you come to analyse the time and distance to deliver a few leaflets, newsletters and the like, it does make sense, but we will try to change this regarding the newsletter IF we get to know the areas.

The Terrace Lane recreation ground refurbishment by Groundwork Cresswell has suffered a slight setback, due to a clerical error by Bolsover District Council, it will be October before work can start.

Through a Parish Council contact, at last the Millennium Green has been cut, not before time.

The overhanging nettles, grass and hedge approaching the Doctors' surgery have been reported to the Parish Council this is being addressed.

The Parish Council has had a complaint regarding an over hanging hedge onto the pavement from a private property on Terrace Lane Pleasley. This is a danger to pedestrians causing them to step onto the busy road. Overhanging hedges are also a danger to people's eyes and person. The land owner is responsible and could be sued for damages, however this is not a parish council issue and it has reported to the County Council's elected member Marian Stockdale,
marian.stockdale@derbyshire.gov.uk

This has been reported to Highways who will take further action. If the owner doesn't cut the offending hedge, the DCC will most likely charge for doing it. There is no choice. The owner is better off getting it done, before there are any issues from not doing what is sensible.

Having said that, there are several properties in Pleasley with overhanging hedges.

Councillor Stockdale also had complaints about traffic parking on the junction of Newboundmill Lane. She said this was a matter for the police and Bolsover D C planning department.

Two names have been chosen for the two streets on the new development in New Houghton leading off Meden Ave. These will be Moorhaigh Close and Meadows Close.

The popular Street Sports programme that has been so successful on the recreation ground in New Houghton has been very well attended and a decision was reached to continue until a week before Christmas. All children from our parish are welcome.

CHATTERBOXES.

Derbyshire Children's Centre at New Houghton Community Centre, Chatterboxes, would like to invite you to the launch of the new group and new venue on Wednesday 18th September 1-30 to 3-00pm. Term time only.

Refreshments provided. Please ring Shirebrook Children's Centre on 01623 537398 to book a place to discuss:

Housing Advice, Money Matters, Nursery Education, Job Centre Plus, Childcare, Family Support and Health Matters.

Shires Health Care.

Surgery Opening Times.

The Surgery is open from 8am to 6-30pm.

Surgery Hours Monday to Friday 8-45am to

12-00 noon, 2-00pm to 5-30pm

Extended surgery hours by appointments only

Monday, Tuesday & Thursday 6-30 to 8-00pm.

Shires Health Care aims to provide a high standard of medical care in a friendly and professional manner. The practice has an active Patient Liaison Group which meets on a monthly basis.

The group gives feedback about patient satisfaction and suggestions about further improvements. Patients can contact the group by using the surgery post box or by sending an email to its website

www.shireshealthcare.co.uk

Emergency Telephone Number when surgery is closed 01623 742558

2 Talking Heads

NOT TO BE MISSED if you want a good night of comedy entertainment.

On September 14th, at The Verney Institute.

Two of Alan Bennett's monologues from his Talking Heads series which some readers will remember from TV.

Lady of Letters

Miss Ruddock's civil liberties are dear to her, and writing letters is how she likes to assert those rights. One of these missives pushes her to the brink, with unexpected, but liberating consequences

Bed among the Lentils

"Bed amongst the Lentils" Susan, an alcoholic, nervous vicar's wife who has to travel into Leeds to go to the off-licence because of her debts with the local shop-keeper, distracts herself from her ambitious, and as she sees him, vainly insensitive husband and his doting parishioners by conducting an affair with a nearby grocer, Ramesh, discovering something about herself and God in the process.

Each performance lasts 40 minutes with a 15 minute interval.

Tickets will be £8.00 (full price) and £6.00 (concessions). Contact Mick Gamble 810035

There are still some tickets left

Pleasley Parish Council continues its season of entertainment on November 23rd at 7-30pm with another outstanding and exciting duo - The Hut People.



LIVE AT THE VERNEY NOV 23rd

THE HUT PEOPLE

Make sure you don't miss out, get along to The Verney on November 23rd. The Hut People is an accordion / exotic percussion duo with many happy village halls under their belt. A varied night of music from around the world. Humour, spontaneity and determined to get your audience involved from the off!

The Hut People are constantly gaining more of reputation as one of the most entertaining acts to appear on the folk scene in a long while.

In their surprisingly engaging and often hilarious show, they perform a truly unique high-octane blend of folk music from around the world - perfectly formed & embellished with a mind-boggling array of exotic percussion (with some Quebecois foot percussion & dancing thrown in for good measure too!).

