

Long Whetton News

AUGUST 2023



A throwback to
eighteen hour working days and smelly
chicken coups, working on the land during
the first world war in the Land Army.

Also, lots of sport to report, more exotic
travel stuff, experiments and crafts for kids,
a tin can curry feast, all about apples and a
host of Community Centre events.

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AS THE NICE WEATHER HAS ARRIVED, WE HAVE BEEN BUSY CREATING NEW MENUS. WE WELCOME ALL WITH A GREAT VALUE SET MENU, EXTENSIVE KIDS' MENU AND OUR MAIN MENU. TABLES CAN BE RESERVED ONLINE OR BY GIVING US A CALL, BUT WE WILL HAVE SOME TABLES IN THE BAR AND GARDEN AVAILABLE IF YOU JUST WANT A DRINK OR SOME NIBBLES. WE HOPE TO SEE YOU VERY SOON.

- NEW SUMMER MENU -
NEW SUMMER MENU SERVED LUNCHTIMES & EVENINGS
FOR INFORMATION AND RESERVATIONS PLEASE GO TO
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EDITORS NOTES

Enid Smith. It is with great sadness that we won't be celebrating her 100th birthday this year as she sadly passed away, but we have been lucky to have been given her notes of her life in the Land Army during the second world war. A fascinating personal insight into life in those times not so long ago, starting with the cover photo showing Enid at work on a farm back then.

The Women's Land Army (WLA) made a significant contribution to boosting Britain's food production during the Second World War.

Before the Second World War, Britain had imported much of its food. When war broke out, it was necessary to grow more food at home and increase the amount of land in cultivation. With many male agricultural workers joining the armed forces, women were needed to provide a new rural workforce.

The WLA had originally been set up in 1917 but disbanded at the end of the First World War. It reformed in June 1939. Women were initially asked to volunteer to serve in the Land Army and, from December 1941, could also be conscripted into land work. At its peak

in 1944, there were more than 80,000 women – often known as 'land girls' – in the WLA.

Land girls were not the only additional work force available to farmers. By 1943, there were almost 40,000 Italian prisoners of war working on British farms. In some places they worked alongside land girls.

The general public was also encouraged to help out with farm work, especially at harvest time. Special camps were set up to accommodate volunteers and this was seen as a cheap way of taking a holiday in the countryside!

LONG WHATTON LADIES W.I.

A meeting has been arranged at the Friendship Centre for Tuesday September 19th @ 7.00pm.

A representative from WI House in Leicester will be coming to talk about restarting the Long Whatton Women's Institute group up again, everyone who is interested is welcome, if you are unable to attend or for more information please contact, Lesley Giles: 01509506714.

A HATRICK OF 6TH'S AND A HARD TIME AT IMOLA

5th place in qualifying looked promising at World Superbikes at Donington Park and Alex didn't disappoint finishing race one in 6th place, right on the heels of Locatelli for 5th, while defending from Bassani, Redding and Sykes at his back wheel.

Another 6th in the Superpole race added to his points tally after a three-way battle with Petrucci and Gerloff for 5th spot at the end.

A hatrick of 6th's rounded off his weekend following a five-way battle for 4th place with just 1.6 seconds separating them at the chequered flag after twenty two laps.

Two weeks later he was back at work at Imola in Italy for round seven, qualifying in

11th place and one second off pole.

Alex improved on his starting position with a 9th place finish at the end of the nineteen lap first race, safe from attack but just unable to take Loris Baz for 8th.

In scorching 50 degree track conditions, Alex pushed up to 7th for the ten lap Superpole race with Bassani in his crosshairs at the end.

Tarmac temperatures rose to 60 degrees for the last race, forcing a reduction in laps to fifteen. Sadly, Alex was one of the six riders who failed to finish in the tricky conditions.

After the two July rounds Alex slips one place to 8th in the championship standings.



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THE FALCONS EXCEL AND QUICK CRICKET *Cricket Club*

We are pleased to announce that we will be running summer holiday cricket sessions (similar to our Dynamos/All Stars sessions) in August. They will be Tuesday nights as before, and we are currently looking at 8th, 15th and 22nd. If you were already signed up for this season you should receive an e-mail but if your child is between 5 and 11 and would like to try it, please contact us at longwhattoncricket@gmail.com

On Sunday 9th July the 'Long Whatton Falcons' – a mixed team of Dynamos and All Stars – took part in the annual Ashby Kwik Cricket tournament. After convincing wins in all three group games, we lost in the semi-final against a very strong Grace Dieu team. The kids were brilliant throughout and should be very proud of themselves.



