

Winter Health

PREPARE YOUR BOAT AND YOURSELF FOR THE WINTER MONTHS

(contributions from Bruce and Sheila Napier and Terry Evans)

Here are a few tips to prepare you and your boat for a warm, safe and comfortable winter:

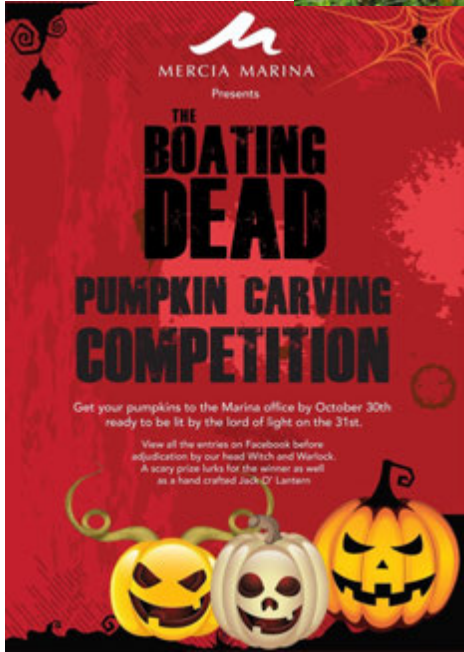
1. Before winter sets in, clean the chimney and flue of your stove, also check that the fire bricks are in good order and there are no leaking seals around the main fire. AND repeat the chimney cleaning regularly over the winter months.
2. Make sure all your ventilation vents are open and clear of any obstructions.
3. Check your Carbon Monoxide and Smoke Alarms are working. If not, replace batteries and check again. Or buy new ones – better safe than sorry.
4. Keep an eye on the weather forecast. If you're likely to need a pump-out or diesel, go before the storm breaks, the temperature drops or the wind picks up. If there's likely to be a prolonged spell of bad weather and you're a pump-out, consider getting a Porta Potty. And remember there is no refuelling of boats from cans.
5. If you are burning smokeless fuel, experiment with it, some types of smokeless fuel work better in some stoves than in others. Don't use house coal, this produced soot which can damage the paintwork and chrome on your boat and adjacent boats.
6. Wood is another combustible fuel used on boats. Good burners for your stove are Ash, any fruit wood and oak. Avoid Fir and Pine as these will tar up your flue. Willow is not worth the space as it generates very little heat.
7. Keep active on your boat – turn out cupboards (rewarding in itself!) and have a dust behind things. Do chair exercises (see next newsletter!). Get those jobs done inside the boat you always said you were going to do. Play lively music that gets your feet tapping or do a bit of a hand jive! Put Strictly Come Dancing on and bop along!
8. A good diet matters. Calories generate warmth so you could start the day with porridge. Eating proper food is far better for you than snacking. Soup is good stuff. Make dinosaur soup by starting with some stock from the remains of a chicken or other joint and adding whatever veg you've got to hand or Still Waters are selling off. As you use it, add more stock and veg as well as dried pulses like split peas, pearl barley or what have you. Make sure it gets boiled up for at least ten minutes every day and it will keep you going from Bonfire Night to Easter.
9. Venture out when the weather is good and have a good walk around, call on neighbours for a chat and make sure that they are o.k. Knitting, crochet work sewing, brain games – anything that keeps you warm and stimulates the brain.
10. Sign up for some of the groups that meet in the Willows - explore new hobbies, meet new people!



NEVER TOUCH, COLLECT OR EAT ANY FUNGI UNLESS YOU ARE ABSOLUTELY AWARE OF WHAT IT IS.

A wonderful season for fungi - both on the Marina and over in the wood on the other side of the canal. Photograph as we have done but don't touch, collect or eat. The consequences may really and truly be fatal.

(Photographs: Sue Jordan, Wynne and me!)

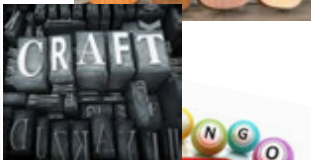
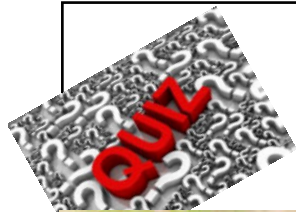


Community Events' Programme for 2017-2018

The Calendar of Community Events is on the Mercia Community Facebook Page. Hard copies are available from the Office and the Newsletter will carry event information from month to month. If you still can't find what you want, then ask! Ask in the Office, email merciaevents@hotmail.com, ask your Forum Rep - there is plenty of help around. And it is very important that you keep in touch with any last minute changes or arrangements for your group - either on Facebook or asking a friend to check for you. Some events are very popular, so it is important you say you want to come in good time. Events on the FB page have a 'join' button (no need to 'decline' or 'maybe', just accept if you want to) or, if you don't use Facebook, email merciaevents@hotmail.com or give the Office a note of your name/event to pass on. Most events are in The Willow Tea Rooms (thanks to Helen Deaville) and usually start at 7pm.