See www.thehutpeople.co.uk and Youtube for more.

Tickets which are £8.00 (full) and £7.00 (concessions, over 60 and U16) will be available in October but can be booked on 07734 274848.

There will be complimentary light refreshments in the interval and, in the absence of a bar, concert-goers are welcome to bring their own drinks.

Doors open at 7.30pm for an 8pm start.

Somehere to go Something to do.

Telephone 01623 810035 to book your tickets for both these evenings of entertainment.

There are still some tickets available for 14th September.



It is with regret that the parish council has had to accept the resignation of Pat Fisher, after 34 years of service. She was elected in June 1979. Pat's resignation is due to age and disability. Pat has moved to New Bassett House

Care Home in Shirebrook where she has settled down and is very comfortable. This unfortunately is a progression that befalls many.

Pat was a stalwart member of the Labour Party and local community: the Church and the Parish Council, Chairman of the Governors at Anthony Bek School. Her efforts will be missed.

Pat's resignation will leave a vacancy on the Parish Council. This will be advertised by Bolsover District Council which is the usual procedure.

A presentation of four patio red rose bushes to honour her 34 years service on Pleasley Parish Council was made at the New Bassett House by Cllr Howard Wright and Cllr Pauline Bowmer and Brian Carnall on behalf of Pleasley Parish Council. These were placed in New Bassett House garden as an everlasting gratitude for all to appreciate. Pat was highly delighted with the roses she says they will always be there as a reminder of her colleagues.

We have two Village Halls with rooms and kitchens to hire for events and parties of various sorts. Contact the caretakers. New Houghton Lauretta, 01623 811390 for Pleasley Phillip 01623 810732 .



Remembrance Sunday 2013.

Remembrance Sunday will be 10th November. A service will be held in St Michael's Church 10-15am.

The laying of wreaths will be 11am at Pleasley Welfare
11-30am New Houghton Memorial.



Christmas Fayre Saturday 30th November 1pm New Houghton Community Centre.

Friday 6th to 10th December Christmas Tree Festival St Michael's Church.

The programme will be in the next newsletter.

Anyone wanting to put a tree in church contact
Barry Clay 810574 Ralph Holmes 810230
Phillip Briggs 810732 or Garry Hall 810766



New Houghton.

Following the closure of the Community House the Parish Council have given permission for the Otago sessions that were held in the Community House by Bolsover District Community Outreach Service to be held in the Community Centre from October.

These are chair based exercise sessions to help strengthen bones and improve mobility for the elderly and disabled, This is a fun and effective exercise class aimed at improving your strength and balance and helping to reduce falls in the over 50s and those who may be less mobile. to try and encourage people to be more active whilst reducing the risk of heart disease and many associated conditions, the main focus of the service will be around the impact of Welfare Reform and Public Health.

Places are extremely limited and you will need to register to book a place. Please call Emma Kendall on 07989146119 or Kerry Oscroft on 07989146193 for more details

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Pleasley author and Film Director, Lavinia Warner, is prepared to come to the Verney to give a talk on her film and book "TENKO" which has also been on television. It will be early in the new year in the spring. Date to be confirmed. All those interested please contact the Chairman Howard Wright by email or phone. There has been little response so far.

LIMIT.

Such a small word with a lot of meaning, instances being: the point, edge, or line beyond which something cannot or may not proceed. The boundary surrounding a specific area; bounds: within the city limits. The greatest or least amount, number, or extent allowed or possible: a withdrawal limit, no minimum age limit. The largest amount which may be bet at one time in games of chance. A number or point that is approached by a function.. Also called limit point, point of accumulation. Speed Limit. There are many more.

The Limit referred to here is what one must realise when you see what has been done during the flower festival, well dressing and scarecrow festival specially regarding the older generation, who did a marvellous job regardless of age, people have been stretched to their LIMIT. There is a LIMIT to what you can do and a LIMIT to how long you can do it, knowing when to stop. Age and health are the key factors - there must be a LIMIT.

We get wrapped up in the now! It is time we realised that there is another life outside what we do. It is time to enjoy a bit of time we have left.

There is a limit, how far can you go. LIMIT connotes an encircling or surrounding line that confines, especially narrowly, As John Stuart Blackie said, "A man should not limit his activity by any inflexible fence of rigid rules."

As we are on the subject of age this little recollection is true.

As I was lying around, pondering the problems of the world, I realized that at my age I don't really give a tinker's cuss anymore.