The Long Whatton Falcons

On 1st July the cricket ground hosted a Kwik Cricket night with teams from Kegworth, Loughborough Carillon, Loughborough Greenfields, Syston, and Cropston joining us. The Long Whatton team did brilliantly, winning both of their matches. It was great to see so many parents

and supporters come down and enjoy the cricket (as well as the bar and the BBQ). The under-11 Incrediball team are continuing to develop, winning a thrilling game away against Loughborough Carillon.

The senior teams are having a mixed season. The 1st XI narrowly lost in the T20 cup semi-final to City Cricketers from a higher division. The 2nd XI registered their first win of the season beating Asian Sports in a close game at Long Whatton. As we enter the summer holidays we welcome any new players, regardless of ability. Please get in contact if you are interested in playing. We have Saturday teams, Sunday friendlies, and mid-week net sessions. As always, the bar is open!

August fixtures:

Friday 4th *Under-11 Incrediball (away) at Newtown Linford*

Saturday 5th *1st XI home v Cropston 1pm*

Saturday 6th *2nd XI away at Cropston*

Friday 11th *Under-10 Kwiks TBC*

Saturday 12th *1st XI away at Loughborough Outwoods*

Saturday 12th *2nd XI home v Quorn 1pm*

Saturday 19th *1st XI home v Appleby Magna 1pm*

Saturday 19th *2nd XI away at Shepshed*

Saturday 26th *1st XI away at Shepshed*

Saturday 26th *2nd XI home v Mangela Boys 1pm*

THE THURSDAY THING

Every second Thursday of the month at the Friendship Centre 2 – 4pm, free event. This is a social, where you can play games like Dominoes, Dobble, Chess, Scrabble, Nine-Mens-Morris, Shut-The-Box, Uno, Bridge and Backgammon or just come and enjoy the company. If you have a game that you would like to play, bring it along and we will give it a go. A lift can be arranged to get you there and back, please call Silke on 07964 824 108

ABOUT 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 the magazine around the 1st of each month.

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

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

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.

COASTAL HISTORY *Louise Corke*

How I love a book which makes me see differently. I'm reading the account of historian David Grange, who decided to journey down the western coastline of the British Isles and Ireland in a kayak. He travelled from the Shetland Isles, down the west coast of Scotland, then Ireland, Wales and Cornwall, in the company of swirling gannets and arching dolphins, with the spectacle of the sea cliffs and the drama of the Atlantic weather. In long evening discussions with coastal communities on his journey, he learned to rethink the shape of our history, seeing it much more from the perspective of the edges, not just the dominant inland cities. So, for example, what was once referred to as the Dark Ages were in fact eras of great coastal strength and enlightenment, when the intellectual traditions of the Irish Atlantic were some of the most advanced in Europe. David Grange is reminding me of the significance of those people whose 'roads' are on the outside: the water channels and oceans

which connect to Reykjavik, Bilbao, or Safi more than to London.

On a much smaller scale, we might find unexpected treasure in getting close to the edges of our life maps, being curious to listen to folk whose lives, pressures and joys are very different from our own but just as important, just as significant.

The story is told of Jesus visiting the town of Jericho, with little planned itinerary and an open hospitality of heart. The townsfolk just assumed that he would meet with the 'central' people: leaders, scribes, influencers. He took a chance when he saw Zacchaeus (tax collector, small of stature, judged by many) and spent his first afternoon at his house. He found more generosity there than the crowd could ever have imagined. How surprising.

KNIT AND NATTER



The latest creation by the Knit and Natter Group celebrating England's Womens World Cup football challenge graces the postbox at the village shop. The tournament is ongoing as we go to press.

The group meet on the 1st and 3rd Friday in the month 10.00 - 12.00, at the Falcon Inn, no charge just pay for tea or coffee.



DRIVERS & VOLUNTEERS NEEDED !!!!!

