

# NEWSLETTER

**Forty fourth edition of the Newsletter for: Pleasley, Pleasley Vale, New Houghton and Stoney Houghton.**



Half way through the year already, after the inclement weather in April we had a better May let's hope for a better June and live up to the saying of, "June is bursting out all over" and we have a flaming June.

It is going to be a busy June and July with the **Scarecrow** festival on the Saturday **11th** and **Sunday 12th June**.

St Michael's Church Well Dressing and Flower Festival also **July 9th**. Blessing the Wells Sunday July 10th at 3pm. Church open daily until Wednesday 13th.

At the April Parish Council meeting donations were made to:  
St Michael's Flower Festival £200

The Parish Council has agreed to fund three grass cuttings for the Millennium Green.

The Open Door computer class has had three new laptops.  
It is suggested that the older ones be offered free of charge to Anthony Bek School.

Police reported 10 crime figures.  
1 Burglary. 1 Criminal Damage.  
4 Attempted break in to garages.  
4 Attempted break in to Vans.

County Councillor Marian Stockdale reported that she had awarded New Houghton Gala Committee £500 towards the staging of the gala day on 20th August.

A full survey of the Cemetery will be shortly completed and the best practice advice from the Cemetery and Cremation Management will be followed in relation to the contentious issue of graves that have violated the rule of raised border kerbs.

A request has been made to Derbyshire County Council for the erection of a new bus shelter for Chesterfield Rd outside Meden Vale Engineering.

Bolsover DC indicated that they wish to commence the Street Sports scheme again in New Houghton at a cost of £75 per week for a two hour session. This was granted subject to suitable dates being available.

The Annual Parish meeting was held on May 9th prior to the Annual Parish Council meeting,

This was convened and Chaired by Cllr Howard Wright, Chairman of the Parish Council. The Parish Meeting is a meeting enabling parishioners of the parish to attend and discuss parish affairs, there were however no other parishioners attending other than the present parish councillors who did not make any comments regarding parish affairs.

Minutes of the last Parish meeting in May 2015 was confirmed.

The parish precept was announced at £72.626.

Apologies were received from Cllr M. Gamble and Cllr D Gelsthorpe.

The Chairman then gave his report before closing the meeting.

The Annual General Parish Council meeting was held directly after, where, the first item on the agenda was to elect the Chairman for the coming year 2016-17. Cllr Wright was once again proposed as Chairman and duly accepted, the vice Chair elected was Cllr Pauline Bowmer.

There were no police in attendance and no County Councillor.

Councillor Pauline Bowmer gave her report from Bolsover District Council and answered relevant questions raised.

The date of the next two meetings were confirmed as June 6th and July 4th. Minutes of the previous meeting were accepted.

The report on the Cemetery was the controversial issue of the condition of some of the grave plots this was discussed but no decision was reached and will be carried forward for further discussion before any action will be taken.

Vandals have been at work once again on the Terrace Lane recreation ground destroying the safety surface of the sea saw. This along with dog fouling endorses the suggestion of covert cameras being installed.

Pleasley Nature Study Group requested a donation under section 137. £100 was donated.

The Annual Parish Meeting serves as a reminder of some of the highlights in the Parish over the last twelve months.

The success of the 2015 Scarecrow Festival raising money for King's Mill Hospital Dialysis Unit.

The Friends of Pleasley Pit continue their excellent work to provide a first class visitor attraction, based on the individual history & regeneration of Pleasley Colliery. An excellent English breakfast is available every day from 10am to 2pm. All are welcome.

The Parish Council was pleased to offer grant support to enable them to acquire a Dosco and Ring Packs.

Support was also given towards the staging of the Wildlife Day by the Pleasley Pit Nature Study Group.

The Pleasley Colliery Welfare Band continues to go from strength to strength. The Parish Council was pleased to be able to support their achievement in reaching the National Finals held at Cheltenham in September and also help towards the purchase of instruments for their new venture of training young band members.

