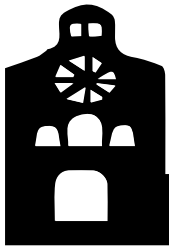

TRIO

HARBY, THORNEY & WIGSLEY NEWSLETTER



SUE GRUNDY'S RETIREMENT

After 30 years' service to the school, Mrs Grundy has decided to retire from her position as Office Manager at Queen Eleanor. She has worked for many a head teacher and has run the office impeccably. Over the years, Mrs Grundy has kept a tight rein on the purse strings which has enabled the school to afford a new classroom, front extension and lastly a sports hall – We could not have done this without her. She has been a valued member of staff, who will be greatly missed by all, especially the children who have visited her every morning with the registers. On Monday 19th July we invited past and present work colleagues, head teachers, friends and acquaintances to spend an afternoon celebrating her retirement. 'The Good Grub Company' provided a fabulous afternoon tea, which everyone enjoyed. She is looking forward to spending time with her Grandson and family once she has retired.

We wish her all the best in her retirement and hope she will continue to pop in to see us all in the future.

Issue No. 209

AUGUST 2017

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LAST DATE FOR CONTRIBUTIONS TO NEXT ISSUE 20TH SEPTEMBER 2017



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Herrick Tek

**Has Windows 10 installed itself on your PC?
(Windows 10 is no longer a free upgrade)**

Not sure how to operate it? Then give me a call and I can help you to find your files, folders and understand how to use Windows 10.

Or having any other problems with your computer hardware or software?

Tip: Fibre broadband has arrived in Harby. If you wish to move onto fibre broadband, you need to speak to your broadband company about getting the upgrade. You will not be simply upgraded, nor will the fibre line speed up your existing ADSL broadband connection.

I can help with a whole range of "Tek" issues!

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GRASS CUTTING AND GARDEN MAINTENANCE

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If you are parking on the road in Harby during harvest time please leave enough room for large farm vehicles to pass. Thank you.

THORNEY SPOTTINGS (18) – Janet Collins

Having missed the previous issue through workload there's plenty to report in this issue. The disappointing part of spring spottings was the absence of several regular visitors, such as nuthatch, tree creeper and spotted flycatcher. Fortunately, this was balanced by visits from some species that do not normally visit our garden. The first of these was a pair of stock doves. Smaller than the more common wood pigeon, and without the distinctive white patch on the neck, this British resident is a neat, slim bird with beautiful iridescent green patches on the neck, a pinkish breast and black wing tips. I am sure they were nesting close by, because one of them disappeared for a while, but then returned for frenzied feeding a few weeks later. They have been regular visitors since their arrival. Long may it continue.

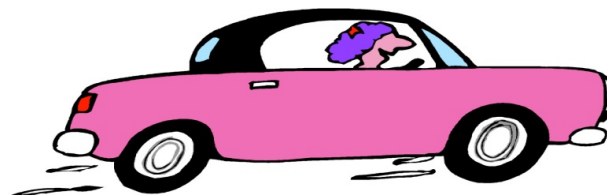
The second unexpected visitor was a pied wagtail. By chance, I noticed it sitting on the telegraph wires close to our house. On closer inspection, it was obvious that this bird had a beak full of insects and was waiting for the right moment to fly to a nest and feed its young. It didn't move from its spot until all the family had moved into the house and no thing was watching – or so it thought! I was watching from behind the porch curtain and saw it fly into our climbing hydrangea, where it had a nest. Of course, once spotted, it wasn't long before I was watching two wagtails feeding on a regular basis, presumably successfully. A first for the wagtail and for us! To date, the pair has raised at least two broods. Long may they continue, too.

Whether the conditions have been good or bad for our wildlife is hard to fathom sometimes. Has the hot weather meant some birds haven't needed to arrive for the summer so soon? Have wet spells affected local bird food supplies? Whatever it is, we have had birds such as house sparrows, jackdaws, rooks, and even magpies visiting our feeding station outside the kitchen window, which we have not experienced for many years. Butterflies normally seen by the dozen on buddleia have only recently started arriving. At least there have been several varieties to spot in a short space of time. Peacocks, small tortoiseshell, comma, red admiral, painted lady; they've all started to arrive, even if the numbers are currently smaller.

One thing that has been made clear, though, is the pleasure gained from taking a break from the pressures of life and simply sitting and enjoying watching the visitors to the garden. Added to this is the pleasure of sitting outside and listening to the non-visitors, such as the screaming swifts or mewing buzzards, or sitting inside and catching a view of the bats whizzing round the garden at dusk, picking off the unfortunate night flyers, such as moths.

There is so much going on in and around our village at this time of year that it is difficult to fit it all into one article. I haven't even mentioned the roe deer I have spotted several times crossing Grange Lane. And then there were the couple of hedgehogs wandering across the lawn. Oh, and damselflies and dragonflies spotted last week (early for dragonflies), not to mention the hares and rabbits. Did I mention the female mallard wandering around the garden with 18 ducklings? This can be verified by Clare, who happened to be passing by at the time and managed to get a snap on her phone. Aren't you glad you live in a country village? I am!

Stuck for transport? Why not register with the **T H & W - Voluntary Car Scheme**
(serving the villages of Thorney, Harby and Wigsley with Spalford and N & S Clifton)



We provide a community transport service to enable adult residents of all ages to access health related services, shopping amenities, leisure & social activities during the day or evenings. Trips are charged at 45 p per mile & must be booked in advance. For information and to register contact Scheme Co-ordinator, **Clare Welfare**: Tel / Text: 07717-17-88-00 Email: thwvcs@gmail.com

If you would like more information about becoming a volunteer driver it would be great to hear from you too.