- ➡ Be a part of an organisation that makes a difference in your community!
- ➡ **Help us fight loneliness and isolation!**
- ➡ Volunteer for us and help empower local people!
- ➡ **Work with other people who also believe that everyone should be able to get where they need to go!**
- ➡ **A great way to meet new people and build lasting friendships**
- ➡ **Gain a greater understanding and learning about the organisation and its services users**
- ➡ **Potential to upskill and undergo training e.g. MiDAS training**
- ➡ Be part of a wider community that champions accessibility and social inclusion of our most vulnerable

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CLOUDS - A POEM *by David Griffiths*

Where Boeings run on silver rails
From out a blue and blameless sky
Clouds, white and innocent drift by
A concert hall, a choir that sings
Borne high above on angel wings.

They changed to shapes like rubbish bins
Then take the form of Zeppelins.
Thunder, ready for the fray
(Like something from a Shakespeare play)
With noises off and flashing light
And rapiers unsheathed for the fight.
Cannon roar and grey tanks roll,
Flame throwers take a dreadful toll.

All battles end, the weakest yield
And victors claim the battlefield.
The clash of arms will fade away
And clouds disperse across the Bay.

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ALL SAINTS CHURCH NEWS *and dates for August*

Sunday services at your church this month.
All welcome, please stay for refreshments afterwards.

6th August 10.30 Holy Communion

13th August 6.30pm Lammas Service. A service in our agricultural calendar, "Loaf Mass Day" is a celebration of the start of the wheat harvest.

Sunday services elsewhere in the benefice

20th August Holy Communion at Hathern 10.30

27th August Holy Communion at Diseworth 10.30

In the churchyard the mowing regime has allowed the following to flower this year: Common Knapweed, Pignut, Lady's Bedstraw, Meadow Vetchling, Rough Hawkbit, Bird's-foot, Trefoil, Field Woodrush, Meadow Buttercup, Bulbous Buttercup, Common Sorrel and Red Clover. These plants are actually indicator species of neutral grassland and allowing them to flower will have provided a habitat and food source to many insects, including bumblebees and moths which in turn will be a food source for birds and bats. The long grass now in seed will soon be strimmed, mimicking hay making. It is appreciated that this management may have made areas of the churchyard look untidy

but actually it is managed but with a slightly different emphasis that of allowing mother nature some space and time to exist with us.

We hope that you have enjoyed the beauty of the above flowers and grasses and are pleased to learn just how many species have been identified this year.

The church will be having a gift day on Saturday 30th September when the church will be decorated for our harvest festival on Sunday 1st October. There will be a number of stalls and activities, teas, coffee and cake plus a cake stall. Offers of help on the day would be extremely welcome as would items for our tombola (every ticket wins a prize) and household bric a brac. Please leave any items in the church which is open every day or drop off at the Manor Farm farmhouse (77 Main Street) in the porch accessed through the black metal gate off the pavement.

On the last Saturday of the month (26th) we will have our coffee morning 10.30 until midday. A warm welcome awaits all, as it does to all our services and events and we look forward to seeing you.

Thank you. Viv Matravers
07780 097997, v@manororganicfarm.co.uk

LONG WHATTON NEWS *Advertising rates*

Full page £18

Half page £12

Quarter page £7

Full page £22

Half page £14

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:

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WHATTON HOUSE GARDENS: *Summer Flowering Shrubs by William Stanger*

As we endeavour to make the garden more sustainable for the future, we are considering planting more shrubs. To get the best out of them they do require some pruning, but are generally considered less work than perennials. Another goal is to increase the Mid-Late Summer interest in the garden. We generally do well for Spring and early Summer. But some areas of the garden by Mid-Summer are leaving us wanting.

The main herbaceous border does a good job of providing floral colour throughout the open season, mainly May through to



Buddleja davidii 'Buzz Hot Raspberry'

October. However, a lot of those perennials, need supports to hold them up, or a Chelsea Chop, dead-heading, cutting back in late winter, and every so often dividing. Some shrubs on the other hand need hardly any attention once planted. It does help though to get your planting distances right. A lot of people plant shrubs too close together and then end up constantly trimming them to keep them in bounds. The end result as Beth Chatto used to comment, looks like a tray of buns.

