



NEWSLETTER

39th edition of the Newsletter for: Pleasley, Pleasley Vale
New Houghton and Stoney Houghton.

The Annual Parish Meeting was held on the 11th May when the Chairman of the parish council presided. He announced the precept of £72,626 for 2014-15 which was the lowest for eight years, then gave his report.

This was followed by the Annual General meeting of the Parish Council.

The first thing on the agenda for the new year 2015/16 was election of Chairman and Councillor Howard Wright was re-elected as Chairman.

Vice Chairman Councillor Pauline Bowmer was re-elected.

The Clerk reported that he had received a copy of the proposed draft lease from the Derby Diocese for the New Houghton Community Centre which was necessary as a result of the proposed redevelopment of the former church to form two dwellings.

The new lease would give the Parish Council a new 25 year term and has been based on the existing lease.

Under section 137 **Donations were made to the following.**

A grant of £411.46 was to **Anthony Bek Primary School** for a new notice board for school and public notices.

Derbyshire Unemployed Workers Centre £100.

New Houghton Community Association £100.

Pleasley Pit Nature Study Group £100.

St Michael's Church Flower Festival and Well Dressing £200.

The retiring Caretaker a retirement gift of £100.

Pleasley Colliery Welfare Band £250 towards the cost of competing in the National finals later in the year.

The Pleasley Pit Trust report that an opportunity has arisen for them to be donated an underground Dosco Roadheader m/c weighing 26 tonne and to purchase 3x sets of ring packs at the scrap price of £1000, the transportation & the hire of a crane would be £2300. Pleasley Parish Council has offered to donate £300 towards this project.

Pleasley Parish Council is to put on a band concert on the Miners' Welfare sports ground, on September 6th. Carole Hirst from Bolsover DC will organise this event. It will be funded by Pleasley.

The theme is "World War Two 70th anniversary of V.E. Day Commemoration Concert".

Featuring a massed band of Pleasley Colliery Welfare Band and Shirebrook Miners' Welfare Band.

It is essential that you bring your own chairs. This was over looked by some spectators last year.

Pleasley Welfare Colliery Training Band is looking for new recruits and invites anyone interested to come along and have go at Pleasley Miners' Welfare on Friday nights at 6-45pm –7-45pm

Marian Stockdale received confirmation of the approval from highways that the removal of the chicanes on Newboundmill Lane will be fitted into work rotas in the area asap.

It was reported to the Parish Council that ex-Councillor Pat Fisher had died aged 90. The parish council was represented at her funeral by councillors who laid a wreath upon her grave. Pat had served the Parish Council for over 40 years.

A minute's silence was held at the July meeting.

Bolsover District Council Street Sports programme for 2015 is now finalised. They will be delivering sessions in our parish, beginning on the stated date, at the stated time, at the stated venue.



Tuesday 8th September for 10 weeks, 6 – 8pm at Rotherham Road Recreation Ground, New Houghton.

Tenders have been received for painting the outside of the Verney Institute. The contract has been given to Riley & Co of Sutton in Ashfield.

The General Election for a new government was held 7th May 2015.

It was also the elections for District and Parish Councils, where there were more than the required nominations.

The request for nominations was advertised by the Returning Officer on our notice board. There was no opposition to the 10 nominations for the Parish and no opposition to the 2 nominations for the District Council, therefore the sitting councillors were duly elected without a contest.

Your parish and district councillors for the ensuing year are;

Ian Allen 810346
Pauline Bowmer (Vice Chair) 811492
Val Douglas 811761
Derek Gelsthorpe 810830
Mick Gamble 810035
Jackie Jones 811207
Neil Jordan 811615
Paul Seston 811994
Thomas Kirkham 811462

Howard Wright
(Chairman) 810486
johnwright828@btinternet.com



Parish Clerk Brian Carnall 01246-273239
brian_carnall@yahoo.co.uk

Your two District Councillors are.



Pauline Bowmer



Ann Syrett

Your County Councillor is Marian Stockdale
marian.stockdale@derbyshire.gov.uk

Councillor Ann Syrett has been elected the Leader of Bolsover District Council, the first female leader in the history of the District Council.

