

# **BLEASBY NEWS**



**OUR WONDERFUL JUBILEE PONDS**

**FEBRUARY 2019**

## WELCOME TO THE FEBRUARY EDITION OF BLEASBY NEWS

A Happy New Year to all our readers! We hope you will find something of interest in the following pages, not least the reports of Bleasby Christmas events, though it does seem a long time ago now.

Thinking of our village community events, we would like to draw your attention to the monthly coffee mornings. These are held on the last Friday of each month from 10am to 12 noon in the village hall. They are designed to bring local people together in friendship and have now become part of village social life - there is no charge. If you haven't given them a try, you would be made welcome even if you can only stay for just half an hour or come for the whole morning. It would be good to be able to welcome newcomers to the village in this way as well as "the regulars", also people who have recently retired and those with very young children. It is a good way to meet people you might otherwise not get to know. As well as drinking coffee there are opportunities for new arrivals to contribute to Bleasby Parish life and be drawn into joining the various organisations that meet in the village hall and elsewhere. Support is on hand for anyone who might need it and lifts can be arranged (through the editors) for anyone unable to get to the village hall. It is often assumed that coffee mornings are "women only" events but rest assured we have a good number of men who attend and they are very welcome.

We will be pleased to receive all types of articles, pictures, ideas and news etc – send all your items for the April edition by **Monday, 18<sup>th</sup> March**, to Rachael at [prandrew74@outlook.com](mailto:prandrew74@outlook.com) or Barbara at [barbaracast@btinternet.com](mailto:barbaracast@btinternet.com)

*Bleasby News editors, Barbara and Rachael*

## THE TODDLER GROUP'S VISIT TO HAZELFORD HOME



It was wonderful to witness the reactions of the Hazel Ford residents when the toddler group visited to sing carols and songs accompanied by instruments. Some initial shyness was soon overcome and the residents joined in with enthusiasm. Jamie with his drum was a big hit (excuse the pun) and two of the ladies were moved to get up and dance to his steady beat. The

children gathered around June to sing Happy Birthday which made her day. Another visit is in the pipeline in the not too distant future and will surely be a highlight of the Hazelford social calendar.

## **BLEASBY PARISH COUNCIL - BEING PART OF ALL OUR FUTURES**

In much the same way as many of you have set about making New Year's resolutions, the Parish Council is currently taking stock of locally relevant issues, reflecting upon its achievements and disappointments and preparing the way for the continuing welfare, progress and viability of our parish community. Looking ahead, and planning for the future, is not only a positive approach to life, but also an essential component of Parish Council business. Consequently, the construction and implementation of the Parish Plan has been a major platform upon which to build and apply this wisdom.

As you will gather from the Parish Plan Steering Group's article further on in this edition, the results of the parish consultation exercise have confirmed that road safety, potential flooding and the maintenance of village assets continue to be the expressed priorities of the community. And so the Council will be directing its focus on these three issues during the coming year. Additional articles from the Flood Action Group and the emerging Traffic Safety and Management Group will confirm that the focus on, and progress in, these areas is already underway. We do hope that you will rally around these two groups' initiatives as the year progresses.

Effective communication within and across the parish and between the groups will be critical to the success of any of the PP projects envisaged. To enable every one of us to feel informed, become involved and easily contribute to the emerging debate and planning, the Council is also focussing on improving 'connectivity' and networking through upgraded website facilities.

Our Parish Clerk, Belina Boyer, after three and a half years of service, left the Council at the end of 2018. Subsequently the PC has employed a temporary minuting clerk, Lynn Holland, who will support all official meetings, whilst councillors will be covering other aspects of the clerk's role until a new appointment can be made. Please contact me if you would like to know more about this position which will be advertised shortly.

The PC continues to be one member short; we would very much welcome the opportunity to co-opt an enthusiastic individual to work with us until May at least when the present councillors' terms of office come to a close and each of us will have to consider whether or not to stand again for office. This is a chance for parishioners to stand for election and we would urge you to think about standing or, failing that, encouraging some likely person to put themselves forward with your nomination. This is a great opportunity to make a significant contribution to your village and to help shape the future of Bleasby Parish.

We would encourage you to come along to our regular 'second-Monday in the month' meeting to get some insight into the workings of the PC and to bring forward your views and ideas as a member of the public - just as a band of eight to a dozen

parishioners do so at present, bringing fresh perspectives and prompting fresh initiatives such as last month's appeal for more effective recycling of plastics by the responsible authorities and the suggested adoption of the railway station by villagers.

Succession planning within all our groups and organisations is really important: we all look to the next generation of active supporters coming forward to build on the firm foundations of existing organisations and groups, an established Parish Plan, a strong community spirit and, at least, a thousand year history. Let us work together with common objectives and mutual support to ensure a happy, safe and secure community - no matter what Brexit might bring!

*Peter Cast, on behalf of the Parish Council*

## **FROM THE REVD PHIL**

Dear Everyone, is it too late to wish you a 'happy new year'? Hopefully not. Though I wonder what we mean by such a thing!?

There is a story of a famous rabbi who is walking back home one night. It is dark and foggy and he somehow misses the turn off to his village. He goes off the other way and ends up at the Roman military outpost for his region. He comes up to a massive wall and the guard on top, hearing a rustling below, shouts loudly "Who are you, and what are you doing here?" The rabbi looks up and the guard repeats loudly "Who are you and what are you doing here?". The rabbi asks "How much are they paying you?". There is a short moment of quiet before the reply comes "10 denarius a week". The rabbi says "I'll pay you twice that, if you'll come to my house every morning and ask me those two questions".

Who are you, and what are you doing here?

Is there something you have been put here to do? Do you say to yourself this is what I am, this is what I'm here to do, regardless of the outcome? Do you agree with me that whatever it is should be a combination of self-giving and self-fulfilment? A contribution to the greater good and a degree of joyful motivation? As we enter a new year do we need to re-set our goals, rediscover what we are 'put here to do'?

"Who are you and what are you doing here?" are two great questions to reflect on, whether it is a Roman soldier shouting them every morning or not. Perhaps the answer we come up with, might influence what kind of happiness we find in 2019?

