

# Long Whetton News

JUNE 2022



*Welcome* to the June issue of the village magazine, the beginning of summer and the Queens Platinum Jubilee celebrations.

To start the celebrations, the Queen and corgis grace the post box outside the village shop, courtesy of the Kit and Natter Group.

**YOUR FREE VILLAGE MAGAZINE**

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## EDITORS NOTES

So, finally it's summer. June, July and August. Summer. Maybe it is or maybe it isn't. Meteorological summer will always begin on 1 June and end on 31 August.

But this year astronomical summer starts on Tuesday, 21 June and finishes on Friday, 23 September. The astronomical calendar relates to the 23.5 degrees of tilt of the Earth's rotational axis in relation to its orbit around the Sun. Both Equinoxes and Solstices are related to the Earth's orbit around the Sun.

## ART GROUP

Have you ever done any drawing or painting? Or perhaps you've thought about trying it? Then try Long Whatton Art Group - a very easy going informal group who meet up Thursday 9.30am to 11.30am with a tea break at 10.30ish. Details and more information ring 01509 842562 or text 07873340572.

## THE PHONE MAST SAGA

Following the NWLDC planners rejecting the application for a new phone mast to be erected on the corner of West End and Westmeadow Lane towards the end of April the agents are going to appeal the decision rather than look for another nearby site.

The purpose of the mast is not particularly to improve mobile signal in Long Whatton but is intended to fill a gap in mobile coverage on the motorway, and it would have to be close to that location to be effective.

## NANNY REQUIRED

Seeking a part time experienced nanny to look after 6 month old twin baby girls, 3 days per week, flexible on days and hours, this can be discussed.

We are a very friendly welcoming family and would love to work with someone local. Please call Corinne on 07540754323.

## 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](http://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](mailto:longwhattonnews@gmail.com)

## THE TEAM

Penny de Kock 07393 407896  
Neil Bamford 07921 855607

## COPY DEADLINE

The copy deadline for articles for the June issue is 19th May.





# LEAF OPEN FARM SUNDAY

VISIT A FARM AND DISCOVER THE WORLD OF FARMING

Come and join us at  
**Manor Organic Farm**  
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**11am to 2pm**  
**Saturday 11<sup>th</sup> & Sunday 12<sup>th</sup> June**

Saturday: Collect your own egg from our organic free-range chickens. Take part in our dog show. Explore the farmyard. Visit our farm shop.

Sunday: Take part in guided farm walks, suitable for all the family with kids' activities along the way, explore machinery in the farmyard, collect your own egg from our organic free-range chickens, meet our friendly sheep.

Don't forget to buy a sausage roll & ice cream, to enjoy in the picnic area.

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## THE RED LEGGED PARTRIDGE

You may have been lucky enough to spot one of these red-legged partridges, reared on the Whatton Estate, loitering in your garden recently.

Also known as Redlegs and the French Partridge, they are not native to Britain, but were brought to East Anglia around 1770, from France. They became well established by the end of the century, but their spread across Britain was slow and their current widespread distribution - across England and lowland parts of eastern Scotland and Wales - was not reached until the 1930s.

The redleg is larger than the grey partridge, and can be distinguished by their large white chin and throat patch, bordered with black. They have a greyish body with bold black flank stripes and a chestnut-sided tail. These rotund birds with grumpy-looking expressions can grow to weigh half a kilo.

Probably due to its Mediterranean heritage, the red-legged partridge thrives on dry, sandy soils and breeds best in areas of high summer temperatures. It has been less susceptible than the grey partridge in changes to habitat over time, namely a reduction in cereal insects since the 1950s, because its chicks consume considerably more seeds and vegetable matter.

Their preferred habitat is open scrubland and farmland, where they feed on seeds, leaves and small invertebrates. When disturbed, strangely, they prefer to run instead of fly, but will fly short distances if necessary.

In the wild, the hen bird commonly lays two clutches at a time in the ground, incubating one herself and leaving the other for her mate, the cock. Thus each pair has the potential to produce two broods at once.

