

Long Wharton News

AUGUST 2022



Congratulations to Alex Lowes, seen here collecting trophy for taking third place in the first race of the World Superbike round at Donington Park this July. A

good day in the office.

There's a lot going on in the village this month; all the details are inside the August edition of the Long Wharton News.

YOUR FREE VILLAGE MAGAZINE



Summer Menu served Monday to Saturday
Lunch Set Menu served Monday to Saturday
Sunday Lunch served 12pm - 5pm
12 Ensuite Bedrooms



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EDITORS NOTES

We still have a supply of wildflower seed embedded recycled paper sheets to give away for anyone who would like to grow a small wild flower patch to help bees and all the other pollinators.

It is simple, just place a sheet under a few inches of soil in your garden, water and wait for it to grow next spring.

If you would like some to have a go, completely free, message me (Neil) with your name and address at the number below and I will pop a sheet or two through your letterbox.



BENEFICE MENS BREAKFAST

A Men's Breakfast takes place on the 4th Saturday of each month, (except December as people are too busy, and in January we treat our wives, partners or girlfriends, to breakfast).

It is 9am for 9.30, full English breakfast with tea or coffee, at The Rose and Crown, Zouch.

If anyone wishes to come, or find out more, contact Clark at clark.jennings@live.co.uk or telephone 01332 605647

FOLK SINGALONG

The Tigerfolk folk group normally take a break during the month of August but this year they plan to meet for a Singaround during the afternoon of Tuesday 9th from 2pm to 5 o'clock

Those who fancy it are invited to remain at The Falcon Inn for a meal and a bit of social chat afterward.

THE LONG WHATTON NEWS

The Long Whatton News is produced twelve times a year and is delivered free of charge to every home in the village every month.

We aim to distribute each months magazine around the 1st of each month.

It is produced by volunteers and depends entirely on voluntary contributions, advertising revenue and fund raising events.

The online version can be found on: www.longwhattonnews.co.uk

WE WANT YOUR NEWS

We would like to hear from you about your club, event or absolutely anything news-worthy about the village and its people.

Text us, WhatsApp us or email us longwhattonnews@gmail.com

THE TEAM

Penny de Kock 07393 407896

Neil Bamford 07921 855607

COPY DEADLINE

The copy deadline for articles for the September issue is 19th August.

£3
online
£4 on door



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PRESENTS

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weekend in style.
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Children welcome

THE GRADE II LISTED TELEPHONE BOX

Of all the Grade II Listed buildings in our village the telephone box might be the most odd.

The iconic red telephone kiosk design was the result of a competition in 1924 to design a telephone box suitable for London Metropolitan Boroughs. A design by Giles Gilbert Scott, a British Architect, was the winner. The box, called the K2 was deployed in London in 1926. The post office suggested it be painted red.

The design evolved through three more versions before the K6 was introduced in 1935, designed to commemorate the silver jubilee of King George V, featuring a moulded Royal crown. It was a smaller version of the K2, and went on to be installed prolifically around the country. It is the most recognised and iconic telephone box that many people around the world are familiar with. The first K6 is still to be found outside the Royal Academy of Art in London.

More versions of the red telephone box were designed and implemented but none were ever to survive the popularity of the K6.

Over 240,000 red telephone boxes were built between the 1920s and 1980s. BT had replaced many red telephone boxes during the 1980s and 90s with the aluminium KX100, leading to English Heritage to designate over 2000 as listed structures. Only 9400 K6's remain.

BT offered councils to 'adopt-a-kiosk' for £1 to keep local K6's in place. Many have

found alternate uses as mini libraries/book exchanges & art galleries, and even for storage of heart defibrillators, but ours still has a functioning phone.

The technical stuff: The K6 kiosk is made of cast-iron sections, bolted together, standing on a concrete base, forming a four-sided rectangular box with a domed roof. Three sides of the kiosk are glazed, with eight rows of three panes of glass; a wide central pane of glass and two outer, narrow panes. There is reeded moulding around the window panel corresponding to the dimensions of the door

opening, disguising that there is an opening on one side only. The door is of teak, with a metal "cup" handle. There is a drip cap above the door for weatherproofing. The back panel has a blank, moulded panel conforming to the dimensions of the windows, and cable holes either side of the foundry plate at the foot of

the kiosk. Above the main body of the kiosk is a plain entablature, carrying a rectangular slot for signage, with trim moulding. Set into the slot is an illuminated opaque glass telephone sign. Ventilation slots are inserted below the signage slot. The roof of the kiosk is domed and just below a moulded Royal crown is cast onto each side.



NATURE WATCH COMPETITION

We are setting out a complete list of the rich nature in and around our village in the Neighbourhood Plan. It will be a record to help inform planning decisions to protect our environment that we enjoy.

