

# KNIVETON NEWS

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KNIVETON'S ONLY PAPER

April– May 2009

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## Congratulations Stuart & Emma McConnachie



**Doug & Lesley McConnachie are very proud to announce the marriage of their son, Stuart. Stuart and Emma (Stevenson) were married in Scotland on the 9th February, 2009. It was a beautiful sunny day - although a wee bit cold!**

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**APRIL DIARY**

2. Green Bin collection
5. Church - Palm Sunday - 10.30 a.m. Group Procession at Bradley
8. Blue box collection
9. Maundy Thursday - 7.30 p.m. Communion AT KNIVETON
10. Good Friday - 10.30 a.m. Group Service "An hour at the Cross" at Bradley
12. Easter Day - 11.00 a.m. Parish Communion at Kniveton  
NOTE:- Celebrant and Preacher the Bishop of Repton.
12. Chapel - 2.30 p.m. Holy Communion - Sister Merle
15. W.I. John McConnell – Wood Turning
16. GTC Doreen and Bill Kellie
17. (note Friday) Green Bin Collection
19. No Church Service at Kniveton
22. Blue Box Collection  
Whist Drive in aid of Church Yard Funds
26. Chapel. Joint service with the Church 11.00 a.m. Especially for the Families. Why not come along and give it a try. The children will enjoy it
28. AGM Parish Council 7.30pm. Parish Council Meeting  
7.45pm
30. Green Bin Collection

### **EASTER LILIES**

After the period of Lent with no Church decorations our traditional celebrations at Easter include decorating the Church with lilies. In order to do this we invite donations to fund these lilies. These donations can be included with a dedication of remembrance or an offer of thanks. Donations prior to Easter to Pam Stafford or any member of the Church. Help in the decoration of the Church would be welcome on the Saturday after Good Friday Contact Pam for details.

**PLEASE NOTE, ENTRIES FOR THE NEXT  
KNIVETON NEWS TO BE WITH RAY OR MARY  
BY MONDAY 22ND MAY 2009**

## MAY DIARY

2. Community Waste collection – see article
3. Church – 10.30 a.m. Parish Communion at Kniveton  
Flowers – Mrs F. Brown and Mrs D Broughton
6. Blue Box Collection
10. Chapel – 2.30 p.m. Christian Aid Service. David Mason
13. Whist Drive in aid of Church Yard Funds
14. Green Box Collection
17. Church – 10.30 a.m . Family Service
20. **A&E moving from DRI to Derby County General Hospital**  
Blue Box Collection  
W.I. Riddings Farm (members to meet at Riddings Farm  
At 7 pm. Wear suitable footwear)
24. Joint Chapel/Church Family service at 11.00 am in the Chapel.  
The service will be taken by Sister Merle who popular with the  
Kniveton school children. This service is especially for the family.
28. “Get Together Club” 2 pm in the Village hall. guest speaker .  
Pat Hall
29. Green Bin collection

## COMMUNITY WASTE COLLECTION

There will be a Community Waste collection on the 2<sup>nd</sup> May

Collection points as follows:

7.45 to 8.15 The Ketch Public House

8.20 to 9.00 Bottom of Chapel Lane

9.05 to 9.45 The Hallsteads



## WHIST DRIVES

January and March whist Drives were in aid of Brassington First Responders. There was no Whist Drive in February due to snow. The April and May Whist Drives will be in aid of the Church Yard Fund. Nancy and John will be please to receive donations of prizes for the winners and for the raffles.

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## CHURCH NEWS

The Women's World Day of Prayer took place in Hulland this year and was put together by the women of Papua New Guinea under the tagline "In Christ there are many members yet one body". It explored the impact women can have when they work together, with examples from the Bible to the peace initiative brokered by women in Papua New Guinea. Jean Thorne & I donned sarongs for our part in the service, telling the stories of 2 women from Papua New Guinea. Here we celebrated with the other parishes within the benefice, but elsewhere Christians across all denominations joined together on this day. Next year, it will be Kniveton's turn to host the United Benefice service.

**Forthcoming Services** There will be a United Benefice service in Bradley on Palm Sunday, 5th April, at 10.30 am, which will commence with a procession from the school to the church with a donkey.

Kniveton will have a Maundy Thursday service at 7.30pm on Thursday 8th April, followed by Holy Communion on Easter Sunday 11th April at 11.00 am. This will be lead by Bishop Humphrey of Repton. All are welcome to attend.