The October Events' Diary

Mon	2	Watercolour Painting Class
Tues	3	Music - Join-in Jam for everyone and anyone
Wed	4	Craft Club
Sat	7	Rope Splicing
Sun	8	Fishing Match
Mon	9	Watercolour Painting Class
Tues	10	Craft Club
Wed	11	Photography
Thurs	12	Ukulele
Sat	14	Rope Splicing
Mon	16	Watercolour Painting Class
Tues	17	Craft Club
Wed	18	Bingo
Thurs	19	Ukulele
Sat	21	Farewell to Lucy : Pop-Up Mini Fuddle
Mon	23	Watercolour Painting Club
Tues	24	First Aid
Wed	25	Quiz
Thurs	26	Ukulele
Fri	27	CPR
Sat	28	IT, Computers & Phones
Mon	30	Watercolour Painting Class
Tues	31	Book Club



ReXFactor

A triumph! Congratulations to all those who put in the work to make it happen. A good time was had by all who went (dogs & people); thanks to Ian Carroll for his wonderful photographs - full set on Facebook. Only room for a small selection here!



Thanks to Midland Chandlers for their continued support of the Newsletter. Copies are emailed out (office your address) and the printed copies are in our own Midland Chandlers, the shops and in the Marina Office.



Lucy is Leaving



Our Lucy is leaving. She has been with the Marina eight and a half years and we are going to miss her! So that we all have a chance to say goodbye and wish her well, there'll be a pop-up mini Fuddle in the Willow Tree Tea Rooms on Saturday 21 October from 6pm. Come along for a bit or a lot, bring your drinks and a bit of food! More details will closer to the time - for now put the date in the diary!

Recycling



Someone on the Marina - on a regular basis - is putting a large general waste black bag in the recycling bins on the corner by the Compound/Gardening Depot. This has to be deliberate and unbelievably lazy behaviour – there are clear notices about what is acceptable recycling AND that plastic bags are to be put in a separate bin.

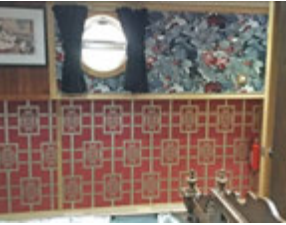
There can't be anyone here who doesn't know that recycling contaminated by peelings, food waste, unwashed sauce dishes, etc. is unacceptable to a recycling company. So our recycling champion Jude Boynton – who regularly checks the recycling bins – has to empty out these bags, putting the recyclable contents back into the bins and the rest into general waste. She does this as a true recycler who wants the Marina to carry on being a Green Beacon in its many ways. Thank you Jude. Your Golden Windlass Award is well deserved and you deserve our support. So if you see anyone using our various bins in the wrong way – tell me. If it's you who's doing this then **STOP IT!** P.S. Two more recycling bins will be put between Facilities' Block 3 and Aqua Narrowboats.



Golden Windlass

The Mercia Forum were happy to award Jude Boynton a Golden Windlass for her consistent and positive support of the Marina's recycling policy. Mercia's 'green' policy has benefitted from the time and effort she has put in to educating the community, providing advice and suggestions and being, in herself, an excellent role model in leading an environmentally responsible life.

From the Crew of The Nautilus - Beautiful Interiors!



From the early design stage, we knew we wanted our barge, **The Nautilus**, to have a very individual, oriental feel to the interior. We had sourced wallpapers and fabrics to be used as wall coverings, but we needed someone with the skills to apply them in the very challenging circumstances of a boat !

We approached a few local decorators, but we were not sensing much enthusiasm for the jobs we needed doing.... However we really didn't have to look far! We found Aled Roberts' card pinned up in the Laundrette. He lives on the Marina and is, as his card describes, a painter and decorator. He came round and was truly excited by the challenge of hanging fabric as a wall covering on a boat. The finish he has achieved is just incredible. Aled has had a great deal of experience with all kinds of bespoke wall coverings (including a whole room lined with silk!) and he has transformed our living space. Aled has done quite a bit of work around the Marina, on the lodges and boats, but if any of you have a dream vision of how you would like your boat interior to be then Aled can help you fulfil that dream.....

The Poppy Appeal Row

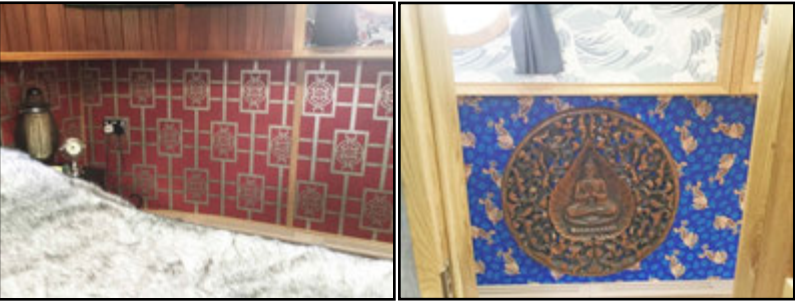


Well they did it! A quite remarkable achievement and they raised some £4,000 for the Poppy Appeal in the process. They left Shardlow Marina at 1am using head torches for the first six hours; rowing along the Trent in the early hours was very eerie, says Mick. They took it in turns to row and carried the boat around each lock which was exhausting! But it was the perfect day - flat calm, sunny (when daylight finally arrived!), peaceful. They reached the Stenson Bubble where the Landlord, Connie, was expecting them and ready with a welcome breakfast. A little lad at the lock toddled over to pop a welcome donation in the bucket. Then onto Mercia and a triumphant entrance. Well done the lads!