This ability has meant that the Red Legged Partridge also lays more in captivity, making it attractive to rear and release for sporting purposes. This practice increased rapidly from 1963 as it was seen as a means of maintaining a partridge shoot despite the continuing decline of the grey partridge.

Towards the end of the 1960s, game-farmers discovered that the closely related chukar partridge and chukar/redleg hybrids were nearly twice as prolific in captivity. The first ones were released in 1970 and they quickly became popular throughout lowland Britain.

But this had a negative impact on the conservation of the wild Red Legged partridge because Chukars and hybrids bred much less well than pure Redlegs in the wild. The cross breeding was also detrimental to the genetic purity of the wild birds.

Britain now plays an important roll in the conservation of the red-legged partridge because their distribution is limited almost entirely to three European countries (Spain, Portugal and France), where numbers are declining. Out of concern for the wild red-legged partridge, the releasing of chukars and chukar/red-leg hybrids was prohibited in 1992. Their flourishing here could be vital to the long-term survival of the species.



*Photos of Red Legged partridges in his garden courtesy of Jeff Humphries*



Long Whatton Community Association

# Bingo Fish & Chip Supper

7pm Saturday 2nd July

Long Whatton Community Centre

Fund raising for 'Long Whatton News'

Tickets £10.00

includes free Bingo ticket for the first game of the night

Come on down with your 'dabbers' for what promises to be an evening of fun entertainment. Fabulous prizes up for grabs. We will start off with several games of Bingo, break for Fish and Chips at approximately 8pm and then 'eyes down' for more Bingo! Bar drinks, teas and coffees available to purchase.



Tickets must be purchased in advance and will be on sale at the Village Store and Manor Farm Shop. (Cash only accepted).

## GUIDES GO CAMPING *and take to the water*

This month Guides have been camping. It's the first time in 3 years since they've been under canvas as a unit. All the equipment has been sorted and tried out. Some tents certainly need replacement.

We camped as a unit at the Leicestershire Outdoor Pursuit Centre along with many other groups from Leicestershire and took part in some great water activities including stand up paddle boarding, kayaking, bell boating and raft building. There was also the land based activities of archery, high ropes, craft, bushcraft and of course a campfire.

The weather was amazing. The girls had fun being together and getting back to camping. They pushed themselves in so many ways; coping with staying away from home,



learning independence skills as well as working as a team. They conquered fears of heights and water with the help of their friends.

We are all looking forward to camping again, as a Loughborough division, in September where the brownies will also join us and rainbows will come to visit for the day.



## VILLAGE COFFEE MORNING *at the Falcon Inn*

The next coffee morning will be held on the Monday 14th June 2022 at 10:30am till 12 o'clock at The Falcon Inn. Everyone is welcome. 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.

If you would like more information or need a lift to The Falcon Inn, please contact Jane Scholtz 073 9334 9009 or 01509 842736 or Penny de Kock on 07393407896 or just join us on the day.

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## THE METHODIST CHAPEL

Methodism in Long Whatton can be traced back over 200 years to the late 1700s. The 19th Century saw a huge rise in the number of practising Methodists, or Wesleyans as they were called, across England and the tiny villages in North West Leicestershire were no exception.

In 1829 a Chapel was built in Long Whatton behind the site of the existing church and throughout the century a large congregation was built up with a flourishing Sunday School. However by 1900 the little chapel was in a state of serious disrepair being described as 'an old square dilapidated Chapel

chapel and site with the on condition that 'of taking all possible means against being used for the manufacture or sale of intoxicating liquors, or as a theatre or dancing or music hall.' The old chapel was converted into a dwelling. The proposed new site in Main Street in 1904, showing



the existing Cottage, which was demolished.

In 1912 the new Church with Entrance Vestibule, organ, vestry, kitchen and large schoolroom was built to the delight of the congregation, the village and the Circuit. The Twentieth Century saw the continuation of a very successful Sunday School with records showing large numbers of young people registering each week.

Electricity was installed in the Church in 1931 and oil and lamp glasses finally disappeared from the trust accounts. Alterations took place to include a new kitchen and toilets and generally improve the building.