Annual pruning is often needed to get the best out

various flowering shrubs and those grown for dramatic large foliage. This can be done in the winter, when there is less time pressure. Some like the Deutzias and Philadelphus flower more reliably if a third of the stems are removed to ground level each year. Others like Buddleias need cutting back to a low framework, this is partly to keep them at a sensible height.

Bigger and bolder foliage effects for Sambucas and Cotinus are also achieved by pruning hard back to a framework. Hardy Fuchsias and Lavatera x clementii are cut back to ground level in early Spring.

Genista tinctoria 'Royal Gold' has naturally formed a dome shape for me with no intervention on my part. It flowers from late Spring into early Summer. It is still going strong in Mid-July at the time of writing. Its golden-yellow flowers contrast magnificently with the neighbouring Aconitum napellus. It grows up to 1m in height and spread. Additionally, it is also drought tolerant, which after last year is worth remembering. Buddleias are also reasonably drought tolerant and flower in July-August, depending when you prune them. I prefer to had prune them in April so flowering is delayed until August when the butterflies need them most. There are now more compact selections available. The Buzz Series will get to about chest high and there are some good

colours to choose from. I particularly favour 'Buzz Hot Raspberry' and 'Buzz Indigo'. We have used 'Buzz Indigo' in the containers in the courtyard. In a couple of years, they will probably be too big, but we can transplant them into the main garden. They are certainly better than the tree like triflids that self-seed on railway embankments, additionally selected




Buddleja davidii 'Buzz Indigo'

varieties have much better flower colours rather than the default washout purple.

Hardy Fuchsias flower best in full sun but can take partial shade, which is useful in a woodland garden. F. riccartonii is probably the most reliable for dry shade. We have a few growing along the West Wall, but I would like to introduce more choice selections elsewhere. I prefer the smaller flowered varieties which look less over the top and blend in better within a more

naturalistic setting. F. 'Hawkhead' with white flowers is a favourite as is F 'Dying Embers' with dark red sepals and a rich aubergine corolla.

We do have a few Abelianas in the garden but I think some more would be good. They usefully flower in Late Summer into Autumn. Most have pink flowers which are often scented. They are mainly evergreen or at least semi-evergreen which stops the garden looking completely bare in winter. I could go on but I think that is enough for the time being.



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WHAT DID YOU DO IN THE WAR MUMMY – *Enid Smith's life in the Land Army during the Second World War (Part 1)*

What did you do in the War Mummy ? - A first hand recollection of life in The Land Army by The late Enid Smith.

When going through some of my late Mother's paperwork, I found this handwritten draft of a talk that she gave in the village, probably around the time (2005) that the Land Army Girls were given medals in recognition of their contribution to the war effort I have reproduced there as it was written-for her to refer to. - Cathie Webster.

“Long ago in 1941 I volunteered for the W.L.A. the Women's Land Army, a mere strip of a girl at seventeen and a half. At that time I was equipped ready for an office with shorthand, typing, accounting etc. etc., which I partially enjoyed but not my idea of how to earn a living. So, had I wanted to be “called up”, I would probably have been drafted into the W.A., A.F.s . W.R.E.N.s or A.T.S to do just that, sitting behind a desk.

Being a patriotic sort at that time, wanting to do my bit, a Farmer's Girl I became. Don't ask me what I expected!

Instead of training in a camp with other girls, the powers that be sent me to the West Country to a large dairy farm in Milborne Port near Sherborne. The farmer, a Mr David S was of the Hunting, shooting, fishing fraternity who farmed a large acreage on which were kept Cows, sheep, hens, ducks etc and his beloved hunters. Both he and his wife went with the local hunt. He was on his horse most days around the farm.

There were 11 men working for him beyond the age of call up. They in turn trained me

in their own speciality. Mr S thought of my training as “the breaking in” of a young colt! That was often a subject of conversation when guests dined with them, myself being present.

First of all, to the cowshed. Be it Daisy, Buttercup, Bluebell, Flora of Marigold they were all named then a day.

There wasn't any precious machinery on the farms, well very little. The equipment consisted of a three-legged stool, milk pail and span. Firstly you washed the udder and teats with warm water making sure one's headgear was firmly in place - usually a silk headscarf tied under the chin then pulled over one's forehead just as the Queen wears hers. Apply the span to the hind legs (the span being an 18” piece of rope, a toggle one end a ring of rope at the other, applying it in a figure of eight movement.