NEWS FROM ST HELEN, THORNEY WITH WIGSLEY – Anne Massey

Our service for ST HELEN on 21st May went well and was followed by High Tea which everyone enjoyed. Thanks to all who came and all who helped.

On SUNDAY 18TH JUNE our special service for FATHER'S DAY was attended by quite a group of children who had brought poems and comments about their dad, who came too! Children and young people also read parts from a Playscript telling the story of the Prodigal Son, which brought the story to life for us. Thanks to all who came and especially to those who took part.

Unfortunately we had to cancel our proposed **Picnic in the Park**, which was to be held on June 25th, as so many people were unable to attend.

Forthcoming Sunday Services and other events

AUGUST 6TH HOLY COMMUNION at THORNEY 10.30am

SUNDAY 20TH MORNING WORSHIP at St Helen's 10.30am. We are trying out a NEW Order of Service. DO come along and give your view afterwards.

SEPTEMBER 3RD COMMUNION at HARBY at 10.30am

SEPTEMBER 17TH MORNING WORSHIP 10.30am

SATURDAY 30TH SEPTEMBER MACMILLAN COFFEE AFTERNOON 2.30 – 4PM IN CHURCH

SUNDAY 1ST OCTOBER HOLY COMMUNION at 10.30am

SUNDAY 8TH OCTOBER HARVEST SONGS OF PRAISE! 5 pm, followed by TEA

The Music Group will be playing for us. DO come along.

SUNDAY 15TH OCTOBER MORNING WORSHIP AT 10.30am

THORNEY OPEN CHURCH TIMES ARE CHANGING

From September we will be opening St Helen's Church, Thorney each **WEDNESDAY AFTERNOON** from 2.30 – 4pm for quiet prayer and contemplation. This is INSTEAD of being open each Thursday. We hope this will not be inconvenient for our regular attenders and look forward to welcoming newcomers. This will mean that a church is open in our East Trent Group of churches every day of the week, either for an act of worship, or for quiet prayer.

Just inside church you will find cards on a table, on which you can write prayer requests, which can be left for us to use in our Services. There are candles which can be lit and there are suggested prayers which you might like to use. Welcome.

COFFEE MORNINGS AND LIBRARY VAN: Wednesdays August 2nd, August 30th, September 27th October 25th. Church is open from 10.30am to 12noon for coffee, chat and Raffle. The Library van is parked outside from about 11.15 to 11.45, so DO support our local mobile library and come along to catch up on all the news.

We look forward to seeing you in Church!

Pastoral enquiries: Rev Mandy Cartwright tel: 01636 361657 e: revdmand@hotmail.com

All other enquiries, including baptisms and weddings: Mrs Christine Hasman

Tel 01636 679105 e: admin@easttrentchurches.org.uk

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THE ALLOTMENTEERS – Carol Dallamore

One is never alone in the garden. While picking strawberries on the plot for her tea, Hazel disturbed a large frog resting under the damp leaves. Unperturbed it hopped away to find another spot. Associated more often with watery places they often cross overland to other ponds or watercourses. Preferring to keep moist cool rain is a great help, and naturally, as we regularly water our produce the ground under leaves is kept cool and provides safe passage and food for their journey.

Our poly-tunnels each have a resident toad or two as again, the regular watering and moistness provides shelter to beetles and slugs that these lovely creatures can feed on. People often get confused between these two, frogs jump and toads walk. Frogs have smooth skin while toads are warty and flattish also not easily seen amongst the earth and dry leaves until they move. All gardens will have a toad or two with sheds and rockeries providing good stout shelter both Summer and Winter.

Two of us have dry paths between the beds made with wood chippings over a weed barrier. While keeping the weeds well under control it has not prevented a determined Mole from settings his, or her, burrows. Concerned that it will make its way into one of the beds and create havoc, there are signs that it has, but changed direction and exited again – phew! Moles do not like noise or vibration so stamping up and down the paths is an attempt to divert its plans, the other is setting a few toy windmills to provide at least some vibration. They prefer firm soil so that the tunnels do not collapse, and, with very sensitive noses detect when a worm drops into a tunnel and on it in a flash. In good soil they can dig up to 10 metres in an hour.

Dora, Carol's cat, is normally very good at catching small animals but this one, to date has kept its head down. Lily has been sniffing around the paths but I am sure would not know what to do if Moley appeared!

Two other discoveries were Goldfish, found one in each of two separate water butts! A good 2 inches long and healthy they have been in residence for around 18 months. To keep the water fresh I had taken a good load of pondweed to add to each water butt, this has worked well in that none of them have needed emptying for cleaning. The fish must have traveled across either as fry or eggs attached to the weed. What must they have thought on meeting in the bucket?

Go Again

Welcome to my first by-by-monthly article.

Positioned in the ringing chamber, is the church clock, unfortunately it has now gone on overdrive (too fast). Recently it has been inspected by John Smiths & Sons of Derby, I understand from our Local time keeper, Philip, that the clock has a broken tooth or pin. This equates to missing a day each year, or thereabouts (keep your fingers crossed for a rainy one until it is repaired)

Going back to Saturday at 7-00p.m on 15th April this year, the East Trent Group of Churches held their (well attended), group service of light.

The service being an evening event, All Saints had in the Nave, a Candle display. With all the members of the well attended congregation being presented with personal candles at the beginning of the service, the candles when lit transformed the Church, (not exactly a firework display), into somewhere rather special, Easter time. This service was taken by the Reverend Mandy Cartwright

In more recent times, the P.C.C have had installed an audio system to improve the Church's natural acoustics.

From all in the belfry, we give our condolences to Pauline and family at the loss of John. John, to me was, Harby's Lesley Welch, he was Harby's Football club for approximately 50 years He was a very keen follower of cricket, he also played cricket for Harby and Table Tennis for North Scarle.