Ann is in charge of Economic Growth which includes Finance, Development Partnership, Degeneration, Properties and Estates. Ann is also Chair of Ault Hucknall Parish Council.



At the June Parish Council meeting three residents attended to speak in the 15 minutes public speaking. Their concern was the danger of speeding traffic on Terrace Lane and parked vehicles at the end of Newboundmill Lane near the garage. This was acknowledged by

County Councillor Marian Stockdale who will report this to County Highways. It was suggested that a Neighbourhood Speed Watch Programme (NSWP) or Community Speed Watch (CSW) should be implemented. This is carried out in several villages in the UK and is a locally driven initiative where active members of the community join together with the support of the Police to monitor speeds of vehicles using speed detection devices. Vehicles exceeding the speed limit are referred to the Police with the aim of educating drivers to reduce their speeds.

Motorists face amateur speed traps run by local volunteer groups in towns and villages across the country.

Under rules to be sent to police forces, bands of volunteers would be supplied with speed detection equipment and asked to use it to identify drivers exceeding limits in their area.

Drivers caught breaking limits by 'community speed watch' groups have their number plates checked on the police national computer and are sent warning letters by police forces.

They can be targeted for prosecution if they get three letters for speeding through volunteer group traps. Perhaps this could be the answer to the speeding motorists on Terrace Lane and Newboundmill Lane.

Although this was suggested we now understand this will be put on the back burner, **because** police officers can't be spared to stand with community volunteers or to give time to training people as they are being deployed to more urgent work. **We only have 8 police officers and 9 PCSOs for the whole of Bolsover district and it's stretching its services at present with the stab-bings in Shirebrook.** Perhaps we may be lucky at a later date.

Does that mean we are devoid of seeing a police presence in our parish?



Nothing to do?

Looking
For something
exciting to do.
Come along to
the Verney Institute Newbound-
mill Lane on

Monday 6pm to 8pm and Tuesday 6-30 to 8.30pm and learn **Taekwondo**.

Everybody welcome

Instructor Master Andy Timmons.

Contact Andy or just come along and join in.

Taekwondo is suitable for all, regardless of age, sex, strength, experience or fitness level.

Whatever your physical abilities or limitations Taekwondo is able to adapt so you get the most out of your training.

With high intensity lessons you will become fitter than you have ever been, tone up, lose weight and gain a massive amount of confidence.

By attending our self defence classes, supported by the guidance of a certified and experienced Taekwondo Instructor, you can reach your training goals and meet your training needs with consistent training at our weekly classes, where you will soon make new friends who share common goals and interests.

Taekwondo is one of the most systematic and scientific Korean traditional martial arts, that teaches more than physical fighting skills. It is a discipline that shows ways of enhancing our spirit and life through training our body and mind. Today, it has become a global sport that has gained an international reputation, and stands among the official games in the Olympics.

Taekwondo is a great way to become active, build your confidence and co-ordinate skills, meet new friends and enjoy being part of a group. It is also a wonderful discipline and a very character building as well as being great for fitness and helping you stay in your best shape. Why not come along and meet us and see if we can help you reach your individual potential. We look forward to meeting you soon come along and see what we can do for you.

The Verney Institute Newboundmill Lane
NG19 7PL

Monday 6pm/8pm and Tuesday 6-30/8-30pm

An east London council says it is poised to become the first in the UK to use DNA testing to track down owners who fail to clear up their dogs' mess.

This London Council will unveil this extraordinary new measure at a dog fouling summit called "Leading New Way"



If Pleasley Council adopted this method Pet Owners could face fines of up to £1000. Under these plans, the dog's DNA would be collected by a cheek swab which is then sent to a laboratory. (Alamy). The dog's profile is then added to a central register, compiled by PooPrints UK.

Even without these extreme measures dogs' guilty owners can and will be prosecuted and fined the maximum amount allowed by Pleasley Council if an offence is proved.

If a dog owner fails to pick up their dog's mess, a DNA test would be taken from the offending dog's faeces which can be traced back to a registered dog with 99.9% per cent accuracy.