This is the list of species seen so far, but we believe it is not complete:

common frog, common toad, great crested newt, smooth newt, brown/sea trout, signal crayfish, harlequin ladybird, narrow-bordered five-spot burnet, small heath, wall, cinnabar, barn owl, black redstart, bullfinch, cuckoo, dunnock, fieldfare, green sandpiper, grey partridge, herring gull, hobby, house martin, house sparrow, kingfisher, lapwing, lesser redpoll, linnet, mandarin duck, marsh tit, peregrine, quail, red kite, redwing, reed bunting, skylark, song thrush, spotted flycatcher, starling, swallow, swift, tree

sparrow, turtle dove, wren, yellow wagtail, yellowhammer, bee orchid, bluebell, bogbean, buck's-horn, plantain, burnet rose, Canadian



waterweed, cherry laurel, columbine, common bistort, common mouse-ear, garden asparagus, giant hogweed, grass vetchling, greater burdock, greater celandine, Himalayan balsam, Japanese knotweed, knotted hedge-parsley, lesser hawkbit, lily of the valley, meadow brome, monkeyflower, variegated yellow archangel, wall cotoneaster, white stonecrop, American mink, badger, bats, Chinese muntjac, hare, hedgehog, otter and polecat.

Please let us know of any insects, animals, plants etc that are missing from the list so they can be documented in our Neighbourhood Plan.

The prize will be contentment that you are helping in a small but significant way in helping to preserve our landscape for future generations to enjoy.

Please let me know by email: racechild6@gmail.com

GRANDFATHER RIGHTS MEMORY TEST

How good is your memory?

For the Neighbourhood Plan, we want to find out if there are Grandfather Rights to the unofficial footpath linking Hyams Lane to Long Holden and back to Clements Gate. See Red dotted line on map.

We know the circular route has been walked for years and it is an important amenity for villagers to enjoy a safe countryside walk without

worrying about traffic.

We need to establish dates of when it was first walked, how good is your memory, does anyone have memories which can be specifically dated? This is really important to be able to petition for a retention of a circular walk in or around the Segro Industrial Development.

Please send your memories to: Kathy.racechild6@gmail.com



BALLET *and why it is such good exercise*

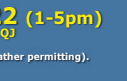
Adult ballet is a great workout for the whole body. Ballet is a weight-bearing form of exercise which strengthens muscles, promotes healthy bones and burns calories. Because ballet uses the full range of muscles, it's also great for cognitive functions such as coordination and concentration. It helps with balance issues which affect people as they get older. It stretches the spine and opens out the lungs throughout the exercises which are done at the barre and also in the centre of the room. It is well known that ballet is great for posture and balance but did you know that adult ballet can also reduce the symptoms of depression, arthritis and diabetes? And there's more, ballet

has also been shown to fend off dementia and osteoporosis.

There is no upper age limit for starting ballet. Claudette who runs Claudette Caven Dance says "I have taught, successfully, a lovely gentleman in his 70's who went on to take an exam and did a programme for the BBC on the benefits of dance in later years! We even found an equally charming lady to join him in a duet for the programme. So don't dismiss it as an activity for the young!"

You are welcome to see Claudette's ballet classes at Diseworth Village Hall on a Wednesdays from September 7th starting at 6.15pm.

Open Village Show, plus Stalls, Games & lots of Attractions



Prize Raffle
Charity Auction

All the usual competition classes
and lots of fun and games,
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Admission: £2.00 (Under 16's: Free)

Saturday 10th September 2022 (1-5pm)
DISEWORTH VILLAGE HALL, Hall Gate DE74 2QJ

After the Show the bar will stay open 'till late (weather permitting).

Pete the Dinosaur

Paw Patrol Castle

Sumo Suits

Ballet Classes

FOR CHILDREN AND ADULT BEGINNERS

LOCKINGTON VILLAGE HALL - SATURDAY From 10th September 2022

Young beginners, Primary and children's ballet classes up to Grade 4 are held every Saturday.
Small classes to develop confidence and enjoyment through dance and storytelling styled movements.
Dance/Drama for older pupils. Enquire for class times and details.

NEW CLASS: SILVER SWANS BALLET FOR ADULTS

From 7th September

DISEWORTH VILLAGE HALL - WEDNESDAYS

Silver Swans - Adult beginners: 6.15pm

Adult refresher (grade 4) 7.00pm

Pre-Intermediate (& pointe work) 8.00pm



Website: Claudette Caven Dance
Claudette Caven, AISTD, Advanced Cecchetti Ballet,
Advanced Modern, Advanced Character
01509 672702 email claudettecavenhenrys@hotmail.co.uk

KARATE *Successful second grading of the year*

On 22nd June the Long Whatton Shotokan Karate Club's second grading opportunity of the year took place at Nottingham Trent University, with a number of clubs coming together from around the region. After an intense one-hour training session under the guidance of Sensei Frank Brennan (8th Dan Black Belt and Chair of the KUGB - Karate Union of Great Britain), eleven of our club members then graded. We are pleased to announce that all of them were successful in gaining their next belt. Of these, we were delighted to get five of our members their first belts.

