

THE GRINDLEFORD NEWS

July 2014



The Shop is Open!

On Saturday 14th June our very own Community Shop opened to great fanfare in a village extravaganza attended by hundreds. Local residents, visitors, walkers and cyclists were entertained by local musicians, invigorated by local Cafeology coffee, refreshed by local Critchlows burgers and tempted by no fewer than 1000 helpings of free cake baked by an army of local volunteers. The opening represents the culmina-

tion of many months of work undertaken with diligence and determination by the Shop Committee and their marvellous volunteers. Thanks to them our village is once again provided with an essential amenity, and those in search of a pint of milk or a loaf of bread can find it on foot rather than getting in their car. What the shop needs most is customers, but if you fancy helping out in other ways too, read on...

Your Shop Needs You!

Grindleford Community Shop is staffed almost entirely by volunteers, and much of the fresh produce it sells is sourced within the village and surrounding area. Without your help, there would be no shop!

Volunteer?

The friendly local face behind the counter when you visit the shop is a volunteer, giving up a couple of hours of their time, maybe once a week or maybe once a month, to make it happen for our community. It's an enjoyable, rewarding and extremely virtuous way to spend your time. At the time of writing we still have 120 hours to fill in our four-weekly rota. Without volunteers to staff it, the shop can't open. If you feel you could spare a couple of hours, regularly or occasionally, please do get in touch with Cate on 07581 266108 or Bev on 07803 711421.

Spare Produce?

Grindleford Grown?

Hope Valley Grown?

Many people are trying to buy local and we are keen to source local fruit and vegetables where we can to sell in Grindleford Community Shop. If you do have a bumper crop of berries, courgettes, lettuce, beans, plums, apples, herbs... We would love to hear from you. We may sell it in the shop, or make jams and chutneys, or both. If you think you may have some spare produce, or maybe are going away and a crop will go over in your absence, please speak to Sarah or Carolyn in the shop.

Cake Bakers and Jam Makers

A few of us have been baking cakes and making jams, marmalades and chutneys for the community shop, which are popular with walkers and locals alike. It would be good to have a few more jam makers and bakers involved, particularly anyone who is experienced with gluten free. Please contact Penny on 630023 for more information on cake baking. If anyone would like to make jams, marmalades, pickles, chutneys for the shop please contact Sue Fairbrother on 630160.

The Spring plant sale raised over £600 for the Community Shop. Many thanks to everyone who supported the event.

COMEDY NIGHT

THE MAYNARD, GRINDLEFORD
MON 21ST JULY 8-10.30PM



ROB ROUSE



HATTIE HATSTAR

£8 PER TICKET - CONTACT
EMMA (07527 062112) OR CLARE (07920 558147)
IN AID OF GRINDLEFORD AND EYAM PLAYGROUP



The Grindleford Community Shop

It's now a few weeks since that lovely day when you all came along and the bands played and Mary cut the ribbon. Since then we have had an absolutely lovely time welcoming so many of you across the threshold. We have been much more successful than we could have hoped and are looking now to find more and better ways of stocking the things you want so that we can build on that success.

So, how are we doing...? We made, all things included, a magnificent £1500 on opening day, which filled a little hole in our budget and allowed us to buy some stock! Thank you all for coming, it was a wonderful day in this the best of all possible villages. Very many thanks to Mary, Tony Kaunhaven, the Keltones, Sophie and Mel, Cafeology, Handsprung and many others for supporting us. Since then we haven't had a day when we have missed our target, so so far so good.

As ever we are looking to supply locally wherever we can. The windowsill is loaded with local jams, marmalades, greetings cards, honey... we aim to expand this treasure chest as time goes by. Irene bread, Critchlow pies and

Peak Fruits fruit and veg, with Middleton's Dairies milk and dairy, are still coming to us at under retail price so we can make a little bit of money without asking a huge amount for things. Thanks to our suppliers who have helped us such a lot in these first few days.