In September the Parish Council put on a band concert on the Miners' Welfare sports ground, The theme was "World War Two 70th anniversary of V.E. Day Commemoration Concert" It featured a massed band of Pleasley Colliery Welfare Band and Shirebrook Miners Welfare.

Three Live and Local concerts in the Verney were well supported by the local community.

The Parish Council was able to assist the New Houghton Community Association toward the initial setting up of the administration for the association.

Open Door computer club at New Houghton is well attended. It continues to provide access and support to develop the computer skills of the local residents.

Street Sports Programme in New Houghton is a multi sport programme for young people aged 12+ years.

As well as the Hanging Basket Scheme the parish Council welcomes any ideas which may contribute to any improvement in the appearance of the Parish.

### **Chairman's Column.**



I must emphasise once more the urgency of residents to phone for a bowel screening kit. This did save my life in 2012. Phone 08007076060. It is four years since I had my operation, and the annual CT Scan shows there are no complications, all is clear.

Also Prostate Cancer UK deserves all the support you can give. See your GP to have a PSA test. You have to ask for these things, they do not tell you. In my case the trauma of being diagnosed with cancer was bad enough, without the shock of treatment, the physical and emotional stress along the way.

The nation's celebration of the Queen's 90th birthday happens to fall the same weekend as our scarecrow festival. Let's hope it doesn't affect the success of our festival.

**The first undisputed Queen of England** to reign in her own right was born 500 years ago on February 18th 500 hundred years ago was Mary Tudor,

The daughter of Henry V111 and Catharine of Aragon, she reigned for 5 years, you can say without being indecent, 5 bloody years because after her death she was known as Bloody Mary, because of her mass execution of hundreds of Protestant Leaders in a bid to turn England back to Roman Catholicism following the death of her half brother Edward, an ultra - Protestant.

The first of these martyrs was the printer of the "Matthews-Tyndale Bible" also executed was the former Archbishop of Canterbury, Thomas Cranmer, who was primarily responsible for the printing of the Great Bible, as well as bishops Ridley and Latimer.

During her reign from 1553, Mary thwarted a bid to put Lady Jane Grey on the throne and then crushed a rebellion led by Sir Thomas Wyatt.

To help her restore Roman Catholicism in England, she married Philip of Spain. This marriage was not a success, however. She was childless and after several false pregnancies she died of what is believed to be uterine or ovarian cancer.

Her husband showed little long-term interest in her or in England, except to drag it into a conflict with France that cost it the area around Calais its last foothold in France.

## Chairman's Column Continued.

As a result the country became disillusioned with her and was ready for a return to Protestantism when she was succeeded by her half-sister Elizabeth, the first daughter of Henry and Anne Boleyn.

Mary's body was interred in Westminster Abbey, when Elizabeth died, in 1603, she was buried next to her. With Elizabeth's backing the radical Protestant John Foxe tracked down the stories of those killed under Mary's rule and published them in his Book of Martyrs.

### **Do you suffer from leg cramp at night?**

Unfortunately I do and have tried to find a remedy which I will comment on.

Leg Cramps at night can be intensely painful, leg cramps become increasingly common as part of aging.

A leg cramp is a sudden, uncontrolled contraction of a muscle. This type of pain is most commonly experienced in the lower extremity, and therefore often called a leg cramp or a "charley horse."

Muscle cramp is a recurrent and painful condition and a common complaint among elderly subjects and patients treated with hemodialysis.

It is commonly nocturnal and can disturb a good night's sleep. No specific cause can be identified; Leg cramps occur when the muscle suddenly and forcefully contracts. The most common muscles to contract in this manner are muscles that cross two joints. These muscles include the calf (crossing the ankle and knee), the hamstring (crossing the knee and hip), and the quadriceps (also crossing the knee and hip).

Leg cramps usually last less than one minute, but may last several minutes before the contraction subsides. In some patients, the spasms occur primarily at night, and can awaken the patient from sleep.

More severe leg cramps can cause pain that lasts several days after the cramp occurs

It is not well known exactly how dehydration and muscle cramping are related, but it is known that dehydration can predispose to leg cramps.