- .. If walking is good for your health, the postman would be immortal.
- .. A whale swims all day, only eats fish, drinks water, but is still fat.
- .. A rabbit runs and hops and only lives 15 years, while
- .. A tortoise doesn't run and does mostly nothing, yet it lives for 150 years.

And you tell me to exercise?? I don't think so. Just grant me the senility to forget the people I never liked, the good fortune to remember the ones I do, and the eyesight to tell the difference.

Now that I'm older here's what I've discovered

1. I started out with nothing, and I still have most of it.
2. My wild oats are mostly enjoyed with prunes and all-bran.
3. I finally got my head together, and now my body is falling apart.
4. Funny, I don't remember being absent-minded.

5. Funny, I don't remember being absent-minded.
6. If all is not lost, then where the heck is it?
7. It was a whole lot easier to get older, than to get wiser.
8. Some days, you're the top dog; some days you're the dogsbody.
9. I wish the buck really did stop here; I sure could use a few of them.
10. Kids in the back seat cause accidents.
11. Accidents in the back seat cause kids.
12. It's hard to make a comeback when you haven't been anywhere.
13. The world only beats a path to your door when you're in the bathroom.
14. If God wanted me to touch my toes, he'd have put them on my knees.
15. When I'm finally holding all the right cards, everyone wants to play chess.
16. It's not hard to meet expenses . . . they're everywhere.
17. The only difference between a rut and a grave is the depth.
18. These days, I spend a lot of time thinking about the hereafter . . . I go somewhere to get something, and then wonder what I'm "here after".
19. Funny, I don't remember being absent-minded.
20. HAVE I SENT THIS MESSAGE TO YOU BEFORE.....??????

ON A HEADSTONE in a CEMETERY

FIVE RULES FOR MEN TO FOLLOW FOR A HAPPY LIFE

1. It's important to have a woman who helps at home, cooks, cleans and has a job.
2. It's important to have a woman who can make you laugh.
3. It's important to have woman who you can trust and doesn't lie to you.
4. It's important to have a woman you like and who likes to be with you.
5. It's very very important that these four women do not know each other or you could end up dead like me.

The parish council is pleased to announce that the long awaited pedestrian refuge it applied for some years ago has been at last granted by the newly elected Labour county councillors. This was originally requested by residents of Booth Ave supported by the Parish Council. The existing bus stop will be relocated nearer the Doctors' Surgery with dropped kerbs. The refuge will be in the middle of the road where the bus stop is now, to have a clear view either way.

The Good Old Days! 1930s
 Or were they good?
 Here is what one older man relates.
 There's no doubt about it, there was a lot of poverty in our area before the war.
 Fortunately we kids were not aware of it for we were all in the same boat.

Unemployed men gathered on street corners to talk and puff fag ends.
 My father was a regular feature on the street corner, during the morning up to about 1pm, usually that's when the first race started. He would be taking bets for the local bookie, (a bookie's runner) and the men used to hand over their pennies and betting slips hoping to win a fortune. Usually these men had to be very alert and watch for the local Bobbies approaching because it was illegal. More than likely our local bobby would be putting a bet on for himself.

A friend of mine, when coming home from school, there on the ground saw a small fortune. Three pennies! He picked them up intending to run home then suddenly had visions of mum's finger wagging in his face and her saying "Don't you ever steal anything and bring shame into this house." If he took them it would be stealing wouldn't it?
 So he hid them behind the front railings of the next house, went home and chose the right time to tell mum. Surprisingly she believed him and told him to hurry back, collect the pennies and go to Amy's and buy a tin of Davey's dripping. Then with the long wire toasting fork they made toast in front of the fire spreading it with the dripping and the brown jelly that came with it for their tea.

We sat in the dark because we didn't have a penny to put in the light meter.
 During the winter months Mother would wrap the oven shelf in a cloth and put it in bed to warm the bed.
 No hot water bottles. No electric blankets.

The trouble was The Depression. After the strike many miners could only work four days a week. At eight shillings per day (40p) less sixpence (2½p) for bus fare and one shilling (5p) a week union fees, his wage was only about one pound ten shillings and sixpence (£1-52 ½p) a week.

Old age pension was for the over 70s.

Mother paid into a friendly society to cover if anyone was off work ill.

These were the good old days. **Money-wise they were very bad but socially ideal...** but would you return to those times tomorrow?. No drugs, very little corruption, not many one-parent families, no health and safety, no human rights, no cheeky children in school.