Sometimes we have just a little tiny gap in our stock list—mustard was one—please tell us and we will aim to rectify that as quickly as we can. We are waiting for more shelves which will allow us to stock a wider variety of things. The whole purpose of the community shop is to provide the things you want to buy! Then you can come down and meet old friends, make new ones and read the notices and events which are becoming quite a thing down in St Helen's Church Vestry. Also you can admire our aprons and have a cuppa.

When it comes to prices, we are not



expecting you to do your weekly shop with us—but before you jump in the car for the things you forgot, we may well be cheaper, especially once petrol costs are taken into account. We are constantly

looking to keep prices as low as we can, and having such low overheads with staff and premises costs means that is less hard than if we were a commercial concern. So you might be pleasantly surprised.

In a week or so's time BT should be providing us with a phone line and broadband, so we can accept card payments. We had plans to use a mobile for this, which worked beautifully in

Nancy's house and in the churchyard, and didn't work at all in the shop because of the thick stone walls. D'oh. We are investigating newspapers and once there is a moment to breathe, we will relaunch our onslaught on cycling and walking clubs. Matt has some super new (ever-so-tasteful) signage in hand. Rock. And. Roll!

It feels really good that all that hard work getting open has been worth it. We were all in that together, dear Grindleford, so I guess we are collectively pretty pleased. Certainly the atmosphere down at the shop has not lost all of its carnival feel, as you would have noticed had you seen Sunday morning's shift celebrating the successful change of the till roll. Carumba! Move over Brazil. There are a very great number of people who deserve thanks for all they did to get us here and you can find that list later in the magazine. For now, the three who are really standing out are Carolyn, Mary W and Penny, who are responsible for the stock you find on the shelves, the fresh fruit, veg and cake, and the lovely displays. Bearing in mind Carolyn was an IT expert I think we can agree she has hidden depths! A really big thank you to those three who are at the heart of the thriving little shop you see.

Despite all this really good news, there are still challenges at hand, especially filling the volunteer rota. Please do give your full attention to the pleas for help on the following page...

Sarah Battarbee

Grindleford

Horticultural Society

Now the carnival is over, the next big village event is on Saturday 16th August. Yes, it's the annual village show, a festival of produce from our gardens, allotments, kitchens and



imaginations!

The show schedule should have dropped through your letter box by early July so now's the time to start planning! Those looking to find advanced levels of inspiration may like to look up www.rhs.org.uk and be inspired by their shows, but primarily this is a village show and we love to see entries from experienced exhibitors, those who would like to show their more modest achievements and novices alike.

The first step is to get your entry intentions in on Thursday evening (14th August) at the Bishop Pavilion. This al-

lows us to prepare cards with your unique exhibitor number and these cards will be in place for you whatever the class of your entry on the Saturday morning. On the day, entries are received any time from 08:00 to 09:45. Late entries may be possible for some of the classes, but they must be sought before 09:00 on the Saturday. Then it's for the judges to take a long hard look and make their decisions about who they feel has the best, second and third best entries—no easy task! Then, at 14:00, the show will be formally opened by Alan Jacques and the marquee is declared open to the public.



Of course it's about fruit, flowers and vegetables but it's also about art, craft and writing. There's a lot of talented people in Grindleford, and others who may have been 'hiding their light under a bushel'—if that's you, why not have a go this year?



We'd particularly like to encourage more floral art this year (the prize money has been increased to recognise the cost of buying flowers). There's a new class for handmade greeting cards. (Maybe there'll be a spin off with future sales at the Community Shop?) Adult writers have been set the title: 'Edges'.

Aside from the marquee there are the legendary refreshments, a host of stalls, tremendous raffle and a children's entertainer.

So here's hoping for the sun to shine and seeing you all on the 16th August!

Kay Allinson

The Grindleford Goat CYCLOSPORTIVE

108km | 51km | 17km (family)

grindlefordgoat.co.uk



Sep 13th

Exploring Longshaw

Longshaw is alive and buzzing with so much happening at this time of year, so I will attempt to keep it brief...