Take your stool, sit on it, head on the animal (most times), legs astride, grip the sloping pail between them, place hands on the teats and one by one get the flow going and

so to milk! 2 by 2! Rhythmically, guarding one's pail against the possibilities that could ensue - such as the hind legs jumping into the full pail of milk. It was also advisable not to look to her rear or you could be slashed in the

face with a very rough and not too clean tail! Stripping was very important to get out that last drop!

On to the shepherd who took me in hand to round up the sheep. Problem! I had to whistle, I didn't. Young ladies did not- so my Mama impressed on me! I eventually did.

And so to the Hen houses. Then a day they were the most smelliest of places. Collecting the eggs was lovely, but the cleaning of houses was horrible -give me a cow stall any day. A task I couldn't accomplish was wringing a chicken's neck. I walked out on that but did my fair share of plucking when necessary.

Occasionally I groomed the horses, as you can imagine by that time I was acquiring some working muscles!!

My stay on that farm was very civilised living with the family in that lovely old farmhouse. There was a cook/ housekeeper and a Nanny to the 2 young boys. Breakfast and lunch was taken in the kitchen and dinner 7pm in the dining room. I had to stop for tea then out to the yard. Sometimes that was the end of my working day and I was at ease until dinner. The children ate in the kitchen with the staff for all their meals. I really was treated with kid gloves. They were a delightful family.

I left that farm, being a very indignant young girl, having been asked to do some secretarial work. It was not part of my war effort. How idiotic can one be? So stated my case to the hierarchy and was moved to a small farm at Highbridge. There I lived in the farmhouse with the family once again. A long, low rambling house Grandma lived at one end. I often sat there in an inglenook by a wood fire sipping cider, which had been doctored with a red hot poker. My first introduction to the drink! I came from a tee-total home..... Methodist at that!

The farmer, Mr Jack W, taught me to drive. I also purchased a very upright bicycle for 25 shillings which was a lot of money to find out

of 9 shillings and tuppence a week - my pay then. Somehow I managed to pay off a hire purchase arrangement with a tailor who produced a lovely classic costume (as we called them then). The cost was 7 guineas (first H.P).

On my half day a week my friend Peggy and I cycled into Weston-Supper-Mare. She lived half a mile away and was in a reserved occupation. On these precious half days we gazed in shop windows, had tea and cakes at Browns tea shop. Immaculate white damask cloths and silver and the waitresses were in black dresses, white pinnies, cuffs and white frilly headdress with a black ribbon running through. Maybe then it

would be on to the cinema to see possibly Casablanca or one of the Bing Croby and Bob Hope movies like The road to Morocco. Back at night in the black-out singing at the tops of our voices whilst we cycled, such things as Mister five by five! Do you remember that one? Those roads were dark in the countryside, not a light to be seen.

On that farm during the summer, especially during haymaking, I was left to my own devices.

Milking the herd of 28 both morning and evening. Then the cows were left in the fields, so first catch your cow! Wash the udder put on the span, adjust your headgear, sit and the one or two would have their fun, toss up their hind legs and land in the milk pail or try to make a getaway. That did happen with a full pail more than once. Then it was, milk in churn back to the farmyard, empty into the cooler, into clean churns and roll them down the drive where they awaited collection.” *To be continued*



A COSTA RICA ADVENTURE *More wanderings from Jeff & Sue Humphries #2*

Caiman are a very close relative of the alligator and surprisingly can be a favourite prey of the Jaguar who has the strongest bite of any big cat. Like the vast majority of adventurers visiting Costa Rica we weren't fortunate enough to see the magnificent Jaguar but our guide confirmed that, in the period of human "desertion" when the Covid 19 pandemic was at its peak, quite a number of Jaguars moved temporarily into the area of Laguna, our actual lodge of residence during our stay. A once in a life time photo opportunity missed eh?

Never mind, plenty of other great experiences to come with today's being a visit



to La Fortuna in the west and its dominant Arenal Volcano. This volcano is dormant at the moment but by climbing through the surrounding forest we soon find ourselves walking on solidified lava that is the result of the most active volcano in Costa Rica violently spitting ash, smoke and lava as recently as 2010. In fact there are still a lot of geothermal activity going on as confirmed by the nearby hot springs.