*Every blessing, Phil*

phil\_07@btinternet.com - [www.westtrentchurches.co.uk](http://www.westtrentchurches.co.uk) – 07720010066

The Revd Phil can be contacted as above or via the administrator for the West Trent Group: Paula Carlin on 07419 176021 or at [beneficeofwesttrent@gmail.com](mailto:beneficeofwesttrent@gmail.com)

## **CHURCH NEWS**

**Lighting of the Christmas Tree and Treasure Hunt** We were pleased to act as a refreshment stop for all and an activity venue for young children when the Events Committee organised this successful pre-Christmas get-together. The hot chocolate with whipped cream and marshmallows went down very well, as did the mince pies.



*An avid 'young' listener to the pre-Christmas story-telling!*

**Christmas Services** Thank you to all who read, acted or helped in any way with the Crib Service, attended once again by over a hundred people. We don't always manage to have a Christmas Morning Eucharist but it was much appreciated this year by usual and occasional members of the congregation and several visitors.

**Open Door** The next meeting of the Open Door after school club for families with school age and pre-school children will be on February 4<sup>th</sup> from 3.30 until 4.30pm. Come and join us in school for stories and songs with a Christian message, activities and a snack.

**"Young Life" initiative** A small team from Bleasby, including the Open Door leaders, are attending a series of meetings with Bishop Paul and his team who are supporting work with young children.

**Soup and Cheese Lunches** We are again holding simple lunches on each Saturday in Lent. The first and third of these will be in the Village Hall on March 9<sup>th</sup> and 23<sup>rd</sup> from 12.30 until 2pm. On the other Saturdays, lunches will be hosted by various families. Please see the diary and posters for further information.

**Lent Course** A Lent Course will be held on afternoons and/or evenings in the Vicarage – please look for details on notice boards and in church.

**Good Friday Walk** This now annual walk will take place as usual, starting at Upton and finishing at Hoveringham. Short services will be held at each of the West Trent Benefice Churches visited on the "river route". There will be refreshments en route and a picnic lunch at Morton Village Hall. For further details see posters and the April edition of Bleasby News.

*Diana Temperley and Rachael Andrew, Churchwardens*

## **WELCOME AND CONGRATULATIONS**

We offer a warm welcome to newcomers George and Beth James on Station Road, Nick and Adam Cooper at The Gables, David and Fiona Foster at The Old Chapel, Karen Clark to Gibsmere, Victoria Ramsey at Goverton Hill and the Spencer family, Emily, Craig, Harry, Lucy and Charlotte, to Manor Close.

Congratulations to the Drake family, Katherine, Darren, Erin and Danny, on the birth of Marci Florence - and to the Vickers family, Roxy, Tom, Alicia, Daisy and Tommy, on the birth of Annabelle Beatrix.

## **THE WEST TRENT CHOIR**

If you can sing in tune, read music, and might enjoy singing in a choir you would be welcome to join or even sample the West Trent Choir.

Rehearsals: alternate Thursday evenings at the Minster's Song School (within the Great Hall).

Gigs: Selection of Benefice services, occasional concert. Currently preparing for a Plough Sunday service at St James Halloughton and a concert on Palm Sunday at Holy Trinity, Rolleston.

Musical Director: Anthony Gray (Minster Organ Scholar)

Ambiance: Improving, enjoying.

Contact: David Jordan [dhjupton@aol.com](mailto:dhjupton@aol.com) 07971545158 or Barbara Cast [barbaracast@btinternet.com](mailto:barbaracast@btinternet.com) 830284

## **OVERVIEW OF PARISH PLAN CONSULTATION RESULTS**

Following the publication of the results summary of the initial Parish Plan Questionnaire in July 2018, parishioners were invited to attend one of two Parish Plan consultation meetings in November or to give feedback online over a period of two weeks. Thanks to all the people, representing 55 households, who contributed to this recent further consultation - either in person at the Village Hall events or online - the Parish Plan Steering Group has now been able to forward its observations to the Parish Council in order for it to discuss the final priorities and cost implications.

The three areas that you consider to be of the greatest importance are:

- Maintenance of Village Assets – including upkeep of Glebe Field, Jubilee Ponds, open spaces etc, (65.45%) – 36 households
- Road Safety – speeding, and parking, (52.73%) - 29 Households
- Flooding and Sewerage (47.27%) – 26 households.

(Support for the 6 other areas ranged from 21 to 4 households)

In order to resource these priorities, 34 households (61.82%) thought that the precept should be increased to allow enhancement, 13 considered an increase to allow additional funding, whilst 8 households opted for the standstill basic increase.

It is encouraging to note a further number of people willing to give up their time to help the community – either at events (22), helping with village maintenance (11), and the church grounds (4), joining groups to help establish a ‘Help a Neighbour scheme’ (12), or a ‘Community Lift’ scheme (8). Other important ways to contribute also attracted a good response – helping in a flood emergency (13), finding out more about being involved with a Neighbourhood Watch Group (7), and, most reassuringly, 10 people are interested in defibrillator training. 16 households wished to be contacted by the Countryside and Footpaths Group.

2 households omitted to leave their contact details on their response forms – if you think this could be you, PLEASE contact Charlotte Gent on [charlotte.gent@btinternet.com](mailto:charlotte.gent@btinternet.com) so that you can be included at the next stage!

Once again, many thanks for all the helpful responses and comments without which there could have been no Parish Plan.

*Diana Temperley, on behalf of the PP Steering Group*

## **FLOWERS IN CHURCH**

Can you help? New to our village? Want to add something to community life?

How often? Once a year.

What? A small bunch of flowers on the altar to enhance our services and create a beautiful space in the church (plus a bit of elbow grease for the brass!)

St Mary's in Bleasby has several services each month and, having lost a few of our long serving members over the last few years, we have gaps! Dates arranged to suit you. Perhaps around your wedding anniversary or another significant event. Please do get in touch.

*Alison 831026*

## **FOUND**

A pair of beautiful leather gloves left in Church by a Christmas morning visitor and a little pink handbag left in one of the seats behind the font after the Crib Service. Please contact Diana on 830314 or Rachael 830296 if you know who they belong to.

## JUBILEE PONDS — FEATHERED FOREIGN FRIENDS AND FUR-COATED FIENDS

Winter is now beginning to bite with walkers around the Ponds becoming increasingly difficult to recognise, obscured as they are by weathershield apparel – transforming each individual into dumpy accumulations of layered clothing, hands mittened or hidden deep in pockets, facial characteristics lost behind steamed glasses, oppressive headgear and high coiled scarves.