In 1955 water had been laid on 'and the copper in the scullery removed and an electric copper installed'. A new sink and draining board was installed together with an electric fire in the vestry.

1962 saw the church hold Jubilee celebrations - fifty years in their new building - over the weekend of 25th and 26th August including services and a tea held on the Saturday at the school, which attracted over 100 participants.



absolutely destitute of vestry and schoolroom and almost lost up a well nigh inaccessible yard' and an appeal was made for a new church.

A site on the Main Street was found and ambitious plans drawn up. An appeal was made throughout the Methodist circuit for subscriptions, a Great Circuit Bazaar was organised and with the sale of the existing chapel and land the funds were raised.

On 4th October 1911 the President of the Conference, Rev. John Hornabrook from Central Building, Manchester signed the official form for the sale of the old





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## KARATE *Time for the spring course in Torbay*

April saw karateka from around the UK travel to Torbay, Devon for the KUGB's (Karate Union of Great Britain) Spring Course, which has started again after an enforced break since 2019. Over 100 karateka attended the course, including Sensei Ben and a few club members. Training ran from 11th to 15th April, with training sessions being led every day by former World Champions such as Sensei Frank Brennan (8th Dan Black Belt and Chair of the KUGB) and Sensei Billy Higgins (8th Dan Black Belt). There were a number of other events on offer during an exciting week of activity.



*Club members with Sensei Frank Brennan in Torbay*

We resumed training on 28th April after a two-week break for Easter. At the end of our last class before Easter, we were delighted to present our latest monthly awards to students who have demonstrated commitment to their training in a number of categories. Congratulations to the following:

Karateka of the month:  
Junior class: Tom Gaskell

Senior class: Belle Wooldridge

Attitude and spirit:

Junior class: Isabella Taylor

Senior class: Harry Arnold

Most improved karateka:

Junior class: Tommy Fisher

Senior class: James Bradshaw

Zanshin (Focus):

Junior class: Ted Wooldridge

Senior class: Sophia Taylor

Determination and energy:

Junior class: George Lees

Senior class: Archie Williamson



*Photo of Sensei Ben with the latest senior class award winners*

Our focus is now on our next grading opportunity at the end of June, where we hope a number of club members will be eligible to progress to their next belts.

Interested in giving karate a try? Right now 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](mailto:longwhattonkarate@gmail.com), or contact the club secretary on 07714335598

## WHATTON HOUSE GARDENS: *The Chelsea Chop and Hampton Hack by William Stanger*

Pruning is normally associated with woody plants such as renovating shrubs or removing the lower branches from a tree. But there are also some pruning tasks to be done in the herbaceous border to keep it looking at its best. The more time devoted to these pruning techniques the better the overall performance will be. In some cases, pruning perennials can save time in other ways such as reducing the need to stake tall stems and reducing the amount of self-seeding which results in less weeding.

One of the most well know pruning techniques for herbaceous perennials is the Chelsea Chop. It is normally done around the time of the Chelsea Flower Show. It can achieve two things. Firstly, it is used for height control

by making the plant shorter and bushier. This does however mean smaller but more numerous flowers. By making the plants



*Geranium before being cut back.*

more compact the need to use plant supports is greatly reduced. The other result of the Chelsea Chop is delayed flowering by one-



*Geranium after being cut back after flowering. Fresh new growth should refill the space in about two weeks.*

flowering season.

Perhaps not so well known is the Hampton Hack. This is used to freshen up spring and early summer flowering perennials. It should result in a new flush of foliage and often a second round of flowers. It is often done at the time of Hampton Court Flower Show (early to mid-July). Plants can look tired after flowering and often benefit from being cut back. It is usually best to cut down to the start of new growth developing at the base of the plant, or the basal foliage. If cutting back to the ground, do not cut level with the soil; leave about 2 in. of stem, just in case new buds are present slightly above ground. The *Geranium endressii* 'Wargrave Pink' is

a case in point at Whatton House. Sprawling, straggly stems tend to develop after the initial flowering. After being cut back the plants usually fill in with fresh mounds of foliage within two weeks. Sporadic rebloom often occurs as well. *Astania major* can look tatty in a dry summer with yellowing foliage, so it

often looks better cut back to new growth. Otherwise cutting back flowering stems maybe enough to smarten the plant up. Deadheading can prolong flowering into September and

prevent excessive self-seeding. Some people have success with cutting back oriental poppies after flowering to encourage new but smaller growth that remains to the fill the space through the summer.