HARBY PLAYING FIELD – Steve Hogg

Little of note to report on the playing field. By the time you have read this the A.G.M. will have taken place and we may have some new members to assist the willing band of volunteers who are still giving up time to keep our facilities going, which also allows other organisations to also raise money through car boots. We are now in the process of planning our bonfire night on 5th November so save the date.

Most of you will also have heard the news of the sad loss of John Medley. As a committee our sympathies go out to Pauline, Trev, Steve and Andy and all the rest of his family and friends during this difficult time. John has had a long history with the playing field and sport in the county in general and has contributed to so many people's lives, many not knowing how important a role he has played. He has played football and cricket on the field, helped with maintenance and grass cutting, helped with countless events, sat in countless hours of committee meetings as well as throwing down thousands of woods in hundreds of bowls matches.

My own history with him started when I began playing cricket for Harby under 18's about 35 years ago. Both him and Brian Rippard drove us around, umpired, encouraged and sympathised as we were beaten heavily by all teams apart from poor old Fiskerton. Victories were rare, the most memorable being against the already champions Southcliffe. We were bowled out for a grand total of 27 and due to the confidence of the opposition they allowed their star batter to go to a football awards ceremony. They reached 26 for the loss of eight wickets before Pete King bowled the classic slow full toss to bowl out the last man and create a stunning victory. How many of those L.B.W's John put his finger up to as the umpire were actually out who knows, there was no hawkeye in those days, but what a night!

I started playing football for Harby when I was 17 and John was part of the selection committee then. Every Monday night in the Bottle and Glass he and the other committee members would select the team for the following Saturday and this was posted on the pub wall. There then followed a nervous wait for us players on the margins to see if we had been selected. Every Saturday he would run the line as well as sort out all sorts of other secretarial duties. Through thick and thin he stayed with the team and even if he didn't agree with the direction it was going he never stopped supporting us. As a club secretary he never put a foot wrong and was a regular club secretary of the year.

What most people didn't realise was all the unrecognised work he put into sport in the background. There are hundreds of unsung heroes around the country allowing other people to enjoy activities and John was one of them. As a member of the Lincoln League Committee John helped arrange fixtures, referees, record results etc, all those things that allow tens of thousands of people to play sport and live a life that wouldn't be possible without them. He gave up hundreds of hours for me to play football and cricket which was a major part of my life. His contribution to people's lives was immeasurable and they will probably never know the positive effect he had on their lives.

Thank you John.

HARBY FOOTBALL CLUB – Rose Ward

The former players, committee and members of Harby Football Club were saddened to hear of the recent passing of Mr John Medley.

John played for Harby from their beginning in 1948 and was their leading goalscorer for several seasons. When he retired from playing, he continued his links with the club as an active member of the committee and served as Secretary for many years. He was an ever-present supporter who took on the unrewarding task of linesman. He regularly represented the club at all the league meetings where he was also held in high regard by his fellow officers.

He will be sadly missed and we offer our deepest sympathies to Pauline and the family.

Carlisle to Newcastle-69 Miles in a Day – Steve Hogg

So after five months and 700 miles of hard training including a 41 mile race in May the day had arrived. 17.06.2017 was not only my 48th birthday but it was also the day I was going to attempt to run 69 miles along from Carlisle to Newcastle.

I had arrived in Carlisle on Friday evening. I spent the first hour there running around looking for a cap as I had left mine at home and it looked like it was going to be warm on the Saturday so I thought I would need the head protection. This was to turn out to be one of the best uses of an hour I have had as I will explain later. After getting my head wear I then went to Carlisle Castle to register for the run. Here I received instructions, a timing chip and some bag labels. I then went to a restaurant to meet a group of people doing the run I had chatted to through a face book group. Next to me that night was an unassuming young lad who would win the race the next day by a margin of over one hour in a time of 10.3 hours!!!

After carbing up on a big plate of pasta I headed off to my hotel. Here I had made my first mistake. The hotel was two miles away from the start line and all the taxis were booked up in the morning so I was going to have to walk to the start with all my baggage.

In my hotel room I then got my kit ready. There was a mandatory kit list including water proofs, whistles, phone, water and food. This was bagged in my running rucksack and laid alongside my running kit. I then bagged some energy gels and bars in a small bag I could access at 28 miles. In a larger bag I put spare socks, food, cloths, suntan lotion and Vaseline that I could access at 44 miles. Finally I had one more bag that would be taken all the way to Newcastle to be picked up at the end.

I drifted off to sleep at 23.00 ish but slept poorly, waking up to check I hadn't overslept three times. 05.30 arrived too quickly. A couple of cups of tea and a bowl of Shreddies then I was off, walking the two miles with all my bags to the start line.

Bags dropped off and 600 nervous people waited for the 07.00 start. I was with a couple of people I had eaten with the night before and I was going to start running with these. The sun was already shining down on us and it was already feeling very warm, not a good sign for later on. The starting horn sounded and we were off. I was determined not to go out too fast and settled into a steady pace with a Scottish lass I would run with for fifteen miles before she left me behind. Along the route there were check points and pit stops. Check points had water and sweets, pit stops had water, hot drinks, cakes, sandwiches, soups etc. After 15 miles I reached the first pit stop reasonably happy. The temperature was starting to rise so I reapplied factor 50 as well as filling up my water and having some cheese sandwiches. It was after this point it got daft. The first fifteen miles had been quite flat but suddenly we were met with proper hills. Coming from Lincolnshire I would even go as far to say that they were mountains. Who would have know that Cumbria, home of the Lake District, had hills. It was also this time that we were becoming aware that it was starting to get flipping hot. I had offered a luxury hamper to people who guessed my finishing time. I had predicted 14-15 hours but the hills and the heat were starting to make me realise that I may have misjudged the timings.