Drink at least three full glasses of water each day, including one before bedtime. Also drink plenty of fluid before, during, and after exercise.

Quinine sulfate, an antimalarial drug, is widely used as an effective therapy for idiopathic leg cramps. Quinine should be used in a small dose and cautiously, especially in the elderly and patients with renal failure, and should be avoided in patients with liver disease.

In the past, quinine has been reported to be effective in relieving leg cramps. Unfortunately, it

There are a few different home remedies you can use to help ease the pain associated with leg calf or foot cramps, also cramping in the toes.

Here are one or two suggestions:

Mix 1 part **wintergreen oil** with 4 parts vegetable oil, and massage it into the muscle cramp. Wintergreen contains methyl salicylate, which relieves pain and stimulates blood flow.

Eat a Banana - Cramping may be due to deficient potassium in your body, grabbing a banana and eating it will increase your potassium level.

Wrap a hot moist towel around the calf and that takes the pain right away. Of course it's agony hopping around on one foot while you're finding a towel and waiting for the water to run hot. But once it is on the leg, it works instantly.

Cramp is a subjective symptom, therefore difficult to measure objectively. Once the cramp has passed, massage of the affected area or the application of heat may relieve any

**KNOW YOUR TO PARISH COUNCILLORS** and contact details, they are.

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tomkirkham2@hotmail.com	
Paul Seston	811994

**Contacts for parish clerk.**

**Parish Clerk** Neil Pocklington 819786

This number has an answering service.

**Email** neil.pleasleypc@gmail.com

**Mail address** The Verney Institute ,  
Newboundmill Lane Pleasley NG197PL

**Caretakers for hall bookings, for meetings, parties and functions. Phone.**

**Lauretta Brudenell for New Houghton**  
**01623-811390**

**Phillip Crouch for Pleasley 01623-810996**

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**NEWS RELEASE FOR  
PLEASLEY  
COLLIERY  
WELFARE BAND**

**1<sup>st</sup> Place in Third Section at Midlands Regional Championships – 12th March 2016.**

**“Pleasley – A musical, stylish performance, full of Panache”.**

**Pleasley Colliery Welfare Band has secured an invitation to the Brass Band National Finals for the second consecutive year and was crowned Midlands Regional Champions, 3<sup>rd</sup> Section 2016.**

**Musical Director is Geoff Benson**

**Congratulations to Pleasley Colliery Welfare Band.**



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## **GARDEN BONFIRES**

This time of year gardeners are looking to clear ground ready for planting and inevitably there will be a garden fire.

The bonfire gets its name from medieval "bone-fires" of animal bones - and while modern day bonfire ingredients may not be as gruesome, they still cause pollution and local nuisance.

Bonfires may be fun, but they are not usually the most environmentally friendly way of getting rid of your rubbish.

### **What's wrong with an old-fashioned bonfire?**

Bonfires can be very irritating to neighbours - the smoke, smuts and smell are the subject of many complaints to local authorities. Smoke prevents your neighbours from enjoying their gardens, opening windows or hanging washing out, and reduces visibility in the neighbourhood and on roads.

Bonfires cause air pollution. Burning garden waste produces smoke, especially if it is damp and smouldering rather than dry and blazing. Like tobacco smoke, this will contain the poisonous gas carbon monoxide and other irritating compounds.

Burning plastic, rubber or painted materials not only creates an unpleasant smell but also produces a range of poisonous compounds. The compounds can all have damaging health effects, but if exposure to bonfire smoke is short-lived, serious harm is unlikely.

Problems may be caused for asthmatics, bronchitis sufferers, those with heart conditions or children. Even if the immediate health risk is small, your bonfire will be adding to the general background level of air pollution.

Remember, bonfires are dangerous. Fire can spread to fences or buildings and scorch trees and plants. Exploding bottles and cans are also a hazard when rubbish is burned. Piles of garden waste are often used as a refuge by animals, so look out for hibernating hedgehogs, toads and sleeping pets.

