



NEWSLETTER

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

Another year. Welcome to 2015. Let's hope for a better year. Have you made any resolutions? No? Neither have I. Pleasley Parish Council wishes all parishioners a healthy and prosperous New Year.

At the December parish council meeting a letter was received from Pleasley Miners' Welfare Band requesting a grant of £500 towards the purchase of instruments for their new venture of training new recruits.

RESOLVED that a grant of £500 be given to Pleasley Miners' Welfare Band for the purchase of instruments for the training band.

The Chairman wished Councillor Pauline Bowmer a speedy recovery from her current illness.

Discussions with Bolsover District Council are going ahead for a band concert to be held in the summer on the Welfare sports ground.

The Parish Council has offered to clean the war memorial outside the Miners' Welfare which has been ravaged by time and inclement weather. The missing letters from various names will be replaced.

The Parish Council is waiting for the approval of the Miners' Welfare committee..



The Chairman of the Parish Council, Howard Wright, would like to thank all those who braved the wet weather to sing carols in the Verney on Friday 12th December and joined him in a

festive drink and the traditional mince pie. This was a chance to meet and talk to friends. It wasn't as well attended as previous years which is understandable but it was a most enjoyable evening, .

He would also like to thank Jean and Ralph Holmes for their valued assistance in playing the piano accompanying and leading the singing.

Also a big thanks to the ladies who served the refreshments: Margaret Wright, Jackie Jones, and Sally Hardy.

PLEASLEY PARISH COUNCIL.

**Vacancy for Part Time Caretaker
Verney Institute Newboundmill Lane
Pleasley**

The Parish Council is seeking a Part Time Caretaker for the Verney Institute Pleasley

The Salary will be £6-50 per hour based on a 20 hour week, these hours being flexible to allow for evening/ weekend opening, closing etc.

The role will include providing an efficient and effective caretaking service at the Verney Institute including opening and closing the building and cleaning and maintaining the security of the premises.

You will also be required to communicate with all user groups and their representatives to ensure that their requirements are met in accordance with the schedule of room and facilities hire agreement.

A copy of the job description can be obtained by contacting the Clerk Brian Carnall on telephone number 01246 273239.

Congratulations yet again to St Michael's Church Christmas Tree Festival which was a huge success.

There were 40 decorated trees with lights. The festival was opened on Friday December 5th with Pleasley Band playing carols, and closed Tuesday December 9th with a carol concert by the newly formed choir "Take Note" Conductor Jean Holmes.

The large Christmas tree was donated by Glapwell Nurseries, as was the tree outside the Verney and the one in the Community Centre.

Chairman's column.

"Another year into the new millennium something that those who are getting older and have suffered illness like me must have wondered whether they would ever see, but through the grace of God and good fortune we live to tell the tale, which brings me to repeat quotations on life from Samuel Smiles who said "Life will always be to a large extent what we ourselves make it".

The battle of life is, in most cases, fought uphill; and to win it without a struggle were perhaps to win it without honour. If there were no difficulties there would be no success; if there were nothing to struggle for, there would be nothing to be achieved.

And as Mark Twain said "Age is an issue of mind over matter. If you don't mind, it doesn't matter."

Remembrance Sunday.

The remembrance service at St Michael's and at the two village memorials was conducted by Canon Keith Bingley who, in his brief sermon, commented on the passage "We will remember them" from The "Ode of Remembrance" taken from Laurence Binyon's poem, "For the Fallen".

Many of us do not actually remember any individual when we say this, it is to remember the people who lost their lives in the wars. Initially it was intended for the fallen who served in the forces but there were tens of thousands of civilians who lost their lives because of the wars, and it also those who are to be remembered.

The service at New Houghton Memorial was highlighted when 6 white doves of peace were released by Laretta Brudenell in memory of the fallen. This was a gesture of good will. A big thanks to Laretta. Pleasley Welfare Band accompanied the hymn singing and the solo cornet played the last post and the reveille.