Wildlife Wonders

The hay meadows are in full bloom and buzzing with bees, and are being surveyed at the moment by our Ranger Mark Bull and a team of wildflower & wildlife enthusiasts. If you get the chance it's a great time to wander around the Grouse Inn Fields, and if you are a keen spotter contact Mark to join the team for 2015—

mark.bull@nationaltrust.org.uk.

There's also a Fungi Survey happening at Longshaw, working to a 5-year plan, with mycologists including experts from Sorby, and again, anyone is welcome to get involved—the lead contact is Steve Clements and he is contactable at stevejohn39rd@gmail.com.

Sporty Things

We have a buzz of new sporting activity happening at Longshaw too, with our continued Cycle to the Cinema programme going really well, and the recent opening of the new concessionary bridleways (along the top & middle drives, away from the main visitor areas).

Our Sports Development Officer, Ruth Tweedie, has also been busy setting up a sequence of new and healthy activities:

Take to the Trails on Sunday 13 July.

Running interval/ re boot sessions to start 10th July.

Sporty dates for your diaries (details TBC, check the web)

Bring your bike to Longshaw on 30th July

Orienteering on 6th August

Climbing on 13th August

Keep an eye on our website and facebook pages and contact

ruth.tweedie@nationaltrust.org.uk for details.

Summer Exploring

Kitchen Garden Open Day on Sun 27th July, 11am-4pm—with hands-on activities and insights into growing at altitude (small charge for some activities).

Down by the Pond on Thurs 31st July, 1.30-3.30pm—come and discover the creatures that lurk in Longshaw’s pond and help us with a wildlife survey of the area. Child £3.

Wild Wood Experience on 21st August 2014—In partnership with the Eastern Moors and Grindleford & Eyam Playgroup, the Wild Wood Experience is a special day of woodland magic for kids and adults, threading through secret places of Longshaw. Guided by a map and markers, track down the activities & challenges, try out new woodland skills and join in campfire sessions. Meet at the Wooden Pole Car Park. Adult £5, child £5, under 5s free—booking recommended on 01433 637904



“Longshaw remembers... caring for wounded soldiers of the Great War” Pop up to Longshaw, week beginning 2 August, to find out about the history of the Lodge as a first world war hospital. Displays and activities outside the tea room.

Dogs, Cows, People and Sheep...

At Longshaw & Eastern Moors, we have had a spring of changes, as the birds have been nesting and lots starting to fledge, and the sheep and cattle are back and enjoying the views. It’s really important at this time of year (from spring to autumn) for people to keep their dogs on leads everywhere at

Longshaw, but there is one exception, which is if the cows seem to be anxious around your dog, at which point the best thing is to let the dog off until you get a distance away from the cattle. It’s a difficult challenge to communicate all this with our visitors, and even regular dog walkers too—some people say “but my dog is always under control and has never attacked a sheep or bird’s nest”—and we understand that, but there have been times when someone sees another dog off a lead so then thinks that it’s okay to let theirs off, and theirs is not so well controlled around animals—“...but their dog was off its lead so we thought it was OK...”—you can imagine the conversation. There are also people who have been really shocked by the behaviour of their own very controlled dogs—“he is usually so calm and has never ever done anything like that before”. We are trying to get our signage about this right at Longshaw, but the best way to spread the message about the reasons to keep dogs on leads is through word of mouth, so any help with this would be very welcome.

www.nationaltrust.org.uk/peakdistrict

www.nationaltrust.org.uk/longshaw

Facebook:

Longshaw Estate, National Trust (Longshaw updates and news) and Peak District NT (our places and work in the wider Peak District)

Twitter: PeakDistrictNT

Jenny Gerrans

Visitor Experience Officer



BARN DANCE

RAISING MONEY FOR THE COMMUNITY SHOP

SATURDAY, AUGUST 16th, 2014

7:30pm—10:30pm

MARQUEE ON PLAYING FIELDS

BAR & BBQ ON SITE

Entrance £7.50 Under 18s free

Tickets available from

Grindleford Community Shop and the Sir William



The Grindelford Community Shop

OPENING HOURS

MONDAY	8.15 am – 7 pm
TUESDAY	8.15 am – 7 pm
WEDNESDAY	8.15 am – 7 pm
THURSDAY	8.15 am – 7 pm
FRIDAY	8.15 am – 7 pm
SATURDAY	8.15 am – 7 pm
SUNDAY	11.30 am – 4 pm

The above times are provisional depending on availability of volunteers and may have to be revised, but we will give you plenty of warning.

