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send an email to coaching@duffieldsquashclub.co.uk for more information.

Womens Squash Sessions

Duffield Squash Club, based just off Town Street, is offering squash sessions to any women who want to try squash, have fun, and make new friends. Women who have played squash before and would like to get back to playing the sport are also encouraged to attend. Squash is widely considered one of the best sports for improving your fitness and Duffield Squash Club wants to share the many physical and ... continued on page 3.



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DUFFIELD SQUASH CLUB



From the cover...

mental benefits enjoyed by people who play regularly. We want to create a welcoming and friendly environment where there's something for everyone regardless of your age, ability, or fitness levels. The fun gets underway with a

Womens only session, starting at 7:20pm every Wednesday or every Friday at 9:30am. All equipment is provided, but anyone going is asked to wear non-marking shoes. Send an email to coaching@duffieldsquashclub.co.uk for more information.



TREETOPS

Treetops Hospice celebrates 40 years of care. On June 29th, Paul Sheldon, manager of the Treetops charity shop in Duffield, provided a local focus for celebrating 40 years of care by the hospice. He arranged for a Radio Derby reporter to visit and displayed a book providing an opportunity to share stories, memories and messages of support. Paul also ensured visiting customers, staff and volunteers could enjoy cake from the over 3,000 homemade pieces that were available at the hospice's 19 charity shops across Derbyshire

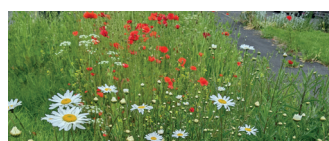
CELEBRATES



and Nottinghamshire. He thanked the local community for providing donations and volunteers for their time and efficiency. In turn, I offered my appreciation to him and assistant manager, Tamara Robinson, for their response to this birthday event, including turning the shop window ruby red. by **Paul Wiggins**

MAGGIE'S MAGNIFICENT MEADOW

In 2020, the grass verge outside Maggie Zimmermann's house on Melbourn Close was allowed to grow, unmown. Several years on, adding wild plug plants of different species, and allowing nature to take its course. The results have been a delight and a joy, admired by all who see it - and the wildlife is thriving! The variety of species appearing there, both planted



and self-seeded, is increasing, for instance, there are at least five different species of grass, and wild flowers are growing in abundance. If you would like to know more contact Maggie on 07889 822710.

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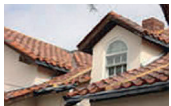
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CROPS, BIRDS AND GIZZARDS!

They have gone! The screaming acrobatic display has left our skies as our swifts returned to Africa catching insects on the wing as they went - not landing again until they nest back with us next spring. The thousands of miles travelled in a lifetime of this small bird are phenomenal and their need for a continuous supply of insects equally so.

Most birds including swifts, swallows and house martins all have the capacity to store food in their crop as a ball called a **bolus** before swallowing it for themselves or feeding it to young ones. The crop is an extension of the oesophagus before it reaches the glandular stomach and is an expandable sac. The crop of seed eating birds will be larger than that of insectivorous ones and as birds have no teeth, those that eat very hard seeds or fruit have the assistance of another organ called the gizzard which mechanically grinds and mixes the birds' feed.

The gizzard is found **after** the main stomach and will grind food before passing it back to the stomach for further processing. Some birds pick up tiny stones and grit which help this process acting like the birds' 'teeth'. Whilst **all birds have gizzards** not all birds have crops. The birds that do not have crops are owls and waterfowl like ducks and geese. Birds are not the only animals to possess gizzards. Crocodilians like crocodiles and alligators have them as do some of their

ancestors the dinosaurs. Mullet fish have gizzards as does the richly coloured trout called the **Gillaroo** which can be found in Lough Melvin in the North of Ireland and which uses its gizzard to help digest water snails - a main component of their diet. Some crustaceans also have a form of gizzard normally referred to as a gastric mill. So the need to reduce food into smaller more manageable pieces is solved by evolutionary developments - in humans (and apes etc) by having teeth to chew the food and mix with digestive juices in the saliva and in birds by having a gizzard and/or a crop.