### **What's the Alternative?**

#### **Compost and Recycling**

Most garden and kitchen waste - even cardboard and paper - can be recycled into compost. Rather than burning garden waste or putting food waste in the dustbin where it will end up buried or incinerated, a compost bin will produce a useful soil conditioner, saving money on commercial products.

Woody waste can be shredded to make it suitable for composting or mulching; you can buy or hire shredders and some allotment societies have their own. Household waste should certainly not be burned on a bonfire.

### **Good Bonfire Guidelines**

Please follow these guidelines and the chances are you won't cause a serious nuisance.

- Only burn dry material
- Never burn household rubbish, rubber tyres, or anything containing plastic, foam or paint.
- Never use old engine oil, meths or petrol to light the fire or to encourage it.
- Avoid lighting a fire in unsuitable weather conditions - smoke hangs in the air on damp, still days and in the evening. If it is windy, smoke may be blown into neighbour's gardens and across roads.
- Avoid burning at weekends and on bank holidays when people want to enjoy their gardens.
- Avoid burning when the air quality in your area is "poor" or "very poor".
- Never leave a fire unattended or leave it to smoulder - douse it with water if necessary.

### **What's the Legal Position?**

Many people assume that there are specific byelaws to prohibit bonfires.

#### **There aren't in this area.**

If used sensitively, the occasional bonfire should not cause a major problem and an outright ban would be unreasonable. It would be difficult to enforce and occasionally a bonfire is the best practicable way to dispose of garden waste. However if a neighbour is causing a nuisance by burning rubbish, the law is on your side. Under the Environmental Protection Act 1990, a statutory nuisance includes "smoke, fumes or gases emitted from premises so as to be prejudicial to health or a nuisance". In practice, to be considered a nuisance, a bonfire would have to be a regular problem and interfering substantially with your well-being, comfort or enjoyment of your property.

Remember, if the fire is only occasional this is unlikely to be considered a nuisance. Similarly, if you are being troubled by a series of bonfires from different neighbours, each one of whom only burns occasionally, this may not be considered a nuisance. In this situation all you can do is encourage them to consider the alternatives.

Finally, under the Highways Act 1980 anyone lighting a fire and allowing smoke to drift across a road faces a fine if it endangers traffic. Contact the police in this case.

**Parish Council Free Doggy bags can now be obtained from the Charity Shop Rotherham Rd New Houghton.**

## **LIVE AND LOCAL at THE VERNEY**

St George's Day 2016 in Pleasley will long be remembered by all those who attended Synergy's presentation of "Aire Flamenco". It was a memorable evening in a number of respects. Not just because, once again, interval refreshments included home-baked cakes; nor because Spanish omelette and sangria were a much appreciated addition nor because there was a raffle but because of the high quality of the entertainment. Synergy comprises Juan Casals Mendoza and David Shepherd on guitars and Glenn David Phillips (a Spaniard with an English name) on cajon and guitar. Glenn and Juan were the vocalists.

In between numbers the musicians explained the origins of their tunes, some of which were self-penned, and demonstrated what are the characteristics of the music from different composers and different areas of Spain.

As is usually the case at concerts there were CDs by the musicians on sale in the interval and at the end of the show.



This was Flamenco music at its best.

Synergy's mix of Latin based songs and instrumentals combined original compositions influenced by traditional material from Spain and South America. Their guitar playing was fiery and complex and featured traditional flamenco pieces and exotic accompaniment, moving from irresistible South American rumbas and tangos to complex Andalusian tempos.

Their energy was contagious and the show was presented with upbeat humour and anecdotal song introductions.

The audience was happy for them to continue for a further 30 minutes longer than scheduled.

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& LOCAL**



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[www.liveandlocal.org.uk](http://www.liveandlocal.org.uk)

Thanks are due not only to Live and Local and their funders but also to those helped on the evening in making and serving the refreshments and to The Nag's Head for a generous donation of a prize for the raffle.

The next Live and Local season starts in September. Watch this space to see what is offered at The Verney for your delectation and delight.