During our journey to La Fortuna we pass through huge banana, pineapple and sugar cane plantations, the main crops that are not only locally consumed but are exported all over the world (you have to sample these products here to appreciate how good they are). With

regard to bananas we stopped off to observe the plantation and packing factory owned by Del Monte (Villagers of our age will probably remember "the man from Del Monte saying yes"). As described to us by Guillermo the wrapped bunches of bananas are brought down from the hillside plantations by taking advantage of natural gravity via a zip wire where they are then unwrapped, separated, washed, dried and packed in the household famous branded boxes.

Whilst in La Fortuna we hiked down to the bottom of a 65 metre high waterfall that plunges into an emerald pool. Some of our bravest, accompanied by a myriad of "sparkling" fish, swam in the cool waters and, bearing in mind we had a very steep climb back, even Sue had a welcome paddle before taking on the ascent, clever girl.

Of interest to you readers with a sweet tooth, dropping off at a local farm, and working under strict instruction, we plucked the large fruit pods, dried the beans inside, roasted and, with a huge pestle and mortar, crushed the beans, and, following intense grinding, created our very own (yes, you've guessed it) CHOCOLATE. We even got to flavour further our already "more-ish" delicacy with vanilla, caramel and other such lovely treats.

Next stop, Monteverde in the Tilaran mountains that form the central highlands of Costa Rica and where we would experience our first taste of the cloud forest with breathtaking views of the Gulf of Nicoya and the Pacific Ocean to boot. The high altitude supports a complex ecosystem where plants thrive, particularly orchids of which there



are more than 400 varieties. So dense is the vegetation here that our hike today takes place in an area whose name literally means the

Green Mountain.

Another early morning and we are in the Santa Elena Cloud Forest Reserve, one of the first community managed reserves, in this particular case by the local high school with funds channelled into protecting the reserve and providing environmental education classes within the community. A great example to the world in its drive to control climate change - after

all Costa Rica is probably the only country worldwide to disband its army in its quest to concentrate on such more important things.





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For more information or to reserve spaces call Val on 01509 646 031



THIRD GRADING *at Long Whatton Shotokan Karate*

On 25th June our third grading opportunity of the year took place in West Bridgford, with a number of clubs coming together from around the region. After a brief warm up, the grading took place under the watchful eye of Sensei Aidan Trimble (8th Dan Black Belt and Chair of the FSK – Federation of Shotokan Karate). Five of our club members were in action, being assessed on their basics, kata (set pattern of moves) and kumite (sparring). We are pleased to announce that all of them were successful in gaining their next belt.

Congratulations to the following:

Now white and orange belt (11th Kyu):

Katie Gaskell

Now orange belt (9th Kyu):

Noah Darby

Now red belt (8th Kyu):

Lily Bradshaw

Now yellow belt (8th Kyu):

Logan Dodoo

Rosie Rands

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.

The day before the grading it was the turn of Sensei Ben and Sensei Leigh to be put through their paces at the most recent black and brown belt course. Sensei Aidan Trimble led the course

at the Nottingham dojo with black and brown belts from around the UK and with a number of international karateka also in attendance. It had already been a busy week for Sensei Ben and Sensei Leigh who, on 21st June had travelled across to Newark to train under Sensei Richard Amos, 8th Dan. Sensei Amos is another internationally renowned British karateka. He lived and taught in Tokyo for 10 years and now lives in New York. It was therefore a rare opportunity for Sensei Ben and Sensei Leigh to learn from his decades of



experience.

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, or contact the club secretary on 07714335598



Ballet Classes

FOR CHILDREN AND ADULT BEGINNERS

LOCKINGTON VILLAGE HALL - SATURDAY From 7th January 2023

New Class: Very young beginners, 3+, 9.00am starting 14th January!!

Primary and children's ballet classes up to Grade 5

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 11th January

DISEWORTH VILLAGE HALL - WEDNESDAYS

Silver Swans - Adult beginners: 6.15pm

Adult refresher (grade 5) 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

LONG WHATTON COMMUNITY ASSOCIATION *News*

By the time you read this we will have had 2 of the 4 Family Crafts and Experiments mornings for children. The next 2 are on the 9th and 16th of August from 10 to 12noon and the Friendship Centre.