I set off from the pit stop full of beans and started talking to a young lad called Tom. We were destined to run together for the next 50 odd miles, keeping each other going when times got rough. I would like to say how a great friendship was forged but the little swine took me at the end (more about that later) so he is dead to me now!

The next few miles became a routine of walking the up hills and trying to make up speed on the down hills and flats.

The race was described as 'run the wall' in the advertising and was meant to follow Hadrians wall but the only bit of wall was seen at about 25 miles. Photos taken we carried on to checkpoint two at 27 miles. More sandwiches and Dandelion and Burdock and off we went. The heat was now rising and was becoming an issue. For some reason a lot of people had not bothered with sun tan lotion and after mid day people were starting to go red. I dished out a lot of lotion but many people during the day became badly burnt, one who featured in a

newspaper was treated for third degree burns.

Myself and Tom plodded on and joined with two other lads. It became a bit brutal at this stage and we were glad to get to the half way checkpoint. Replenished we set off but all liquids being offered were now warmed by the sun and were lukewarm, not very appetising and difficult to swallow. This fluid management was vital and people were starting to drop out due to the heat and fluid loss. At 35 milesish I noticed in between sweating I was shivering, a sign of heat stress so I upped my water intake and slowed my pace. Up to 44 miles checkpoint it became a real battle, running less than walking now. I was also aware a lot of people were starting to show signs of blisters and chafing. After my suntan lotion give away it was time now to share the Vaseline. Plenty of people took up the offer to lubricate various body areas. I was happy to share, the only rule being you can't double dip in the pot. Getting to the 44 mile pit stop was hard. The temperature was over 30 degrees now and the tarmac under our feet was melting. I had now developed a large blister on the bottom of my right foot and was experiencing great pain in my left foot. At this point I texted 'anyone who guessed less than 17 hours won't win, I'm a broken man ' For some reason this text was seen back home with some concern that set into place actions I will discuss later. At this checkpoint the advantage of teaming up with other runners showed, as, if I was on my own at this point it would have been hard to continue and at 44 miles many people did drop out. A chat with my new friends, a little chat to myself, a bit of man up spray, three packs of pork scratchings and a cup of tea and we were off again. Two miles later I was in a shop buying ice lollies and how good were they? I even saw two lads stop at a pub and order large glasses of iced coke. I'm pretty sure the ten minutes spent there were soon caught up due to the physiological lift that must have given them.

As the heat of the day started to disappear running became easier again. Three of us were able to start picking up the pace but the fourth lad in our group(Chris) started to really struggle. At fifty miles we were stopped by a gentleman in a lay by. He had run the race the previous year and realising how hot it was he had driven out with a boot full of ice cold water. At about 55 miles we came across another oasis. Some lovely local couple had set up a stand outside their house with an ice bath to dip our hands and face in and cold orange and pineapple segments. I have to say those pieces of pineapple were by far the finest food I have ever tasted. I genuinely can't remember ever putting a tastier morsel of food in my mouth. The lovely cold treats really helped boost morale but not as much as the fact that people had gone out of the way to help strangers when they were at such a low ebb. The work of these people and all the other smiling, helpful volunteers throughout the run was heart warming and there is no doubt without all these generous folks these runs would not exist.

Suddenly the sixty mile pit stop came upon us, single figures to home. Chris was by now really struggling so the other three of us had to make a hard decision. I couldn't have continued at his pace any more, I needed to finish A.S.A.P. We could also see we might make sub 17 hours, something three hours ago we thought wasn't possible. Chris was totally relaxed about it, he knew he had had enough of our pace (genital blisters tend to slow you down, hence no double dipping in Vaseline tub) so we said our goodbyes and three of us set off. Just outside the checkpoint someone told us we didn't have nine miles to go but seven. Realising sub 17 was possible I forced the pace and we set off. On this final run we overtook 30 + runners as we headed for home. As the miles dropped off I became confident of sub 17. However the signs saying how long to go didn't match our pacing and it soon became apparent that we were going to have to run nine miles. When a sign says four miles to go and a mile and a half later it says three miles to go you become very angry and dejected when you are running on fumes. Sub 17 was still possible but I couldn't keep the pace I had set. I had to slow down and at this point the rat Tom decided to abandon me and crack on (or maybe he said I'll finish with you Steve and I told him to get on and finish) I then set off in a very poor shuffling pace to get to the end. At this point I was suddenly met with one of the most surreal moments of my life. Due to my text saying I was a broken man the ladies at home had started to whittle. At this point Andy Parker and Shaun Thompson decided to see me over the line. They therefore jumped in a car and drove all the way to Newcastle Millennium Bridge to see me over the line. So there I was, running along the Tyne, shattered broken and actually bleeding, not 100% sure where I was or what I was doing, a mile from the finish, when I suddenly heard two voices shouting ' come on Hoggy ' and looking up I saw two daft lads from Harby. What the lads expected from me I don't know but they were probably not expecting the utter confusion and lack of emotions I showed. In my defence I was nearly delirious. I ran/walked with them for a bit then they jogged off to make sure they could film me over the line.(I nearly beat Andy to the line, he must have had a big run that day as well!!!!) At last the bridge was

there. A kind local lad came across from a pub and presented me with a pint of ice cold lager. I had a few glugs then set off at my fastest pace for miles to finish in glory. So 17 hours and 8 minutes after starting I crossed the line. 600 started, 460 finished and I was number 178. I expected to feel ecstatic but I just felt drained. Showered and fed I jumped in the car with the daft lads and came home.

