

**October 2010**

**No. 95**



# The Stoker

**Stoke Golding Village Magazine**

*including*

**Dadlington Matters**

**50p**

Ruth



Jane



### Note from the Editors

*Thank you for your articles, letters and photographs, which have all helped to make this month's Stoker very interesting*

*reading.*

*The Music Festival was a fabulous event - well done to the organisers. It's a wonder we can still fit into our clothes after sampling the yummy cakes there and then more at St Margaret's Church Flower Festival a couple of weeks later!*

*We were saddened to read about the Youth Club's equipment and money being stolen after their fun, end of summer term meeting and hope they find out who the culprit is so they can get it all returned to them.*

*There is no excuse to be bored in Dadlington and Stoke Golding – take a look at the Dadlington Matters page and the What's On pages for information on all activities and events. We felt exhausted just reading about them!*

*Jane & Ruth*

### The Stoker Team

*Editors: Ruth Fisher (01455 212489) and Jane White (01455 212416)*

*Production Team: Ann Edginton, Simon Rees-Jones,  
Alan Taylor (01455 212605), Rachel Terheege, Jill Webster.*

Please send articles for the **October** issue of The Stoker to: The Editors, c/o 21, Hinckley Road, Stoke Golding by **15th October**

If you can submit articles on disk, memory stick (Microsoft Word) or by e-mail it makes our job much easier. (500 words maximum please).

If you send photos by e-mail, please keep the file size small - no larger than 150 Kb.

All correspondence, including e-mails, must include your full name, home address and home telephone number.

e-mails to ***ruthsg21@btinternet.com***

'What's On' inserts and enquiries about advertising should be sent to Jane White - email: ***janewhitesg@googlemail.com***

*Front cover - St Margaret's Church Flower Festival. More photos on pages 14 & 15.*

## Battle of Bosworth Anniversary

Over the weekend of 21st / 22nd August, the 525<sup>th</sup> anniversary of the Battle of Bosworth, Peter Foss arranged an exhibition in St. James' Church, Dadlington. The exhibition showed some of the evidence he unearthed during his research in the 1980s to find the true site of the Battle.

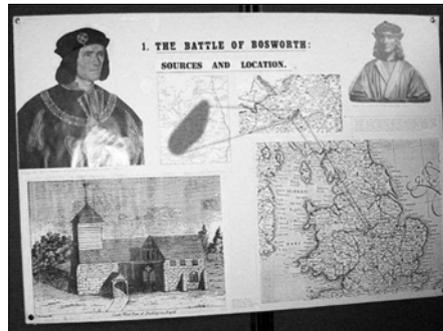
Peter Foss and Alan Cook were present on both days to explain and discuss the documentary and geological evidence and to listen to any local relevant knowledge from informative visitors.

The exhibition was extremely interesting and thought provoking. Refreshments were available for visitors in the village hall.

There was a steady stream of visitors on both days despite the poor weather on Saturday. On Sunday there was an 'official' visit from Mr. Peter Osborne (Chair of Leicester County Council) and his wife.



*Peter Foss joined Mr. and Mrs. Osborne for a cup of tea in the village hall.*



## St. Margaret's C of E Primary School

Parents of children starting school in Sept 2011 are reminded that forms are now available from St Margaret's School office. The closing date for applications is 15th January 2011.

### **Village to be renamed 'High Stoke'**

In the twelve months prior to August 1935 Hinckley Rural District Council had been intent on extending its boundaries and being renamed Hinckley Urban District Council. The original scheme was for the transference of the parishes of Barwell, Burbage and Earl Shilton to Hinckley to form the Urban District of Hinckley, and the parishes of Stoke Golding and Higham on the Hill were to become one and be transferred to Market Bosworth.

### **Villagers Up In Arms Against Name Change**

In this scheme the Parishes of Stoke Golding and Higham on the Hill were to be linked under the name of 'High Stoke' with the transference of the combined parishes to the rural district of Market Bosworth. This brought many objections to the name change, its amalgamation with Higham and the transference to Market Bosworth. At a Stoke Golding Parish meeting the parishioners were in the schoolroom until 10pm signing a petition to the effect that if there was to be any change in the rural district they wanted to go to Hinckley.

In making a decision on the Hinckley Council's request to extend their boundaries the Minister of Health noted that the Parish of Stoke Golding was in need of sewerage and water supply services (presumably the village was still in a state of mediaeval living with no mains water supply and sewerage disposal) and that the services could more easily be provided if the developed part of the parish was added to the urban district rather than to the parish of Higham on the Hill, The Minister understood that the inclusion of this part of Stoke Golding would be acceptable to the Urban District Council and that the County Council would not object and it would accord with the wishes of the inhabitants of the area concerned

The Minister, therefore, accordingly proposed to modify the proposals in the Urban District (Extension) Order 1935 in the following respects:-

- (i) The parish of Stoke Golding, except that part to the west of the Ashby Canal, to be added to the Urban District and Parish of Hinckley instead of being united to the Parish of Higham on the Hill.
- (ii) The remainder of the Parish of Stoke Golding to be added to the Parish of Higham on the Hill and into Market Bosworth Rural District Council's area.