Surprisingly, **earthworms** also use a gizzard as part of their digestive system. In the 8th segment, the oesophagus dilates and modifies into a large, muscular oval shaped gizzard occupying 8th and 9th segments. The gizzard is made of circular muscles and is internally lined by a cuticle. There are chitinous teeth. It acts as a grinder which crushes the food material. After the gizzard, the food is pushed to the intestine where it is finally broken down into simpler compounds. The recent rain after the

drought in June has improved the ground for the many worms that populate the meadow. Most simply burrow more deeply during dry spells but there has been a distinct lack of those

more surface dwellers which are the main food source of birds such as thrushes and blackbirds. Their decline in numbers is very worrying.

Again there are moments that counteract the rather depressing statistics overall. As

I walked the site with my American grandchildren yesterday we were pleasantly surprised to be amongst a significant number of beautiful **comma butterflies**. These lovely burnt orange coloured masters of the air were circling around us and landing briefly in the sunshine before finding a potential mate and taking off into the air to dance and flutter around each other in a mating dance. They have wing edges that are sculpted and are fast flyers.

We spotted ladybirds of varying sizes and colour combinations on a number of the plants and the thistles lining the edge of the wetland had a selection of bumble bees busy burying their respective heads in the purple blooms to extract as much

nectar as possible.

The scent of honey wafted over the grass from the **lady's bedstraw** which is in full bloom with its feathery yellow flowers on tall spikes. The blue/purple meadow cranesbill is spreading across all the meadow flower areas and it has retreated from others as the more dominant plants take over. The fact that the range of plants and their location changes is part of the pleasure of the site.

The wetland is white with **meadowsweet** blossom on short bushy plants. This has moved in recently from elsewhere on the site and will no doubt over time be replaced by other species. Meadowsweet's most famous claim to medicinal success is as a forerunner of aspirin as it contains salicylic acid. It was considered the go-to herb for indigestion, flatulence, gastric ulcers, gastric reflux, liver disorders, cystitis, diarrhoea in children, rheumatism, cellulitis, bladder stones, and oedema. It has to be taken in moderation as it thins the blood - but meanwhile is a source of sweet scent and food for many insects. So despite the drought and the recent downpours of rain the reserve is adjusting and looks beautiful.

Enjoy walking down there and relish these summer days if you can.

by **Di Hancock**
(Chair; Duffield Millennium Conservation Trust)
07511 230320



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SJP Approved 29/06/2023



Co-option of New Councillor

Following the notice of vacancy in the office of Parish Councillor, we are pleased to advise that Simon Black was co-opted to Council at the Full Council meeting held on 21st June 2023.



Closure of Footpath between Snake Lane and Duffield Meadows School

The footpath between Duffield Meadows School and Snake Lane weir (Footpath 11) will be closed during week commencing 28th August 2023 for some maintenance and improvement works to be undertaken. The pathway becomes extremely narrow, muddy and difficult to use during the winter months and so the aim of this project is to widen the footpath, cut back shrubs and bushes and make safe any potential areas of concern. Full details of the footpath closure can be found on the Parish Council's website.



Planters and Hanging Baskets

We are delighted to have been able to arrange the beautiful Summer floral displays which are now on show around the village! Thank you to Plantscape for providing the planting and for keeping the displays looking lovely throughout the Summer months for all residents and visitors to enjoy.

Duffield Parliament Week – Your Village, Your Say

UK Parliament Week is to be held between 6th-12th November 2023 and is an annual programme of events that connect and engage people with the UK Parliament and democracy. Details of the scheme can be found at www.ukparliamentweek.org.

The Parish Council are intending to hold a competition to mark the week, and will be offering Duffield's young residents the opportunity to put forward their ideas for improvements to our village, to present their ideas, to see how council decisions are made and how residents can get involved and influence matters in their own community. Further details will be available soon so keep an eye on the Parish Council's website and social media!

Eyes Meadow Theatre Event – Robin Hood



The performance of Robin Hood was held on 25th June at Eyes Meadow and was thoroughly enjoyed by those in attendance. The weather stayed dry, delicious food, drinks and ice cream were available and the actors put on a fabulous show! Our thanks go to Duffield Co-op who supported the event with food and drinks for the performers, and to everyone who came along to enjoy the show. Sadly, the numbers attending were significantly lower than in previous years, which does make it more difficult for us to run these events, so please do consider supporting future events and coming along to join in the fun!