Our birdlife has also become similarly rounded as plumage is fluffed up to trap insulating warm air and body profile compacted to reduce heat loss. They may look chubby and well-fed but not so - now is the critical cusp between survival and extinction, with shortened daylight hours for foraging, impenetrable frosted ground conditions, wind-chill factor at maximum and natural cover at a minimum.

Many more migrating birds have arrived to seek respite from deteriorating conditions on the continent and the higher latitudes. Our orchards are full of fieldfares and redwings, together with an influx of visiting blackbirds and songthrushes. Our waterfowl population has been significantly increased by incoming flocks of tufted duck, gadwall and goosander – even the odd pair of the once numerous pochard – whilst on our remaining meadows and boggy ground the wigeon and teal can be found, along with snipe with now, unfortunately, only a handful of piercing voiced lapwings.

By running water grey wagtails can be glimpsed seeking slimpicking sustenance. The spectacular great white egret may be spotted lumbering into flight, while the smaller, yellow-footed little egrets skulk and cower on the shallow margins. But from whence come these raucously gagging Egyptian geese – out of Egypt and out of favour?

Meanwhile, in brazen manner, a broad furred head breaks the surface of the fishing club's stockpond and swims in full sight to the bankside where it pauses defiantly in full view, its shining dark brown pelt glistening in the sun, eyes reflecting the sparkle of sunlight and its uniform coat only interrupted by a patched white chin. Here is the North American alien released into our countryside and conveyed through our network of water channels to every part of the land, almost wiping out our once common "Ratty", the water-vole, from swathes of the countryside and seriously damaging fish stocks, ravaging waterside nestlings and usurping the ecological niches of our native predators. The mink . . . escaped (or released) from fur-farms, now that fashionable, warm-fur, winter-wear has become decidedly non PC! Once a beauty – now a beast!

Grey squirrel, coypu, brown rat . . . . . Will we ever learn?

*Peter Cast*

# **LAKE DISTRICT HOLIDAY COTTAGE**

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## **BLEASBY LOCAL HISTORY SOCIETY**

It was a disappointment that we had to cancel the Annual Faith Supper this year – it seems that rather a lot of our members had other commitments on that evening. However, it was still possible for a smaller number to meet together on an informal basis.

We were sad to lose one of our Southwell members – David Hutchinson, whose memorial service was held in Averham Church on 26<sup>th</sup> January.

The February 26<sup>th</sup> lecture takes us to sunnier climes (if that is how you remember Skegness) with a bracing talk by Bob Massey entitled – you may have guessed - “Skegness – so bracing”. And then, on March 26<sup>th</sup> we have our AGM: short business (but hopeful of new committee members) followed by an item of local history interest.

We are very pleased to see visitors and new members at any of our events.

*Barbara Cast - President of Bleasby Local History Society*

## **SOME THOUGHTS OF A LITTLE-KNOWN BLEASBY POET**

The shortest day has just passed by,  
So, as we now inspect the sky,  
We know full well and with good reason  
The days will lengthen for a season.  
So now we choose what path to take,  
And New Year Resolutions make,  
To live our lives as best we can,  
And spread good will to every man,  
(And women too - you get the gist -  
I'm not a natural feminist).  
For as we age, we also grow  
In courage, wisdom, wit, and so  
We place less burden on our kin  
And everyone's affections win.  
So when you wake on Christmas morn  
Remember that a child was born  
(Some say within a cattle stall)  
Who brings new light and life to all.

*Edmund Salter*

## **BLEASBY OPEN GARDENS (BOG)**

### Invitation to Open your Garden on Sunday June 9th

Open Gardens is an established part of community events, draws in a lot of visitors who enjoy a good afternoon out with tea and famously delicious cakes. It is also a vital fundraiser for village organisations.

If you haven't opened your garden before please consider it. It doesn't have to be of "Yellow Book" standard nor even weed-free but we pride ourselves on having a range of different gardens to show - small cottage gardens, gardens with 'rooms', minimum maintenance gardens, child-friendly gardens and 'wild' gardens where 'managed neglect' helps wildlife to flourish. Several of our regulars are opening again for which we are most grateful, but visitors, who often return year after year, always appreciate something new. Please be in touch with Lynda Ogilvie or Rachael Andrew to find out more if you would be willing to open your garden or be involved in one of the many other tasks that are required to make the day a success. Lynda at [lynda.ogilvie@gmail.com](mailto:lynda.ogilvie@gmail.com) or Rachael at [prandrew74@outlook.com](mailto:prandrew74@outlook.com)

## **BLEASBY SCHOOL CHOIR**

The reformed Bleasby School Choir under the guidance of Angela Dunning starred in the Carols for Everyone event in Southwell Minster and also at County Hall in Nottingham in the run up to Christmas. Parents who attended the school end of term service in St Mary's heard for themselves how well they can sing and with such enjoyment.

## **BLEASBY EVENTS GROUP**

As you are all aware, a Parish Plan questionnaire was delivered to all of our homes, followed by a draft Parish Plan. In this there was a section whereby you were able to say if you were interested in helping plan events for the community on behalf of the Parish Council.

From that list, a committee was formed. For the last year, I and Sharon Holt have had the privilege of working alongside these committed members of our community. We came together to agree a plan of events for 2018 and deliver fantastic events that included all interests for all generations. We began the calendar of events with the Royal Wedding screened live in our village church, plus maypole dancing, picnics on the Glebe Field, and then the football match was shown at the pub. Something for everyone and the event lasted the entire day. After this event, summer brought the well-attended Bikefest, again on the Glebe Field but also along Gypsy Lane, which encouraged bike safety and improved confidence skills. September brought the moving and befitting War Memorial dedication service. We closed the year with a Christmas treasure hunt and enabled all generations to enjoy family walks around the Jubilee Ponds, refreshments and stall in the church, followed by live music with a carol singalong around the Christmas Tree on the Glebe Field.