**Kneelers** These are underway and several have been completed already. We are planning to buy some more so if anyone would like make a donation for one, please let me or Pam Stafford know. They cost £32.95 and several designs are available. If you doubt your needlework skills, we can arrange for someone else to make it up for you!

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**Donations for lilies** The church will be decorated with lilies at Easter. If you would like to make a donation towards the lilies in memory of a loved one, please see Pam Stafford.

**Church AGM** The AGM was held on 23 March: the current churchwardens, John Bradbury & June Holman, agreed to continue for another year and were re-elected, as were the treasurer, Fiona Brown, and the secretary, Susan Clarke. David Holman joins Mike Armstrong and Ray Frampton as sidesmen.

**Dog Fouling** There have been several incidences of dog fouling in the churchyard. This can be very upsetting to relatives visiting graves so please ensure that all dogs are kept on a lead and any dog mess is cleaned up.

June Holman

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### KNIVETON CHAPEL NEWS

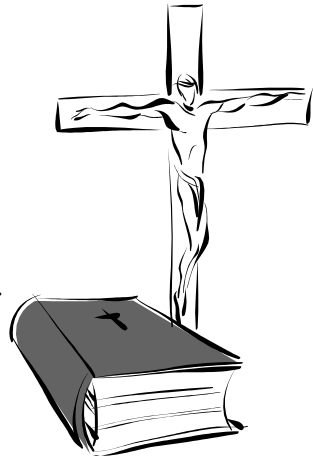
The Chapel garden has Rose trees planted in remembrance of loved ones from Kniveton. We are pleased to see that they are responding well to the sunshine that we have recently had.

We were pleased to see parents and children from Kniveton school at our Mothering Sunday service. This is always a very happy occasion.

The chapel congregation gave me a surprise Birthday Party, the very first time in my life. I thoroughly enjoyed it and I would like to thank Betty and all who helped to make the party happy and memorable.

We are thankful that Mrs Frampton is recovering from a nasty experience of illness. We wish her and every member of the community a joyous Easter.

Sister Merle



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**LOCAL BEAT OFFICER UPDATE – April / May 2009**

Things have been a little quieter on our area these past few months. Overnight on the 29<sup>th</sup> January 2009 the Bentley Brook Inn was broken into and items stolen. Some of the stolen property was found abandoned at Cubley. Staffordshire have also suffered a number of burglaries, and car crimes that are similar to ours. We have had some extra patrols out, at the same time as Staffs Police, to try and combat this and gain intelligence and trace possible offenders.

Suspicious callers at an address in Kniveton were reported to us on 30th January. This is in an area where we have had similar reports before, Ashbourne side of the village. A few days later we had a similar call in Ashbourne. Police attended and checked out a number of people, who were legitimate callers. Some motoring offences were dealt with and they were given advice about the timing of their calls. Please keep reporting suspicious people and incidents. I appreciate it can frustrate people when I ask you to keep doing this, and we don't always get out to your reports because of other incidents occurring at the same time. We do appreciate the calls, and they are very worthwhile. Your call may just be the one with a bit of luck attached that brings in a really good result.

At around 8pm on 1<sup>st</sup> February 2009, a vehicle collided with a stationary Ford Escort parked in Tissington. The offending vehicle failed to stop and made off towards the Ford area. The owner of the Escort has had their car written off, will have to cover the excess on the Insurance, and had the inconvenience a collision brings. Had the person stopped, left details, it may not have been a Police issue. If anyone has any information, saw anything that may relate to this, please let me know. Also at Tissington around the 4<sup>th</sup> February 2009, we had a number of Chickens stolen from a coup. A similar incident has occurred over in Staffordshire.

Towards the end of February at Thorpe Village Hall, on a number of occasions the meeting was disturbed by someone throwing clods of earth at the door. A number of boys have been spoken to after a similar incident at Mapleton and been given advice about their behaviour. We are very fortunate in that we have very little nuisance behaviour in our villages, and we do want to try and keep it that way. Please report any such problems to us, at the time it occurs, if at all possible, so we can try and nip it in the bud.

At around 0520 hrs on the 3<sup>rd</sup> March 2009, at Parwich, a local resident was disturbed by clattering and banging outside. He saw a vehicle drive away from the area, which was described as a small reddish van. The van left as the house lights were switched on. Details were passed to us, and it has resulted in some good intelligence with liaison with other Police Forces. No offences were committed around the area that night but it was an excellent call to us.