So, that is why according to the 1935 order, the parish boundary ends at the canal and the Industrial Estate and Tomlinson's Farm Shop are officially in the Parish of Higham on the Hill.

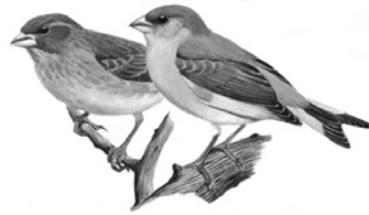
The population of Hinckley at the 1931 census was 16,030, Barwell: 3,868, Earl Shilton: 4,838. The population of Stoke Golding was just 600.

*Denis Cash*

# Correspondence



I live in the village and am very concerned about the number of greenfinches which are dying from the horrible Trichomonosis parasite - it stops them from eating and drinking and they starve to death. Infection is passed between birds at communal bird tables, feeding stations and water bowls. The RSPB is reporting greenfinch numbers dropping by about a third, and the disease can also be transmitted to other finches. I've found several little green bodies around the garden in the last few weeks and it's really distressing to watch them die like this. The RSPB is advising that we all temporarily stop putting out food and water for any birds for a month or more, to stop birds from congregating together and hence stop the spread. The parasite cannot survive for long periods outside the host, so if we were all to stop feeding and watering for a few weeks, hopefully the parasite would die.



Our wild bird population is quite a feature in the village (I often see a green woodpecker in the garden, and a greater spotted woodpecker, and the most beautiful bullfinches, chaffinches, goldfinches, as well as the more usual birds like sparrows and tits, and of course the sparrowhawk which preys on them all...) Unless we ALL remove our feeding stations and bird baths there isn't much point in doing it at all.

I'm suggesting we stop feeding and watering until the end of October, by which time winter will be here and all the birds will be dependent upon us again for food.

For more information go to:

[www.rspb.org.uk/advice/helpingbirds/health/sickbirds/greenfinches.aspx](http://www.rspb.org.uk/advice/helpingbirds/health/sickbirds/greenfinches.aspx)

*S Sandiford, Wykin Lane.*

## Stoke Golding W I

Our September meeting was given by Janet Courtney. She transported us back to the music hall days of the Victorian and Edwardian eras and talked about the growth and development of this form of entertainment.

The October talk is entitled 'Proud to be British'. It will be given by Carol Hayward on Wednesday 13<sup>th</sup> October at the Methodist Hall at 7.30pm. We welcome visitors to our meetings.

*Sue Mitchell*

**theWI**  
INSPIRING WOMEN

## **STOKE GOLDING YOUTH CLUB NEWS**

### ***A sad end to a wonderful evening***

On Friday 2<sup>nd</sup> July 2010, Stoke Golding Youth club celebrated the end of term with it's annual Family BBQ & Water Fight.

It was a beautiful warm summer's evening and a great time was had by all. The children came armed with their water pistols, 'master blasters' and an array of brightly coloured 'super soakers' ready for the evening main event - a free-for-all water fight and a chance to soak any unsuspecting adult who happened to be in the wrong place at the wrong time! It was great to see so many parents turn up,



complete with deck chairs and picnics to join in the evening's fun and games. Burgers, hot dogs and pop were flowing freely all evening and squeals and laughter filled the air as the participants, both young and old, chased each other around the field with their loaded water pistols...

### ***... So why, do you ask, was there a sad end to our evening?***

On reopening the Youth Club on Friday 10<sup>th</sup> September 2010, we discovered that both the money tins that contain our subs and our tuck shop float had been stolen along with our Wii, its controllers, chargers and some games. We estimate that to replace all these items will cost somewhere in the region of £500 to £600.

We believe it is possible that someone stole the items while we were preoccupied during the evening of the BBQ.

Imagine how disappointed we were to discover this and also saddened that such a great evening should end in this way. The police have been informed and one of the money tins has been discovered in the ditch at the bottom of the field... empty, obviously.

The police have taken the tin to check for fingerprints.

If anyone who has any information regarding this incident, please contact Crimestoppers on 0800 555 111.

*Annette Moss (Chairperson)*

# Stoke Golding Music Festival 2010





## Stoke Golding Garden Show 2010

The 80<sup>th</sup> Annual Stoke Golding Garden Show held at Stoke Golding Club on Saturday 5th September, turned out to be a relaxed day of fun and friendly competitiveness. This was thanks in the main to the continued fabulous support of the village and its many friends. As usual, the Show organisers are indebted to the local community for the encouragement that is offered both before and during the Show plus the continued high standard and number of entries that are made on the day.

The Show committee has unanimously to donate £1600 to the County Air Ambulance. This amount has been split so that the Air Ambulance that services Stoke Golding and the neighbouring villages receives £1000 and the Air Ambulance covering the area slightly further afield receives £600. The committee also voted to give £200 to Age Concern in Hinckley in appreciation of the invaluable service and support that the organisation offers to village residents in their later years.

2010 attracted 50 competitors who entered a total of 263 entries. The weather had not been helpful for flower and vegetable growers alike and so we appreciate the extra effort that competitors made to show on the day. The judges commented that although the number of entries was down on previous years, the actual standard of the entries continued to be extremely high.