There will be no shop when the church is in use, e.g. Good Friday, weddings and funerals. Again, we will give you as much warning as possible.

We are urgently investigating card sales and cashback and will keep you posted on progress! Meanwhile cash and cheques accepted.

Grindleford

Allotments

Summer on the allotments has brought an excellent crop of soft fruit—strawberries, blackcurrants, raspberries—and it is also marked by our usual summer open day on Sunday 20th July. This attracts visitors from across the Peak District and this year, it is rumoured, from as far afield as New Zealand.

This year is also marked by the arrival of the first wine from our vineyard which has been made by Derbyshire Winery in Bakewell. The crop last year was quite small except for one variety, Seyval Blanc, and the wine does not yet rival what you can buy in the supermarket but the remarkable thing is that we were able to



produce any wine at all. With luck and a warm Autumn this year's crop should be better. Will it be a vintage year?

The other produce on the allotments has been mixed; some things have done well, others not so well.

What have done particularly well, following the mild wet winter, are slugs and

snails. Some allotment holders have, however, been able to donate small amounts of surplus produce to the community shop, which has been very popular, when available. Possibly there have been a few free slugs thrown in as well, but at least it shows that it is organic produce!

There are no major new developments on the allotments this year, but we continue to make small improvements, such as the installation of a new tap at the top of the allotments, saving the allotment holders a bit of a walk with their watering cans.

Michael Wren

Grindleford

Bee Keepers

This year is proving to be ‘catch-up’ time for the bees. After the difficult winter two years ago and last year’s disappointing summer, the bee population was severely depleted. However, the warm start this spring has prompted rapid growth in the colonies and now they are bursting at the seams. So, there are bee swarms everywhere.

A swarm outside the Pavilion was collected promptly by a local bee keeper. That colony has now gone to help establish a novice group of bee keepers setting up in Burngreave Cemetery in Sheffield. (I’m sure there must be an amusing quip in there—suggestions on a post card to the editor please!) I’m told the colony is thriving.

It doesn’t always go that smoothly. In mid June I had a phone call from Hassop Hall Hotel, they had a large swarm on a stone column adjacent to their function building. Wow, a “posh” swarm! So I set off armed with my collection box and bee suit. The swarm was about 1 meter long and 30 cms wide on stone partly covered in ivy. Not the usual easy ball of bees hanging from a low bush that you see in the text books then—but still, about 6000 bees are not to be sniffed at. I brushed most of them into my box and luckily got the queen. The rest trooped obligingly into the box over the next two hours whilst I went home for tea. Then it rained hard!

My swarm box wasn’t waterproof, so it needed to be put in a proper hive that evening—so back to Hassop Hall. With the swarm in the back of my car I set off to the allotments, transferred the bees into a hive in the pouring rain and added a feeder of sugar syrup to make them feel at home. By 3pm the next day I got a phone call about a swarm just along the river from the allotments—now there’s a coincidence, I thought... You guessed it, the posh swarm didn’t appreciate their new ‘des res’, they had scoffed the sugar syrup and swarmed again, this time 12 foot up a tree. By 6pm they had moved again into a neighbouring garden in an equally inaccessible spot, and by the next day they had disappeared altogether. Only 25% of bee swarms naturally survive without a bee keeper’s intervention, but I guess this one didn’t know that!

By the time you read this the swarming season of May to July will be largely over, but there’s always next year’s attempts to manage nature and help our bee population to thrive—oh, and there’s the honey as well... look out for our honey stall at the Horticultural Show in August.

Alan Fairbrother



Love living in Grindleford?

Then please support

Friends of Grindleford and Eyam Playgroup

- and keep our pre-school thriving.