At Kniveton, during the 5<sup>th</sup> March 2009, a property at Kniveton was visited by two suspicious men claiming to be there to check on the Burglar alarm. The occupier was not present and the person who dealt with them refused them entry. If you are ever in doubt with unexpected callers always make them stand on the doorstep, until you have checked out their identification with their company, or with us. Each month I do include a number at the bottom of the page for Severn Trent Water. One of the most favoured ways of gaining entry by distraction is to claim to be from the Water Board. If in doubt, please use the number below.

On 12<sup>th</sup> March 2009 we had the Tissington Safer Neighbourhood Team Community Forum, this time held at Kniveton Village Hall. A small group of people attended and we discussed a number of issues, including road safety issues. The meeting heard that Operation Blodwen, which related to overgrown verges obstructing junctions, along with some other road safety concerns was being closed. Members of the public are encouraged to use the Call Derbyshire number 08456 058 058 to report verges that restrict views, potholes, icy roads, or any other highways issues. This number is the County Council call centre. They will take details and get someone to look at the issue. The number can also be used for stray dogs, trading standards issues, any issue that the County Council may deal with. Currently running on our area is Operation Coriander. This relates to Madge Hill, Kniveton. Please report any 4 x 4s, off road motor bikes that are using the lane to us. Please try and do so at the time, and give the direction of travel. Also now running is Operation Oilseed. This relates to pupils unruly behaviour on some school buses. Queen Elizabeth's Grammar School has some concerns over pupils behaviour on the school buses, in particular on the journey home. They dealt with issues themselves by speaking to pupils and parents and, if need be, will remove bus passes. They have asked us to assist and we will be doing random 'ride a longs' on the school buses that are causing concern. Some of these are on our area. The next meeting is going to be held on Thursday 25<sup>th</sup> June 2009, at Thorpe Village Hall, at 190 hours.

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## *The Get Together Club*

The February meeting in the village hall welcomed Sue Simpson and Paul Mortimer as our speakers, both were extremely interesting and we look forward to them coming back.

March was a mystery tour calling at Sheila's, Intake Farm, Rush-ton Spencer for lunch. We had a lovely tour and meal but poor Edna was taken ill and had to be rushed into hospital. She is still in hospital as I write but we hope to see her in the village again very shortly. Get Well Soon Edna.

For our April 16<sup>th</sup> meeting we have Bill & Doreen Kellie. Everyone enjoyed their first talk so much we have invited them to continue with the next stage of their lives in Africa. This is one not to be missed.

If anyone would like to join us on our holiday in September to Llandudno they would be very welcome. Please contact Liz or Margaret for details.

Would you like to come along and join us or have a copy of our programme please contact Liz (346078) or Margaret (344064).

### *The Get Together Club*

We are going to Llandudno on 21<sup>st</sup> September to 25<sup>th</sup> September 2009.

There are spare seats on the coach and we would like to hear from anyone interested in joining us. We have optional trips out every day which are included in the price of £300 DBB in a 4\* Hotel.

For details contact: Liz – 01335-346078 - Margaret 01335-344064



## A MYSTERY TOUR WITH A DIFFERENCE

I never expected my mystery tour with the Get Together Club to end up in a hospital bed in Stoke. I can remember very little about it but I do apologise to my fellow club members for all the disruption it caused to what would have been a great day out. I received fantastic treatment for the First responders, Ambulance crew and the hospital specialists and staff. I would like to express my thanks to all my friends and neighbours for all their concerns, offers of help and good wishes.

Edna Frampton

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# KIDS' PAGES



## By Class 3

Class 3 have been studying **climate changes**. We have learnt about environmental issues around the world and have shared our concerns with our partner schools in Indonesia and Gambia.

These are some of the poems we have written. We hope they make you stop and think!

MY EARTH POEM

Can we spare any more trees?  
**STOP** this madness, soon, **PLEASE!**  
 Or the trees will all be gone  
 Because of what **YOU**, the people have done!

Maybe the pollution of the seas  
 Will bring you down to your knees.  
 People fishing for too many fish  
 To put in a bowl or dish!

These things may not be worrying you yet  
 But you'll soon be concerned, I bet  
 Animals are disappearing in a wink of an eye  
 So stop it now or **SAY GOODBYE**

By Josh Lomas

What have we done?