The committee would like to thank the many exhibitors, sponsors and supporters. We were extremely pleased to welcome some new faces to the Show, some of whom gave the more seasoned competitors a run for their money. We hope that everyone will return to enter again next year!

The committee would also like to thank members of Stoke Golding Club who helped with the Show preparation. This help ensured that operations ran as smoothly as possible on the day. The Show is a fairly complex and time-consuming event and without the support of the Club this annual delight would undoubtedly struggle to continue. All offers of help with next years Show would be gratefully received.

Without the dedication of our judges on the day the Show would not be able to keep up its excellent reputation. A special 'thank you' must go to each of the kind people who voluntarily gave up their afternoon to help us to maintain our high standards. Thank you to Trevor Allcoat, Derrick Ford, Denis Cash, Penny Baker, Carol Ingram and Mavis Smith. Also 'thank you' to John Shilladay (representing Hinckley & District Photographic Society) who judged our ever popular photography class. We look forward to seeing all of our judges again next year.

A big 'thank you' must go to Helen who worked tirelessly to provide rolls for the competitors and a magnificent buffet high tea, which was very much enjoyed by all those who attended. The committee also appreciated the fact that Stoke Golding Club funded the high tea this year so that there was more Show profit to donate to charity. Thank you also to Vee and Ray Henson who ran the raffle and managed to raise a remarkable amount of extra funds towards the Show.

*(Continued on page 9)*

*(Stoke Golding Garden Show continued from page 8)*

During the evening we were delighted with the support shown by Stoke Golding residents and friends. The auction room was full of loud banter and buyers were very generous in their bidding. Thank you for the produce donations towards this event made throughout the day.

The date for your diaries for the next Show is **Saturday 3rd September 2011**. If you would like to pre-order a programme to be delivered to you please contact Tina Waters on 01455 213291 to be put on our data base.

**P. S.** For all of our budding local snappers the photography subject for next year has not yet been chosen. Perhaps you have some ideas to help us out?

*Tina Waters*

**Stoke Golding Garden Show Society**  
**Prize Winners 2010**  
(50 Entrants, 263 Entries)

**Best Exhibit**

|                    |                       |                     |
|--------------------|-----------------------|---------------------|
| Single Rose        | Harold Rose Cup       | Mr David York       |
| Cut Flowers        | Small Shield          | Mick Cross          |
| Flower Section     | Harold Jackson Cup    | Bernard Boulstridge |
| Victoria Sandwich  | Sylvia Hood Plate     | Carol Moran         |
| Home-Made          | Frances Duncan Plate  | Roy Mee             |
| Home-Baked         | Snowy Mason Cup       | Carol Moran         |
| Floral Art         | Arthur Simpson Cup    | Julie White         |
| 6 years and under  | Small Shield          | Olivia Bailey       |
| 7 to 12 years      | Small Shield          | Lizzie Mason        |
| Children's Section | Stoke Golding Charity | Olivia Bailey       |

**Sleigh Shield**

|                |                      |                     |
|----------------|----------------------|---------------------|
| Dahlias        | Bill Carter MBE Cup  | Neil Gadsby         |
| Chrysanthemums | Bill Norman Cup      | Bernard Boulstridge |
| Kidney Beans   | The Eric Quinney Cup | G W Sutton          |

|                   |                        |              |
|-------------------|------------------------|--------------|
| Onion Classes     | Percy Haines Cup       | Keith Jones  |
| Vegetable Classes | Stoke Golding Club Cup | Mr T J Leach |
| Photography       | Small Shield           | Brian Norton |

**Most Points**

|                   |                  |                     |
|-------------------|------------------|---------------------|
| Flower Section    | Small Cup        | Bernard Boulstridge |
| Vegetable Section | Sam Bradbury Cup | Ian Taylor          |

|                            |                |             |
|----------------------------|----------------|-------------|
| <b>Most Points in Show</b> | Bill Neale Cup | Keith Jones |
|----------------------------|----------------|-------------|

# Dadlington Matters

## Sutton Cheney Parish Council – Dadlington Ward News

### Money Available in Dadlington!

Recent housing developments in the village have generated Section 106 Funding for use in the community. This is money provided by the developer to offset the impact of development on the local community.

The money is held by the Borough Council until allocated for use within the community, and if not allocated it will eventually be used anywhere within the Borough – so if we don't use it we will lose it!

The Parish Council is keen to make an application to HBBC to secure the funding for use within Dadlington – but would like ideas on how YOU would like it spent.

Funding should be used for projects to benefit the community, and particularly within public spaces, for instance:

- Boosting local leisure facilities - from parks, to leisure centres, to theatres.
- Providing equipment and facilities for play areas or open spaces.
- Public art in new developments and the wider community.
- Improved transport, parking restrictions and infrastructure.
- Regeneration initiatives - for example boosting run-down areas nearby to new developments.
- Grants to improve existing community buildings.

We have approximately £4861.00 available - if you have any ideas please let us know by emailing [simon.reesjones@gmail.com](mailto:simon.reesjones@gmail.com) , or please come to the next Parish Council Meeting at Sutton Cheney Village Hall on Wednesday 10<sup>th</sup> November at 7.30 p.m.