The above techniques combined help to keep the garden looking fresh through the summer and keep the flowers coming. Sharpen your secateurs and get pruning!

three weeks depending on the species. So, if half the plants of a given species are cut back it is possible to extend the display by another week or two. A summer flowering phlox such as *P. maculata* 'Alpha' can be cut back by half when in bud in early June. It may now flower at 18in/45cm rather than at 2.5ft/ 76cm and about two weeks

later than usual. Balloon flower (*Platycodon grandiflorus*) tends to flop but pruning it back by half in early June can produce plants 1-2ft (30-60cm) shorter than normal and with a 2-3-week delay in flowering. You can cut a whole plant back by half its height, every other stem, or just the back half. If you have a group or drift of a given species, it is often easier to cut back individual plants to extend the

*The Chelsea Chop and  
Hampton Hack.  
Sharpen your secateurs and  
get pruning!*



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SAVE THE DATE



WHATTON

# THE BIG JUBILEE LUNCH

as part of the official celebrations for  
HM The Queen's Platinum Jubilee

a FREE picnic style party at Whatton House  
on Sunday 5th June, 11.30am to 4.00pm

Bar supplied by The Falcon Inn,  
tea, coffee, cake and ice cream from Dream Vintage  
plus kids entertainment and music  
Drop-in Royal Forest School for under 10yrs

[www.whattonhouse.co.uk](http://www.whattonhouse.co.uk) [hello@whattonhouse.co.uk](mailto:hello@whattonhouse.co.uk)

Book with <https://www.eventbrite.co.uk/e/321519321947>

Bookings open on 1st May. No dogs allowed.

## JUBILEE CELEBRATIONS in Long Whatton

The Queens Platinum Jubilee celebrations will take place nationally over a 'long weekend' of 2nd to 5th June.

Here in Long Whatton celebrations will include several events.

*Whatton House will be hosting a Jubilee Lunch* - a free to attend picnic party on 5th June from 11.30 to 4.30pm. You can take your own picnic or buy tea, coffee, cake and ice cream from Dream Vintage who will have a stall. A bar is being laid on by the Falcon Inn and Whatton House are providing live music.

For children there will be entertainment and a drop-in Royal Forest School for under 10s.

There will be transport available on the day from the village up to Whatton house for those that need it. Please contact Penny on 07393407896 for more details.

If you are find you are having difficulty booking online, please go to the village shop to put your name on the list or contact Penny on the above number.

*A 1950s style Afternoon Tea Dance* hosted by the Knit and Natter Group at the friendship centre on Saturday 4th June from 2.00 till 4.00pm. Refreshments, a raffle and voluntary donations in aid of the Air Ambulance. 50's music, rock and roll, hand jive... and it is free to attend.

*The Falcon Inn has a Jubilee Weekend* planned from Thursday 2nd to Saturday 4th June, serving food at the pub all day together with organised activities.

*If you are having a street party or celebration, please take plenty of photos and send them to the magazine. We will share them ondedicate pages in the June edition to record how the village celebrated.*

## LONG WHATTON PLAYGROUP announces closure

Long Whatton Playgroup are very sad to announce that after the sale of the Methodist Church they are going to have to close permanently on the 7th July 2022.

After exploring various potential new premises in the village and surrounding areas they found, unfortunately, none of the options to be a suitable home for Playgroup, particularly given the time scale to work within.

This has been an incredibly difficult decision for the staff and committee to make, and they would like to thank the village community for all the support in recent times and over the decades that Playgroup has been a part of village life.