The dolphins are dying... what have we done?  
 Do the scientists care at all?  
 Now is the time to find out why are the dolphins are becoming  
**Extinct.**  
 The elephants, tigers, zebras are dying whilst we're  
 Fast asleep.

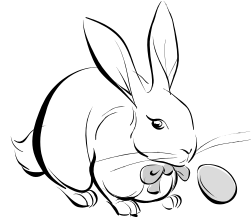
We have done this. We have done this  
 What have we done? What have we done?

By Celine Spencer

What has happened?

What has happened to all the trees?  
 All the birds and bumble bees?  
 Where have they all gone?  
 Are there any? No, not none!  
 What has happened to all the seas?  
**Salty water round children's knees.**

All the jellies and the fish,  
 Stop being greedy, on your dish.  
 So, when you are in your house,  
 Think of the little mouse  
 Switch off the glow  
 Before you go  
 And save the world.  
 Become green!  
 By Rebecca Gascoyne



**Polar Bears' Funeral.**

If you go down to the Arctic today,  
 I doubt you'll have a surprise.  
 If you go down to the Arctic today,  
 Don't bother to go in disguise.

**CHORUS**

*For every bear that ever there was,  
 Will be taken there together because.  
 Today's the day the Polar bears have their funeral.*

If you go down to the Arctic today,  
 It's best to go alone.  
 The Polars will die on the ice today,  
 So it's best to stay at home.

CHORUS By Imogen Green

**Polar bear poem**

If you go down to the Arctic today  
 You're sure to find it surprising.  
 If you go down to the Arctic today  
 You'll see Global warming is rising.

Their fur is all caught  
 Their eyes are distraught  
 Their homes are beginning to go  
 The ice is melting quick as a flash  
 It will soon be turned into mash.

If you let Global warming destroy their habitat  
 The polar bears will go splatt.  
 The ice bergs will melt  
 The sea will rise  
 The polar bears aren't surprised.  
 Please help these polar bears  
 If not they won't be there.

Their fur is all caught  
 Their eyes are distraught  
 Their homes are beginning to go  
 The ice is melting quick as a flash  
 It will soon be turned into mash  
 By Josh Lomas

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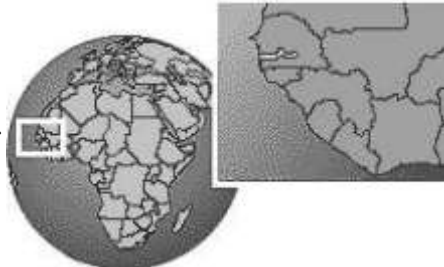
## GAMBIA UPDATE

Mrs. Cartlidge and I have just returned from a visit to our partner school in Gambia during February half term. It was a very fraught visit as the school was in danger of closing due to a variety of issues. So, we spent most of the time working out a rescue package and visiting Gambian bank managers (a very laborious, laid back experience!) I even had to lead a parents' meeting for 120 Gambian parents-a daunting task but one that was hilarious as I forgot I had an interpreter and started to chat away as I normally do, forgetting to stop every now and then and give her chance to translate into Wolof! We are sure the school has a good chance of surviving now and will continue to raise funds to help them.

We also visited the goats and chickens we purchased last October with money kindly donated from local people. Our seven chickens have now grown in number to 17! Merle and Lester, the two goats, are doing well, although the baby goat, Little Doty, sadly died. The vegetable gardens are producing lots of food for several families now and the well continues to change their lives.

We also visited the family of the dead deputy Headteacher, Aunt Elizabeth. The father was overwhelmed that people in Kniveton are still thinking about him. The gifts of money, clothes and shoes brought him to tears.

We are hoping to return at the end of May and will update you on the fascinating lives of the Gambian people we help.  
Lynn S. Board



### **Operation Christmas Child - Shoe Box Gifts**

We were delighted with the response to the last Shoe Box appeal. Thank you again to everyone in Kniveton who took time to fill a box, in some cases more than one. All boxes from Ashbourne and district were delivered safely to Serbia the week before Christmas and caused much excitement. All through the year many of us enjoy preparing for the coming Christmas. We meet on the second Wednesday morning of most months in The Cornerstone Cafe at the Methodist Church in Ashbourne. We make items to go into the boxes, and share ideas. Join us if you are shopping in Ashbourne.