### Bus Shelter

Having established a bus stop on the Green, we now have the opportunity to erect a bus shelter. We believe there is grant money available to help us buy a top quality wooden shelter, which will go next to the telephone box and fit in to the rural environment. We will be able to utilise it as a notice board as well, and therefore tidy up the area by removing the existing decrepit board and the steel by-law notice. Again we would like input from residents – is this what you would like to see in the village? Come to the next meeting or email as above.

### Speed Sign

A vehicle-activated speed sign has been ordered and should be delivered by November. It is a portable sign which will be shared with Sutton Cheney, and when in Dadlington sited on one of 2 posts on Hinckley Road. It will flash “**30 MPH Slow Down**” when a speeding vehicle is detected. The cost of £3166.63 has been funded from the Parish Precept. The project is the culmination of a lot of research and work over a considerable period – many thanks to all those volunteers who ran the Speed Awareness scheme, which provided evidence to the Highways Department necessary for project approval.

*Simon Rees– Jones*

## **Dadlington Village - Pub Night**

**Dadlington Village Hall**

**Friday 12<sup>th</sup> November**

**5.30pm till chucking out time**

**Blind Wine Tasting**

**Pub Games**

**Raffle**

**Quiz**

**Ploughman's Platter**

The "Heir of the Dog" opens its doors for one night only so the good people of the area and their friends can gather for an ale or twain and catch up on the gossip and the goings on.

A ploughman's platter of country fare is available as well as the usual range of snacks from the bar. Turn up for a swift pint or stay the whole evening.

Profits will be donated to local charities and we would welcome your nominations if you know of any particular deserving cause.

If you can help with a raffle prize or put in a shift as a bar steward, serving wench or raffle 'hassler' then please contact Graham Grimley on 213487.

## **Dadlington Book Club**

We have recently met to discuss "The Whereabouts of Eneas MacNulty" by Sebastian Barry.

Our next meeting will be at 7:30pm on Thursday 4th Nov to comment on "The Lacuna" by Barbara Kingsolver (author of the Poisonwood Bible).

If you would like to join us to discuss our book choice over a glass of wine and/or a cup of coffee please ring John Whitehead on 01455 213244 for details.

## **Mobile Library - *New Timetable***

The Mobile Library will visit Stoke Golding & Dadlington on:-  
Thursdays 14th & 28th October

**Dadlington** 27 Hinckley Rd - 10.05 - 10.25am

**Stoke Golding**

Greenwood Road 10.30 - 10.45am

Sherwood Road 10.50 - 11.10am

The White Swan 11.15am - 11.40pm

Hinckley Road/Main Street 11.45- 12.05pm

*For further details contact: Coalville Library, 0116 305 3565*

*email: coalvillelibrary@leics.gov.uk*



## What's On

### Centre Stage Returns to the Village Hall



On Friday November 5<sup>th</sup> at Stoke Golding Village Hall, Vamos Theatre will present **Nursing Lives** – ‘a full-mask theatre production alive with visual inventiveness, evocative music and song, physical theatre and 1940s’ dance sequences’.

**Nursing Lives** originates from the true stories of nurses, doctors and patients at the former Worcester Royal Infirmary. The hospital has national significance being the site where the British Medical Association was founded in 1834. At its heart, **Nursing Lives** is a human story that celebrates nurses at work and play during the years of World War II.

*It is 1939 and Florence is a young trainee nurse thrown directly into the harsh realities of work on the ward. She encounters the wrath of Sister Martin, endures and enjoys the pranks of fellow nurses, falls in love with her soldier sweetheart, Johnny, and confronts the heart wrenching inequalities in the use of the new super drug, penicillin...will her dream of saving lives come true?*

*‘Nursing Lives is funny, poignant, uplifting and unforgettable’.*

**Venue:** Stoke Golding Village Hall

**Time:** 7.30 for 8.00pm

Theatre style seating - no picnic baskets this time please!

Drinks will be available during the interval

**Tickets:** £7.00 each available from Alan White -Tel: 01455 212416  
email: alanwhitesg@gmail.com

### Stoke Golding Club

Following the launch of the monthly quiz at Stoke Golding Club in September, a second quiz will be held on 12th October at 8.30pm at the same venue.

Quizzes will take place thereafter on the second Tuesday of each month.

### Barn Dance

Stoke Golding Village Hall

Saturday 20th November

7.30pm

Tickets £5 each

Tel 01455 212953 or 212489

Bring your own drinks & nibbles

Stoke Golding Village Hall

Management Committee

All profits to village hall refurbishment

### Stoke Golding Village Hall - Dates for your Diary

Saturday 5th February 2011 - Centre Stage event ‘Opera Dudes’

Saturday 7th May - Gala Dance to celebrate the village hall’s 50th anniversary

Sunday 8th May - Stoke Golding’s Got Talent

More details about all these events in future issues of The Stoker.