Step out of line at school and you would get punished by the cane or the slipper. Go home and tell your parents and you would get further punishment. That's why children were well behaved, spare the rod and spoil the child was the norm.

If any child decided to give school a miss, it was called cap school. The School Bobby would soon be calling to see why you missed school, everyone was frightened of the School Bobby.

Believe it or not you could go out for an hour or two and leave your front door wide open. No one would take advantage: they would most likely close the door for you.
 Saying all that, today's days are glory days.
 Don't mention good old days to me.

But saying that, here is a poem of yesteryear.

How I long for the old days, the days when I was young,
 When my parents used to sing to me the songs that had been sung, by countless generations of people through the years,
 Songs that brought out laughter and, sometimes, even tears.
 The tales they told of how they used to walk to work each day
 And how they managed, oh so well, on little pay.
 A visit to the corner shop to buy a bag of sweets
 And the pictures on a Saturday, were the only treats
 That I remember having, though others had much more,
 But that was not a problem for my parents were very poor.
 I knew they could not buy me the toys that many had,
 But I loved the bow and arrows made by my Dad.
 I asked for very little, I shed just a few tears,
 And this has stood me very well in the ensuing years.
 For I learned that what I could not have, I could do without,
 That having everything you want is not what life's about.
 There are so many simple things that can provide much pleasure,
 Like being **honest, friendly, kind** and these we should treasure.

Since the last newsletter two months have passed.

August, September, can you remember any dates in these two months? Here's a reminder (in bold print) except of course Florence Nightingale, that was highlighted to dispel the rumour one might have regarding her connection with Pleasley.

Aug 4th 1914 Britain declared war on Germany .

Aug 5th 1962 Marilyn Monroe died.

Aug 6th 1945 Atomic bomb dropped on Hiroshima.

Aug 5th 1711. First race meeting held at Ascot.

Aug 8th 1940 The Battle of Britain began.

Aug 8th 1963 The Great Train Robbery.

Aug 11th 1919 Andrew Carnegie, US industrialist and philanthropist died. He contributed money to build the Verney Institute, in 1906.

Aug 13th 1964 The last hanging in Britain.

Aug 13th 1910 Florence Nightingale died.

Florence Nightingale was from 1857 onwards, intermittently bedridden and suffered from depression, largely as a result of the illness she suffered in the Crimea. She spent the last 14 years of her life in her bedroom, where she was largely bed-ridden, and from there she would write and wage her campaigns. She now wrote very little due to blindness and declining mental abilities, although she still retained an interest in current affairs.

Aug 14th 1945 Japan surrendered. VJ Day.

Aug 15th 1940 180 German planes shot down in the Battle of Britain, and caning was officially banned in British Schools.

Aug 16th 1977 Elvis Presley Died.

Aug 28th Martin Luther King made his dream speech.

Aug 31st 1997 Princess Diana was killed.

Sept 2nd 1666 The Great Fire of London.

Sept 2nd 1939 Conscription of men aged 19 – 41.

Sept 3rd 1939 Britain declared war on Germany.

Sept 6th 1997 Funeral of Princess Diana.

Sept 7th 1533 Queen Elizabeth 1st was born.

Sept 18th 1879 Blackpool Illuminations switched on for the first time.

Sept 19th 1945 Lord Haw Haw was hanged.

Sept 24th 1776 The first St Leger was run at Doncaster.

Sept 26th 1953 Sugar rationing ended in Britain.

Sept 1995 Frozen Birdseye fish fingers first went on sale in Britain.

Sept 27th 1979 Gracie Fields died.

Sept 1829 The first regular police force in London known as (bobbies) named after the Home Secretary Robert Peel.



Clown&District Community Transport.

Shopping every day not just for Christmas.

This service is a door to door service, no standing about in the cold wet weather, with no bus shelter in the winter.

Please note that each area has been allocated a booking day each week, for our area it is Tuesday, that means you will be picked up on Tuesday and taken to your shopping destination.

The Dial a Bus service is provided for people who experience difficulty in using public transport or those who have no public transport. Your designated booking day is Tuesday.

Lines open at 9am. For more information and to book a bus phone 01246 573030.

You are able to book one week in advance.

You are only able to book one trip at a time.

You are able to book a maximum of two seats per trip.

You have the opportunity to book any additional trips for the same week from Wednesday onwards.

Monthly trips can be booked up to one month in advance, regardless of your usual booking day. Monthly bookings will be taken on a first to call basis.