Parish Council meetings are open to the public to attend to listen or address the Council on any Parish issues. Correspondence from Parishioners is also reported to the meetings.

Forthcoming meetings – The Council is in recess in August. The next **Full Council** Meeting will be held on Wednesday September 13th 2023 at the Weston Centre. Meetings begin at 7pm and all are welcome to attend.

Meeting Agendas and Minutes can be viewed online at www.duffieldparishcouncil.gov.uk

The Parish Office

Cemetery Lodge, 43 Hazelwood Road, Duffield, Belper DE56 4DQ.
Telephone 01332 842740.

Contact the Clerk

clerk@duffieldparishcouncil.gov.uk or call 07719 103015 (emergency contact).

Cemetery Enquiries

contact the Assistant Clerk at assistantclerk@duffieldparishcouncil.gov.uk or call 07514 871801.



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Duffield Parish Council



www.duffieldparishcouncil.gov.uk

PLASTIC FREE CELEBRATION

We had a great day on our **Plastic Free Duffield** stall at Duffield Carnival in June. Thank you to everyone who came to chat about ways of avoiding using single-use plastic, and about how to avoid fast fashion.

And a big thank you to the Plastic Free Champions and Allies and our supporters who came to celebrate the award of **Plastic Free Community** status with Steering Group members Kathy Gorman, Dave Wells and Parish Councillor Louise Nelson (pictured).

Once again, thank you, and congratulations to Duffield! You have made a great contribution to moving away from unnecessary **single-use plastics**, but the work does not stop here. We need to get more people, businesses and community organisations in Duffield involved to help to stop plastic pollution at source. If you would like to be involved, please get in touch:



plasticfreeduffield@gmail.com or 07421 994616.

Finally, thank you to the Duffield Community Association volunteers who organise the carnival and make it run so smoothly, and to Green Councillor Eva Long for organising the Eco-Zone. It was great to be surrounded by so many people who care so passionately about our environment.

Here's to next year's carnival. If anyone has any ideas for promoting a single-use plastic-free carnival, please get in touch. It would be great to really reinforce the strides that Duffield has made to become a plastic-free community.

DUFFIELD

It's time to do it all again!

There's only a few days left for you to register your scarecrow to be part of the 2023 Duffield Scarecrow Trail – don't leave it too late!! The closing date for registering your entry is Friday 11th August.

The theme this year is Myths, Legends and Fairytales. You can register by clicking on the 'Register' link on the



SCARECROWS



homepage of our website www.duffieldartsfestival.com or by emailing us at scarecrows@duffieldartsfestival.com and letting us know who or what you're planning to make and where it's going to be.

To help give you some inspiration, here are some pictures from our previous Scarecrow Trails that would be perfectly at home at this year's Trail, as they're all myths, legends or fairytales!

The 2023 Duffield Scarecrow Trail will run from Wednesday 13th September to Sunday 17th September.

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WEEKLY EVENTS

- MON** | **Coffee Morning**
10.00am - 12noon, Emmanuel Church
Opening so people have a warm place to go for free coffee, cake and a chat.
- TUE** | **Walking for Health**
Meet at 9.45am, The Weston Centre for supervised walk 10.00 – 11.30, round Duffield and beyond. All welcome.
Chris - 07977 140415.
- Yoga Class**
1pm - 2.15pm, £4.50. Bring mat & blanket. Beginners welcome. Julie 07817147167
Methodist Church Hall, King Street
- Boys Brigade & Girls Association***
6.15 - 7.30pm, New members welcome. £2.00. Ages 5-11. Baptist Church Hall.
01773 689983
- WED** | **Ignition Youth Group***
7.30- 9pm.
St. Alkmunds Church Hall.
School years 10-13. Relaxing with a hot drink and cake, games and thinking through a section of the bible.
- Duffield Singers**
7.45 - 9.45pm
St. Margaret's Church, Hall Farm Road.
theduffieldsingers@gmail.com
www.duffieldsingers.org
- FRI** | **Time Out for Toddlers and carers (TOTS)**
10.00am - 12 noon
St Alkmund's Church Hall
A new free group. Come along to play, chat, join in the fun and make new friends. Snacks; coffee and tea on tap.
- Chairobics**
Lunchtime, The Weston Centre.
Suzanne, a practising physiotherapist, runs a friendly chair-based exercise class. Why not join her to get fit, have fun and make friends. Book with Suzanne 07810 023 743.
- Amber Painting Group**
1.30-3.30pm - Methodist Church Hall.
amberpaintinggroup@yahoo.co.uk
www.fb.me/amberpainters
- Massive***
4.00 - 6.00pm (years 7-9)
7.00 - 9.30pm (years 10-13)
Emmanuel Community Church
- TUE-FRI** | **Coffee Morning**
10.00am - 12noon
The Weston Centre, Tamworth Street.
Coffee, tea and biscuits. £1 for a bottomless cup. Volunteers will ensure you are made welcome.