Our time as Chair and Secretary has come to an end. We are inviting all villagers to participate in the Events Group planning committee to help bring ideas and events to life in the coming year. Anyone who has an idea for an event they would like to take forward with the support of the Events Group or who would like to join the group to help plan events for 2019 or even take on the role of Chair or Secretary, is invited to get in touch by email [Janene.Scurfield@erac.com](mailto:Janene.Scurfield@erac.com)

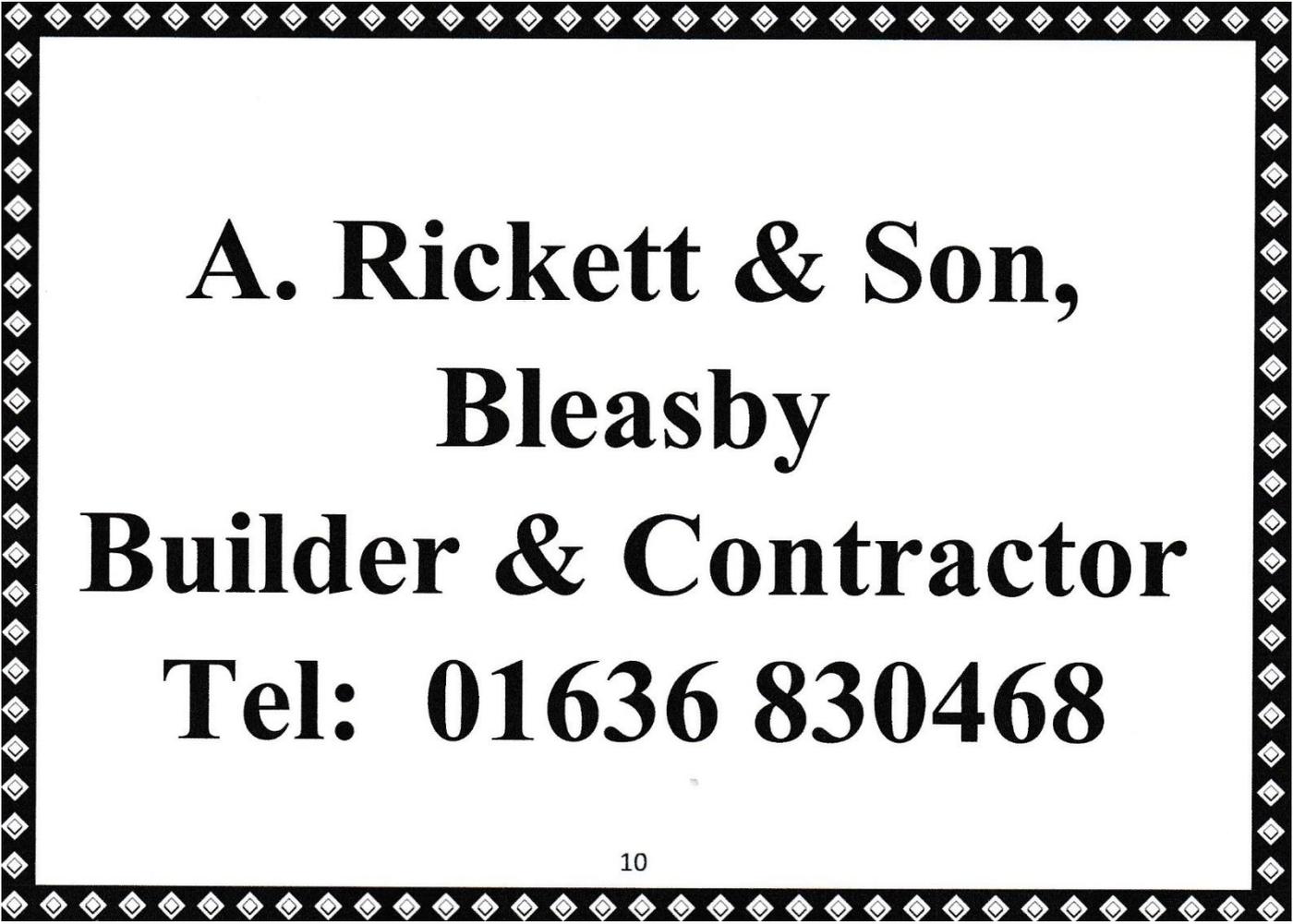
Lastly thank you to everyone who contributed to the success of all this year's events – without you they simply won't happen.

*Janene Scurfield*

## **SPORTING SUCCESS**

Congratulations to Freddie Polak, age 12, who set a new British Record for short track speed skating in an international event in Italy to add to his three earlier records in 11 years and under events.

Congratulations also to the Bleasby School boys' cross-country team who took the league title in the Nottinghamshire Primary Schools event; and in particular to Daniel Wicks who came first.



**A. Rickett & Son,  
Bleasby  
Builder & Contractor  
Tel: 01636 830468**

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**BLEASBY FLOOD ACTION GROUP WINTER UPDATE**

Our small band of volunteers met in January to review the winter flooding risks and activities. Many parishioners walk around the paths and fields and keep us updated if there is a fallen tree or the ditches or dykes are backlogged. Thank you for doing that and, please, all of you continue to help us keep the water flowing by reporting any problems you see.

It is now two years since the burst water main on Main Street: we got very prompt action that day as multiple people reported it. The services respond to a **VOLUME** of calls. The more people call, the quicker it gets sorted! If you have an issue call Severn Trent Water straight away and please don't assume someone else has done it.

Notts County Council and Newark and Sherwood DC are continually reviewing policies and procedures for emergencies. We do the same. **It becomes more obvious that if there is a crisis, we have to help ourselves locally first.** There are very limited resources out there to help us. To this end we are updating our emergency plan and list of emergency volunteers. We haven't done this for a while. As with any community we rely on volunteers and all us flood wardens are ten years older than we were when we started. Two have retired so **we would welcome anyone who would like to be a volunteer flood warden or volunteer to get in**

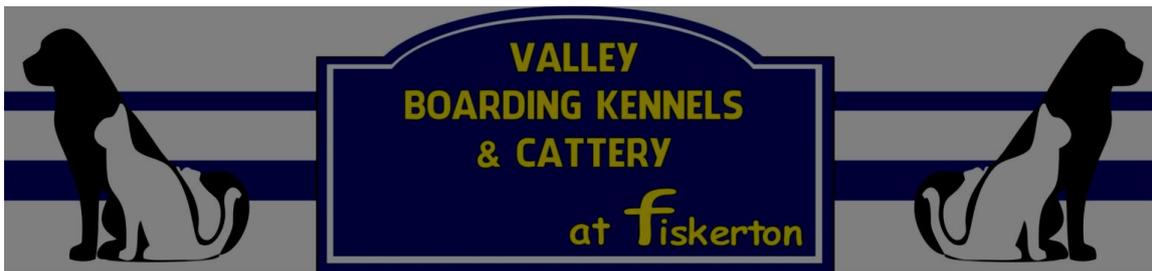
**touch.** It just means being able to help if there is a crisis – it's not a regular commitment. **If you have moved into Bleasby since 2007 and want to help... we need to know.**

Equally we are redrawing up our list of vulnerable or at risk households. If you think you would struggle to help yourself in a flood then get in touch so we know that, should the need arise.