After 3 hours sleep reality hit me as my son jumped on my tired limbs to wish me Happy Fathers Day. So that is that. Hope it wasn't too tedious a story. Six months and 700 miles of training, two pairs of trainers, early morning and late night runs, it was over. As usual there are thank yous a plenty. To all the people who messaged me before, during and after with support, it is immeasurable how much these mean. To the two daft lads who travelled over 250 miles to see me over the line, obviously I am a man with no emotions so I will just say thanks and avoid eye contact when I say it, maybe punch you on the shoulder when I see you. Enough said, I've got dust in my eyes whilst I write this. To everyone of you who sponsored me on this trip thank you so much. We have managed to raise about £3200 for Children with Cancer Uk which is such a generous figure.

A big shout out to Nic Haywood who on the same day walked 27 miles in the same brutal heat, up and down Lake District mountains, to raise money for Macmillan Cancer Support. I know that her feet were in bits after the event and she properly suffered but she finished it and should be proud of what she did. My good lady, Claire Parker, Jennie Durrans and Sally Ledger are attempting (not attempting, achieving) a similar walk in September for Macmillan as well so would appreciate any support.

So I have run a marathon, a 40 mile ultra and now a 69 mile ultra so what next. I can honestly say that apart from the first ten miles, the cold drinks, pineapple and the pork scratchings the whole experience was horrible. According to the women in my life (Wife, Mum, Sally Ledger, Claire Parker and Jill Meanwell) I can't do any more endurance events and to be fair after I had finished I thought the same. However I'm sure you ladies said the same after childbirth but you soon forget the bad bits (and I know ladies, running a marathon is not the same as child birth, us men will never experience the pain etc. etc. (unless we get kidney stones)) but..... 100 miler anyone?



HARBY BOWLS CLUB – Carol Dallamore

Sadly, earlier this month, we lost one of our much loved and respected long-term members John Medley. Always a gentleman he has been active in encouraging and coaching new players into the game of Bowls. This past couple of years saw a decline in his health and although unable to play the game as he would have liked, he still attended some of our home matches and meetings.

One time club secretary he stayed with the Club to become our vice Chairman ready to over-see meetings if required. He and his wife Pauline joined us for the Summer Tournament in June and comfortably sat in the field pavilion, eating strawberries and cream, they watched us doing our best on the green. It was lovely to see him chatting with some old friends from other clubs who had joined us for the afternoon and, I am sure, they too will have been so happy at the chance to spend time in his company.

We all will miss him and offer our sincere condolences to Pauline and the Family.

Dear Friends,

To go with my random collection of teacups and mugs, I've got a small and varied collection of coasters. One of them was a gift from an understanding friend and it says on it, *How beautiful it is to do nothing and then rest afterwards*. Well I'm not very good at doing nothing, but I am looking forward to my summer holidays with family and friends, to times when I won't *have* to do anything, with time for different activity and with some space for my favourite occupation which is daydreaming.

I do like the word holiday much more than words like vacation or break, because it means more than a welcome pause of nothingness between periods of work. Our word holiday comes from Holy Day, and in mediaeval times, workers were given time off to celebrate Saints' Days and go to church. Those holy days also included feasting, drinking, dancing, playing the fool and generally making merry. I'm glad we still get to celebrate holy holidays like that at Christmas and Easter.

Another word for holiday which I love is recreation. This means that in our times of rest, we can be made new again, refreshed and revived and it reminds me of the creation stories in the Bible. In those great stories we read that God rested when God saw that everything was good and God's rest was part of his creation. That's why the pattern of setting aside one day a week for rest, recreation and worship was established.

I love the Gospel stories in the Bible which tell us that Jesus went away by himself to rest and pray and that he taught his disciples to do the same. He set a good example of rest, recreation, prayer and active work which is good for us to follow.

Well, whatever you do this summer, whether you travel to exotic places, have a day at the seaside, take a walk by the river or spend more time in the garden I hope you find rest and relaxation. Whether you take up a new hobby, read a book, watch a good film or catch up with an old friend, I hope you find real recreation.

If you'd like to find some peaceful space to think or pray, why not come along and explore our beautiful churches and churchyards. Please do get in touch if you'd like to visit.

I hope you have a very happy August.

God bless you

Revd Mandy.

HARBY HISTORY GROUP – Louise Herrick 703662

In May, guest speaker Derrick Watson gave a talk about "Using DNA in Researching your Family Tree." This was very different to anything we have done in the past and really interesting for those who were researching their family history and those who weren't too. Using slides, Derrick first talked about the science of DNA, the types and how it is passed down the family line. Sometimes this could only be down the maternal line, sometimes either and always in unequal proportions. He also told us where the DNA tests were available, costs and what we could expect to see in the results. Derrick then went on to show true life examples of how this influenced his research of family history, particularly where no known link was certain. It proved particularly useful when surnames had been changed over the years. There was then a question and answer session.

Regrettably the June meeting, which was a guided tour of the Arboretum, was cancelled due to inclement weather on the day. Thank you to those who wanted to support this. I will be in touch with the tour guide so that this can be rearranged.

We are now on our summer break.

We return on 27 September, when Harold Paine will present "Agincourt-or those Damn French" a time in history that we haven't looked at as a group yet so there should be plenty to learn as Harold is a thorough researcher with a great attention to detail.

Something special is happening in place of the December meeting so keep an eye out in Trio and on the Harby village noticeboard for further details coming soon.

The 2nd edition of "The History of Harby in Nottinghamshire" is also now available for purchase. Please contact me if you'd like a copy for £12.50.

Meetings are on the last Wednesday of the month in the village hall lounge and unless specified start at 7:30 pm. £2 entry. Everyone is welcome. Please phone me if you want more information or even just a bit of encouragement to attend. New members welcome on a regular or casual basis.