We will be running trips to various shopping centres and outlets for a chance to do some discounted shopping.

Please note, we now ask that the payment of monthly trips is made at least one week in advance of the journey.

Here a some of the places you can visit. Mansfield Town, Clowne Tesco, Worksop town, ASDA, Morrisons, Crystal Peaks, Buxton, Newark, Meadowhall,

Please telephone for details **01246 573030.**



ADVANCED NOTICE

I know it's early for Christmas but this is a reminder. There will be carols in the Verney once again on Friday 13 December at 7pm. Those attending will participate in a festive drink with the Parish Council Chairman.

Look after your Liver,**An excerpt from Alternative Daily Health News**

The liver is like the best maid you have ever had, when it is functioning at top speed.

It cleans up all the toxins that we put into it, leaving no trace behind.

The liver keeps all of our internal systems running smoothly. However, our modern diet, pollutants and our increasing use of personal care products containing toxins put our livers into serious over-time. Suffice it to say that if you consume any processed foods, use conventional cleaning or personal care products, or smoke or drink excessively, you are laden with toxins and your liver is tired, very tired. Now, while you can invest in some boxed liver cleanse or some supplements found at your local health food store, it is much less expensive and just as effective to refresh and rejuvenate your liver with some common food items.

Avocados.

Loaded with healthy fat, a Japanese study found that this tropical superfood contains compounds that protect the liver from damage. The study compared 21 fruits, and avocados showed the most promise in protecting the liver from the dangerous toxin galactosamine, which has been found to cause liver damage similar to human viral hepatitis.

Garlic.

Garlic is so easy to add to a healthy diet. Chop up fresh garlic and put it in your salad or stir fry. Garlic contains sulphur compounds that help to activate liver enzymes and two strong and powerful components, allicin and selenium, which keep the heart healthy and may prevent cancer.

Turmeric.

This Indian spice is getting loads of attention lately for its outstanding ability to reduce inflammation. Turmeric protects the liver from damage while encouraging liver cells to regenerate. It also increases bile and acid production and keeps the body toxin-free.

Lemon Water.

Warm lemon water is an excellent way to detoxify your liver each morning. Start with some warm purified water and add some fresh lemon juice – nothing else.

Author A.F. Beddoe, who wrote Biological Ionization as Applied to Human Nutrition, believed that the liver produces more enzymes in response to lemon than it does to any other food.

LEMONS

We are bombarded with toxins in today's modern world... everywhere from the polluted air we breathe, the water we drink, the shampoos and other cosmetics that lather our body with chemicals, and of course, all of the chemical additives, pesticides, hormones, antibiotics and other harmful compounds in the food that we eat.

All of these TOXINS can have harmful effects on our body, harming our metabolism and hormones, impairing our digestive system, and zapping our energy levels.

ONE thing that you could do **each morning** to help our body eliminate some of these toxins, improve our digestion, stimulate our metabolism, and BOOST our energy, is immediately upon waking each day, squeeze about 1/2 to 1 full lemon (depending on size of the lemon) into an 8 oz glass of warm or room temperature purified water. This is gentler on our body first thing in the morning compared to ice cold water. It was found that slicing the lemon into quarters before squeezing by hand is easier than squeezing halves. Drink this at least 10 minutes before eating any food for the day.

Make sure to use fresh organic lemons to make this drink, and not bottled lemon juice. Lemon juice helps your body improve digestion and stimulates bile production. Lemon juice can even be an aid for heartburn and indigestion.

Cilantro.

Cilantro is an easy-to-grow herb that is a common ingredient in many heavy metal detox programs. Even if you do not grow it yourself, this fresh little herb is inexpensive and does a great job healing a damaged and sluggish liver and escorting man-made chemicals out of the body.

In addition to consuming the above foods as frequently as possible, it is imperative to cut out all processed food, quit smoking, exercise daily and eat a diet loaded with whole and nutrient dense foods in order to keep the liver functioning at top speed.

Look after your liver and it will look after you.

COMPETITION TIME

THIS WORDSEARCH IS:

16 American Indian Tribes

NAME

Address

**Wappo, Crow, Sioux Cherokee.
Pawnee. Shawnee.
Shuswap. Chinook.
Blackfoot. Cheyenne.
Santee. Navajo.
Atsina. Mohawk.
Chickasaw. Apache.**

The winner of July word-search was P Stevenson Portland Street New Houghton.

The Parish Council Chairman will present Mr Stevenson with a £10 Garden Voucher purchased from Glapwell Garden Centre

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

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