Lastly feedback from the Parish Plan showed that 20% of households had flooded at some point and 27% of them involved sewage. **That is 1 in 4...** We all affect our friends and neighbours by our actions in what we flush down the toilet. **Please do not flush wipes or sanitary wear or any other items not designed for that purpose. The consequences for us all are horrid if you do!**

To report a leak or issue with sewage or water supply call **Severn Trent 08007834444**. To report blocked ditches or dykes in Bleasby Parish or to find out more about volunteering or being an emergency contact call Elaine France on 830303, Alison Sutherland on 831026 or Peter Cast on 830284.

*Alison Sutherland on behalf of Bleasby FAG*



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## Bleasby Diary of Events

<b>Date</b>	<b>Time</b>	<b>Event</b>	<b>Location</b>
Sunday 3 <sup>rd</sup> February	10.30am	Service of Holy Communion	St Mary's
Sunday 10 <sup>th</sup> February	10.30am	Service of Morning Praise for Everyone	St Mary's
Sunday 10 <sup>th</sup> February	6pm	Plough Sunday Service with the Trent Churches Choir	St James Halloughton
Monday 11 <sup>th</sup> February	7.30pm	Parish Council meeting	Village Hall
Wednesday 13 <sup>th</sup> February	11.30pm till 2pm	Bleasby WI Poetry Lunch	Village Hall
Sunday 17 <sup>th</sup> February	10.30am	Benefice service of Holy Communion	St Michael's Hoveringham
Sunday 17 <sup>th</sup> February	2pm	Footpath walk	Usually Gypsy Lane Chestnut tree
Tuesday 19 <sup>th</sup> February	7.30pm	Meeting of Bleasby WI with Sue Burton on Looking Good with Colour	Village Hall
Friday 22 <sup>nd</sup> February	10am till noon	Friendship Coffee Morning	Village Hall
Sunday 24 <sup>th</sup> February	10.30am	Service of Morning Praise for Everyone	St Mary's
Tuesday 27 <sup>th</sup> February	7.30pm	Meeting of Bleasby Local History Society with Bob Massey on Skegness: So Bracing	Village Hall
Sunday 3 <sup>rd</sup> March	10.30am	Service of Holy Communion and Baptism	St Mary's
Wednesday 6 <sup>th</sup> March	7pm	Ash Wednesday service	St James Halloughton
Saturday 9 <sup>th</sup> March	12.30pm till 2pm	The first Lent Lunch - all welcome for soup and cheese	Village Hall
Sunday 10 <sup>th</sup> March	10.30am	Service of Morning Praise for Everyone	St Mary's
Monday 11 <sup>th</sup> March	7.30pm	Parish Council meeting	Village Hall
Saturday 16 <sup>th</sup> March	12.30pm till 2pm	Second Lent Lunch	Alligin, Main Street
Sunday 17 <sup>th</sup> March	10.30am	Benefice service of Holy Communion	St Peter and St Paul Upton
Sunday 17 <sup>th</sup> March	2pm	Footpath walk	Usually Gypsy Lane Chestnut tree

Monday 18 <sup>th</sup> March		Deadline for April's Bleasby News	
Tuesday 19 <sup>th</sup> March	7.30pm	Meeting of Bleasby WI with Chris Bentley on Aspects of Japan	Village Hall
Saturday 23 <sup>rd</sup> March	12.30pm till 2pm	Third Lent Lunch	Village Hall
Sunday 24 <sup>th</sup> March	All day	Walter Hilton of Thurgarton Priory Day	
Sunday 24 <sup>th</sup> March	10.30am	Service of Morning Praise for Everyone	St Mary's
Tuesday 26 <sup>th</sup> March	7.30pm	Bleasby Local History Society AGM	Village Hall
Friday 29 <sup>th</sup> March	10am till noon	Friendship Coffee Morning	Village Hall
Saturday 30 <sup>th</sup> March	12.30pm till 2pm	Fourth Lent Lunch	Sutton House
Saturday 6 <sup>th</sup> April	12.30pm till 2pm	Fifth Lent Lunch	Little Dower House
Sunday 14 <sup>th</sup> April	Evening	Palm Sunday concert - Trent Churches Choir	Holy Trinity Rolleston
Sunday 9 <sup>th</sup> June		Bleasby Open Gardens and Church	

## **BLEASBY WOMEN'S INSTITUTE NEWS**

We had a super Christmas celebration on December 11<sup>th</sup> with the traditional Christmas party. We were able to send some really lovely gift-wrapped Christmas parcels to the Women's Refuge in Newark and we hear that these were greatly appreciated.

In January we had the intriguing session entitled "Panic Zone" – and we didn't panic as David Gunn took us through ways to avoid getting into the 'panic zone', not staying too long in the 'comfort zone' and finding our challenging and interesting place in the 'stretch zone'. Also how to manage tasks which appear to be impossible to undertake. An interesting exercise, especially for Hazel! February's talk looks intriguing too – looking good with colour and then in March it's off to Japan, at least in pictures.

As well as talks our meetings are always interesting and sociable, often with extras such as tombolas and sales of themed items. And there are opportunities for all sorts of activities - craft, sport, visits and cultural events. If you are interested in joining or just seeing what we are like, do come along to the Village Hall on a third Tuesday in the month at 7.30pm. You will be warmly welcomed.