Harby Parish Council Update

Clerk

I must thank Lydia for all the advice and assistance she has given me in the last couple of months whilst trying to pick up the many projects that the Parish Council have ongoing. I can see that she is going to be a hard act to follow, but I will endeavour to do my very best to serve you all well. I would like to wish Lydia well for the future.

I must also give my thanks to all the Councillors for the understanding and patience with my many questions in trying to get up to speed with everything.

I have been the Clerk for Collingham Parish Council for the last 3 years and have enjoyed it so much that I have given up my Civil Engineering career of 30 years to become Clerk to other parishes as well.

I look forward to meeting many of you over the coming years

If you feel there is anything which I have not covered below and you would like an update on, please don't hesitate to drop me a quick email.

Volunteers needed

The grass in the Churchyard is cut by volunteers, but more are needed. Would you be able to spare 1½ hours every couple of months to undertake a cut? Please call Phil on 703414 for more information

A Church Warden is also needed. Would you be able to spare a little time to ensure the church is kept open? The Warden is responsible for the fabric of the church and helping lead occasional services. Please call Phil on 703414 for more information

Nominated Neighbour Scheme

Nottinghamshire County Council Trading Standards has a Nominated Neighbour Scheme to help protect vulnerable people from unscrupulous doorstep callers and rogue traders. You can nominate a neighbour to deal with uninvited callers on your behalf. Alternatively you may be a neighbour of a vulnerable person and would like to find out more about becoming a Nominated Neighbour.

If you are interested in finding out more about the scheme then please contact the Citizens Advice Consumer Service on 03454 04 05 06 who will refer your enquiry through to Nottinghamshire County Council Trading Standards.

Planning update

- 17/00280/OUT: Erection of 2no Bungalows with all matters reserved except access at Janandra, Station Road - Supported by the Parish Council and Approved by the District Council
- 17/01106/FUL: Householder application for demolition of porch and erection of single storey extension at The Lodge, High Street, Harby – Supported by the Parish Council and decision awaited from the District Council
- 17/00951/FUL: Proposed conversion and extension of barns to form dwelling (Amendment to previously approved scheme - 08/01867/FUL) at Apple Drop Barn, Low Street, Harby –
- 17/01192/FUL: Single story extension to the side elevation of the property with a pitched roof, replacing existing wooden structure at Old Farm, Church Road Harby NG23 7ED – Supported by the Parish Council

Parish Website

Did you know that the Parish Council has a website? www.harby.org.uk

It contains lots of information about the Parish Council, but also has a copy of the "Welcome Pack" and past copies of the "Trio" newsletter. The Parish Council can let local organisations, who don't have a website of their own, have a page for their use – it really is very simple!

Have you signed up the email alerts? Whenever an item is posted, if you are signed up you will be notified of "News", "Events", "Jobs", "Offers" and "planning applications"

The next Ordinary Meeting is 7:30pm, Thursday 5th October in the Village Hall Committee Room
Please see the notice board or the website nearer the time for the full agenda & previous minutes

Caron Ballantyne, Harby Parish Clerk ✉ 2 Peterborough Road, Collingham, Newark NG23 7SP
☎ 01636 893342 💻 harbyparishclerk@yahoo.co.uk 🌐 www.harby.org.uk



WHITE HART VILLAGE INN

2 High Street, North Scarle, Lincoln. LN6 9EP Tel.-01522 778924.

E Mail: - info@whitehartnorthscarle.co.uk The White Hart Village Pub and Restaurant



The White Hart is a privately owned "free house" Inn and Restaurant which offers a variety of food and refreshments to suit all tastes. Our snug bar, with its low beams, collection of horse brass and open fire make it the ideal place to enjoy a drink and meet friends. We have 4 real ales available as well as a range of lagers, wines, and spirits. The snug bar is dog friendly and opens onto our beer garden. Food is served in the bar and beer garden in addition to our restaurant. The restaurant offers a full a-la-carte menu in the evening, served in a homely environment by friendly staff.

OPENING and FOOD SERVICE TIMES.

Our opening hours from Easter are as detailed below. This now includes opening every day and serving food at lunchtimes as and in the evening (except Sunday evening).

	OPENING TIMES	FOOD SERVICE TIMES
Monday to Thursday	12noon until 2.30pm & 5pm until 11pm	12 until 1.45pm & 5pm until 8pm
Friday & Saturday	12 noon until 12 midnight	12 until 1.45pm & 5pm until 8.30pm
Sunday	12 noon until 10.30pm	12 noon until 4pm (Carvery Only)



It is advisable to reserve tables in advance to avoid disappointment.

2courses FOR 10pounds

We have introduced a new menu served lunchtimes from 12noon until 1.45pm and from 5pm until 6.30pm Monday to Saturday. This offers you 2 courses for ONLY £10 per person. Choose either a starter or dessert along with your main course.

IDEAL FOR THOSE LOOKING FOR A LIGHTER MEAL.

PIZZA TO "EAT IN" OR "TAKE AWAY"

We have now introduced our new pizza menu. All pizzas are freshly made on the premises and cooked in our stone based pizza oven. Why not drop in, order a pizza to take away and enjoy a quick refreshment while your pizza is freshly prepared.

The pizza menu offers a range of traditional toppings, or if you prefer, you can create your own pizza to include your favourite toppings.



SUNDAY CARVERY served 12 until 4pm

Roast Beef (Medium Rare or Well Done), Leg of Lamb, Breast of Turkey, Pork and Gammon, Homemade Yorkshire Pudding, Fresh selection of vegetables.

Roast & Mashed potatoes.

Fish & Vegetarian options available.

"THE BEST SUNDAY CARVERY IN THE AREA" (Source TripAdvisor)

Gift Vouchers/Carvery Vouchers

Not sure what to buy someone for a present?

Why not give them a "WHITE HART GIFT VOUCHER" to spend on a meal and refreshments.