Come along for two free events when you support us, including fabulous Garden Party Sat 6th Sept 2014, 10-12

Help us carry on the magic!



Friends of



Friends of Grindleford and Eyam Playgroup exists to support GEP, the local pre-school for the Grindleford and Eyam communities.

We work hard to ensure that GEP has a secure and stable future, that it continues to give our children the best possible start in life, and that it plays an active part in supporting our local economy.

Join Friends of Grindleford and Eyam Playgroup and become part of the foundation of local good will that has built up in support of our village pre-school.

In return we would like to welcome our Friends to two free events over the coming year. Friends will also receive a termly newsletter and a donor recognition plaque at the site of the children's Gardening Club.

How do I join? Go to our website, fill in the application form and pay on-line, or simply call Liz Tiplady on 01433 631206.

Membership is £10 plus one hour volunteer time per Friend per year.

There are plenty of things you can do to volunteer, from helping at an event to knitting Easter chicks. If you don't want to volunteer, membership is £15 per Friend.

**September 2014:
Garden Party at
Grindleford Allotments**



**Winter 2014:
Craft evening at
Eyam Mechan-**



If you don't want to become a Friend, you can still donate: all donations will be gratefully received, regardless of size, and will help us secure the future for GEP.

**Our heartfelt thanks
for your support.
See you at the garden
party!**

www.grindlefordandeyamplaygroup.org.uk

Grindleford

Gaiters



Gaiters striding out above Froggatt Edge before returning on White Edge, January 2014.

As well as the walk photographed, other walks in the first half of this year have included: Leadmill & Bole Hill; Sheldon & Deep Dale; Beeley, Smeltingmill Wood & Hell Bank Plantation; Stanage Edge, Moscar Moor & Dennis Knoll; Froggatt, Curbar & Baslow; Tideswell & Millers Dale; Calver & Baslow; Ashopton, Hurkling Stones & Ladybower; Dennis Knoll, Stanage Edge & North Lees; Baslow Edge & Curbar; as well as Froggatt, Eyam & Sir William Hill.

The Gaiters walk every other Thursday, year round, generally meeting at the Pavilion car park at 9:30am. Walks are typically 5 to 6 miles followed by lunch at a local hostelry. The dates for the walks can be found on the events page of the village website: www.grindleford.com.

Keep walking!

Tim Reynolds 630023

Grindleford WI

We shared our May meeting with Curbar, Calver and Froggatt WI as it was our 'Resolutions' meeting when we discussed the resolution to be debated at the WI AGM in June. This year our attention was drawn to the thousands of patients who are given a new lease of life by receiving kidneys, lungs, hearts etc. from those who no longer have need of them. There are never enough donations to satisfy the need and we were urged to ensure that as individuals we would inform our relatives of our willingness or otherwise to allow our organs to be donated. Votes were taken and these went to the AGM in June. It is not surprising that the resolution was carried by a large majority.

This year's AGM was enlivened by the unveiling of plans for the celebration next year of our centenary. Grindleford WI will not be quite so old, but we do have a 'special' as we will be 70.

Our June meeting is our annual outing month and so on 17th we went to Whaley Bridge, where we boarded the *Judith Mary 2* to enjoy a delicious lunch as we cruised along the canal. It was a treat much appreciated by everyone.

Kay Beeston

Grindleford Goats

The Grindleford Goats is basically a loosely affiliated group that anybody can join (no club structure, joining fees or meetings), of people in the village who like running, biking, climbing and generally being active. There's a Facebook Group where we post details of planned activities, which members can opt in to (much preferable to opting out of round-robin emails). Just search for Grindleford Goats on Facebook (you'll need a FB account) and request membership. Whatever you post within the group will only be visible by members of the group. If you fancy any clothing with the Goats logo then drop Matt an email at matt@heason.net. Hoodies are £24 (adult) and £16 (kids), Running Vests are £16, and Tshirts range from £8 (kids technical / adults basic) to £14 (adult technical).

The Goats (or whichever of them can make it) have a single regular event: a run every Tuesday at 8pm from the Pavilion. All are welcome, length and difficulty are very much up for negotiation.