Craft Club - 4 October

Nancy Harman writes: "Mary Bodman is going to be introducing some Christmas craft ideas at the next session on Wednesday 4th October. If you'd like to come and get crafty, please bring some bits of fabric if you have any (we will have some fat quarters there for sale at cost if you need them). You'll also need pencil, card, (cereal packet is ideal) ruler, needle and thread, plus scissors for cutting the card. I'll have some shears plus cutting mat and rotary cutter for the fabric if you need them. "Mary got quite a few people doing patchwork and quilting last year so if you'd like to join the fun just turn up with £1 and the above bits and pieces. Others at group will be doing there own thing, so still come along for knitting, crochet, cross-stitch or whatever you're interest is. Looking forward to seeing a few more new faces." **Nancy continues on another topic:** "I'm trying to gauge interest in a Harrogate trip to The Knitting & Stitching Show on Friday 24th November. Approximate cost will be £25 for coach and entry ticket, depending on numbers. If you're interested please let me know via Facebook, text to 0741194655 or email perfectharmony52@yahoo.com. I've put the Friday as Saturday is SO hectic, but if you'd be able to come if it was Saturday let me know. Craft members get discount, other moorers and lodge owners are welcome and friends/ family from off the marina can come for a little bit extra. I need to know if you're interested by Saturday 7th October at the latest.



Aled Roberts' mobile: 07975 792539

Willington to Potlock's Towpath



Towpath Taskforce South Derbyshire

The Towpath Taskforce will be starting work on the Towpath on Monday, 9th October 2017. It will be a full resurfacing – digging down, lining, laying stone which will be rolled in and then infilling with a fine stone topping which will also be rolled in. The end result will be good for walking, taking pushchairs or rollators etc. and it should make the journey between the village and the Marina a much drier, safer and more pleasant one. There will be 'soft' sides – no hard edging which might be a trip hazard and it will be around 2 metres wide.

There will probably be over half a dozen volunteers who are part of the South Derbyshire Towpath Taskforce and they would be delighted to welcome anyone from the Marina or the local community who would like to pick up a shovel and join in. It's not going to be heavy work – anyone who is reasonably fit will be fine and there are both active and less active jobs to be done ... like being a Banksman for instance.

This first bit of work will last from Monday 9th to Friday 13th October and how much of the total project is done will depend on how many volunteers are able to help, what the weather's like and how the work itself goes. Further sessions will follow on so that the whole resurfacing job is done as soon as possible.

The towpath won't be closed at any time during the Monday – Friday working day and there will be Banksmen (gender neutral!) at either end of the working party to warn/advise/guide as needed.

Motorised wheelbarrows, shovels, whacker plates and rakes will all be provided by CRT as well as high vis vests, ear defenders and other health & safety equipment as needed. Hours will be 9.00.a.m. to 3.30 p.m, with each day starting with a briefing. Clothing will need to be appropriate to the weather, plus suitable gloves and tough boots (typical boater's gear

in other words!). Volunteers will need to take their own food and drink (though we might have a flapjacks and cake run every now and then to keep you going!) and the toilets in the village or the Marina will be the nearest 'welfare' points.

It's all good news – a resurfaced footpath which will only go to Potlocks so no through route for cyclists, funding and real support from CRT and lots of volunteer involvement led by Steve Taylor (our CRT man). Plus, of course, fresh air and brisk exercise for a few days to get people out in the air.


If you can do the whole week that's great but even if you can only do two or three days you'd be welcome, so sign up. The bigger the team, the quicker the project will be completed.

Contact Steve Taylor by mobile: 07825 929726 or email: steven.taylor2@canalrivertrust.org.uk or you can contact Wayne Ball (The Volunteer Development CoOrdinator) at wayne.ball@canalrivertrust.org.uk. Or you could leave your contact details with the Marina Office who will pass them to me (Jo James) and I'll get Steve to get in touch with you.

Summer BBQ - The Hog Roast



What a grand Hot Roast it was!! The chefs were superb, the food was delicious, the company magic. Tables and chairs, umbrellas and sou'westers appeared like magic. Sunshine and showers kept everyone in high spirits for it was no more or less than boaters expect. Thanks to all those who put in the time and effort, to the Marina for subsidising it, and to everyone who came and made it a great party!



The annual safety testing of the electrical systems on the Marina will be between 16th – 18th October 2017. This will result in interruption to the 240V mains supply. Different areas will be tested as the workman work their way around, but it will take 3 days to complete the site. Interruptions should be no more than, say, an 1 hour and be continuous, not intermittent unless remedial work is required. Those boat owners with inverters should be prepared to reset them after the test is complete should they not reset automatically, to avoid draining batteries. We apologise for the interruption to the electrical supply that this safety work will entail.