You may have items at home which we can use. Throughout the year we knit scarves, hats and mits. and glove puppets. If you have bits of wool which you are not needing we can use it. One of the group make belts. If you have buckles she would be pleased to have these. I can collect. Of the utmost importance are empty shoe boxes. Please ask for the box if you are buying new shoes, and if you have a source of regular supply I would be grateful to know.

Please give me a ring if you would like more information.

Betty Hadley 01335 300699.

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### **Whole Village Garage Sale**

August 31<sup>st</sup> – Bank Holiday Monday

The garage sale will take place again this year but in previous years this has been arranged by the Well Dressings Committee. However, this year I am more than happy to arrange this and any proceeds will go towards funds I am raising for Ashbourne First Responders.

More details will be in the next issue of Kniveton News but a donation of £5 for each stall/garage will be collected on the day. Roger Banning

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### **E-Victims**

Everything is moving online: shopping, government forms and even keeping up with friends and family. Unfortunately, there are also risks online.

Here is a website that can help if you are worried or get in trouble online. [www.e-victims.org](http://www.e-victims.org) is the only website that offers advice to victims of e-crime and other online incidents. It is a free online service offering easy to use practical advice. The website provides factsheets on e-shopping, identity theft, Internet scams and more. It provides advice on a range of online issues. You can read through the Q&A section or ask your own question.

If you are a victim of e-crime, [www.e-victims.org](http://www.e-victims.org) will help you understand what went wrong and whether you should report it. The E-Victims Organisation is a not-for-profit company that is run by volunteers to help all Internet users stay safer online.

**MAPPING KNIVETON'S UNDULATIONS – 2009** In the early 1970s, a young Martin Wildgoose from Close's Farm, developed his regularly ploughed and used for growing food on a three-year crop rotation: wheat interest in archaeology by carefully plotting all the Ridges and Furrows in Kniveton fields on to a 6" OS. Map. Ridges and Furrows give permanent pasture an undulating, corrugated appearance marking the remains of medieval strip fields that were and barley in year one, peas and beans in year two and left fallow in the third year. The snow in Kniveton during the 2008-9 winter, combined with low sun levels, showed the undulations to perfect effect, and as Martin's map went missing when he and his family moved north to the Isle of Skye in the late 1990s, it is necessary to repeat the exercise during Spring & Summer 2009. Also – there is no Enclosure Map for Kniveton in the Derby Record Office. I have tried using "Google Earth", but too many of the images are inconclusive, so field walking is the solution!

The Medieval Open Field System usually consisted of three, or more, large, hedgeless "open fields" which were farmed in strips. Each farmer was allocated a number of strips distributed around the fields to ensure a fair share of good and less good land. Typically, in Derbyshire each strip measured 11 yards wide by 220 yards ( a furlong)

making about a quarter of an acre in area. Some strips were owned by the Lord of the Manor ( the demesne) and the Church (the glebe land). Land left uncultivated was called the Common, with villagers having grazing rights. Current belief is that the ridges were not created accidentally, but were developed to ensure easy drainage of the seedbed. The furrow was a combined open drain and ownership boundary.

In Medieval England the making of the ridges must have been a challenge. Early ploughing technology consisted of a single-blade, non-reversible plough throwing soil to the right, drawn by up to six oxen, in pairs. Horses were considered too valuable to use for ploughing; they were for military use. Assuming you could persuade your oxen to plough in a straight line, the problem came at the end of the furrow, when you wanted to turn round. So often the ridges were not straight, but in an elongated, reverse "S" shape to aid turning. The ridges, therefore, were made by ploughing in a clock-wise spiral, starting in the middle of the strip and eventually ploughing round the outside edge. An anti-clockwise motion was adopted in the fallow season to move some soil back towards the furrow and avoid cutting too deeply into the infertile subsoil.

I am hopeful that the Kniveton survey will give us a picture of the village's Open Field System, including the extent of the Common Land; in fact a plan of the village before the enclosure process. It will be fascinating to see to what extent the strips were affected by the topography of the village and whether we can recognise a second wave of ridge and furrow which was created in the late 18<sup>th</sup> and early 19<sup>th</sup> centuries. Often called "Napoleonic Ridge & Furrow" or "narrow rig", it was a response to increase the amount of corn at a time when Napoleon was creating mayhem throughout Europe.