Playgroup are hugely grateful also the Long Whatton and Diseworth Parish Council, The

Community Association, Long Whatton School and the Whatton Estate for supporting and working with them over the years.

Playgroup has existed in many forms since it started in 1973 and has enhanced the lives of hundreds of children and families from Long Whatton and further afield. Playgroup has been very lucky to have many wonderful staff over the years including Val Chadwin and Christine Wright who ran playgroup from the community centre. Current families will know our fantastic team of Gale, Keeley, Jane and Emma. A huge thank you to all staff and committee members past and present whose contributions are greatly appreciated.

Playgroup will continue to offer a fun and nurturing environment and support with school transitions until the 7th July.





**LONG WHATTON KNIT & NATTER GROUP**  
*present*  
**THE QUEEN'S PLATINUM JUBILEE**  
**AFTERNOON TEA DANCE**  
*at*  
**The Friendship Centre**  
*on*  
**Saturday 4th June**  
**2.00 – 4.00pm**  
*Free entry and refreshments. Raffle and donations.*  
*In aid of The Air Ambulance*  
**Music of the 1950s • Rock & Roll • Hand Jive • Winklepicker shoes**



**Let's make our  
village stand out!**



To celebrate The Queen's Platinum Jubilee join us in decorating your house during the long weekend 2nd – 5th June

**Long Whatton Community Association**

## WORLD SUPERBIKES *Good results in Estoril*

Following on from the Dutch round in Holland, Alex had a few weeks off (except for the non-stop training regime) before jetting off to the Estoril Circuit on the coast near Lisbon in Portugal for the third round of the World Superbike championships which took place 20th – 22nd May.

Alex came away from qualifying in 8th place on Saturday ready to go into race one couple of hours later. After a tremendous start – pushing up to 5th he was pushed back to 7th and then 8th place before nabbing 7th again on the last lap.

In Sunday's first race, the ten lap sprint race, Alex moved up from 8th to 7th two laps in, and then passing Britain's Scott Redding for 6th on the penultimate lap, crossing the line in a safe 6th but nipping at the heels of

5th placed man, Locatelli just 0.4 seconds ahead.

Starting from 6th in the third race of the weekend on Sunday, 21 laps of the 4.1k Estoril circuit, Alex managed to push up two places to 4th on the second lap and then 3rd straight after that, finding himself behind his team mate, Jonathan Rea for a few laps. Eventually he was bumped down to 4th by Bautista who was moving up the order steadily and eventually won, but held on to 4th safely across the finish line, just over a second ahead of Locatelli.

Three rounds into this year's championship Alex has moved up to 9th place in the championship.

The next round is at the Misano circuit in Italy on 10th to 12th June.

## MAY DAY AND FUNDRAISING *at school*

The school's children have recently held a cake sale and made ribbons to raise money for Ukraine. The donations were given to the charity 'Ukraine: Emergency Aid with Dignity', whose representative from the charity, Chris Goodson, visited the school this term to lead an assembly.

Chris has spent time out in Ukraine helping in the refugee camps and the children really valued the opportunity to ask Chris questions about his time there. He also shared with the children how the money that they had raised would be spent. The children are aiming to come up

some new ideas to help raise further funds to help the people in Ukraine.

The pupils have continued with their May day celebrations this year and it was a bonus to have the parents back in school and able to watch. The celebrations began with the Hobby Horse race where each year group tackled the hurdles and obstacles to race to the finish line. After the race the children demonstrated the spring dances that they had been working on this half term.





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## A SONG FOR A GRAND OCCASION *Rev Louise Corke*

Pastoral Letter for June 2022

A grand occasion often invokes something special: an anthem composed to be sung in a grand cathedral; a speech or two written to celebrate a bride and groom; a poem created to mark a retirement. What might one write for a Platinum Jubilee, I wonder? What would the refrain encapsulate?

We create words and music for events, be they of celebration or of tragedy, of joy or lament.