Sophia Taylor

We're so proud of everyone and are already looking forward to our next grading opportunity in September where we hope to have more success stories to share.

It was then a very exciting time for the region as the 55th KUGB National Championships came to Nottingham following last year's successful tournament, also held here in the East Midlands. Competitors from around the UK came together to demonstrate their skills in kata (set patterns of moves) and kumite (sparring).

Interested in giving karate a try? Right now



Pictured above: The successful club members with Sensei Frank Brennan, 8th Dan and club instructor Sensei Benafter the grading on 22nd June.

Congratulations to the following:

Now orange belt (9th Kyu):

Lily Bradshaw - Alex Coles - Ethan Flower
Emma Richards - Oliver Thompson

Now red belt (8th Kyu):

Harry Arnold - Logan Dodoo - Tommy Fisher
Tom Gaskell

Now yellow belt (7th Kyu):

Ian Gaskell

Now brown belt (3rd Kyu):

is the perfect time to take advantage of our free trial session offer to see if it is for you!

We run a junior class (5 years and above) from 5:45pm and a second session from 6:45pm for our slightly older children and adults every Thursday in the Long Whatton school hall.

Get in touch via our Facebook Page @ longwhatton karate, e-mail the club at longwhattonkarate@gmail.com, or contact the club secretary on 07714335598

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FISH, CHIPS AND BINGO *A big thank you!*

The Long Whatton News team would like to say a very big thank you to the Long Whatton Village Association for arranging the Bingo Fish and Chips night to raise funds for the village magazine. We appreciate all the hard work that went into this event which was a great success.

As you can see from the photos it was lots of fun.

Thank you to all the people that attended and for contributing to the funds raised.



And thank you to both the village and farm shops for selling tickets.



WEEKLY TRANSPORT AGENDA

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WHATTON HOUSE GARDENS: *Effective watering by William Stanger*

It is proving to be a misconception that England is a wet country. Over recent years the growing season has become increasingly challenging due to a lack of rainfall. Winter can see the opposite extreme however in the form of flooding. There are various things that can be done to help establish new plants and use the available water as efficiently as possible. As well as reducing the time involved and any anxiety of struggling plants, there is a need to reduce costs including water. There is also a need to manage expectations and ambitions. Whilst the traditional English Garden with its herbaceous borders can still be achieved it will need to be irrigated in a dry summer, along with other maintenance practices to conserve moisture in the soil and

'It is proving to be a misconception that England is a wet country.'

reduce plant stress.

One of the first considerations is plant selection. There are plants that are better adapted to cope with dry conditions than what has been typically used traditionally. Many herbs such as Lavender come from a Mediterranean climate and offer a good starting point. Plants with silver foliage, small leaves, and succulents are good choices. Using such plants reduces the amount of water required and still allows us to enjoy a garden. The resultant garden style could be described as Mediterranean, Dry or a Gravel Garden.

With more traditional herbaceous borders, mulching is an absolute must. When the soil is moist in the Autumn to Spring a

4inch/10cm layer of mulch (garden compost, manure or bark) is applied to cover the soil surface, thus trapping the moisture in. The compost also conditions the soil enabling it to hold onto moisture, but also helps to improve drainage on clay soils. Conditioning the soil also helps the soil organisms, some which



Soil scraped back to form a dam to contain water.

form symbiotic relationships with plants. This includes mycorrhiza fungi that effectively increase the root network of plants several times over thus increasing the plants access to available water in the soil. Apart from using compost it is often advisable not to over do it with the fertiliser. Adding fertiliser can promote lots of lush growth that is more prone to wilting. Treating plants mean will encourage shorted and woodier growth that consequently less readily wilts.


If it proves necessary to water, it is best to do so first thing in the morning or last thing in the evening. The idea being that it is cooler at these times of day and less water will be lost to

evaporation. For the same reason avoid using sprinklers. Instead use leaky hose, that applies the water directly to the soil where it is needed. It can also save time. Once it has been installed all that needs to be done is to turn on the tap then come back after an hour or so to turn it off. When planting something new

there are two techniques to use, plunging and puddling. With plunging the plant with its pot still on, is plunged into a bucket of water so the whole pot is submerged. Keep the pot submerged till the bubbles stop, that way you know

all the air spaces have been filled with water. With puddling the planting hole is dug then filled with water. Wait for the water to soak into the soil then continue to plant. By doing so the surrounding soil around the plant will have some moisture in it for at least the first two weeks to help establishment. It is also possible to scrape some of the surface soil back away from the plant to form a circular dam that will hold the water in place and stop it escaping.