*Barbara Cast*

**February Church Services in the West Trent Benefice (HC = Holy Communion MPE = Morning Praise for Everyone EP = Evening Prayer)**

February	Bleasby	Halloughton	Hoveringham	Morton	Rolleston	Thurgarton	Upton
Sunday 3 <sup>rd</sup>	10.30am HC		6pm EP	9am HC	10.30am MPE	10.30am MPE	10.30am HC
Sunday 10 <sup>th</sup>	10.30am MPE	6pm Plough Service	10.30am MPE	10.30am MPE	10.30am MPE	10.30am HC	10.30am MPE
Tuesday 12 <sup>th</sup>							10am HC
Sunday 17 <sup>th</sup>			10.30am Benefice HC				
Sunday 24 <sup>th</sup>	10.30am MPE		10.30am MPE	10.30am HC	10.30 HC	10.30am with Methodists	10.30am MPE

**March Church Services in the West Trent Benefice (HC = Holy Communion MPE = Morning Praise for Everyone EP = Evening Prayer)**

March	Bleasby	Halloughton	Hoveringham	Morton	Rolleston	Thurgarton	Upton
Sunday 3 <sup>rd</sup>	10.30am HC		6pm EP	9am HC	10.30am MPE	10.30am MPE	10.30am MPE
Wednesday 6 <sup>th</sup>		7pm Ash Wednesday service					
Sunday 10 <sup>th</sup>	10.30am MPE	10.30am HC	10.30am HC	10.30am MPE	10.30am MPE	10.30am MPE	10.30am MPE
Tuesday 12 <sup>th</sup>							10am HC
Sunday 17 <sup>th</sup>							10.30am Benefice HC
Sunday 24 <sup>th</sup>	10.30am MPE		10.30am MPE	10.30am HC	10.30am HC	10.30am with Methodists	10.30am MPE
Sunday 31 <sup>st</sup>						10.30am Benefice HC	

**JOHN HOLMES – MARCH 1819**

*In March this year, nine persons of this village joined the Methodist Society, and Joseph Wilson opened his house, in Gibsmere, for preaching in April following; when Samuel Smith (a local preacher) of Fiskerton, delivered the first sermon ever preached by the Methodists in this Parish. A camp meeting of the same sect was held in this village on Monday, May 9<sup>th</sup>, the same year, when five sermons were preached. It was a remarkable fine day and great multitudes attended from the surrounding villages.*

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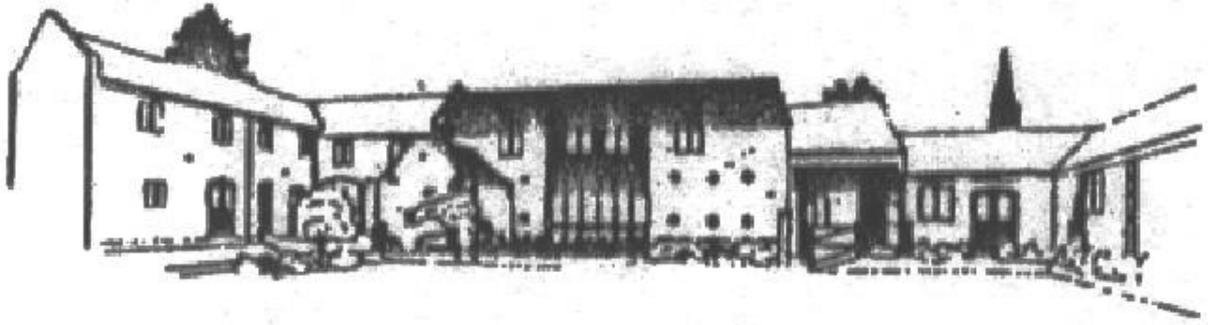


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## AN INTRODUCTION TO KUNDALINI YOGA



Did you know that Kundalini yoga is becoming one of the fastest growing forms of yoga? In fact, it's the most effective, healing yoga technology you've never heard of! For something so popular why is this the first time you hear its name? Probably because it's growing rapidly in the US, making headlines with actors and creatives such as Russell Brand, Demi Moore, Miranda Kerr, Kate Hudson and Alicia Keys and also expanding in London and the South of UK. But now it's here in little old Bleasby, at our stunningly beautiful village hall, the perfect space for energy-raising Kundalini Yoga.

While crowd-pleasing Hatha Yoga - the yoga you see in every gym, hall and studio - is still undeniably the king of western yoga, Kundalini is a deeper, more complete practice.

What is Kundalini? Kundalini refers to a form of primal energy (or shakti) lying dormant, "coiled", at the base of the spine. Kundalini yoga awakens that energy in the body, releasing your creative potential. As well as making your life shine, it unleashes numerous physical benefits; increasing oxygen and blood flow, balancing the glandular system, strengthening the nervous system, reducing stress-induced toxins, such as adrenaline and cortisol.....and I could go on! In a typical Kundalini class you'll alternate between chanting, breathing exercises, meditation and physical sequences called kriyas.

Who is it for? The beauty of Kundalini is there something within the practice for everyone. My Mum, aged 80, is a Kundalini convert, enjoying renewed energy & sharpness of mind since beginning a weekly practice. Her arthritic knees can sometimes prevent her from holding certain postures, but even an adapted pose will bring benefits. The element that draws many people to Kundalini is its emphasis on self-awareness. Known as the Yoga of Awareness, it teaches you to listen deeply to



your body, thoughts and emotions. By working on the mind, cleansing and clearing, it naturally leads to a softening and transformation within the body. "Kundalini is a constant opportunity for growing a little closer to your true spirit every day, so that you can be the best you". Just be prepared to hold your arms above your head without moving for 11 minutes at a time..... Really :)

Class Times: Every Thursday: 10am and 6.30pm

Contact: Louise Luiggi, 07815 823155

[www.immortelleyoga.com](http://www.immortelleyoga.com)

[louiseluiggi@immortelleyoga.com](mailto:louiseluiggi@immortelleyoga.com)

I am social:

Facebook - @ImmortelleYoga

Instagram – louiseluiggikundalini

## **COUNTRYSIDE AND FOOTPATHS GROUP**

Since the last report the Group has enjoyed two very different walks – one circular, following the flat course of the Trent Valley Way and the other, again circular, taking in the rolling hills and dumbles of Thurgarton Quarters, each of them, including the shorter one mile circular, covering about five miles of our local countryside.

We have now walked all the footpaths in the parish of Bleasby and, the most recent, one exploring and extending our walks into an adjacent parish, aiming to familiarise walkers with the network of walking opportunities that surround us as well as the associated wildlife, farming and local history.

On these walks we use the Yellow Maps, as referred to in Bleasby News, but also compare and contrast today's scenery, features and rights of way with those of days of yore by using older maps produced in various forms over previous centuries. This allows us to appreciate and understand our countryside so much more and will enable us to respond to historical queries on rights of way.