I was particularly struck listening to the composer John Rutter recently talking about his reaction to Russia's invasion of Ukraine. He said, 'How can a composer respond to a global tragedy? I suppose by writing music. Like everybody I have been shocked and dismayed by the events of recent days. And the first thing I wanted to do was to write some music that would respond in my own way. I went to a late night service in my old college chapel where they sang a setting of a lovely Ukrainian prayer. So having encountered the text in another musical setting on Wednesday night, on Thursday I wrote my own music. I hope the meaning of the text will resonate in people's hearts.' You can hear his setting of the prayer at <https://www.youtube.com/watch?v=2nxAoIyOEtc>

Two years ago, in the early months of the covid pandemic, a 3000 year old blessing, using a tune written for Easter 2020, and worked it into a crowd-sourced video, recorded in people's homes during lockdown. 65 churches of every style, from cathedral choirs to Salvation Army, took part, singing a prayerful blessing over the UK in such difficult times. You can hear that song at <https://www.youtube.com/watch?v=2nxAoIyOEtc>

Thankfully, the Queen's Platinum jubilee is a much more joyful focus and celebration, and songs have indeed been written. A group of hymn writers have collaborated to create a song which is easy to sing, looks to the

example of the Queen's life of service, care, wisdom and clear faith. It starts:

*In this glorious year of the Jubilee,  
we give thanks for her Majesty  
in honour of a faithful heart  
who chose to serve and to play her part.*

It continues by encouraging each of us, as we give thanks for her, also to find our own unique presence in the place where we are. You can hear the song at <https://www.theplatinumjubilee.com/sing/>

Whatever your plans for the Jubilee celebrations, whatever your actions for the future, I hope you find the song which resonates in your own heart – it's a song that needs to be sung!

## ALL SAINTS NEWS

It has been a real promise of summer over the past couple of days with the temperatures going up and the peonies in full flower in contrast with the white of the Snow in Summer. Sadly, though, although heavy rain has been forecast over the last couple of nights it has obviously gone elsewhere and we remain very dry. Let's just hope for some good rains soon.

*June services in the benefice*

June 5th Pentecost and the Queen's Jubilee – All Saints 10.30am, Family friendly Songs of Praise

June 12th – 10.30am Benefice service with Holy Communion at Kegworth

June 19th – 10.30am Benefice service with Holy Communion at Hathern

June 26th - 10.30am Benefice service with Holy Communion at Diseworth, not streamed but with simultaneous online service

Everyone is welcome at these service and except for the first Sunday the service is also streamed (Facebook Kegworth and Hathern united benefice)





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## WALK A FOOTPATH *on Manor Organic Farm*



As we head towards summer it is a great opportunity to enjoy our beautiful countryside around us. Above is a map to show the three footpaths that cross through the farm. It's great to be able to discover the countryside and watch how the farm changes throughout the seasons. By the time this reaches the magazine, in the fields on the footpath you will probably find a lot of long grass! This will soon be cut for hay and silage to feed the animals through the winter.

Although we want to encourage everyone to enjoy their walks – if walking with a four-legged friend please remember to keep them

on a lead when walking through fields with farm animals. You may not think your dog can do any harm, but sometimes even the stress of your dog getting close to the animals can cause illness.

I'm sure you are bored of reading and hearing about the amount of dog mess round the village, but it is so disheartening to see people are not always picking up on the footpaths!

To end of a positive note – enjoy the footpaths round the village! See what animals you can spot, look out for frogs and call into the farm shop for a coffee & cake on your way.

## 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!

Classes in Kegworth, Shepshed, Hathern & Long Whatton

### Reasons to claim your FREE class now:

- You'll be shown Pilates based exercises to help you move better (to reduce those niggling aches and pains)
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- 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](mailto:cara@caratattertonpilates.co.uk) - Find us on social media  

## CHICKEN BREAST WITH AVOCADO *A summer salad*

You may recall that the recipe that appeared in the column, last month, followed a conversation with some of the Beddow family. They plan to cook the Chicken & Chorizo Paella dish and provide feedback together with photos. So we'll see what they have to say in the July issue.

In the meantime, with the warmer weather arriving I thought I'd share a recipe for a nice, simple salad.