Speaking of the Friendship Centre have you seen our new notice board there? Thank you to Mike for creating this so quickly. This is going to be the place to look for events organised by us. Like our planned Picnic at the cricket This will be the same format as the Coronation Picnic, just without the King. Free entry, games for you to enjoy, Cricket Club bar and live music. The difference: to cover our costs for the band we will be running a raffle. We're hoping you consider donating a raffle price for it: such as bottles, gifts, toys, gift vouchers or anything else you would like to win. You can drop the prices off at the Farm Shop or at my house, 78 Main Street (behind the telephone box).

Starting from Thursday September 7th there is going to be a weekly Community Cafe at the Friendship Centre. Every Thursday between 10 and 12noon. It will be a meeting point for anyone wishing for some social contact, be it mums with babies, homeworkers wanting a break or just anyone looking for a cup of tea and maybe a slice.

Ian, our treasurer for many, many years and his wife Jenny are hoping to move house. You will know them from the village show taking entries for the produce tent or taking money on the door of a lot of our events or walking their dog in the village. We would like to say thank you to Jenny and Ian for their tireless work in the Community Association as well as for the village show. You will both be missed. Ian leaves a treasurer shaped gap in our committee which we need to fill as soon as possible. The Community Association meet once a month to discuss issues around the Friendship Centre, organise events and make plans for future events. The job of treasurer

involves regular updates to the committee at the meetings as well as keeping record of money going in and out and referencing it back to the bank accounts. Do you fancy it?

Other events are the Scarecrow Festival from 23rd September to 1st October. This year's theme is harvesting, gathering and collecting in the widest sense of the word. A gardener harvesting the fruit of his labours, a stamp collector, a Lego collector or his collection, a seamstress gathering folds of material - let your imagination run free. Scarecrows want to be on display from Saturday 23rd Sept to Sunday 1st October. We are looking for sponsors to provide a total of three prizes. So if you fancy being a sponsor for one of the prizes please get in touch.

On Friday 13th October at 7.30pm we have live music from Much Ado About Jazz. This is part of the Life and Local performances, so put the date in your diary.

And Saturday December 16th, the Santa Train returns.

The Thursday Thing is from 2 to 4pm, every second Thursday of the month, with next dates 10th Aug, 14th September, 12th October, 16th November and 14th December.

Silke Walker, mobile 07964 824 108

MINI SPORTS CHALLENGE

As the theme of this year's Summer Reading Challenge, "Ready, Set, Read!" is sports related, Hathern Community Library (HCL) is holding a fun afternoon of mini sports challenges and activities at 2.30 pm on Sunday 20th August. Any child registered for the Challenge with HCL is invited to join us for the afternoon.

We will start at 2.30 pm with a story, followed by a series of light-hearted mini sports challenges and finish with a craft activity in the library. Please join us with your little bookworms for a fun-filled afternoon!

Thomas Cooper
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OPEN: Monday 10am-2pm, Tues-Friday 10am-6pm, Saturday 10am-4pm Free Car Park off Shepshed Road, Card or cash.



DOES AN APPLE A DAY REALLY KEEP THE DOCTOR AWAY?

We all know that apples are good for us, but years of research has found significant evidence to show there is a lot of truth to this saying. Apples are a powerhouse of health promoting chemicals, including polyphenols, which are abundant micronutrients that help to prevent degenerative diseases such as heart disease and cancer. Also present are antioxidants including anthocyanins, which are highly coloured red, purple and yellow pigments that neutralise free radicals and prevent oxidation in our bodies. Interestingly, not all apples have the same levels of these nutrients. Not surprisingly, the reddest apples tend to have the most abundant amounts of these health promoting chemicals. That aside, the research strongly shows that eating an apple a day, regardless of type, has many benefits for our health. Various studies have shown that eating one or more apples a day, for a few weeks, brings about a reduction in LDL cholesterol of between 10 and 23 percent, which is quite impressive.