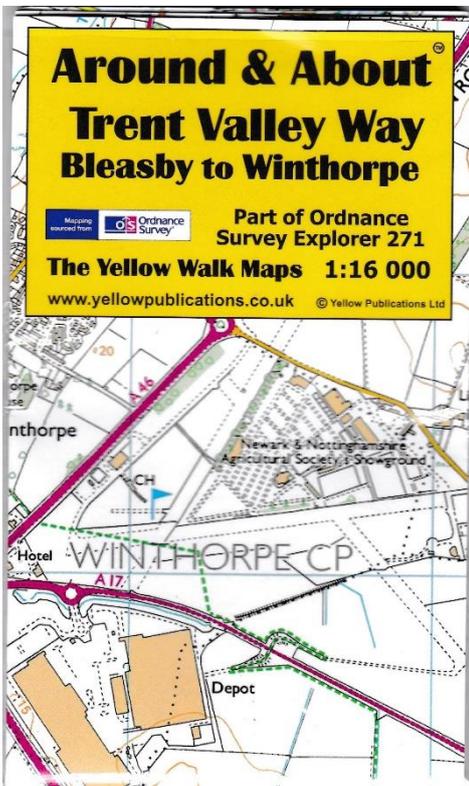
Our last walk also included the use of old photographs to match up with locations along the walk – both fascinating and challenging - members gained full marks with the exception of tracking down a giant felled poplar tree that must, by now, be part of some agricultural framework of one of the old stone barns in that area or have been reincorporated into our charming countryside!

We look forward to seeing many of you on the regular third Sunday afternoon walks. We usually start at 2pm at the Chestnut tree at the end of Gypsy Lane but, if not from there, email notifications or posters will give details. Everyone is welcome on these walks and please see Meg's article for other opportunities.

*Countryside and Footpath Group members*

## **THE OBBERIES!**

You've heard of Daylight Robbery, and we've had a few of those!  
And then there's Daylight Yobbery, bad manners, swearing, noise,  
But Daylight Lobbery, that happens all the time  
When people throw from vehicles or drop litter as they go  
We try to keep our parish tidy; but take a pleasant walk  
You'll find you need a bag because the lobbers got there first!



## **YELLOW MAPS CENTRED ON BLEASBY**

The new Countryside and Footpaths Group is using a Bleasby centred map which was specially commissioned from the company “The Yellow Walk Maps”.

Members of the group are finding it very useful – most other maps place Bleasby annoyingly on the edge of two sheets. The maps are small enough to go in any pocket and have their own little folder. They are also water resistant. A must for any walker!

These maps are locally available at the Bookcase at Lowdham and can be bought for the very reasonable price of £3.99.

## **IDEAS TO THINK ABOUT**

Bleasby has a walking group (open to everyone) which meets on the third Sunday of each month. However, if there is anyone who would be interested in walking on a more regular basis, maybe once a week, (well behaved dogs would be welcomed), then I would like to hear from you. Also, we have a couple of established cycling groups in the village, but is there anyone who, like me, doesn't own a seriously competitive bike and are not interested in crunching the miles at high speeds, but would simply like to have a bit of fun on a sunny day to help keep fit and burn off a few calories (but possibly put them back on again with coffee and cake at a garden centre). I'm open to ideas, it doesn't have to be anything set in stone, or might simply be a case of having a list of contacts to ring round when you feel like a walk or a ride. So, if there are any like-minded people in Bleasby or surrounding areas please get in touch with Meg on: 07595-399766.

*Meg Sulley*

## **BLEASBY PARISH COUNCIL ONE – SPEEDING DRIVERS NIL**

Speeding is a problem that is universal to modern village life. Bleasby Parish Council has been working extremely hard - writing letters, emails, making phone calls, meeting highways representatives, arranging data collection and so on - in response to so many villagers' requests to tackle speeding. We are very pleased to report that two Radar Speed/driver feedback signs will be installed in the village (one of them imminently) in order to caution speeding drivers between the level crossing and the Goverton entrance to the parish. This type of sign is being used across the country because they are effective at slowing speeding drivers down.

There is no single, simple solution to all speeding problems which satisfies residents, is effective and meets good engineering practices and standards. However, at least this is a step in the right direction. The results of the Parish Plan consultation have been extremely valuable in gathering residents' experiences, evidence, opinions, ideas and positive responses to volunteering in the future. Proposals include forming a 'Speed Watch Group' as community involvement is an important component of any traffic calming programme. If people are involved, the chance for problem resolution and a successful traffic calming programme is greatly improved. Often problems cited are ones of perception and not fact, and the solution proposed could be ineffective or even counter-productive. Please get in touch with the Parish Council or me if you would like to be involved with this particular initiative to take speed checks and to define the necessary statistics to support our case.

We strongly support a responsible and safety-conscious approach to driving. People should drive cautiously and at a moderate speed through villages, and especially on narrow rural roads, drivers should always keep at or below a safe stopping speed judged by the hazard free distance that can be seen ahead, and to take special care in areas where pedestrians, horse-riders and cyclists are present, or are likely to be present.

The results of the Parish Plan consultation meetings and the online questionnaire have confirmed that road safety remains a high priority and, to this end, our intention is to set up a proactive 'focus group' to engage with this task, explore the suggestions and ideas of the many PP respondents, the results of the Speed Watch Group and help formulate a Traffic Safety and Management strategy for the parish. If you would be willing and keen to establish this group please contact me by email at [angelabradbury@hotmail.com](mailto:angelabradbury@hotmail.com) .

*Angela Dunning, on behalf of the Parish Council*

### **IT WILL SOON BE NESTING TIME!**

It may be cold and wintry still in February and March but spring will soon come and birds will be nesting. Every year lots of young birds, which have just left the safety of their nests, are killed by cats.

All the time wildlife is under greater threat and we are not seeing lots of the birds we used to see regularly. We can do what we can to attract birds to our gardens, we can try to make it a good environment for them, we can feed them appropriate food but combating the cat menace is more difficult. So there are a couple of important things that cat owners can do – keep them in during the nesting and fledging season and make sure they are always wearing a bell.

We need our birds and they need us!

# NJN JOINERY

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## MP AT BLEASBY SCHOOL – from the Advertiser

If Newark MP, Robert Jenrick, thought he was leaving a torrid Westminster for an easier day at Bleasby Primary School recently, then he had another think coming. For clued-up pupils quizzed him on everything from homelessness to the NHS, the environment - and Brexit.

Head, Mr Sam Mensah, said the MP had been met by school prefects, who had asked questions about Mr Jenrick and his job and were given very detailed responses.

The MP was invited to his first visit to the school after pupil, Priya Bhaker, ten, was runner-up in Mr Jenrick's competition for schools to design his official Christmas card. Priya and her mother, a lunchtime supervisor, were both there.

"I was really impressed with the intelligence of the children's questions about some of the big issues in society at the moment," said Mr Mensah.