Not that Pleasley Council would resort to this Draconian measure but perhaps it is the only way to stop this problem. If you do not want to be guilty of a child being blinded by toxocariasis a disease in humans caused by the larvae of a parasitic worm (Toxocara) found in cats and dogs, causing damage to the liver and eyes.

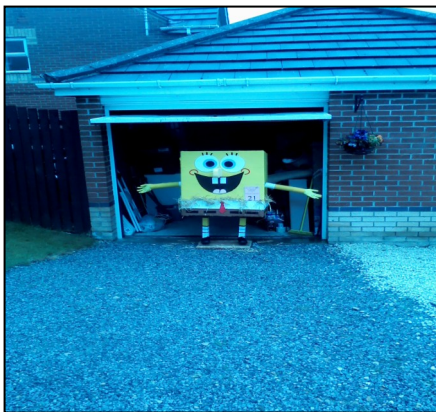
Clean up after your dog.



Environmental Services for Bolsover & NE Derbys, Countryside services Ranger & Dog Wardens had a stand in the car park at the country park car park on Tuesday 23rd June. Dog chipping, giving out dog bags & trying to get the message out about dog fouling.



Pleasley Parish Scarecrow Festival was held on Saturday 13th and Sunday 14th June. The first six prizes chosen by the public votes were Numbers 20 Looking for Wabbits, 28 Pirates, 13 Lester Piglet, 21 Sponge Bob Square Pants, 6 Gnornon the Gnome, 5 Michael Jackson.



Chairman's report on the Scarecrow Festival.

Despite the inclement weather over the weekend of the Scarecrow Festival it did not dampen the spirit of those who entered or those who braved the rain to visit your efforts. Had the weather been better the results could have been different because there was little to choose after the runaway victory of number 20 with 31 votes. This unusual scarecrow appealed to children and adults alike. Those not in the prizes were very close to the next five chosen by the public, only a matter of one or two votes. The weather did have an adverse effect on two excellent scarecrows simply because of the distance to walk in the rain, .

The Scarecrow Festival was extremely hard work for not only the competitors but also for the organisers. A parish event that was marred by the wet weather on the first day. Many of the competitors were under extreme pressure of **health, age and other commitments** but pressed on regardless and did a magnificent job under the circumstances. The parish council is very grateful to these stalwarts of our community, without your support there would be no festival, disappointing for those who did not win but taking part is what matters, and I repeat if the weather had been kinder the results might have been different.

The parish council wishes to thank the volunteer residents who helped with refreshments, Mrs S Hardy, Mrs M Wright, Mrs S Jones and Mrs M Davies.

Not all those who bought the route maps voted which once again might have changed the results 176 voted out of 204 sold.

There was a short delay in announcing the winners due to the pressure of other commitments such as contacting and delivering the raffles prizes, contacting scarecrow winners, checking and rechecking finances. This is never taken into consideration by those who are impatient which is quite understandable and acceptable.

The total sum raised for the Dialysis Unit was



£300 which was presented to The Mike Cassidy Renal Unit Dialysis Unit leader Damien Abbey at the July parish council meeting. Damien said this would make patients

stay in the unit more comfortable as it would go towards Wi Fi enabling patients to use the internet whilst having treatment.

Sometimes we forget about the simple things we might have in the house that can be health boosters, such as taking Epsom salt baths and the benefits of the magnesium in them. On a similar topic, I just saw this article below the other day about **baking soda benefits** from my good friends at The Alternative Daily, a leading online alternative health publisher, and wanted to share it with you:

3 Ways to Drink Baking Soda for Better Health

by TheAlternativeDaily.com

Many of you may have been using baking soda around your home for years without ever even knowing what it is. We did a little digging to uncover the mystery.

It turns out that sodium bicarbonate (NaHCO₃) is a chemical salt that, in its natural form, is the mineral nahcolite. Baking soda can react as both an acid and a base, although in an aqueous solution it is a bit on the alkaline side.