*term time only

MONTHLY CALENDAR AUGUST

- 3** | **Film Screening**
2:00pm, 'Billy Elliot'
The Weston Centre, Tamworth Street.
We ask for a donation of £3.00 which includes a cup of tea or coffee. Phone Sandra on 01332 928577.
- 4** | **For all our 'Fab Forgetful Friends'**
Duffield's Memory Cafe at the Weston Centre.
nicola.memorycafe@westoncentre.org.uk
01332 840349.
- 10-13** | **EVR Summer Diesel Gala**
One for our enthusiasts! The Ecclesbourne Valley Railway Summer Diesel Gala features a variety of classic diesel locomotives running to a special timetable.
www.e-v-r.com 01629 823076
- 18** | **For all our 'Fab Forgetful Friends'**
Duffield's Memory Cafe at the Weston Centre.
- 21** | **Chevin Probus Club**
Lion Hotel, Belper. 10.15am. Members & Ladies Lunch or Afternoon Tea in Derbyshire. No charge.
Peter Robinson - 01332 705554.

SEPTEMBER

- 5** | **CHAT (Come and Have Afternoon Tea)**
Baptist Church 2.00 - 4.00pm. Various activities for all age groups. Come and join us for tea and a chat!
Keith Powney 01335 372153.
- 7** | **Film Screening**
2:00pm, 'An Audience with Ken Dodd'
The Weston Centre, Tamworth Street.
We ask for a donation of £3.00 which includes a cup of tea or coffee. Phone Sandra on 01332 928577.
- 8** | **For all our 'Fab Forgetful Friends'**
Duffield's Memory Cafe at the Weston Centre.
- 9** | **EVR A Taste of Faulty Towers**
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- 13-17** | **Duffield Scarecrows - Myths, Legends & Fairytales**
Register your entry by 11 August.
www.duffieldartsfestival.com. See page 8.
- 18** | **Chevin Probus Club**
Makeney Hotel, Milford. 10.15am. Philip Whiteland – Pictures of an Exhibition. No charge. Peter Robinson - 01332 705554.
- 22** | **For all our 'Fab Forgetful Friends'**
Duffield's Memory Cafe at the Weston Centre.
- 24** | **EVR Tea and Tricks**
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YOUR GREEN COUNCILLORS IN DUFFIELD

Your County Councillor, Gez Kinsella, has many people contacting him about **issues with roads and pavements**. Gez recently helped some Duffield residents get their pavement resurfaced. Meadow Vale resident, Laura Harward said, “After my attempts to get something done about the state of the pavement were unsuccessful, Gez took up the case. I was very impressed with how Gez kept in touch with me throughout and ensured Derbyshire County Council got the job done.”

Gez says, “I understand that issues such as potholes and poor pavement conditions are a constant problem for Duffield residents. The most efficient way of resolving such issues is by reporting direct to the Highways Department at Derbyshire County Council. If this doesn’t get the problem solved then please contact me so I can intervene on your behalf.”



You can use this QR code link to report any highways issues.



Gez helped residents on Meadow Vale Road get a worn out pavement resurfaced. Recent local elections saw an amazing five Green Party town councillors elected on to Belper Town Council. They are currently working hard on an important issue that will affect residents of Duffield who visit Belper. Many Duffield residents currently park for free in the

Coppice car park – the large car park behind the Market Place. Government legislation means Belper Town Council now has to pay £22,000 a year in business rates for this car park. The Town Council are currently deciding what to do. Should the money be raised by charging motorists or kept free, diverting funds from other projects?