One may wonder why there are no names on the memorial near the welfare. This was funded by Stanton Iron Works and are on a plaque inside the welfare. The reason is there are above 600 names and they were not all residents of our parish, they were members who worked for Stanton Iron Works and many lived in Nottinghamshire, Stanton owned the colliery at that time. Pleasley Parish in actual fact has three memorials to the fallen in the two world wars: the third one is in Pleasley Vale. Pleasley Parish Council and the Vicar used to attend this memorial also.

The Freedom Community Project

www.freedomcommunityproject.co.uk

**Charity Shop New Houghton.
Working together to see lives change.**

This new venture in New Houghton is working very well and has had good reports.

The Food Bank.

Is from Monday to Friday 10am to 2pm, The aim is to support those who are unable to buy food by providing an emergency supply of food. It is operated on a referral basis.

See website for details.

Free Café.

Everyday from 10am to 2pm.

Providing a relaxed atmosphere where people can meet. A friendly place where you can find free help and support.

Credit Union.

The 2Shires Credit Union runs a drop in where you can arrange a savings account, deposits, withdrawals, small loans and loan repayments.

Debt & Benefit.

We provide help for those with debt and/or benefit issues, including help with budgeting, benefit checks, a self-help debt pack and where to get specialist help and advice.

Reading Support.

A small, friendly group aimed at providing one-to-one support for adults who struggle with reading and writing. We have a team of volunteers who meet during term time.

Clothing Store.

Our charity store provides a selection of new and nearly new items at affordable prices, including children's men's and ladies clothing and accessories.

Client Support.

Our client support service provides impartial help for people struggling with a range of issues. Such as support for homelessness, benefits, addiction and debt among others.

If you would like to volunteer with us please contact 01246—241457.

Any donations of food or clothing gratefully received.

CLEAN IT UP!

Thoughtless, inconsiderate, irresponsible, couldn't care less, anti-social.

All comments by irate residents about those dog owners who are prepared to let their pets foul public places and the people often most angry are those dog owners who do behave responsibly because they believe they get the bad name deserving of others!



No-one can be unaware that **it is an offence not to clean up** after a dog yet some members of our community continue to show little respect for their neighbours.

Young children especially are vulnerable not only through stepping in dog mess, which all parents know is extremely unpleasant, but also through contracting toxocarara canis which is spread in dog faeces.

Are you an irresponsible dog owner? Are you prepared to risk a child's eyesight?

For some time now the Parish Council has provided dog poop bags **free of charge** and they are available from any parish councillor.



The Parish Council is keen to encourage more people to clean up after their pets and so it has had dog poop dispensers (pictured) erected at New Houghton and Pleasley recreation grounds.

Council members have agreed to ensure that these are filled regularly.

On a positive note, the council would like to say thank you to the many owners who already "grab it and bag it". Let's hope that all members of our community will show respect for both their neighbours and the environment.

There have been reports of a dog running about out of control on the Parish Council's Terrace Lane Recreation ground and causing a nuisance and frightening children. The owner refused to pick up after the dog.

If this person is traced he will be reported to the Dog Warden and further action taken.

Any one who sees any dog faeces not being picked up anywhere contact, Andrew Green
Bolsover District Council Dog Warden Tel; 01246 242373 or Email andrew.green@bolsover.gov.uk

LOCAL GOVERNMENT ACT 1972

PARISH OF PLEASLEY
NOTICE of ANNUAL PARISH MEETING
NOTICE IS HEREBY GIVEN THAT –

The Annual Assembly of the Parish Meeting for the above Parish will be held at the Verney Institute, Newboundmill Lane, on Monday 11th May 2015 at 7.00pm.

Such persons only as are registered as local Government electors for the Parish will be entitled to speak at the meeting, but the meeting is open to the public during the proceedings unless the Parish Meeting by resolution otherwise direct.