These are some of the techniques we use at Whatton to help establish new plantings and cope with a changing climate. Our plant choice over time will more than likely adapt to improve sustainability. The above can be applied to any garden and will help make watering more efficient.



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ALL SAINTS NEWS *August services in Long Whatton*

Sunday 7th August 10.30 - Inside /outside church. This is a very different format to the usual services associated with “going to church” We have been trying this over the past 16 months as our service on the first Sunday of the month. For those not familiar with this let me elaborate. Everyone meets in the church porch. For those who wish to walk we will take a 40 minute route from the church into surrounding fields. Our route varies with the time of year but we generally walk over parts of Whatton Estate or Manor Farm. Select suitable footwear, you are welcome to bring your dog on a lead. We stop for a prayer, poem and the Gospel reading. For those who stay in the church there is quiet and contemplative time with music. Then after our walk we all go into church for a drink and cake/biscuits. Please do join us and we would love your feedback and of course your company.

Sunday 14 August 6.30pm Lammas Service This is one of the services we hold within the Benefice as part of the agricultural calendar. Lammas celebrates the start of the harvest and is an ancient Christian festival. It is the festival of thanksgiving to God for the start of the harvest, where corn and bread are offered as symbols of gratitude. The

name comes from the Old English word for ‘loaf’, hlaf, which is followed by ‘mass’, mas, to indicate a Christian festival at which the Eucharist is celebrated.

As the feast of the first fruits, Lammas seems particular significance this year as we celebrate the start of harvest and with the recent pandemic and the invasion of and war in Ukraine there is a renewed appreciation of food and where it comes. Lammas is actually an older tradition than harvest festivals which celebrates the time when “all the harvest is safely gathered in”.

After the service we would be very pleased if you would stay for bread and cheese refreshments..

Other Sunday services elsewhere in the Benefice
Sunday 14th August 10.30 Benefice service with Holy Communion at Kegworth
Sunday 21st August 10.30 Benefice service with Holy Communion at Hathern
Sunday 28th August 10.30 Benefice service with Holy Communion at Diseworth

Services are simultaneously streamed on line. You will be warmly welcomed at any or all of these services and to stay afterwards for refreshments.

THE COMMON MOLE *The gardener's nemesis*

The common mole has very poor eyesight, almost blind, but it makes up for its poor eyesight with a nose that can smell in stereo, according to a recent study.

Most mammals, including people, see and hear in stereo. For instance, stereo vision means that we see an object in three dimensions.

But only a few mammals have been confirmed to have a stereoscopic sense of smell. That means that each nostril operates independently of the other, sending different signals to the brain that are then computed to determine the direction of the odour.

Moles live underground. It is very rare to see one out and about in the daylight. Moles can burrow a staggering 100 metres a night, but for the gardener with a lawn that means molehills. Lots of molehills.

The trouble-makers are male moles, looking for a mate in a mild January or early spring, rapidly tunnelling just under lawns leaving havoc in their trail.

Deeper within the tunnel system moles construct one or more spherical nest chambers, each lined with a ball of dry plant material to be used for breeding and raising baby moles, usually 3 or 4 little kittens, that are born between February and June. The young are born naked. Fur starts to grow at 14 days, eyes open at 22 days and they are weaned at 4-5 weeks. The young start to leave the nest at 33 days and disperse from their mother's range at 5-6 weeks. Moles have short, usually black velvety fur, with spade-like forelimbs with large claws that face towards the rear of the animal, pink fleshy snout and tiny eyes.

They are solitary and territorial creatures so

if you do manage to get rid of a mole in your garden another one will soon move in and use the underground tunnel network, especially if you've been a good gardener, added lots of rich organic matter to your soil and cultivated a healthy population of worms. They also eat a range of other soil dwelling grubs such as the turf munching leatherjackets, wireworms and chafer grubs.

Moles sometimes collect and store earthworms alive in special chambers. The stored worms are immobilised by a bite to the head segment and up to 470 worms have been recorded in one chamber.

If you want to deter moles then assault their senses. The smell of pickled onions is a



well-regarded deterrent. The warbling sound of a radio or singing birthday card placed in the tunnel can drive them crazy. But if you still hate them

then move to Ireland – there are no moles in Ireland, at all.

They are widespread throughout Britain. They are present in most habitats where the soil is deep enough to allow tunnelling but rare in coniferous forests, on moorlands and in sand dunes, where their food source is scarce.

They grow to 113-159mm in length with a tail that is 25-40mm and 72-128g in weight. Males are usually the larger animal.

Most moles don't live beyond three years but some can live up to six years. Their main predators are tawny owls and buzzards, stoats, cats and dogs and road traffic accidents. Humans also kill many, considering them agricultural pests.