## What's On

### The Methodist Church October Events

#### Coffee Morning for 'Pump Aid'

Saturday October 2nd  
10.00am - 11.30am

#### Autumn Plant Sale

Saturday 16th October  
10.00am - 3.00pm

Coffee and light lunches also  
available

### The Methodist Church October Services

3rd Oct 10.30am Revd Julie Minds

10th Oct 10.30am Mr Michael Holt

17th Oct 10.30am Mr Charles Davies

24th Oct 10.30am Mrs Elizabeth Williams

31st Oct 10.30am Deacon Philip Osborne

### Zion Chapel Services

3rd Oct M Welch

10th Oct M Owen (Harvest)

17th Oct J Needham

24th Oct W Richards

31st Oct G Chapman

Services begin at 6pm  
Sunday School at 11am

### Zion Baptist Chapel Harvest Thanksgiving Service

#### 6pm Sunday October 6th with Pastor Martin Owen

All produce from the service will be  
given to  
the Kathleen Rutland Home for the  
Blind, Leicester.  
All welcome.

### Don't Miss

#### Stanley Opera's production of The Saints and Sinners Show



at the Concordia Theatre  
14th, 15th and 16th October

Jam-packed with songs of sin and virtue with  
music from some of the greatest shows in musical  
theatre and a story to keep you chuckling  
throughout.

For tickets (£8.50) ring Chris on 01455 848194

## St Margaret's Church Flower Festival

Many thanks to all those who came and helped or supported our festival. We had hundreds of visitors during the weekend and many thought it was our best yet. We had a very successful three days and raised £4,005 - our best ever - some of which will be used to complete the refurbishment of the Lady Chapel. Thank you all once again, we couldn't have done it without you.

*Margaret Croxall*



### **Fairytales & Fantasies**



### **Church of England Services**

#### **St. Margaret's Church**

|                          |         |  |
|--------------------------|---------|--|
| 3 <sup>rd</sup> October  | 10.30am | Back To Church Harvest Family Service            |
| 10 <sup>th</sup> October | 10.30am | Benefice Service Fenny Drayton + Renewal of Vows |
| 17 <sup>th</sup> October | 10.30am | Holy Communion                                   |
| 24 <sup>th</sup> October | 10.30am | Morning Worship                                  |
| 31 <sup>st</sup> October | 10.30am | Benefice Service Witherley                       |
| 31 <sup>st</sup> October | 4.00pm  | Benefice All Souls Service Higham on the Hill    |

*Holy Communion at St. Margaret's every Tuesday at 6.30pm.*

#### **St. James's Church**

|                          |         |  |
|--------------------------|---------|--|
| 3 <sup>rd</sup> October  | 9.00am  | BCP Morning Prayer                               |
| 10 <sup>th</sup> October | 10.30am | Benefice Service Fenny Drayton + Renewal of Vows |
| 17 <sup>th</sup> October | 9.00am  | BCP Holy Communion                               |
| 24 <sup>th</sup> October | 9.00am  | BCP Holy Communion                               |
| 31 <sup>st</sup> October | 10.30am | Benefice Service Witherley                       |
| 31 <sup>st</sup> October | 4.00pm  | Benefice All Souls Service Higham on the Hill    |



## Message from the Rector at St Margaret's Church

It's Harvest time! We celebrate harvest throughout all the churches of the Fenn Lanes Benefice from late September into October. The service at St Margaret's is on Sunday 3rd October at 10.30am, when the church will be decorated with flowers, fruit and vegetables. After the service the produce is given to needy local organisations and groups, and a financial donation is sent to Gitega, Burundi, to support the victims of civil war, mainly orphan children. Many of them suffer from malnutrition so the money that is sent is used to buy beans for eating and planting, powdered milk, sugar, medicines and soap. Your donations are greatly appreciated.

Although it has been a custom for centuries to give thanks for the harvest, it was not originally celebrated in church, but in the taverns and on village greens of the countryside, with wild drinking and eating before the harshness of winter set in. The tradition of celebrating Harvest Festival in churches as we know it today began in 1843, when the Reverend Robert Hawker invited parishioners to a special thanksgiving service for the harvest at his church at Morwenstow in Cornwall. Hymns such as "We plough the fields and scatter" and "Come ye thankful people, come" helped to popularise his idea of Harvest Festival and spread the annual custom of decorating churches with home-grown produce for the service.

Later this month, on Sunday 31st October, we are holding a special service - 'In Loving Memory' at St Peter's Church, Higham on the Hill, at 4pm. This is a gentle service of hymns, readings and prayers, when we remember those dear to us who has died. There will be the opportunity to light a candle in memory of anyone who is special to you.

The names of those who have died will be read out and if you would like a friend or relative to be remembered please let a minister or Church Warden know before the day of the service. As well as coming yourself, you might also like to consider inviting anyone who you know who has been bereaved. Refreshments will be served afterwards.

Wishing you God's blessing.