The business to be transacted at the meeting will be as follows;-

AGENDA

Annual Parish Meeting.

1. To confirm the minutes of the last meeting.
2. Apologies for absence.
3. Announce Precept.
4. Chairman's report.
5. Public forum.

Dated 1st May 2015

Councillor John Howard Wright.

Chairman Pleasley Parish Council.

01623-810486

johnwright828@btinternet.com

Your Parish Councillors are.

Howard Wright (Chairman) 810486
johnwright828@btinternet.com

Ian Allen 810346

Pauline Bowmer (Vice Chair) 811492

Val Douglas 811761

Derek Gelsthorpe 810830

Mick Gamble 810035

Jackie Jones 811207

Neil Jordan 811615

Thomas Kirkham 07734274848

Paul Seston 811994

Parish Clerk Brian Carnall 01246-273239

53Malvern Rd Chesterfield S40 4DX

brian_carnall@yahoo.co.uk

District Councillors,

Ann Syrett and Pauline Bowmer.

County Councillor, Marian Stockdale.

marian.stockdale@derbyshire.gov.uk

Home 742197 Mobile 07764229549

Member of Parliament

Dennis Skinner.

skinnerd@parliament.uk

Are you a SAD Person.

If so, always look on the bright side, by the end of February the daylight will gradually start to increase and we begin to shed the winter blues and feel more alive.

Seasonal Affective Disorder, or SAD, or the Winter Blues, is officially recognised by Doctors and Psychiatrists as a medical condition that is thought to affect 2 million people in the UK and Ireland.

The amount of light we receive does have a profound effect on our body clocks. In the UK and Ireland we are more susceptible to S.A.D as we are situated in the higher latitudes of the northern hemisphere.

As a result, we experience large changes in light levels between the summer and winter.

We also experience periods of dark, gloomy weather which can reduce the amount of light we receive and therefore have a profound effect on our body clocks.

Consequently we in our life also experience periods of dark and gloom.

A combination of a change in seasonal light, our hectic lifestyles and the periods of darker days and poorer weather, can result in dramatic effects on our circadian rhythms.

This is one reason why our immune system is low and probably why we catch colds so easily vitamin D which essential for the immune system we get this naturally from the sunshine.

As a direct consequence of these environmental and lifestyle factors more people than ever before are suffering from Seasonal Affective Disorder. S.A.D.

Historically we only ever worked outdoors; two hundred years ago 75% of the population worked outdoors now less than 10% of the population work in natural outdoor light. Whilst this is fine in the Summer months when there are longer daylight hours, in the Winter months, people tend to go to work in the dark and go home in the dark and don't get to enough natural daylight.

This modern way of living has dramatically altered nature's cues. A modern day no longer starts at the break of dawn and ends at sunset. Workdays are getting longer and many people face shift work schedules. Additionally, the advent of electric lighting allows social gatherings and personal activities to extend well into the night.

These factors have diminished the body's natu-

ral ability to regulate the body clock and this work/life change has resulted in a dramatic increase in light deficiency symptoms.

Does daylight impact your health?

Like many mammals in the natural world, the human body responds to light. As a result our bodies are tuned in to the daylight hours in order to maintain our circadian rhythms.

These rhythms regulate many important bodily functions and if you do not receive the correct daylight signals at the correct time this can have significant affects on your wellbeing.

Circadian Rhythms help to regulate and control; food digestion, appetite for food, energy levels, sleep quality and length, and mood.

Your Circadian Rhythms are effectively your body's internal clock and if these rhythms are disrupted it can result in you suffering from Seasonal Affective Disorder

In the distant past human's lived in the outdoors and were exposed to sufficient levels of sunlight the whole year round even in the northern and southern hemispheres.

However, nowadays our lives are mainly carried out indoors due to work pressures, busy lifestyles and change in social behaviours.

With the advent of television and now the growth in computer, phone and tablet based entertainment we spend more time than ever indoors and miss out on the light cues our body needs.