The Goat

Grindleford

Playing Fields Association

As I am sure all readers will agree, the Bishop Pavilion and the Bridge Playing Field play a very important part in the social life of Grindleford. Many folks, however, are unaware of how such a wonderful facility came about and how the whole operation is financed, maintained and made available for so many uses.

It is tempting to start by saying “Quite simply... etc.” In a way, it is quite simple—you form a committee. Yes, quite true, but as you can imagine it is not quite that simple. Many years ago, approximately 1977 (the year of the Queen’s Silver Jubilee), the land comprising the Bridge Playing Field was offered for sale for a reasonable sum by a local benefactor (Robert Crossland); the sum was raised by public subscription and the playing field came into being. The main beneficiaries were, of course, the cricket and football clubs but it was not long before the children’s play equipment was installed and it became a recreational area for the whole village, not least for use on Carnival Day (the greatest free show in the North of England).



In the early 1980s, after a lot of hard work by a committee in fundraising, obtaining planning permission and getting together a workforce, the building of the Pavilion was started. During the course of construction it came about that Mr Bishop died and bequeathed a large sum of money for the benefit of the village, with emphasis on the erection of a building for the recreational use of the community, particularly the Horticultural Society and the sports clubs. This enabled the Committee to consider a somewhat more commodious structure and in due course the building was opened in 1984. A plaque commemorating the event together with a photograph of this hard working committee can be seen in the Pavilion. It is pleasing to note that some members of that Committee are still working hard to keep this marvellous facility well maintained and available for the use of the community today.

Applications to join the Committee are welcome—particularly from those who are involved in the running of local organisations, but any member of the Grindleford community is welcome to join. Please contact the Secretary, Steve Benn on 01433 630221.

While writing about the facilities, it should be mentioned that the Pavilion is available for hire, at very reasonable rates, for meetings and parties. Our hard-working Booking Secretary, Elaine Hutchinson (e.hut.29@gmail.com), will be pleased to take your enquiry. Don't forget, the facilities include plenty of parking space, a fully equipped kitchen and, for the children, play equipment and use of the playing field.

Frank Galbraith

Registered Charity No. 508197



Thank you Grindleford Gallop for our wonderful new bikes!



Recent adventures with



Grindleford and Eyam Playgroup



Grindleford

Youth Club

Building Project

As you may know the Youth Club has been using the former chapel (held in the name of the Trustees) behind the War Memorial for a great number of years, and it was decided last year to move the activities to the Bishop Pavilion, since the old building had been declared unfit for purpose. Since then, the Youth Club numbers have swelled and it is now flourishing under the guidance of Michelle Bingley and her team of dedicated helpers.

The Pavilion is an excellent site for the Youth Club activities, but there is some pressure on the availability since there are a goodly number of local organisations who are also looking to use the facilities. The result is that a decision was made, in conjunction with the Playing Fields Committee, to sell the old building for use as a private dwelling and use the proceeds towards the construction of an extension to the Pavilion to cater for the needs of the Youth Club on this excellent site.



The wheels have been set in motion for the sale of the chapel building by firstly gaining planning permission from the Peak Park planning authority for change of use to a private dwelling. Other considerations are to draw up an agreement with the Playing Fields Committee and to arrange for the sale of the old chapel by auction. The potential sale value has been greatly enhanced by the kind offer of the owners of a neighbouring property, Mr and Mrs Shaw, in offering a part of their property for use as a garden and to provide potential parking space.

Trustees of the Youth Club Building

Have you seen any good films lately?

Jimmy's Hall (2014)

Ken Loach is one of the most admired UK filmmakers of his generation and *Jimmy's Hall* is his 29th film. His long career began on TV then moved to film with *Poor Cow* arriving in 1967, then two years later *Kes*, which attracted international attention in 1969. Shortly after the release of his latest film, *Jimmy's Hall*, in May, the veteran filmmaker attended The Showroom in Sheffield discussing the rigours of filmmaking and the possibility of his retirement.