*Linda*



## Going Backwards?

Technology strides onwards, blinding us with science in an effort to sell its latest offerings. We gave up counting on our fingers generations ago leaving the word *digital* hanging unused in limbo until appropriated by the technophiles to describe almost anything modern and profitable to the electronics industry. Similarly, navigators gave up stargazing with the advent of radio, radar and a plethora of black boxes equipped with knobs, dials and now screens. In my past life as a National Service airman, I worked on a now extinct aircraft, the Handley Page Hastings, which had an upturned goldfish bowl set in its upper surface. This was the astrodome and I gathered that when all else failed, the navigator could stand on something suitable, a duff black box perhaps, and observe the stars. What he did in hours of daylight or thick cloud, I know not. Navigation by the stars is an ancient craft: long before the three wise men found their way to Bethlehem, men had used knowledge of the heavens to guide them. We don't do it nowadays of course, or do we? Surely that most desirable of car goodies, the satnav is doing precisely that, albeit using artificial satellites instead of stars? We may have discarded the astrolabe and the sextant, we may have condensed the electronics into a pocketable screen, but really we are relying on astral navigation, just as the ancients did.

So, how good are these wondrous devices? Following the principle of "Don't buy anything new until the bugs are ironed out and the price comes down", I have yet to own a satnav. However, I was able to follow its amazing performance on a recent trip to France. The driver sets up the device with the start and finish points and includes a "via" or two if he so desires. Then he considers other options, "Avoid motorways", "Avoid toll roads", "fastest route", "shortest route", "Avoid traffic" and so on. This could be the stage which leads to reports of drivers becoming stranded in fords or stuck with juggernauts in tiny Leicestershire villages so perhaps these occurrences are not entirely the fault of the equipment. All quite simple and not taking any great time to set up. We were crossing the Channel via Dover/Calais but with time to spare, selected Canterbury Cathedral as our "via". The electronic wizard performed faultlessly, not even complaining when we diverted from its calculated route to fill up with fuel, here the disembodied voice merely announced "Recalculating" and did just that. So, A5, M1, M25, M2, and into Canterbury, no problems, it even knew the street names in the cathedral city. Down to the ferry terminal, again, on the ball. A female voice accompanied a small map to guide us all the way. "Turn left in 200 metres", "Turn left", "Take second exit from roundabout", "Take second exit". It was all so easy. How about France?

We had elected to avoid Paris and travel down through Rouen to Chambord in the Loire Valley. Now I have passed through or around Rouen several times but never the same way twice: it's that sort of place. To achieve a trouble free traverse of the city would be a bonus. Well, it was just about trouble free in that when, through being in the wrong lane, we were unable to "turn left" we accepted "Recalculating" and carried on as now instructed. The display screen was

*(Continued on page 17)*

(Going Backwards continued from page 16)

particularly useful here as we could clearly see where we had gone wrong. I was in the back seat double checking against a map but such were the intricacies of Rouen that the electronics did much better and we cleared the conurbation in reasonable time.

We stayed in the Loire Valley for a couple of days and used satnav to guide us to the odd chateau or two. One slight niggle cropped up here: the voice would name a road: "Follow Rue de Charles Dupont for five kilometres". This was all very helpful if the name was visible to the driver, which occasionally, in towns, it wasn't. It was also a bit misleading in that although the road itself might continue for the five kilometres or more, its name might change before the first hundred metres was up. In such cases a route number would be more useful but was not always given. Mind you, it wasn't always visible on signposts either. Leaving the Loire, we headed for the Dordogne, selecting "Avoid tolls". Now another snag gradually became apparent. In France you find *AutoRoutes*, *Routes National* and *Routes Departmental*. I seem to remember there were once *Routes Viscinale*, but they didn't crop up this year either on our satnav or our map. In the Dordogne area the majority of roads are in the *Departmental* category and fairly well numbered "D123" or whatever. This would pose no problems if, as in the UK, the number of digits was related to the importance of the road. Thus, we would assume that "D61" was a much better route than "D5634" Wrong! There seems to be no correlation between number, width or importance. Our simple assumptions were shared by the satnav which was unable to distinguish between different qualities of *Routes Departmental*. In our case it didn't really matter, although it extended the time of our journey quite a bit. The scenery and absence of traffic compensated, but for our return journey we looked at the map first and selected a "via" or so to keep us on slightly better roads.

So, to buy or not to buy? It's entirely up to you. I will continue to wait a bit longer for prices to tumble but will probably succumb in the end. By the way, if you want France as well as the UK, you will have to pay extra. We had the whole of Western Europe and I would have loved to try it out in Italy or remote parts of Austria. If you do get one, don't throw away your road map.

*Ian Reid*

**COPY DEADLINE FOR NEXT ISSUE : 15<sup>th</sup> OCTOBER**

**We may be able to include articles received after this date if you let us know by the 15th that you will be sending something in.**

## Stress & Exercise by Adele James

Did you know that one of the biggest contributing factors to poor health & weight gain is stress ? Let Me explain.

When we get 'stressed' , our body produces a hormone called 'Cortisol', which enables us to 'Fight or Flight'. Now, back in the days when we lived in caves, this was pretty useful stuff for giving us a surge of energy to escape or protect

ourselves from whatever danger was causing us to become stressed.

However, most things that cause stress nowadays do not need you to become physically active , in fact most of it occurs whilst sat at work, on the phone, or in the car for example.