LONG WHATTON NEWS *Advertising rates*

6 months per month	One off per month
Full page £18	Full page £22
Half page £12	Half page £14
Quarter page £7	Quarter page £8

These prices are based on print ready artwork supplied. We can accept jpeg, EPS and TIFF formats although PDF is the preferred format, in CMYK.

Advert sizes:
Full page with bleed
148mm wide x 210mm deep plus 3mm bleed on all sides
Full page standard
132mm wide x 194mm deep
Half page 132mm wide x 94mm deep
Quarter page 63mm wide x 94mm deep.

Design: We can provide a design service for your artwork, if required. Prices subject to sight.

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THE PROSPECT OF A NEW TOMORROW *Lauretta*

Dear Friends, over the last 7 years it has been a joy to watch the current Year 6 at our benefice Primary schools grow from being very young children into the more mature characters that are preparing to step forwards into Secondary School.

As we say farewell to them there are inevitably some tears - it is emotional saying farewell to friends and to teachers that have been so important over the years- but there are also lots of big grins at the fun that's been shared, and a real sense of excitement at the adventure that awaits.

If you recall your own transition from school to school or perhaps from job to job I wonder if you remember that combination of sadness and anticipation?

'Parting is such sweet sorrow' is how Shakespeare puts it.... times of change are sad in some ways because we are leaving familiar people and all that we've enjoyed with them. Yet there is also the sweetness of everything that has been experienced that can never be

erased. And there is the prospect of a new tomorrow with different challenges and delights in store.

As I prepare to say goodbye to the benefice on Sunday 11th September (please do come to St Andrew's, Kegworth at 10.30am for my last service, or later at 11:30 for coffee and cake!) I definitely have this sense of sweet sorrow. Sweetness in that I am so grateful for everything I have learnt in my 7 years here- thank you for your friendship and many kindnesses....I'm taking that with me! Sorrow too because I feel the sadness of leaving friends and colleagues, parishioners and schoolchildren, we have shared a lot in this last 7 years and I will miss you.

We do know that God is with us all as we step forwards, whatever age we are, and so we trust that God will give us strength for today and bright hope for tomorrow.

With every blessing,
Lauretta

A POEM, A THANK YOU *by David Griffiths*

On receiving an unexpected 92nd birthday present.

Dear Rose
Thank you for the marmalade
Especially since it was homemade
I'll keep it in a hat I wear
Just like a certain little bear
And take it out when I have been
To see her Majesty the Queen!
She for better or for worse,
Keeps hers in the Royal Purse
Takes it out when hunger strikes
A Queen can do just what she likes!

What I really meant to say
Rose, your gift has made my day.
Love David

LIBRARY *Gadgeteers and the Invention Convention*

Is your child taking part in the Summer Reading Challenge?

As the theme of this year's Challenge is "Gadgeteers", Hathern's Community Managed Library is inviting all participating 4 - 10 year olds to an "Invention Convention" on Sunday August 21st from 2.30 - 4.00 pm at the Community Library on Green Hill, Hathern.

This is a chance for your child to be a real life Gadgeteer, use their imagination and have some creative fun making simple gadgets out of ordinary household items. Library volunteers will be there to help if needed.

You do not need to be a Hathern Library member and there is no charge for this event, but a small donation towards the running costs of the library would be much appreciated.



WHATTON

Dates for your Diary 2022

Due to popular demand we are putting on a number of regular events at Whatton which we really hope will be enjoyed by all:

Cream Teas at Whatton House

Sunday 10 July
Sunday 7 August
Sunday 2 October
12pm-4pm

Served in our Old Dining Room you will be treated to exceptional quality food, tea and coffee or something stronger

"Friday Feeling" at Whatton House

Friday 29 July
Friday 26 August
Friday 30 September
5-9pm

NEW to Whatton! Come and join us in The Courtyard to unwind ready for your weekend. A variety of food will be available to purchase and of course a bar or two!

Don's Kitchen at Whatton House

Sunday 17 July
Sunday 21 August
Sunday 18 September
12pm-3pm

Don's Kitchen will be on the grills cooking up quality produce supplied by Tori and Ben's family-run farm in Melbourne, just down the road! (Vegan option available).

HALLOWEEN HORROR TRAIL

Selected dates throughout October

CHRISTMAS TRAIL

Selected dates throughout December

THE GARDENS WILL BE CLOSED ON SUNDAY 28 AUGUST FOR A PRIVATE EVENT

For booking information keep an eye on our website and Facebook page
hello@whattonhouse.co.uk 01509431193
www.whattonhouse.co.uk

WORLD SUPERBIKES *Top three at his home round*

Despite the five week gap between World Superbike rounds Alex has still been busy 'working'.