This is crucial, as for every 1% decrease in LDL cholesterol, there is a comparative 1% decrease in incidences of heart attacks and strokes. Other research links regular apple consumption with a reduced risk of developing certain cancers. For example, one study in Italy found that eating one or more apples per day, appears to reduce the risk of developing throat cancer by 41%, bowel cancer by 30% and breast and ovarian cancer by 24%. Risk of developing diabetes fell by 35%. In Australia, a study discovered that women over 60 who ate one apple or more a day had a 35% reduced risk of death from any disease compared to women of the same age who didn't eat an apple or more a day. Apples contain anthocyanins and quercetin, powerful antioxidants, and a group of compounds called triterpenoids, which may have the ability to

turn on a gene in the body that suppresses the growth of tumours. Half of all these beneficial chemicals occur in the skin of the apple, especially red skinned ones, so avoid peeling.

Apples remain biologically active once picked and retain the ability to react with ultraviolet light generating more antioxidants. A Norwegian study found that putting the apples under UV lamps for 10 days doubled the number of antioxidants in the apple skin, and raised the vitamin C content by six times. The same effect can be achieved by storing apples on a sunny windowsill.

We would also think that the freshest apples are the healthiest for us, but the research tells a different story. To duplicate how apples are stored commercially, Polish food scientists conducted an experiment with two different types of apple. These apples were placed in cold storage for 4 months and then taken out and kept at room temperature for a week as if they were sitting on a supermarket shelf ready for sale. When tested, these apples were shown to have experienced a 20 percent increase in polyphenols and a doubling of their antioxidant levels. Many other trials have shown similar results. So, if peeling apples removes much of the nutritional value of apples, what happens when we cook them? Surprisingly enough, it isn't necessarily the case that cooked apples are poorer nutritionally than raw ones.

Research at the University of Warsaw found that lightly cooking thin slices of whole apple, including the peel, in the microwave or in a pan, for just a few minutes, tripled the level of some of their polyphenols. Some of this was due to the cooking breaking down the fibrous skin and releasing more of the nutrients present there. Also, the cooking appeared to help destroy an enzyme called polyphenol oxidase which causes the apple to

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 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  

HEALTH *continued*

start to turn brown when cut. Adding a little lemon juice also helps to prevent the apples turning brown.

Finally, new breeding work in apple varieties is now bringing about strains that have red flesh, which is good news for people who really dislike apple skin. They are available, especially at farmers' markets, and trees are available at garden centres and in catalogues. Look for varieties such as Redlove, but most important of all, try to enjoy an apple a day.

GET YOUR CAFFIENE FIX *and have a natter*

Village Coffee Morning @ The Falcon Inn - There will be a coffee morning on Monday 8th August 2023 from 10:30am till 12 o'clock at The Falcon Inn.

Village Coffee Morning @ All Saints Church - The next All Saints coffee morning will be on 26th August 2023 from 10.30am to 12 o'clock.

Everyone is welcome to either or both of these coffee mornings.

If you are new to the village these coffee mornings are a fantastic way to meet new people and to have a natter, hear all about the history of Long Whatton and life stories of people that live here.

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

New Community Cafe.
Starting weekly from Thursday 7th September. Open from 10 till 12.

Meet up with friends and enjoy a cup of fresh coffee or tea or pop in on the way to/ from the shop and take a break.

See you there!

TIN CAN CURRY *Cookery*

You may remember that in one of my early columns for the Village News, that I shared a recipe from the book Tin Can Cook by Jack Monroe.

A few weeks ago I cooked a curry from this book, my guest could not believe the main ingredients came from 3 tins from the store cupboard. So I thought I'd share it with you. Chicken, Lentil & Lime Pickle Curry (Serves 2)

What you need

- 1 x 400g tin of chicken curry
- 1 x 400g tin coconut milk
- 1 x 400g tin lentils
- 100g of peanut butter
- 3 tbsp of lime pickle
- a chopped onion

What you do

- fry the onion until soft
- add the tinned curry and heat gently
- add the peanut butter, drained lentils, lime pickle and enough coconut milk to make a reasonably thick sauce, I find about half a tin is sufficient. (You can add more if the sauce becomes too thick)
- Simmer gently for around 15 mins and serve with naan bread and/or rice.

You'll find the result is a curry that's, sweet, sour, tangy and spicy and very moreish.





Summer at the Falcon

Open all day, every day



Food served:

Monday- Thursday

12 - 2.30pm and 5 - 8.30pm

All day Friday,

Saturday and Sunday



Breakfast

Thursday - Sunday : 8am - 10am

Bingo Night

**The last Sunday of the month
from 7.30pm**



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