So, what happens is that the 'Cortisol' is left in the body to create havoc on our systems. It makes us more susceptible to illness & disease, but not only

that, it actually makes your body hold onto its fat stores like there's no tomorrow !

This makes it impossible to lose weight, no matter what diet you are on.

The good news is, with regular exercise you can stop some of the effects that Cortisol have on your body .

Any exercise is good for reducing your stress levels, even if it is a 20 min brisk walk!

But, it has to be regular , at least 3 or 4 times a week , EVERY week .

Another excellent source of 'stress reducing' exercise is Yoga, due to the breathing techniques it incorporates, which have a calming effect on the area of our brain linked to stress.

*Adele James*



### Yoga

|              |                             |
|--------------|-----------------------------|
| Mon. 7pm     | Baxter Hall, Stoke Golding. |
| Tues. 6.30pm | Baxter Hall, Stoke Golding. |
| Tues. 7.45pm | Baxter Hall, Stoke Golding. |
| Thurs. 11am  | Sapcote Pavillion, Sapcote. |
| Fri. 1pm     | Millenium Hall , Burbage.   |
| Fri. 7pm     | Sapcote Pavillion, Sapcote. |

### Circuit Training

|            |                              |
|------------|------------------------------|
| Mon 10am   | Village Hall, Stoke Golding. |
| Friday 6pm | Sapcote Pavillion , Sapcote. |

**£45 for 10 classes or £5 pay per class**

For more info visit: [www.yogawithadele.co.uk](http://www.yogawithadele.co.uk)

Tel: 01455 446849

Stoke Golding village web site:  
[www.stokegolding.co.uk](http://www.stokegolding.co.uk)

## **To Do Massage or Not to Do Massage? What A Silly Question!**

As one of the oldest and simplest forms of medical care, massage can provide relaxation, ease muscle strain and fatigue and in general promote good health.

Consider the end of a busy working day – you have been subject to fatigue, repetitive motion, muscle strain or staying in one position for long periods of time i.e. sitting at a desk/in a car. Now your back is killing you, there is a sharp pain in your shoulder, your neck is stiff and your temples are throbbing. This is your body's way of saying 'slow down and take it easy'. How you respond to these symptoms determines how you feel.

If stress, pain, tension and fatigue could be purged from your body by massage – would you get one?

The power of touch can have a miraculous effect from the very young to very old, the inactive to an elite athlete, a housewife to an executive. Massage has the power to heal, relax, release emotions and tension – all without the aid of drugs. The benefits can be put into 3 main categories, however this list is by no means exhaustive –

### *Physical*

The therapist can work knots out of stiff, sore muscles to ease pain, reduce tension, relax the muscles and ease stiffness, thus reducing lower back and other pains. By reducing stiffness, the range of movement in joints is increased and posture is improved. Weak or inactive muscles are stimulated and skin tone is improved.

### *Emotional*

The kneading motions of massage, the creation of heat and the use of aromatherapy oils stimulate relaxation, causing a release of tension, reduction of stress and an emotional release. It can help calm aggressive behaviour, reduce depression and promote a healthy mind and encourage a restful sleep.

### *Physiological*

Massage is known to trigger the release of 'endorphins', the body's 'feel good' chemical, inducing relaxation, reducing pain and stress and bringing about a great sense of well-being. Increased circulation improves the supply of oxygen and nutrients to the skin and muscles and hastens the removal of waste. Lymph flow is also stimulated, which increases the white blood cell count, therefore boosting the immune system and helps to speed recovery.

Whether you see massage as a pampering, rejuvenating or therapeutic treatment, and your reasons for seeking it are as a luxurious treat, stress relief or pain management, massage is a powerful ally to your health regime. In the form of a regular self-care plan, massage can play a part in how healthy and youthful you remain as the years go by.

Getting a massage can do you the world of good, and getting a massage regularly can do you even more!

*Luisa Quinney*



**Luisa Quinney MFHT, MHFST**  
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**[www.midlandsmassagetherapy.co.uk](http://www.midlandsmassagetherapy.co.uk)**

## Stoke Golding Parish Council - August Meeting

County Councillor Ould reported on his letter to HBBC on behalf of Stoke Golding residents reflecting his rejection of both of the planning applications for the housing developments and the withdrawal of the St Martin's School bus service. He also reported on the planned cuts to be made by the County Council.

**Closure of Parks Committee** – A notice is to be put into the Stoker regarding the dissolution of the Committee.

Following the fire incident at the **Recreation Ground** thanks were made to all those who helped at the scene and subsequently in clearing away the debris, installing security fencing and to the Police for their professional action and taking the incident seriously. The outcome of the three arrests is awaited. The new benches, tables and bins are to be fixed following a site meeting with Councillors. Soil from the BMX humps has been taken unlawfully and the Parish Council is to pursue this further. Mole hills and grass cuttings around and on the path are to be monitored. The Football Club full fixture requirements for 2010/11 year need to be obtained and considered. **In the younger children's playground** a cradle seat has been damaged and quotes are awaited regarding replacing the safety surface under the swings.