Afterthought: Martin Wildgoose is now Co-Director of an archaeological project on the Isle of Skye. See [www.high-pasture-cave.org](http://www.high-pasture-cave.org) for the website, including a dramatic photograph of Martin contemplating the "Cave of the Speckled Horses", a site at the foot of 110 metre cliffs constantly battered by the sea. A far cry from field walking in Kniveton in the 1970s!!

John Hartle

# MAMMA MIA!

Mamma Mia! Here we go again! For the third time, Good Fun Productions has teamed up to bring the collide a block-buster film with the fun and the atmosphere of a West End musical and raise money for charity.

Around 50 people filled the village hall, mostly dressed up in their finest 1970s get ups, or as characters from feel-good Abba based musical, Mamma Mia!

Paul and Jean Thorne, joined again by legendary village DJ Doug McConnachie, organised the show, which had the entire swinging their flares as they sang along to lyrics flashing up on the big screen.



Jean cooked a delicious Moussaka and prepared a Greek salad, while Paul led proceedings, introducing the film and the lively disco that followed.

The event raised £200 for Midland Riding for the Disabled, a charity run by Dave Bott's sister, Alice. Gareth Butterfield







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### PARISH COUNCIL MEETING

At the meeting held on the 24<sup>th</sup> March it was stated that there is a survey being carried out on vehicle speeds through the village. Currently it is felt, by the County Council, that there is little justification for extra signage through the village. Discussions are continuing.

Since the trees have been cleared on Madge Hill the road is suitable for walkers. The current temporary restrictions will continue until the road is fully repaired. There is evidence that off roaders and motor bikes are still using the road illegally.

In previous years daffodils were planted in the village verges to enhance the appeal of the village, kindly supplied by Mary Smail. Unfortunately it has been observed that people from the village are picking these daffodils. Would the offenders please refrain from picking these flowers.

Under the “Freedom of Information Act” members of the public are entitled to ask questions on the activities etc of the Parish Council. Should any person require any information they should contact The Clerk to the Council Mr M. Severn, October Cottage, Hulland Village, Ashbourne, DE6 3EP. Telephone 01335 372801. Email [mike.severn@btopenworld.com](mailto:mike.severn@btopenworld.com)

The investigation on the flooding at the bottom of the village is ongoing. The culvert at the bottom of the village is in a bad state of repair and the situation is further complicated by the fact that it runs under the Old Hall. It is being considered to rebuild the culvert taking it along the line of the public road. The culvert under Washpool Lane is also still blocked.

Fly Tipping is becoming an increasing problem. Councillor Ratcliffe stated that any one caught Fly Tipping will be prosecuted. It is requested that all instances of Fly Tipping be reported to the DDDC or to your Parish Councillor. The authorities will investigate all instances and they have DNA facilities to assist in the detection of the offenders.

The restoration of the Historic mile stones on the local roads is proceeding. The next meeting is on the 28<sup>th</sup> April 2009 at 7.45 pm.

**The Annual General Meeting of Kniveton Parish Council will take place at 7.30pm at Kniveton Village Hall on Tuesday 28th April 2009 preceding the Parish Council. All are welcome.**

### **Accident & Emergency Services Move from DRI**

**We need your help. We are asking all staff to help us spread the word about the date and time of the A&E Move from the DRI to DCGH. Please ask at every meeting you attend internal and external if people can put up their hand if they know when Derby Hospitals A&E Department is moving to DCGH? It is at 2am on Wednesday 20th May 2009. From then on there will be no A&E Department at the DRI. Please tell your family and friends about this and spread the word as far and wide as you possibly can.**



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# KNIVETON WI

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Members welcomed Mrs Lynne McCloughlin to the February meeting where she spoke of her life as the wife of a MP. She told us not only was she a wife but also his assistant. When Patrick became MP in a bi-election held in West Derbyshire in 1986, Mrs McCloughlin was pregnant with her first baby. They made the decision that they would make their home in the constituency which covers a large rural area. Over the years Lynne has helped her husband organize his diary and with two assistants answers letters, emails and many diverse enquiries. After a very interesting talk with many interesting and amusing anecdotes, Mrs Palmer gave a vote of thanks.

Raffle prizes were won by Mrs G Hulland and Mrs M Armstong.