Vouchers can be for any value you wish.



QUIZ EVENING

EVERY OTHER TUESDAY. STARTS 8PM.

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HOPE TO SEE YOU SOON

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"I'm so stressed"
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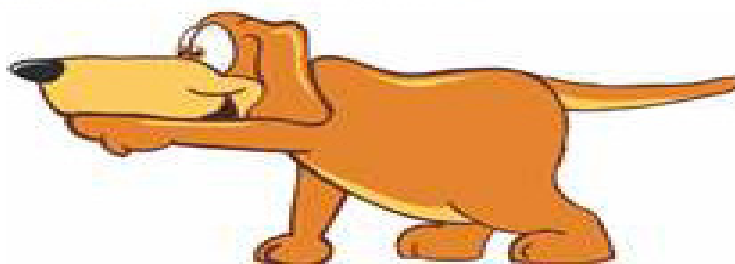
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Wigsley aims for Notts Best Kept Village 2017



A team of 20 turned out on a sunny Sunday morning at the beginning of June to get Wigsley looking its best ahead of judging in the **Nottinghamshire Best Kept Village** competition 2017. Road signs were cleaned, hedges trimmed, verges strimmed and an incredible amount of rubbish collected. A huge **thank you** to everyone who took part and got stuck in, it's wonderful to see our community come together to show it cares about where we live.

The results are now in and sadly Wigsley didn't win its category losing out to Farndon as the best new entrant. Wigsley was also judged under the category for villages with a population of less than 300 and the judges thought that our performance was very good but not quite up to the standard of the four villages who have gone forward to Round 2 - East Drayton, Kingston on Soar, Linby & Normanton on the Wolds.

Whilst it's disappointing not to win, this is the first time Wigsley has entered the competition so it was difficult to anticipate exactly what the judges were looking for but we gave it our best shot! We'll receive the judges comments in September and look to do better in 2018.

Check out the **Wigsley Village** page on **Facebook** for more pictures from the Spring Clear Up Day.

Clive Thompson
Wigsley Parish Meeting
wigsleyparish@gmail.com

EDITOR

I would like to thank all those people who organised and ran the car boot for the Trio on 16 July

Harold and Sue Paine, Roger and Carol Dallamore, Anna Dennison, Lynn Hewison and Lynda Burton. Apologies to anyone I have missed out.

Bucket money raised was £178.35 which will almost pay the printing cost for one issue.

Thank you very much indeed!

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Scan, print and laminate documents and posters up to size A3 from just 5p a page.



In Harby Village Hall.

Paper size	Mono	Colour	Lamination (excludes print cost)
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A4 double side	10p	20p	15p
A3 single side	10p	20p	30p
A3 double side	20p	40p	30p

Portable **data projector** available for hire by village groups and residents of Harby, Thorney & Wigsley.

Want to know more? Speak to your village contact.



Your village contact

Harby

Janet Medley

jmathtwclplan8@gmail.com

01522 703304

Thorney

Anna Dennison

annardennison@aol.com

01522 702748

Wigsley

Clive Thompson

wigsleyparish@gmail.com

01522 702014



**Harby Thorney Wigsley Community Led Plan
Monitoring Group**

SAVE THE DATE

Harby Community Cuppa

Sat. 30th September

Harby Village Hall at 10.30am

Come and get to know your village



Free refreshments

Dru Yoga Sessions

Autumn 2017

Sept. 19th 7-8pm
Sept. 26th 7-8pm
Oct. 3rd 7-8pm
Oct. 10th 7-8pm
Oct. 17th 7-8pm

No class at half term

Oct. 31st 7-8pm
Nov. 7th 7-8pm
Nov. 14th 7-8pm
Nov. 21st 7-8pm
Nov. 28th 7-8pm

You are welcome to attend any single class or as many sessions as you like. These are beginner level classes for men & women. Most yoga movements will be possible for all.

Please email Sharron at druyoga16@gmail.com if you plan to join a class at Harby Village Hall.



T. 0784 965 1371
E. druyoga16@gmail.com



Have you heard of Dru Yoga? - Sharron Smith

If you haven't heard of Dru yoga before you might be learning more about it soon because 10 weeks of Dru yoga sessions are planned locally. Dru yoga is a form of yoga that is accessible to all regardless of fitness and flexibility. At its simplest level it involves moving all the parts of your body in all the directions they naturally go, which feels good, aids flexibility and builds muscle tone. It is thought to help activate your body's natural healing mechanisms and keep systems in balance through gentle flowing movements coordinated with the breath. Regular practise of yoga is a route to a wide range of proven benefits, but everyone's body and experience is different so Dru yoga is sensitive to individual needs. If you are interested, you can learn more about Dru and enjoy some free video practises at www.druyoga.com

I plan to offer beginner level Dru yoga classes aimed at both men and women. Most movements will be manageable for all but people who think they are not flexible enough or they cannot relax can choose with advice and support in class, to adapt movements, use props to support themselves or just observe anything they really struggle with. 'No Pain, No Strain' is one of Dru yoga's mottos. Learning to be more comfortable with listening and responding to the body's messages is another way that yoga can aid personal wellbeing. I hope you'll find the gently, flowing approach is both challenging and relaxing.

As a student yoga instructor, I am able to start teaching after successful completion of my first year of training. I will continue to train in the coming year and will be interested to hear feedback from those who attend about their experience of the classes.

Starting in September, Dru yoga classes will run in Harby Village Hall on Tuesday evenings from 7-8 pm. The first five, weekly classes will begin on September 19th, with a break for half-term on 24.10.17, before the next five Tuesday sessions; starting on October 31st and ending on November 28th. You are welcome to attend a single class or as many sessions as you like. Ideally, you would come to all 10 classes so you might enjoy more of the benefits of regular yoga practise.