Filmed in Ireland, *Jimmy's Hall* follows the true story of the 1930s Irish political activist James Gralton (Barry Ward), who returns to his home country from New York to re-open a dance hall in a remote field in Efrinagh, County Leitrim. Gralton inspired the local community to dance, introducing jazz, which he'd discovered during his travels around America. He encouraged the appreciation of art and poetry, and taught boxing. His dance hall was a place where free thinking and philosophy were encouraged, away from the dominance of the Catholic Church in 1930s Ireland.

The film's central theme concerns organised religion and repression, and how ordinary people were kept in their place. The story is about the hostility between the socialist Gralton and a parish priest played by Jim Norton (Bishop Brennan in *Father Ted*) who is opposed to everything Gralton stands for.

In 1935 Gralton was deported back to America without a trial. The crime was setting up a venue for the community's enjoyment which was condemned by the church. He never returned to his family again.

At 78 years old it is thought that *Jimmy's Hall* will be Loach's last film. However, although he may not tackle films on this scale again because of the rigours of a large film set, there is a possibility that smaller documentaries and archive projects cannot be ruled out. I eagerly await the next!

Lesley Broadhurst

Grindleford

Readers

Grindleford Bookworms

A Delicate Truth is a typical masterpiece from the pen of John Le Carré. It is a tale of intrigue, secrecy and conspiracy from the depths of Whitehall. There are assumed names, illegal tape-recordings, undercover assassinations and... Enjoy it!

In June we read another intriguing book, C J Sansom's *Dominion*. Britain surrenders to the Germans on 9th May 1940, the day before in real life Churchill became PM. So what awaits Britain? The rest thankfully is fiction, but this tremendous novel sends shivers down the spine.

Grindleford Book Group Too

Amitva Ghosh's *River of Smoke* is set in China, not in an industrial revolution with plumes of acrid smoke pervading the atmosphere but in the midst of the Opium Wars. Opium floods the country, afflicting thousands of addicts; the Chinese do battle with the traders whose fortunes rest on its prosperity. We cannot feel pride in our country's part in this conflict. The story is powerfully written and filled in for most of us in the group a big historical hole.

Anne Tyler's *The Beginner's Goodbye* tells a story of Aaron whose publishing firm specialises in *The Beginner's...* series of books. It is a readable book, not too demanding, and features how to say goodbye to grief following the loss of a partner.

Kay Beeston

Natural Remedies

for Common Ailments



Hay fever and midges. Two words to strike dread into the hearts of sufferers! As a sufferer of hay fever myself, I know just how debilitating it can be, with constant nose blowing, streaming, itchy eyes and dry throat. This year seems to be particularly bad and I have heard many people complaining that over the counter remedies are not working as effectively as they once did. So apart from taking antihistamines, which can alleviate the symptoms somewhat, is there anything natural we can take to help with the problem?

Firstly, what causes hay fever? It is essentially an autoimmune response where the body's immune system reacts inappropriately because it thinks it's being attacked by a harmful invader, in this case air-borne pollen. With this in mind we can use natural compounds which tone down this immune response. Spices such as turmeric, which can easily be added to cooking in the form of powder or even fresh if preferred, can help rebalance the immune response, as can liquorice which has a similar action. Just go steady with the liquorice allsorts!

We may be able to 'teach' our immune system not to react by giving it small doses of what it normally reacts to. Honey can be used in this way. It is packed with pollen as well as other good nutrients. Our local honey may be especially beneficial as the bees will be visiting the very flowers you may be reacting to. You can take a teaspoon in the morning and evening in your favourite drink or neat straight from the jar.

Nettle has anti-allergy properties, as does elderflower. These can be picked and infused in boiling water for about five minutes before straining and drinking. A little honey can be added if desired. Just pick the top two or three leaves of the nettle and choose ones as young as possible to ensure you obtain the most nutrient rich properties. Oh, and don't forget to wear gloves when handling the fresh leaves! Adding boiling water removes the stinging hairs so don't worry about drinking it. I find it has a pleasant, fresh, lemony taste quite unlike the rather overpowering taste of nettle soup.