The speaker for the evening was Mrs Joan Ward whose talk was entitled "Life begins at 50" . Joan kept the members amused with her collection of anecdotes about the joys of growing older or not as the case may be. By the end of the evening members came away with many tips on how to enjoy life no matter what age they might be. Mrs Palmer gave a vote of thanks.

Carol Akers gave a report on the Spring Council meeting held at Chesterfield when six members attended. The Gardener Christine Walkden was the main speaker in the afternoon who spoke of her life and achievements in gardening and in the morning Sir Henry Every spoke about The National Arboretum. Kniveton member Mary Vaughan who is on the County Executive has become the editor of Derbyshire Link.

Jean Thorn reported on the very enjoyable and entertaining Spring Group meeting hosted by Clifton WI when nine members attended

Hostesses for the evening were Fiona Brown and Nancy Bradbury and Raffle winners were Carol Akers and Nancy Bradbury.

The next meeting will be held on April 15th at 7.30pm when Mr John McConnell will talk about Wood Turning and bring examples of his work.

Carol Acers– Press Secretary

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# Kniveton Contacts

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|                                |                       |  |
|--------------------------------|-----------------------|--|
| Rector                         | Chris Mitchell        | 372138   |
| Church Wardens                 | John Bradbury         | 344166   |
|                                | June Holman           | 300818   |
| Chapel                         | Sister Merle          | 343793   |
| Youth Club                     | Paul & Fiona Brown    | 346564   |
| Neighbourhood Watch            | Situation vacant      | -  |
| Kniveton WI                    | Pam Stafford          | 345716   |
| -                              | -                     | -  |
| Village Hall                   | Nancy Bradbury        | 344166   |
|                                | -                     | -  |
| Ashbourne                      | Scouts                |  |
|                                | Cubs                  |  |
|                                | Beavers               | 343059   |
| Ashbourne                      | Rainbows              |  |
|                                | Brownies              |  |
|                                | Guides                | 360781   |
| The Red Lion Kniveton          | David and Lesley      | 345554   |
| The Ketch Kniveton             | Andy and Cheryl       | 342341   |
| Household Waste<br>Collections | DDDC                  | 341009   |
| Kniveton Newsletter            | Ray Frampton          | 346280   |
|                                | Mary Vaughan          | 343308   |
|                                | E Mail                | willowbank@kniveton.net                              |
|                                | -                     | -  |
| Kniveton Newsletter Diary      | Mike Armstrong        | 345707   |
| Get Together Club              | Liz Howe              | 346078   |
|                                | Margaret Clark        | 344064   |
| MP                             | Patrick McLoughlin MP | 020 7219 3511<br>patrick.mcloughlin.mp@parliament.uk |
| Police                         | non emergency         | 0345 123333  |
| Crimestoppers                  | Anonymous information | 0800 555 111   |
| Call Derbyshire                | Highways, dogs etc    | 08456 058 058  |
| Severn Trent Water             | Identity of callers   | 0800 783 4444  |

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## ***More than 250 Derbyshire walks to download and print FREE!***

There's no doubt about it, walking is good for you. It's good for your heart, it's good for your lungs, it's good for the muscle and bone growth of your children and it's good for your feeling of wellbeing! Strong scientific evidence now supports the many benefits to health of regular walking – it is recommended that we take at least 10,000 steps a day.

Studies show that walking can:

- Reduce the risk of coronary heart disease and stroke
- Lower blood pressure
- Reduce high cholesterol
- Reduce body fat
- Enhance mental well being

Walking offers a great way to help kids get the active habit. If parents express excitement about the prospect of a walk in the countryside, they are more likely to transmit this feeling to their children. It's important to treat the walk as an exploration or adventure and to go at the child's pace, no matter how often they want to stop and look at things; take treats to eat and plenty to drink; and head for some landmark that will appeal to them such as a castle, a playground, an ice cream van or a boating pond. If children experience walking as part of a fun activity they are more likely to want to go again.

So, how do you find out what is on offer? John Harris, a keen walker, got fed up with the lack of information on walks that were going on in the County. So, he decided that if he couldn't find what he was looking for – he had better create it! So [www.walkinginderbyshire.co.uk](http://www.walkinginderbyshire.co.uk) came into being.

[www.walkinginderbyshire.co.uk](http://www.walkinginderbyshire.co.uk) gives you all the information you need for the best walking in the County:

Details of more than 250 walks to download and print free, details of all the Derbyshire walking groups, maps and walk books – plus loads more information.

So check out the website and get walking!