### SCARECROW NEWS.

For various reasons this year's scarecrow festival will not have as many entries as previous years which is very unfortunate. This is mainly due to illness, holiday bookings and family difficulties. Things no one can legislate for.



However I am sure it will be of a very high standard once again. We have the assurance that these competitors will certainly try hard for next year. Meanwhile, the Parish Council thanks those that have entered and looks forward to a successful festival. Let's hope the weather is kind to us. We have some new eager competitors.

Without you there would be no festival. It is a parish event. The first six chosen will receive a cash prize. The first prize is £75.

Profits will be donated to **The John Eastwood Hospice**. The mission of the **John Eastwood Trust** is to support its NHS partners in the organisation and delivery of palliative care services. **Their aim is to help patients and relatives.**

A big thanks to our sponsors **Maurice Hill Transport** and **Glapwell Nurseries**.

Members of the public who have purchased a map of the route will judge who will be the winner, by way of writing the number of their choice of best scarecrow, the second prize will be the one who has the second most votes the third will be the one with third most votes, Entries will be given a number to display their on the scarecrow.

Judging will be by the number only.

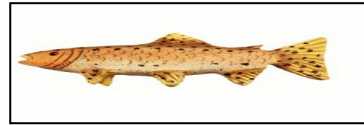
If anyone enters more than one scarecrow it must be as a separate item. It must have a separate number unless it is part of the theme.

**When returning your voting slips to the Verney Institute, for those who purchased a route map there will be refreshments served. Those who have no route map can still have refreshments for a modest sum .**

It will be essential that each scarecrow has a number displayed. Without a number you cannot be judged. Route maps will be on sale Saturday morning from 9-30am to 5pm, Sunday 9-30am to 4-30pm.

Make an effort to support a worthy cause.

### Derbyshire Alert



"Residents are being warned by our trading standards team to be aware of door-to-door fish sellers who have been misleading customers over the quantity and quality of the fish they are buying.

Following a number of complaints from residents our trading standards team is asking people to watch out for unfamiliar traders trying to make a quick profit.

The door-to-door sellers often target elderly or more vulnerable residents, convincing them to part with large sums of money for fish that is unlabelled or mislabelled, out of date or very close to being out of date or that has been previously frozen.

Householders are also led to believe they are only buying a few pieces of fish but are then presented with much larger quantities and pressured into taking them, often handing over more than £100.

Although there are some legitimate doorstep fish sellers out there, we advise residents to be cautious if approached by any unfamiliar traders."

**This next alert** is a reminder to be aware of emails that appear to have been sent from a legitimate organisation.

Fraudsters often use fake email addresses designed to encourage recipients to open attachments or links.

You are advised that if you are in any doubt as to the origin of an email, do not open it.

Consider that emails can be spoofed and used to generate spam to recipients far and wide. If you receive a spam email, you **MUST NOT** open it. Instead, delete it from your email system to avoid infecting your device.

- If you have opened an attachment from a spam email, you should get your device checked over by a professional and change the passwords for all your bank, email and online shopping accounts.
- Do not click or open unfamiliar links in emails or on websites.
- Make sure you install and use up-to-date anti-virus software.
- If you have opened an attachment and 'enabled macros' it is very likely that all your personal data will have been breached. You **MUST** change all your passwords for personal accounts, including your bank accounts.

## COMPETITION TIME

THIS WORDSEARCH IS:

17 Things you use in the garden.

Closing date August 4th

NAME .....

Address .....

Tel No .....

Watering Can. Fork  
Spade Loppers  
Cultivator. Shredder.  
Scarifier. Secateurs  
Wheelbarrow  
Hoe. Rotavator. Trowel.  
Shears  
Lawnmower. Rake.  
String. Dibber  
The winner of April  
Wordsearch has not yet

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

### Was it Apathy.

Derbyshire's recent election results for Crime Commissioner was a very low turnout. There are **57,890** people electorate in the Bolsover District Only 8993 bothered to vote, lets hope more vote for the In-Out EU

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