Sodium bicarbonate helps to regulate pH and keep it steady – a process known as buffering. It keeps substances from being too acidic or too alkaline. Its ability to neutralize the pH of any substance it comes in contact with makes it highly effective for so many things.

Now, you may know about all the amazing ways you can use baking soda around your home such as:

- Cleaning coffee makers
- Cleaning drains
- Ridding hair of buildup
- Polishing silver
- Septic care
- Making toothpaste
- Making deodorant
- Cleaning brushes and combs
- Refreshing your fridge
- Easing itching and swelling
- Putting out a grease fire
- Breaking down ice on a pavement or driveway

But... did you know that drinking baking soda can be very healthy for you? Yes, it's true, drinking something as simple as baking soda can drastically improve your health.

What is even more amazing is that when you combine baking soda with other powerful ingredients, the healing powers are super-charged.

The only caution we have is that you stick to an aluminium-free brand of baking soda whenever possible.

Here are three of our favourite healthy baking soda tonics:

Ultimate energy booster and electrolyte replacer

Do you know that nagging, dragging feeling you get when you are about halfway through your physical efforts? Like gardening etc, The feeling like you can't push your body one bit more?

Well, we have great news for you: this ultimate energy booster tonic will not only help motivate you to get moving, it will also help you go harder for longer no matter what physical activity you are doing.

This is because strenuous exercise leads to a build up of lactic acid – which can cause muscle pain and fatigue. Baking soda has been found to **boost performance** in athletes due to its ability to neutralize lactic acid build up.

Ingredients:

- ½ teaspoon unprocessed sea salt
- ¼ teaspoon baking soda
- 7 cups coconut water
- ½ cup lemon juice
- ¼ cup raw honey

Instructions:

Heat the coconut water on low and mix in baking soda until it is dissolved.

Add other ingredients and pour mixture into glass jar.

Shake well before use.

This will keep for a week in the refrigerator.

Coconut water: Although coconut water has a deceptively light consistency, it has higher levels of minerals such as iron, magnesium, manganese, calcium and zinc than many fruits, including the famously healthy orange. Additionally, coconut water has high amounts of B-vitamins, such as niacin, thiamine, riboflavin and pyridoxine. One of the best benefits of coconut water is that it is extremely high in potassium. As your body sweats during exercise or vigorous physical activity, your level of potassium drops. Coconut water has approximately 250 milligrams of potassium and 105 milligrams of sodium in every 100 milliliter serving.

Raw honey: One of the substantial benefits of choosing raw organic honey from your area is that it contains immune stimulating properties from the area where the bees collected pollen. This means that it can actually help to desensitize you to local allergens, potentially lessening your allergy symptoms.

The supercharged acid reflux reliever
Because acid reflux typically results from having too little acid in your stomach, you can help improve this by mixing 2

tablespoons of raw, unfiltered, apple cider vinegar into a 6 to 8 ounce glass of water. Adding ¼ teaspoon of baking soda to this mixture will further help neutralize your internal fire. Be prepared, however: this mixture will foam – so wait for it to slow down before you drink it.

Speaking of **acid reflux**, you can eliminate acid reflux permanently with THIS technique (plus the REAL root cause you didn't know)

Green tea and baking soda metabolism booster

A recent study at Penn State's College of Agricultural Sciences found that drinking green tea regularly can boost the effects of exercise to aid weight loss efforts. The study was conducted on mice that were fed a diet with high amounts of fat, exercised regularly, and given green tea extract. The mice showed an average body mass reduction of 27.1 percent and an average abdominal mass reduction of 36.6 percent.

There are three compounds in green tea that are thought to help promote weight loss: catechins, theanine and caffeine. These substances work together to block enzymes that are responsible for fat storage in the body.

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LIVE AT THE VERNEY IS COMING BACK SOON!



The parish council has lined up three more concerts in co-operation with Live & Local following the success of the previous events over the last three years which have brought a variety of musical genre to the parish.. Those who have attended any of the concerts will appreciate the high quality of musician-ship enjoyed in the friendly and intimate atmosphere of the Verney Institute. The same high quality is promised with the acts following in the footsteps of Gordon Giltrap, Couper & Oakes, The Hut People, Nick Hennessey, Hickman & Cassidy and Blair Dunlop & Ashley Hutchings. *(Congratulations to Ashley on the award of his MBE by the way.)*

Arrangements for the concerts will be as before: so in the absence of a bar, concert goers are invited to bring along their own drinks and there will be complimentary light refreshments during the interval.