Without sufficient levels of morning light our bodies circadian rhythms are not triggered and our body fails to produce the hormones required to feel wide awake.

During the day if we do not receive enough sunlight we feel sluggish, lethargic and low in energy and at night we stay awake long after darkness which can result in lack of sleep, disrupted sleep patterns and mood swings. In summary if we do not receive sunlight at the correct times and in sufficient quantities we can upset our body clock to such a degree that the symptoms of SAD ensue. As a result you need to combat these problems by changing your lifestyle as much as possible, provide your body with daylight at the right times.

The problem of S.A.D. (also known as winter blues) arises from the lack of bright light in winter. The cure? Intense light every day. Go for a walk get into a brightly lit climate or try light therapy.

TOMATOES

"Eating the right fruits and vegetables is not only invaluable for better health, it can save your life. A study in England shows one food in particular may save you from devastating cancerous developments.

The study examined the meals and snacks of about 14,000 men aged 50 to 69. It showed that eating 10 portions of tomatoes weekly can cut the risk of prostate cancer by 18 percent. In addition, the researchers took a look at how foods rich in the minerals selenium and calcium along with lycopene influence with the risk of prostate cancer. (Lycopene is an antioxidant substance called a carotenoid that gives tomatoes their red colour.)

Foods rich in selenium include Brazil nuts, eggs, sunflower seeds and mushrooms. Calcium-rich foods include dairy products, sardines and dark leafy greens like kale as well as spinach. But in this research, tomato and tomato products (like spaghetti sauce) were found to have the most anti-cancer benefits.

"Our findings suggest that tomatoes may be important in prostate cancer prevention. However, further studies need to be conducted to confirm our findings, especially through human trials. Men should still eat a wide variety of fruits and vegetables, maintain a healthy weight and stay active," says researcher Vanessa Er, who is with the School of Social and Community Medicine at the University of Bristol. It is estimated that more than 15 percent of all men will be diagnosed with prostate cancer at some time in their lives. More than 2.7 million men are living with prostate cancer today.

What follows is a mini-course on growing tomatoes outdoors; follow these directions for reducing the problems in your garden.

And yes, the tomato is a member of the solanacea family - the nightshade family and yes; it was grown as an ornamental for many years before some brave - and unknown - soul ate it for the first time. You might also be interested in knowing that when Europeans first started eating them, the tomato was considered an aphrodisiac and not a fruit to be eaten by proper ladies.

This ornamental status was a real shame in an era noted for its vitamin deficiencies because the tomato is loaded with all sorts of good things - including the prized vitamin C.

Several points. The "accepted" rule of thumb is that you remove the leaves below ground when you plant.

If the growing conditions are right, the tomato never hesitates. So remove the bottom leaves if it makes you feel better - When growing tomatoes, it's critical to get the spacing correct. This plant likes its own space. If you crowd this crop, you will get reduced yields.

Each large indeterminate (produces fruit continually) plant will require at least a 3 foot spacing between plants in the row with the rows at least 2 feet apart.

The smaller determinate (produces most of fruit all at once) plants can stand a 2 foot spacing in the row with the rows held at 2 feet apart.

However, commercial spacing also means good feeding and watering so that there is no stress on the plant.

Greenhouse Tomatoes will be in next Newsletter.

SCARECROW FESTIVAL

**This year's festival will start at 10am on Saturday
June 13th and run until it closes at 5pm on
Sunday 14th.**

Members of the public who purchase a map of the route will judge who will be the winner, by 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, fourth, fourth most votes and likewise to the sixth prize. Entries will be given an official number to display their scarecrow. Judging will be only by the number displayed.

With your route map you will have a tea token, which enables that person to light refreshments for one person. Any extra refreshments can be purchased at a modest sum of 50p per person or to any other people without a route map or if you come back for "seconds".