I will be happy for you to email me at druyoga16@gmail.com if you are interested to attend. In return I will send a health form for you to complete. You are also welcome to come to class without prior notice if you prefer, but please allow time for a health form first. For your comfort in sessions, please bring a mat to practise on and a rug to stay warm during the relaxation part of the class. You might also want to bring a small cushion to use as a support and any yoga props you might already own, such as blocks, straps or wedges. It is fine if you do not own such props as I have a few I can share. Classes will cost £5 each and start promptly at 7pm so please give yourself time to arrive and get settled on your mat before this.

Forthcoming Events Diary

Aug. 2017

- Wed. 2nd – Mobile Library Harby - Station Road 9.50 – 10.05, Millfield Close 10.45 – 11.00. Wigsley – Post Box 11.05 – 11.15. Thorney - Church 11.20 – 11.50 Coffee 10.30 – 12.00
- Sun. 6th – St Helen's Church Thorney, Holy Communion 10.30am
- Sun. 13th – Car Boot Sale, Harby Playing Fields (Church & bellringers)
- Tues. 15th – Community Led Plan Monitoring Group meeting, Harby Village Hall Lounge, 7.30pm
- Sun. 20th – St Helen's Church Thorney, Morning Worship 10.30am
- Sun. 27th – Car Boot Sale, Harby Playing Fields
- Sun. 27th – All Saints Church Harby, Morning Worship 10.30am
- Wed. 30th – Mobile Library Harby - Station Road 9.50 – 10.05, Millfield Close 10.45 – 11.00. Wigsley – Post Box 11.05 – 11.15. Thorney - Church 11.20 – 11.50 Coffee 10.30 – 12.00

Sept. 2017

- Sun. 3rd – All Saints Church Harby, Holy Communion, 10.30am
- Sun. 10th – Car Boot Sale, Harby Playing Fields (Village Hall)
- Wed. 13th – Community Led Plan Harby Working Party meeting, Janandra, Station Road, 7.30pm
- Thurs. 14th – Craft Circle, Harby Village Hall Lounge, 1.30pm – 3.30pm
- Sun. 17th – St Helen's Church Thorney, Morning Worship 10.30am
- Thurs. 21st – Harby Tea Time, Harby Village Hall Lounge, 1.30pm – 3.30pm
- Sun. 24th – Car Boot Sale, Harby Playing
- Sun. 24th – All Saints Church Harby, Morning Worship 10.30am
- Tues. 26th – Safer Neighbourhood Meeting, St Helen's Church Thorney 7.30pm all welcome
- Thurs. 28th – Craft Circle, Harby Village Hall Lounge, 1.30pm – 3.30pm Fields
- Wed. 27th – Mobile Library Harby - Station Road 9.50 – 10.05, Queen Eleanor Primary School 10.05 – 10.40, Millfield Close 10.45 – 11.00. Wigsley – Post Box 11.05 – 11.15. Thorney - Church 11.20 – 11.50 Coffee 10.30 – 12.00
- Wed. 27th – Harby History Group, Harby Village Hall Lounge 7.30pm
- Fri. 29th – Macmillan Coffee Morning, Harby, see notice board for details
- Sat. 30th – Harby Community Cuppa, Harby Village Hall, 10.30am – 12.00 noon
- Sat. 30th – Thorney Village Macmillan Coffee Afternoon, St Helen's Church Thorney 2.30pm – 4.00pm

Toddler Session, Queen Eleanor School, every Tuesday (term time) 2.30pm 12th, 19th, 26th Sept.

Toddler Group, Harby Village Hall, every Thursday (term time) 10.00am 14th, 21st, 28th Sept.

Keep Fit, Harby Playing Fields Pavilion every Tues. 7.00pm – 8.00pm

Yoga – Harby Village Hall, every Tues. from 19th Sept. 7.00pm – 8.00pm

Quiet prayer, St Helen's Church, Thorney, every Wed. 2.30pm – 4.00pm

Bottle and Glass, Harby

Tuesdays – Pie and a pint – £10 per person

Thursdays – Steak night – steak and bottle of house wine for 2 people £30

Fri. 11th August – Spanish Evening with Tapas and Rioja. Enjoy 4 plates of Tapas and 2 glasses of Rioja per couple. From 6.00pm, £30.00 per couple. Don't forget the Harby Brewstore sells basic provisions & gifts

Please contact Jayne Rose if you would like your future events to be included
Tel. 01522 703510 or e-mail: jayne@oldcobblers.co.uk

Village Clubs & Organisations Contact List

HARBY

Parish Council	Caron Ballantyne	- 01636 893342
Bowls Club	Carol Dallamore	- 703461
Playing Field	Steve & Diane Hogg	- 704702
Village Hall	Colin Wells	- 703449
	Janet Medley	- 703304
Queen Eleanor School	Mr J Bingham/Sue Grundy	- 703428
Newsletter	Ann Williams	- 703766
Bellringers	Will Turner	- 703401
History Group	Louise Herrick	- 703662
Parent Toddler	Amy Irwin	- 702374
Heating Oil Syndicate	David Rose	- 703510
Friends of Queen Eleanor	Emma Fearn	- 07775 558401
Nottinghamshire Police	Martin Stannard	- 07910 336903
	Non Emergencies	- 101
CLP	Janet Medley	- 703304
	contactwithsvillagehall@gmail.com	
Craft Circle	Sue Paine	- 702518
C of E East Trent		
Administration	Christine Hasman	- 01636 679105
<u>WIGSLEY</u>		
CLP	Clive Thompson	- 702014
<u>THORNEY</u>		
CLP	Anna Dennison	- 702748



Contact

Dale on

07979597246.

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