**Speedwatch** – following a speed indicator device exhibition held at County Hall a report was made regarding the three types of which one was favoured. The devices are battery operated and the problems of installing and maintaining this type were identified and discussed. The Speedwatch Committee were to be asked to follow up the idea of solar powered devices.

The **Village Hall** was decorated during July and the completed work well received. It is hoped to decorate the Committee Room during the Christmas break. Also under consideration: the replacement of chairs for the Committee Room and purchase of tables, and outside signs for the hall.

The **Village Noticeboard** is broken - a new one is being made, but there is a delivery delay of several months.

**Planning application** procedures were discussed and reviewed: **New applications:** 52 High Street – works to Maple Tree and 48 Station Road - Removal of 1 tree and works to 5 trees.

**Permissions granted:** St Margaret's School alterations to car park and boundary fence.

1 The Courtyard – Loft conversion and reinstatement of two chimneys and a doorway.

St Martin's Convent Housing Development.

**Refusals:** Sherwood Road Housing Development.

The Parish Council intends to be proactive regarding the **St Martin's Convent Housing Development**. The Clerk was asked to contact Highways, Mar City, Severn Trent, and Environment and Planning to arrange meetings.

Arrangements were confirmed for **Remembrance Sunday on 14<sup>th</sup> November**.

*(Continued on page 21)*

*(Parish Council Notes continued from page 20)*

**Hinckley Road Cemetery:** Quotations for improving sections of the Cemetery and work needed on unsafe headstones are awaited.

The Parish Council is to contribute to the **Hinckley and Bosworth Tourism Partnership Visitor Guide.**

**The next Parish Council Meeting** will be held on **Wednesday October 6th 2010 at 7.00 .p.m. in the Committee Room at the Village Hall. Members of the public** are always welcome to attend, although they cannot speak to the meeting unless invited to do so by the Chair of the Parish Council. There may, very occasionally, be matters to discuss from which the public and press can be excluded. A **full copy of the minutes** of meetings can be read/obtained at the Post Office or on the village website [www.stokegolding.co.uk](http://www.stokegolding.co.uk)

*Notes by Cllr Pauline Goodsell*

### **Samaritan's Purse Christmas Boxes**

This year the *'Friends of Stoke Golding WI'* will again be collecting Samaritan's Purse Christmas Boxes in the village. Anyone wanting to donate a box may pick up a leaflet from Tony's Shop or the Post Office.

The boxes should be packed in the prescribed way as shown in the leaflet, and include the completed leaflet and a payment of £2.50, which helps with transportation costs, this may also be donated on line. The boxes are taken by volunteers to needy children in various parts of the world.

The leaflet lists items that are both suitable and unsuitable for the boxes so it is worthwhile checking before you start collecting your items.

The shoe boxes and lids need to be covered separately with substantial wrapping paper of your choice - not sealed but held together with a strong rubber band, remembering that they will go through a checking procedure, which involves opening the box. Please specify the age group and whether you intend the box for a boy or girl, and also include items from all 4 sections listed. The older age group is one that always seems to miss out, so this is worth considering.

These boxes really do make a difference to the lives of children in disadvantaged situations.

**Please bring your box to the Methodist Church Hall on Saturday 23<sup>rd</sup> October between 10.00am & 12noon when a coffee morning will be held.**

*Hilary Smith*

## Mad Ads

I like advertisements on the radio and TV. They give you a chance to go and do something else during a programme, something important like make a cup of tea or feed the dog. There have been some good ones over the years. The coffee lovers, Nicole and her father driving about France in their little cars, the latest love story from BT. Famous faces and familiar voices making things we don't really need seem important. Because that is what advertising is all about – bringing things to the attention of the consumer.

So why do the people who make these commercials get simple facts so wrong at times? Do you have to be a special sort of idiot to work in advertising? Here are a few examples of some total lack of knowledge or common sense.

One leading supplier of optical aids (glasses, in other words) once claimed in an ad that the eye was the only organ in the body to be on call 24/7, ready whenever we need to see something. I emailed the company to ask : what about the heart, lungs, brain, liver, kidneys – in fact every other organ in the human body without which we would actually die not simply go blind. I'm not sure what worried me the most, the first assertion or the answer they gave me which was 'Well, we took the information from the internet and that's what it said.'

Another group of opticians claimed to provide 'Day Vision Glasses' and used hedgehogs to illustrate that these provided better vision during daylight hours, presumably stopping hedgehogs getting run over. Excuse me, hedgehogs are NOCTURNAL. They don't come out in the day; that is why you only ever see squashed hedgehogs on the road during the day.

The latest ad to tickle my incredulity is the one for the hands-free soap pump. The ad starts by telling us how germy soap pumps get and how much better it is not to touch them. But if the soap in the pumps kills 99.9% of all germs why worry about there being any on the pump – the soap should kill them when you wash your hands!

So, remember when you watch your next commercial break, enjoy the music, the skill of the animators, the back stories that go with some of the ads but over and above all remember these are made to make you want something you probably don't need. Ads have made some of us keep our homes so clean we have to actually drink bacteria to help us keep healthy. Or do we? I know lots of people who have lived into their 80s without these aids. So why do we need them now? But that's probably another story.

*Kristen Stone*



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