Chicken breast with avocado salad (Serves 1)

### *What you need*

- 1 skinless chicken breast
- 2 tsp olive oil (1 for the salad)
- 1 heaped tsp smoked paprika

### *For the salad*

- ½ small avocado diced
- 1 tsp red wine vinegar
- 1 tbsp flat-leaf parsley roughly chopped
- 1 medium tomato chopped
- half small red onion thinly sliced

### *What you do*

- Heat grill to medium. Rub the chicken all over with 1 tsp of the olive oil and the paprika. Cook for 4-5 mins each side until lightly charred and cooked through.
- Mix the salad ingredients together, season and add the rest of the oil. thickly slice the chicken and serve with salad.

Please feel free to provide feedback on any of the recipes, by emailing Alan Clark at [alanc9989@gmail.com](mailto:alanc9989@gmail.com)



## CRICKET CLUB *The youngsters return*

Tuesday evening on 10th May was the first night of training cricket for the Allstars and Dynamos and it was fantastic to see all the children return to playing sport and enjoying themselves.

A big thank you goes to all the volunteers that make this possible.

If you would like to get involved or help at the cricket club or to run a club from our building please contact us at [longwhattoncricket@gmail.com](mailto:longwhattoncricket@gmail.com).

### First XI Fixtures:

04/06 Kegworth (A)  
11/06 Barrow (H)  
18/06 City Cricketers (A)

### Second XI Fixtures:

11/06 Walton-Le-Wolds CC (A)  
18/06 Loboro Charnwood Old Boys (H)  
25/06 Cropston 3rd XI (A)

*The Long Whatton News would like to hear from you about your club or event or anything news-worthy about the village.*

*Email us at*

**LONGWHATTONNEWS@GMAIL.COM**



# Ballet Classes

## FOR CHILDREN AND ADULTS

LOCKINGTON VILLAGE HALL - SATURDAY From 8th January 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 5th January 6.15

DISEWORTH VILLAGE HALL - WEDNESDAYS

Please enquire for details.

Adult refresher (grade 4) 7.10  
Pre-Intermediate (& pointe work) 8.15

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



## PARISH COUNCIL NEWS

Due to the Jubilee bank holiday the next meeting will be held a week later than usual, on Thursday 9th June 2022 at 7pm.

The previous Parish Council meeting was the annual meeting, where the election of the Chairman and Vice Chairman took place for the ensuing year. Long Whatton and Diseworth Parish Councillors consist of...  
David Bamford – Chairman  
Penny de Kock – Vice Chairman  
Sue Roberts, Ann Hawtin, Graeme Matravars and Adele Jarrom

Cllr Roberts has been the Chairwoman since 2017 and previous to that Vice Chair for many years. Members of the Parish Council, including the Clerk thanked her for all her hard work and dedication to the position. Cllr Roberts will remain on the Parish Council as a valued member of the committee but was very happy to hand the position of Chairman over to Cllr Bamford and thanked him for accepting the role.

There is still a vacant seat on the Parish Council for the position for Councillor. If you would like to find out more about becoming a councillor please contact any of the current members or the Clerk parishcouncil@lwdpc.org.uk.

The Parish Council meet on a monthly basis usually the first Thursday of the month, at Diseworth Village Hall. All residents of

Diseworth and Long Whatton are welcome to attend, and all agendas will be posted in the Parish noticeboards and on the website www.lwdpc.org.uk.

## CALL THE VET

*A poem by David Griffiths*

I was feeling rather poorly  
But the doctor couldn't get  
So in total desperation rang the local vet.

He got to me quite quicky  
It wasn't very far  
In waterproofs and wellies  
In a most disgusting car.

First he took my temperature  
To put me at my ease.  
"It isn't pulpy kidney  
Or Foot and Mouth Disease!  
"It isn't lymphangitis  
Or else your legs would swell.  
I can't believe it's staggers  
You're looking far too well!"

He gave me some enormous pills  
"Swallow mind, don't chew!  
I'll wager by tomorrow  
You'll be as good as new!"

Next day I felt much better,  
I could no longer shirk  
It's time to get my harness on  
And gallop off to work.