With the Suzuka 8 Hours race coming up on 5th to 7th August, Alex flew out to Japan for the second test of the endurance Kawasaki ZX10 with teammates, Jonathan Rea and Leon Haslam, arriving back in the UK with a few days to acclimatise before his home World Superbike round at Donington Park on 15th to 17th July.

Following a great qualifying, resulting in 2nd place on the grid, the local resident put in a tremendous performance, developing, towards the end of the race, into an edge-of-the-seat, back and forth battle with the factory BMW of fellow countryman, Scott Redding. But right at the end Alex got

the better of the affair, taking third place and a podium spot.

In Saturday's ten lap Superpole race Alex held 4th place for much of the race - managing to pass Redding to sneak up to 3rd two laps from the end, but couldn't make it stick and

on the last lap was demoted further - to 5th place just two tenths of a second behind ex MotoGP's Alvaro Bautista at the flag.

The final race lacked the drama of the earlier two: Alex started from 6th and held it to the chequered flag, finishing a

comfortable 3.3 seconds ahead of Bassani.

Alex is still 7th in the championship standings but has closed the gap to a stones throw from 6th, 5th and 4th places.

After a week at home Alex will fly to the Czech Republic for round 6, 29-31 July.



*The battle for third place with Scott Redding.
Brit verses Brit. Kawasaki verses BMW.*

CRICKET *for All Stars and Dynamos*

We have had a fantastic time over the last eight weeks with the Allstars and Dynamos cricketers. The weather has been very kind to us and we managed to have a session every week with no interruption for weather.

Although we did not have a junior hardball team this year we have still managed to offer some hard ball training on Tuesday evening, thank you James and Jeff.

We held a celebration evening on the 5th July when all the children received certificates and treats.

I would like to thank all the volunteers who made these sessions possible.

I would also like to say a very big thank you to Anna who has helped make junior cricket possible at LWCC.

Have a Great Summer, Sonya

First XI Fixtures:

06/08 Kegworth (H)
13/08 Narborough (A)
20/08 Quorn (H)
27/08 Shepshd (A)

Second XI Fixtures:

06/08 Appleby Magna 2nd XI (A)
13/08 Walton-Le-Wolds 2nd XI (H)
16/07 Young Muslim association 2nd XI (A)
20/08 Loboro' Charnwood old boys 2nd XI(A)

AGILITY FOR DOGS – *Take your dog to the freedom field*

Manor Farm have recently set aside a field opposite the farm on Main Street for agility dog training.

The “Freedom Field” is a secure field, just over an acre with lots of open space plus agility equipment. In this hot weather there is also a doggy paddling pool. There are bins, poo bags and water provided.

The idea is that you book the field for your own private use, either for 30mins, 60mins or 90mins. When booking there is no household

limit but it is for 6 dogs, and there is an option to add more to make up to 8.

You can book the field via the farm’s website: <https://manororganicfarm.co.uk/dog-freedomfield>

Once you have booked, two hours before your time you will receive a text with the code for the gate.

In the future, Manor farm plan to use the space to host open events such as dog shows and social evenings.



JOIN A VILLAGE COFFEE MORNING

Everyone is welcome to the coffee mornings. If you are new to the village this is a wonderful way to meet new people and to hear all the history of Long Whatton and life stories of those that live here.

The Falcon Inn: The next coffee morning will be held on the Monday 8th August 2022 at 10:30am till 12 o’clock at The Falcon Inn.

All Saints Church: The next coffee morning

will be held on the last Saturday of the month – the 27th August 2022 at 10:30am till 12 o’clock at All Saints Church.

If you would like more information or need a lift to The Falcon Inn, contact Jane Scholtz 07393 349009 or 01509 842736 or Penny de Kock on 07393 407896

Or you are just welcome to join us on the day.

THE CHURCHYARD *preserving species-rich grassland*

You may have noticed a change in the grass cutting regime at the churchyard this summer. We have been trialling a new management system to create a mosaic of grass at different heights, with the primary goal of improving the wildlife potential of the site. Some areas remain short to allow easy access and to maintain a neat appearance around visited graves, whereas other areas have been allowed to grow longer. The longer areas will be cut in July or early August, but over the summer will provide a haven for wildlife.

Species-rich grassland is suffering one of



the highest rates of decline of any habitat in Leicestershire and Rutland. In England and Wales, it is estimated that this habitat has decreased by 98% since 1930 as a result of development, changes in farming practice (e.g., drainage, ploughing, reseeded and the use of artificial pesticides, herbicides and inorganic fertilisers) and neglect. In general, unimproved herb-rich grassland is a rare habitat in Leicestershire and Rutland. It supports a rich invertebrate fauna including insects and spiders and provides an important feeding area for birds, bats and small mammals.