Antioxidants such as quercetin and vitamin C have anti-inflammatory and anti-

allergenic properties and have been found to be beneficial in the treatment of hay fever. Take 1g daily of vitamin C during the hay fever season for maximum effectiveness. Quercetin is thought to prevent the release of the inflammatory chemical histamine, which is involved in allergy symptoms such as sneezing and itching. It can be found in apples, berries, red grapes and red onions and may also be taken in supplement form. Take between 200 and 400 milligrams three times a day.

Omega 3 found in oily fish may also be effective for hay fever, principally for its anti-inflammatory action on the body. Be sure to include plenty in your diet in the form of mackerel, salmon or sardines. If you are a vegetarian you can get omega 3 in the form of flax seed oil or pumpkin seed oil, which can be added to salads and imparts a rich, nutty flavour.



I often wonder why some people get bitten by midges whilst others don't. I seem to be immune to them and, whilst it's tempting to think this is because the blood that courses my veins is bitter (and no doubt twisted!), there must be other reasons too. Theories abound including having a higher body temperature, drinking beer, exhaling more carbon dioxide and even wearing dark colours which may make you more attractive to midges.

Apparently there are about forty species of midges but only a few bite humans. One of the main biting midges, *Culicoides Impunctatus*, is in fact vegetarian. But when the female is pregnant she develops a craving for blood, this is apparently necessary for producing healthy offspring.

Midge repellents include the heavy-duty DEET, but there are natural alternatives too. Eating garlic and marmite, although not necessarily together, has been found by some to be effective. Essential oils such as lavender, eucalyptus, citronella, lemon, rosemary and neem oil can keep the pests away. Catnip has also been found to be a good repellent, but you may simply be replacing one problem with another if you find yourself the magnet for the village cats instead! And finally, Avon's Skin So Soft body oil has a track record as a midge repellent and is reputed to have been used extensively by the British Army. Fortunately for us we have our very own Avon lady in the village!

So here's hoping you enjoy the rest of the summer, free from itches and sneezes!

Renuka Russell

MY SHOP MY FIVER

First week of trading and we have exceeded our budget target! Thank you to everyone who has supported the village shop. We've all had a great time.

To keep the project going make sure you come and spend a fiver in your shop every week. That's all we need to stay in business. Any profits get ploughed straight back into the community.

You might like to identify one product which is 'your shop product' to help you remember – you can for instance get your coffee with us, or your bread, or your washing powder. Or your marmalade, or your jam, or your icecream... you get the idea!

Contacts

Grindleford Clubs, Groups & Societies

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Bishop Pavilion (Bookings)	Elaine Hutchinson	630351	e.hutchinson3@btinternet.com
Book Worms & Book Group Too	Kay Beeston	631247	kdbeeston@talktalk.net
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Carnival Committee	Maria & Steve Blowen	639685	maria_blowen@yahoo.co.uk
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Please report any 'Contacts' errors or omissions to the editor: timshephard@hotmail.com

Useful Websites:

Grindleford Community Shop: www.grindlefordshop.co.uk

Check out all the activities going on in our pre-school and primary school: www.grindlefordprimaryschool.co.uk email: grindlefordpre-school@gmail.com

Finally, don't forget the village has its own website where you can find out about what is going on locally and post details of your own events: www.grindleford.com

Any News?

If there's anything you feel should be covered in the next issue, please don't hesitate to contact the editor, Tim Shephard, on 639449 or timshephard@hotmail.com. You could either write an item yourself, or suggest someone else I could ask to write one.

The next edition will appear in October 2014; the copy deadline will be 30th September.

Any Adverts?

In consultation with the Parish Council, I will be gradually introducing adverts from Grindleford businesses to the Grindleford News. This will allow the GN to function as a useful 'village directory', and will free up Parish Council funds for other local projects. If you think you might be interested in advertising in the GN, please get in touch with the editor.

Many thanks for all who have contributed to this issue.

THE GRINDLEFORD NEWS is funded by Grindleford Parish Council. It is produced quarterly and is distributed free to all households in the village. A few further copies are also available from the editor.