The Green Party knows it is really important to listen to the views of as many people as possible to enable the council to make the best decision for the town and its visitors. They are currently surveying visitors to the town to get a better understanding of the impact of introducing charges. Councillor Alison Mc Dermott says, “As many Duffield residents are regular visitors to Belper we would really like to hear your opinions. Please let us know what you think about car park charges by emailing contact@ambervalley.greenparty.org.uk.”

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www.duffieldcarnival.co.uk



PIANISTS ENHANCE COFFEE MORNINGS

During the 1971 Morecambe and Wise Christmas Show, Eric Morecambe, OBE, when speaking of his piano playing during a performance of Edvard Grieg's piano concerto in A minor, told a somewhat disappointed Andre Previn, pianist, composer and principal conductor of the London Symphony Orchestra, "I'm playing all the right notes, but not necessarily in the right order". Wednesday coffee mornings at the Weston Centre (10-12) offer an opportunity to hear piano performances from three inspiring people in later life whose abilities, with and without sheet music, ensure an audience hear all the right notes in the right order. One of those musicians, David Cox (90), told me about his desire to play the piano and his life-long interest in music.

PW: Paul Wiggins

DC: David Cox

PW - At what age did your love for music begin?

DC - I had piano lessons from the age of eight and soon took part in

concerts during the Blitz, raising money for the War effort. I also had singing lessons and became a boy chorister at Westminster Abbey but withdrew when my voice broke at the age of fifteen. Music is my life and I always approach performances with professionalism and adequate preparation.

PW - What do you aim to achieve from your performances?

DC - I want to provide enjoyment and make people happy and smile. There is too much conflict, unhappiness and disappointment in the world.

PW - Do people sing along to your playing and which tunes attract audience participation?

DC - Yes, they do. They like the old favourites which evoke memories. I play, 'All the nice girls love a sailor', 'I do like to be beside the seaside', 'When you're smiling', 'Somebody stole my gal' and many more.

PW - Are there pianists you admire?

DC - Yes there are. I like big band pianists including Oscar

Peterson, Duke Ellington and Count Basie. I admire Harry M. Woods because he was born with a deformed left hand and also like his compositions including 'Side by side' and 'Try a little tenderness'. Lastly I like Thelonious Monk's style of playing. I've been a long follower of traditional jazz: its history and performers.

Whilst living in Kent, David played the piano for a local amateur drama group's production of a pantomime, and in Duffield accompanied a tap dancer adding the benefits of tacet to the performance. In addition to his regular contribution as a competent pianist at Wednesday coffee mornings, he plays 'background' music at the Thursday Sanctuary drop-in cafe events held in St. Alkmund's church hall, and comes into his own strongly when requested to support singers giving performances at the same venue. Further, he has been asked to accompany a former professional singer in the



near future as part of Duffield's new Memory Cafe at the Weston Centre. All this, and he still finds time to apply rhyme and rhythm to his love of poetry composition! The Weston Centre volunteers will ensure visitors are made welcome, so consider a Wednesday coffee morning with a difference: coffee, tea, biscuits and memorable melodies, all for £1! My thanks to David and Emma Morrison, Weston Centre manager, for their help, and to Kathleen and Mervyn whose musicality is also appreciated by regular coffee morning attendees.

by Paul Wiggins

SNOOKER IN DUFFIELD



To celebrate 125 years of the Duffield Club, we were honoured to have Cliff Thorburn as our guest speaker. Cliff was the world snooker champion in 1980 and made the first televised 147 break. Forty plus people attended the night with a mixture of reminiscences, anecdotes, and audience participation interspersed with amazing trick shots!!

All in all, a fantastic night was had by all. Special thanks go to four people who travelled from the Bridlington snooker club, also special thanks to John D Street, Chairman who hosted this unique event.

At the end of the night Cliff graciously accepted being made an Honorary Member of the Duffield Club. The visit was a finale to last year's celebrations of the Club's 125th anniversary which, in November, included an after dinner talk by 1985 World Champion Dennis Taylor.

The Duffield Club is situated above Bradman's and Sanchini's at 13 Town Street, Duffield. We currently have vacancies for members, prospective members should telephone 01332 840301 after 7pm, or email the Secretary at duffieldclub@gmail.com. www.duffieldclub.co.uk.

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