You may well ask why we should focus on the churchyard and the main answer is that churchyards often contain remnants of species

rich grassland. A churchyard may be the most ancient enclosed piece of land in the parish. It will have been relatively undisturbed, never being ploughed and having no applications of artificial fertilisers or pesticides. Plants will have completed their natural life cycles, flowering and setting seed, for hundreds of years. It is likely that the churchyard will have been cut for hay and grazed at times in its history, essentially being managed as a hay meadow. This long history of management as a hay meadow often results in a rich diversity of native grasses and flowers and associated

animals, many of which have become uncommon in the wider countryside.

Allowing the grasses and flowers to grow longer in some areas of our churchyard has resulted in a number of species flowering in abundance including Lady’s Bedstraw, Pignut, Meadow Vetchling, Bird’s-foot-Trefoil and Selfheal to name a few.

These flowers have

provided a valuable source of nectar and pollen for our pollinators such as bees, butterflies and moths. Additionally, seeds will provide a food source for invertebrates, small mammals and birds whilst the increased amount of vegetation provides food for animals such as caterpillars and grasshoppers as well as providing shelter and nesting sites for many invertebrates. An increase in the numbers of invertebrates in turn provides food for small mammals, bats and birds as can be witnessed by the Swallows and House Martins hawking over the churchyard grassland.

Please take a moment to see the wildlife in the churchyard and hopefully you will enjoy your visit.



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BARBEQUE ANYONE?

When the first Spanish conquistadors arrived in the new world they found the indigenous people of the Caribbean preserving meats in the sun. The cooks would build small, smokey fires and place the meat on racks over the fires to cook, the smoke keeping insects at bay.

Tradition tells us that this is the origin of Barbecue, both in the process and in the name. The natives of the West Indies had a word for this process, "barbacoa". It is generally believed that this is the origin of our modern word Barbecue.

The process began to evolve with the migration of Europeans and their import of captured and enslaved Africans to the region of the Southern United States. European pigs and cattle were transplanted to the new world and became the primary meat source for the colonies, pork being the meat of choice in the South due to the ability of pigs to thrive with little care. Cooks discovered that they could also improve flavour with the addition of, salt, seeds, and leaves, as well as basting meat with wine, vinegar, and oils. Especially if the meat was starting to go off.

Preserved meats, especially dried meats, were often soaked in liquids to bring them back to life swimming in sauce based on such as water, oil, juices and other ingredients. So BBQ sauce came into being.



Native Americans cook fish in an engraving from A brief and true Report of the New Found Land of Virginia by Thomas Harriot, 1590 © Bridgeman Images

Visit any supermarket and you'll find a vast array of bottled BBQ sauces. If you read the ingredients you'll find most contain garlic, tomato paste, vinegar, sugar or molasses.

It's quite simple to make your own with a few store cupboard ingredients

What you need

- 200g ketchup
- 100ml Cider vinegar
- 100g dark muscovado sugar
- 1 Tbsp Worcestershire sauce
- 1tsp paprika
- juice of half an orange
- 1 garlic clove, crushed
- 15g butter

What you do

Combine the ingredients in

a saucepan, then season. Bring to the boil and bubble for 3-4 mins until the sugar has dissolved and the sauce is glossy. Remove from the heat, transfer to a jar, and leave to cool.

Will keep in the fridge for up to 2 weeks. Or of course you can use straight away.

Stop Press: Next month I'll include feedback from the Beddow family on their attempt at cooking the Chicken & Chorizo Risotto from this column a couple of months ago.

If you have any ideas for 'Themed Recipes' you'd like to see or if you have any queries or comments email alanc9989@gmail.com

Ladies - still feeling young at heart?

Maybe niggling aches and pains are stopping you from moving as well as you used to?

Maybe you've been told you should 'strengthen your core' because you have back pain?

Do you want to feel stronger, more flexible, taller and looser?

Perhaps you are looking to get back into exercise, but are not quite sure where to start?

Would you like to be part of a fun and supportive community helping you to achieve your movement goals?

Cara Tatterton
Pilates



CLAIM YOUR FREE PILATES CLASS NOW!

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Reasons to claim your FREE class now:

- You'll be shown Pilates based exercises to help you move better (to reduce those niggly aches and pains)
- You'll be shown ways to improve your balance (helping you to walk, skip or run with confidence)
- You'll be shown strengthening exercises, and exercises to improve your mobility (helping you to continue to do the activities you love)

"I feel stronger and straighter... and I think if you can stand tall and walk tall it makes you feel much better. Makes you feel stronger. Makes you feel more confident... and that's part of what Pilates does." - Pam

To claim your FREE class text 'YES Free Class' to 07921 040 707 or email cara@caratattertonpilates.co.uk - Find us on social media  

PERRY THE BULL *takes centre stage*

The Knit and Natter group have been busy with their latest project celebrating the forthcoming Commonwealth games. Perry the Bull - the mascot for the Commonwealth



games - takes centre stage in the display on the Village shop post box together with colourful bunting throughout the village.