If anyone enters more than one scarecrow it must be as a separate scarecrow and it must have a separate number. Best of luck.

Voting slips are returned to the Village Hall, the Verney Institute NG19 7PL. It will be essential that each scarecrow has a number displayed because without a number you cannot be judged.

Route maps will be on sale Saturday morning from 10am. For £1.

Proceeds will be in aid of **Kingsmill Hospital Dialysis Unit.**

LIVE and LOCAL at The Verney

Blair Dunlop, Ross Couper and Tom Oakes, James Hickman and Dan Cassidy, The Hut People and Nick Hennessey have all been Live at The Verney since the parish council started the Live and Local concerts in 2012.

Responses to tickets going on sale have been varied but frequently they have been “who?” or “I’ve never heard of him/them”.

On March 28th, at the parish council’s next concert, another accomplished performer comes to the Verney.

- Over the years, he has worked with an amazingly broad range of artists, from rock musicians such as Brian May, Rick Wakeman and Midge Ure and in 1996 he realised a dream of playing guitar alongside Cliff Richard, on stage in Cliff’s West End musical Heathcliff. As well as performing in the role of The Troubadour, Gordon arranged the overture and wrote two pieces of music.
- He is the composer of the music that became the theme tune for the BBC’s “Holiday” programme.
- Ritchie Blackmore from Deep Purple refers to him as “one of the best acoustic guitar players in the world.”
- In December he appeared for the second time at The Great British Folk Festival and in March he is appearing at The Verney!



As usual, complimentary light refreshments will be available at the concerts but audience members are welcome to bring refreshments of their own.

Tickets will be available from February 4th from 07734 274848 price £8.00.

Gordon Giltrap

**SMOKED HUNGARIAN STYLE SAUSAGE,
CHICKEN AND BUTTER BEAN STEW**

SERVES 4

2 cold smoked Hungarian style sausages, or alternatively use chorizo
 4 chicken legs, or 8 thighs
 1 onion
 1 carrot
 1 stick of celery
 2 cloves of garlic
 1 tin of plum tomatoes
 1 tin of butter beans
 Good pinch of dried chilli flakes
 3 sprigs of fresh thyme
 1 bay leaf
 1 bunch of flat leaf parsley
 Splash of white wine
 2 tsp of tomato puree
 ½ tsp of sweet smoked paprika
 Pre-heat your oven to 160 degrees.
 Season the chicken with salt and pepper and brown in a preheated casserole in a little olive oil.

This will take around five minutes on each side to develop some colour.

Remove to a plate and add the roughly diced onion, carrot and celery to the same pan.

Cook for ten minutes stirring as the vegetables soften.

Add the garlic, chilli, smoked paprika, bay leaf and thyme and continue to cook briefly before adding the sausages.

Cook over a medium heat allowing the sausages to flavour the vegetables.

Add in the tomato puree and cook for a further two minutes, splash in the wine, allow to bubble briefly before adding the tomatoes, and a splash of water.

Next, return the chicken the pan, stir to combine and place on a tight fitting lid.

Transfer to the pre-heated oven for 30 minutes, remove, add the butter beans and stir in, before replacing the casserole, this time without the lid, for a further twenty minutes. At this stage reduce the sauce on the stove top if necessary seasoning with salt and pepper to taste. Stir in a handful of chopped flat leaf parsley and serve.

If you have a favourite recipe why not share it with us? Contactjohnwright828@btinternet.com

“If somebody sneezes and they’re infected with flu, they will expel viruses.



You can measure the dispersion of a sneeze up to 50ft. They really can spread a fair distance.”

“The fact remains that if your immune system is operating optimally, your chances of contracting cold or flu are very slim. Here are 10 simple natural

small changes you can make to your diet and lifestyle, which will give your immune system an extra boost before the flu season is in full force.