"They certainly kept the MP on his toes, but he didn't fudge his answers. There are definitely some future leaders."

The MP stayed for just over an hour, longer than was scheduled.



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We have a person centred approach to the care of the residents: this approach is vital to ensure the best possible outcome and wellbeing.

Dementia care is a specialist area: we ensure with sensitivity that the resident is supported continually with person centred care planning, reinforcing daily the aspects of their lives they enjoy to ensure wellbeing and pleasures on a daily basis as, sadly, the previous day may be forgotten.

Our aim is to offer stimulating activities, with one to one time for those who may have dementia: we specialise in this area and our approaches create a relaxed harmonious environment for all.

Our bedrooms are large with views over the countryside and offer a choice of colour and furnishings, personalising them to suit our residents' preferences and choice.

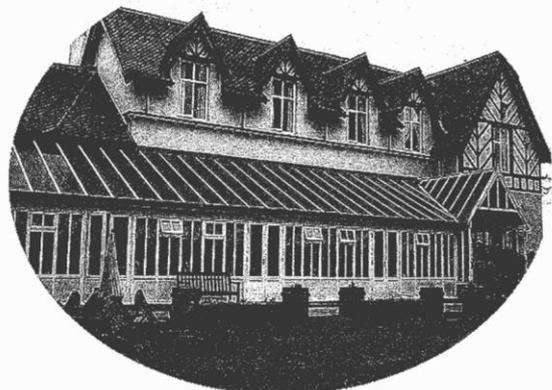
Please feel able to visit our home at any time – a warm welcome awaits you. We encourage families to also have an input into the plans the home may make. We hold family and friends of the home evenings.

With spring and summer comes along a plan of social events: for the summer an annual garden party, summer fair and schedule of outings to various venues.

## **HAZELFORD**

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## **BUS SERVICE – 300 MEDI-CONNECT**

The timetable for the bus service, which runs on Mondays, Wednesdays and Fridays from Lowdham to Southwell and then on to Newark, is available to all.

<b>Outgoing stopping point</b>	<b>1<sup>st</sup> service</b>	<b>2<sup>nd</sup> service</b>
Lowdham, Epperstone Road	09.30	12.30
Lowdham, Magna Carta	09.33	12.33
Lowdham Station	09.34	12.34
Caythorpe, Main Street	09.37	12.37
Hoveringham, Main Street	09.41	12.41
Thurgarton, Bleasby Road	09.48	12.48
Bleasby, Main Street	09.52	12.52
Fiskerton	09.57	12.57
Morton, Main Street	10.00	13.00
Southwell, Church Street	10.04	13.04
Southwell, Ropewalk	10.07	13.07
Newark bus station	10.30	13.30
<b>Returning stopping point</b>	<b>1<sup>st</sup> service</b>	<b>2<sup>nd</sup> service</b>
Newark bus station	10.35	13.35
Southwell, Church Street	10.58	13.58
Southwell, Ropewalk	11.01	14.01
Morton, Main Street	11.07	14.07
Fiskerton	11.10	14.10
Bleasby, Main Street	11.15	14.15
Thurgarton, Bleasby Road	11.19	14.19
Hoveringham, Main Street	11.25	14.25
Caythorpe, Main Street	11.29	14.29
Lowdham Station	11.32	14.32
Lowdham, Magna Carta	11.33	14.33
Lowdham, Epperstone Road	11.36	14.36

**The photographs of the Jubilee Ponds at sunset which appear on the back cover page were taken by the family of Anne Coles**

## Summary Train Timetable until 18<sup>th</sup> May 2019

	<b>From Bleasby to Nottingham *</b>	<b>From Bleasby to Newark Castle **</b>
Monday to Friday	6.22;6.55;7.52;9.52;11.52; 14.52;16.52;17.52;18.08;23.05.	06.16;07.14;08.17;10.11; 12.16;15.16;17.11;18.39;19.41;22.45
Saturday	6.22;7.54;8.55;9.51;11.52; 14.52;16.51;17.52;18.06	06.17;07.11;08.19;10.11; 12.15;15.12;17.11;18.09;21.43
Sunday	9.41;11.54;15.01;16.59;18.46;22.50	9.51;11.51;14.57;17.47;22.49
	<b>From Nottingham to Bleasby</b>	<b>From Newark Castle to Bleasby</b>
Monday to Friday	05.54;06.53;07.56;09.49;11.54 14.53;16.49;18.17;19.19;22.26	06.09;06.42;07.39;09.39;11.39; 14.39;16.39;17.39;17.56;22.55
Saturday	05.55;06.50;07.58;09.49;11.52; 14.49;16.48;17.47;21.24	06.10;07.41;08.43;09.38;11.39; 14.39;16.38;17.39;17.55
Sunday	09.30;11.30;14.35;17.27;22.28	9.29;11.42;14.49;16.46;18.34;22.39

\*Journey time approx 25 mins

\*\* journey time approx 15 mins

### **EXCERPT FROM KATHARINE MORRIS' DIARY**

February 12<sup>th</sup> 1935 – Evening: lights glowing rosy in lower windows; it is not yet dark. There is a great stillness over the farms, the feed-stacks that have grown less and less and the foreshortened piles of roots in the dim patches of light between the clouds and the water lying so still in ponds and dikes. There comes the thin, plaintive bleat of a tiny lamb across the yard; a heavy breathing from the bull and the thick, noiseless rustle of straw trodden under heavy hoofs. The home-field is fresh-harrowed, green and silver lanes under the long evening light where the big pair of cart-horses, released from labour, are pulling on the fodder that the waggoner has brought to them before he too goes home for his tea. Owls cry, brief intermittent sounds, almost as frail and plaintive as the new-born lambs, from distant tree tops.

*Whilst every effort is made to ensure accuracy, the editorial team cannot accept responsibility for errors or omissions in articles appearing in Bleasby News. The views expressed in Bleasby News are not necessarily those of the Editors nor of Bleasby Parish Council. Bleasby News is distributed by local volunteers to whom we remain very grateful. Printed by Unwin Print, Farnsfield.*

# MISSING



## JASPER

Last seen on Tuesday 13th November. He is 10 years old and our other cat (his mother) is pining for him. He normally stays close to home and to wander off is totally out of character. He is microchipped. Please check your sheds and garages. Any information please call

**01636 830704**



**The Jubilee Ponds at Sunset on New Year's Eve 2018**