The groups' chosen charities so far this year are Air Ambulance and Médecins sans Frontières (Doctors without Borders) for Ukraine.

The 2022 Commonwealth Games began on Thursday 28 July and ends on Monday 8 August and takes place in Birmingham.



Perry - left and the culprits above

THE METHODIST CHAPEL *A new hope*

At a Community Association council meeting on 14th June the council (including the parish council members who are part of the community association council) voted to enact the "Asset of Community Value" that is attached to the Methodist Chapel. What this means is that the sale of the Methodist Chapel is temporarily on hold for up to 6 months allowing a group to make a bid for the property for usage for the community. The bid does not have to be accepted. It does give time for money to be raised for the purchase AND the refurbishment and repair. The parish council did submit a bid for the asking price (they are not legally allowed to offer more) but the amount offered and accepted was more than double the asking price.

The parish council is in a position to purchase the building but not in a position to purchase AND then do all the necessary up grading and alterations that would make it fit

for purpose as a village hall/ community centre building for the village.

What is needed is a group to make this happen. There are several grants that can be applied for and we can look at fund raising in a number of ways including donations from within the village.

A meeting will be held on Wednesday 24 August at 7.30pm in the Friendship Centre to elaborate further and to create a group to move the idea forward. The meeting is open to all in the village. Please come to find out more, especially if you can offer your time, energy and expertise and can see the massive benefits of having a functional and thriving hub for all kinds of activities, clubs and groups within walking distance of your home in our village.

Viv Matravers
Chair, Long Whatton Community Association
Contact v@manororganicfarm.co.uk
07780097997



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BOUNTEOUS BERRIES *Health by Liz Jarrom*

If greens are the healthiest of all vegetables, then berries are the healthiest of all fruits.

Green leafy vegetables contain chlorophyll, which sets off photosynthesis within the plant. This firestorm of activity generates many chain reactions, leading to the production of damaging free radicals. So green leaves have to be packed with lots of antioxidants to deal with these highly charged particles, and neutralise them before they can do serious damage to the plant. Berries have evolved to have bright colours to attract fruit eating animals and birds, who consume the tasty fruits and spread the berry seeds. The same molecular characteristics that give berries their vibrant colours seem to account for similar antioxidant powers to that of greens. An American Cancer Society study of nearly one hundred thousand people found that those who ate the most berries appeared to be much less likely to die of cardiovascular disease. Berries potentially offer protection against cancer, a boost to the immune system and protection against diseases of the liver and brain. A vast study of the antioxidant power in fruit revealed that apples and bananas have the antioxidant power of around 50 units each per 120 grams. Mangos have around 110 units, but berries are top for antioxidant power. Strawberries have 310, cranberries have 330, raspberries have 350, blueberries have 380 but top of the list are blackberries at 650 units.

Fresh is best, but frozen berries still retain most of their antioxidant powers, and are available all the year round. Fructose, the sugar in fruit has been demonised and blamed for causing weight gain and fatty liver disease. Research has shown that only fructose from added sugars appears to cause these health problems. Eating a whole fruit, where the fructose is packaged with fibre, antioxidants and phytonutrients seems to have

no detrimental effects on health, and has many good effects.

In one study, participants were asked to drink a glass of water with three added tablespoons of white sugar, the equivalent to what is in a standard can of fizzy drink. All had a big spike in their blood sugar levels within the first hour, causing them to release large amounts of insulin to mop up all the sugar, with the result that in the second hour they were actually hypoglycemic. The body perceives this as if you were in a famine situation and dumps fat into the bloodstream. This excess fat in the bloodstream can also cause further problems such as raising the risk of developing diabetes. In the next test, researchers asked participants to eat 120grams of blended berries along with their glass of sugared water. The berries also contain sugar, so the sugar spike should be much worse. Researchers were very surprised to find that this was not so. In fact, the participants who ate the berries with their glass of water showed no additional blood sugar spike, and no hypoglycemic dip afterwards. Their blood sugar levels rose and fell, but there was no surge of fat into the bloodstream. Fructose in the form of whole fruit appears to be harmless, and may help to stop the blood sugar spike that occurs from eating high glycemic foods such as white bread. Low doses of fructose taken as whole food such as berries, may be of great benefit in regulating blood sugar, and keeping it within the normal range.

The research group who devised the glycemic index found that people eating twenty servings of fruit, vegetables and nuts a day for two weeks had no weight increase, detrimental effects on blood pressure or triglycerides, and the LDL cholesterol levels in their blood dropped by a staggering thirty-eight points.



The Food Truck

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Street Food **Saturday**

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