1. Hand Washing: It's easy and probably one of the most effective ways to protect yourself against infections. As many as 80 per cent of infections are transmitted by touching surfaces that have been sneezed or coughed on. Scrubbing before eating, drinking or touching your face, and disinfecting shared surfaces in the home (like the bathroom) and the office, like phones, computers and fridge door handles will drastically minimise your chances of infection. Wear gloves when handling supermarket trolleys.

2. Sleep: While you're off in dreamland, your body gets to work repairing cells and injuries you may have incurred during the normal day's wear and tear. Getting your seven to nine hours a night means your body can repair and heal itself and ward off infections. In fact, skimping on sleep is as disruptive to the immune system as stress, according to a 2012 study.

3. Exercise: Let's face it, during the colder months, getting enough exercise can be an arduous task. However, getting your blood pumping regularly can increase the activity of white blood cells that attack viruses. As little as 30 minutes of exercise a day can dramatically improve your overall health... and you don't necessarily have to hit the gym. Walking around the office, upstairs, downstairs and to and from work will also do the trick.

4. Zinc: Getting the right amount of nutrients, vitamins and minerals as part of a healthy diet leaves your body in optimal condition to ward off infections. This means cutting back on sugary, fatty foods and increasing your intake of vegetables, fruit and lean protein. One of the essential nutrients is zinc.

One study, published in the *Journal of Infectious Diseases*, found that zinc lozenges cut the duration of colds from seven days to four days, and reduced coughing from five days to two days. While it's not a cure-all, foods rich in zinc, like oysters and wheat germ, may offer some protection.

5. Garlic: The anti-microbial properties of this pungent bulb (and its relative, the onion) can fight off certain bacteria and viruses, as can the compounds in other herbs and spices, like thyme. Garlic's immune-protective action is attributed to the compound allicin, which seems to block infections. Try it in your next bowl of soothing chicken soup or warm winter salad.

6. Water: Your cosy-warm home this winter comes with a downside. Those cranking radiators dry out the air and without sufficient moisture your immune system cells can't work optimally, so it's important to stay hydrated.

7. Skipping Happy Hour: Alcohol suppresses both the part of the immune system that protects you from coming down with something and the part that fights off the germs already in your system. So knocking a few too many back puts you at increased risk of catching every bug doing the rounds... and also means you'll have trouble getting rid of them.

8. Massage: A favourite solution for many to de-stress, massage can also help you stay physically healthy. While there's been little research into exactly how it works, massage certainly increases circulation, which may help promote the general state of wellness in the body. A good massage stimulates blood flow, which in turn helps nutrients to circulate around the body faster and it increases absorption.

9. Have a cuppa: I've already mentioned that staying hydrated during the winter months helps your immune system to work optimally. Opting for a regular cup of green tea will give you the added benefits of more concentrated antioxidants, in particular EGCG, which helps fight off viruses by increasing the number of regulatory T cells in the body, a marker of stronger immune system functioning.

10. Pepper it up: A cup of chopped red bell pepper contains 190 milligrams of vitamin C, which is more than twice as much as an orange. We already know that Vitamin C is an all-powerful flu-fighter, but red bell peppers have the added benefit of being rich in vitamin A, which aids the growth of mucosal cells, the first line of defence against bacteria.

COMPETITION TIME

NAME

THIS WORDSEARCH IS:

Names of Battles in the two World Wars Address

Post your entries to 59 Newboundmill Lane or post them in the letter box at the Verney or give to any Parish Councillor.

Closing date. April 1st .

Tel No

LOOS. ISONZA.
YPRES.
SHAIBA. SOMME.
GAZA. DUNKIRK.
ELALAMEIN.
STALINGRAD.
ARNHEM.
ARDENNES.ANZIO.
OKINAWA. BRITAIN.
MONTE CASSINO

The winner of November
Wordsearch was
Mr W Barker
Terrace Lane
Pleasley, who was pre-
sented with a garden
voucher by the Chairman
Cllr Howard Wright
purchased From
Glapwell Garden Centre

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