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## 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 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.*



WHATTON

# Whatton House Events Dates for your Diary

## THE BIG JUBILEE PICNIC LUNCH

(Long Whatton Village only) Sunday 5 June

## RAINBOWS HOSPICE BEAR HUNT

Sunday 12 June

## FATHER'S DAY BEER AND BBQ EVENT

Sunday 19 June

## ALEX'S WISH SUPERCAR CHARITY DAY

Sunday 26 June

## HALLOWEEN TRAIL

Selected dates throughout October\*

## CHRISTMAS TRAIL

Selected dates throughout December\*

*\*Please keep a check on our website!*

## One-Off Closures

Monday 30th May

Sunday 28th August

**Gardens will be closed to visitors on these days  
due to wedding bookings.**

For information on specific events please contact:  
[hello@whattonhouse.co.uk](mailto:hello@whattonhouse.co.uk) or visit our website.

## LOTS OF GOODNESS IN THE HUMBLE SPUD *by Liz Jarrom*

Seventy years ago, when Princess Elizabeth became our Queen, food choices were still overshadowed by rationing introduced during WW2. Rationing didn't fully come to an end until 1954, a year after the Queen's coronation. At that time, potatoes were considered an affordable and very versatile staple of the British diet, and eaten daily in most households with varieties such as King Edward, being very popular. Potatoes were the carbohydrate of choice, and rice would normally only appear as a pudding back then. But now that potatoes have been classed as a starchy food, and not counted as one of our healthy five a day, they have fallen out of favour. Also, some studies in the past, seemed to indicate that there may be a link between consuming potatoes, and obesity, which ups the risk of type 2 diabetes and heart disease.

More recent studies though, have indicated that when prepared and cooked in certain ways, and consumed in modest amounts, the humble potato contains many health benefits. Potatoes are good for us, and can be considered as a useful contribution to a healthy diet. The least processed, the better. Nowadays, lots of potatoes are eaten as crisps and oven chips, and these are highly processed, and largely devoid of all beneficial nutrition.

Eating a medium jacket potato, skin and all, or a couple of potatoes, each the size of a hen's egg, boiled, or steamed, is associated with a reduction in blood pressure and can help lower harmful cholesterol. When prepared and cooked in certain ways, potatoes also contain significant amounts of vitamin C, B1, B5 and B6, plus potassium, magnesium and valuable fibre. They also contain resistant starch which feeds our gut bacteria, so vital for

optimum immune system function. Eating a modest sized jacket potato, skin and all, with a bit of butter, yogurt, cheese or baked beans, accompanied by vegetables or a salad is a healthy choice. The fibre in the skin helps us to feel full for twice as long as the same amount of white bread or pasta. It is also important to eat some form of protein with potatoes, such as tuna, cheese, egg, meat or beans. This slows down the absorption of the carbohydrates in the potato, and keeps blood sugar levels stable. Potatoes are a good source of phytonutrients.

Purple fleshed varieties of potato tend to contain more anthocyanins, a pigment that has antioxidant effects. Yellow fleshed varieties are more likely to contain carotenoids, such as lutein and zeaxanthin, which are important for eye health.

New potatoes contain more resistant starch than old potatoes, and being generally smaller,

have a higher ratio of skin to flesh. Potatoes are often stored for a long time in a cold store, maybe for up to a year. This is actually good for us, as the living potatoes start making more antioxidants to defend themselves against the cold conditions. Research at a Texas University has shown us how we can use this to our advantage at home. By cutting potatoes into 1 centimetre slices, and storing them in enough water to cover them up, and keeping them chilled there for 2 days, their antioxidant content doubles. Just cook them as usual after this time. Also, cooking potatoes as desired, and freezing or chilling them afterwards, and then reheating them again, significantly increases their resistant starch content.

So, less calories for us to digest, use as energy or store as fat, and more food for our gut microbiome to feast on, so plenty of reasons to enjoy eating the humble spud.

*"The humble potato contains many health benefits and is a useful contribution to a healthy diet"*





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