October 3rd Mumbo-Jumbo 'Troubadours & Raconteurs' 8pm

November 14th Mambo-Jambo 8pm

April 23rd Synergy - Aire Flamenco 8pm

Concert tickets will be £9 each and those for the October concert will be available soon.

Contact 01623 810035 or 07734 274848

Mumbo-Jumbo takes three of the Midlands most experienced gigging musicians – Oliver Carpenter, Chris Lomas and Phil Bond – throws them together in a broadly acoustic format and lets them deliver what they are best at – live music performance. Playing music – around 70% self penned – they enjoy in front of appreciative audiences the band members apply their many, many, many years performing experience to entertain anyone with ears. Mumbo-Jumbo has also developed a special show specifically designed for the intimate atmosphere of the village hall called 'Troubadours & Raconteurs' which combines all of the musicianship and songwriting skills you expect from the trio with extra elements of audience participation to suit the village hall environments fun.



www.mumbo-jumbo.biz

<https://www.youtube.com/watch?v=XAg5qfJD5c>



Acoustic roots duo MAMBO JAMBO

Acoustic roots duo Mambo Jambo present a bit of a musical feast. They will take you on an enjoyable and intriguing musical journey, mixing sounds from around the world, folk and jazz, plus their own compositions. Their repertoire draws in a wide range of styles that might include Blue grass, Latin & Caribbean New Orleans, Balkan, and more. Blending all these influences they create an upbeat rhythmic and rootsy sound all of their own – with appeal across a very wide audience.

"Musical sunshine from a multi-talented and multi-instrumental duo. If they cannot put a smile on your face and set your feet tapping you may be beyond therapy."

www.mambojambo.co.uk

Junction Inn, Leeds Gig Guide

Aire Flamenco, presented by Synergy

Synergy's alluring vocals produce the most natural and close of harmonies. Their guitar playing is fiery and complex and features awesome traditional flamenco pieces and exotic driving accompaniment. The highly rhythmic style employed, moves from irresistible South American Rumbas and Tangos to complex Andalusian tempos.

Their live show is presented with upbeat humour and anecdotal song introductions. Juan and Glenn's energy is contagious and they are always accommodating and accessible with their audiences.

www.aireflamenco.co.uk

<http://www.youtube.com/watch?x-yt=1422503916&v=GkYY7nQ9XAU&x-yt-cl=85027636>



COMPETITION TIME

THIS WORDSEARCH IS:

15 Aeroplanes of the 2 world wars

Closing date 1st August

**Post entries in Verney Institute post box or
59 Newboundmill Lane or any councillor.**

NAME

Address.....

Tel No

Spitfire Junker
Focke-Wulf Kawasaki
Lockheed Mosquito
Heinkel
Douglas Dakota
Lancaster
Braemar Fokker
Wellington
Halifax Hurricane

The winner of APRIL'S
Wordsearch was
Julie Cook of Crookes Ave
Pleasley who received a
Garden Voucher pur-
chased from Glapwell Gar-
den Centre and presented
by Chairman Howard
Wright .

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

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LATEST TOPICS!!

Pleasley Parish Council would like to welcome into our parish, the new Team Vicar for the East Scarsdale Team. The Rev Karen Bradley, will be vicar for Holy Trinity Shirebrook and St Michael's Pleasley, after serving three years as a curate in Chesterfield. She and her husband lived in Clay Cross for 17 years. Karen now resides at The Vicarage, Main Street, Shirebrook, NG20 8DN.

A most welcome sight is that the housing development has at last started on Pleasley Hill. This will undoubtedly cause more traffic on Pleasley Hill.

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 is 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 health magazines and the internet. Plagiarism is not intended. We also reserve the right to edit where necessary and retain the right to print or not.