Long Phatton Lews December 2023



a return next summer, but it will need some help to organise - details inside.

Also in this issue lots of Christmas stuff:

THE PARTY OF THE P

day report, an award, some winter gardening, health, halloween of course, and a little bit of sport.

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EDITORS COMMENTS The village show

The last time we had a village show in Long Whatton was 2019 - four years ago.

A centrepiece of many British villages, ours began in 2001 in a field behind the Royal Oak every August Bank Holiday. It featured all the



Tug O' War at the 2016 show

traditional show games and stalls, raffles and produce, dog shows, and birds of prey, and with a bit of luck it will be back next summer.

SANTA'S COMING TO TOWN

Santa's sleigh won't be riding through the village this year, but the man himself will be popping in to the Friendship centre.

The Long Whatton Community
Association have organised a Christmas event to take place on 16th December.

On the day children will be able to have their photo taken with Santa between 3pm and 6pm in his grotto and there will be stalls, a treasure hunt and refreshments on offer.

KNIT & NATTER fundraising for charities

The Knit and Natter group hosted a Macmillan coffee morning at the Friendship centre which was well attended and raised a whopping £415.00 for the charity. A big thank you to the church group who joined forces with us and contributed to the cake stall and to Jackie Cave who donated a food hamper for the raffle.

Look out for our stall at the Santa event

at the Friendship centre on Saturday 16th December where we will be selling our knitted Christmas gifts. All proceeds will be donated to the Friendship centre.

Thank you also to everyone who bought the knitted poppies and wreathes which raised £380 for the Royal British Legion. A big thank you to the Falcon and the Village shop for selling them.'

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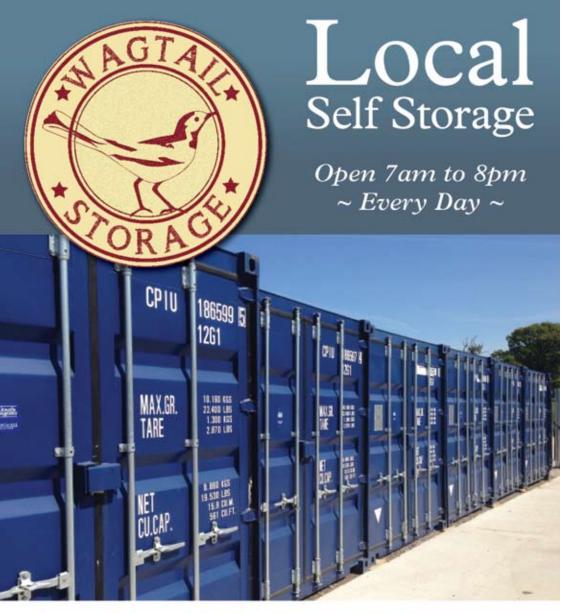
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THE VILLAGE SHOW 2024 Preserving a tradition

Preserving Tradition: Join the

Village Show Committee for 2024.

Lets make it the best show yet!

The legacy of the village show, spanning 25 memorable years under Chris's dedicated leadership, now faces a pivotal moment as Chris hands over the reins. Stepping into this crucial role, I am excited to lead the organisation of the 2024 village show. However, this endeavour requires a community

effort, and we are reaching out to you for support.

The village show has been a cornerstone of our community, showcasing

local talent, creativity, and fostering a sense of togetherness. To ensure the show's continued success, we are urging community members to join the Village Show Committee for 2024.

Without a committed committee, there is a risk of losing this cherished tradition. If you have fond memories of past shows, a

passion for community events, or a desire to contribute to our village's culture, we need your involvement. Our first committee meeting is scheduled for December 9th, 2023, at 10:30 am at the Friendship Centre. We invite all interested individuals to join us and contribute their skills, ideas, and enthusiasm.

Your participation will be instrumental in making the 2024 village show a success. By preserving this

tradition, we not only honour the past but also strengthen the bonds within our community. If you're ready to contribute, please express your interest, and let's work together to make the 2024 village show the best one yet! If you are interested in being a part of this please contact Penny de Kock on 073 9340 7896

CHRISTMAS 1914 A poem by David Griffiths

Don't put your head above the parapet You'll get your brains blown out Look through the periscope If look you must But what's to see? A ruined field, more frozen mud Cratered like the moon, Broken sagging wire, On iron stakes. Bodies there from that last futile raid That's the Hun trench, a hundred yards away. You hear them talking when the air is still And see the smoke from cigs or braziers Like ours I sp'ose. Strange that-Seen from the other side! Accordian music, singing well in tune "Stille nacht, helicht nahct' Srange words, but know the tune-A carol-they have Christmas same as us? We're singing now,in competition mind "While shepherds watched" Recalling Blighty days and happier times

'Tommy. We're coming out Please do not shoot!" Our sniper aims But someone stays his hand They are unarmed They line their parapet Field grey with pointed helmets Apart from that they're just like us We scramble from our trench Fear and caution fade Hands outstretched we walk to meet our foe Meeting we hug and shake each others' hands Hatred and death, our common enemy Are put aside perhaps for good and all Some of them speak English, they translate We exchange presents, theirs are wooden toys, "Kinder" they say. Cigarettes, sent by our Queen, Are welcomed. The dead are witnesses-We are aware.



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Ballet Classes FOR CHILDREN AND ADULT BEGINNERS

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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.

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NEW CLASS: SILVER SWANS BALLET FOR ADULTS!

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

OLD CURIOSITY BOOKSHOP Award

Long Whatton village resident, Tina Walford, has scooped an award for the best bookshop in Charnwood.

Tina and her husband have lived in Mill Lane in the village for twelve years and for almost ten years has sold books.

Tina began selling books from a stall at Loughborough's Vintage Market every Friday, spanning three years. Tina considers the stall a superb way to learn the trade.

Eventually she moved to Coalville's Indoor Market, but after a year there expanded into a shop in Hathern. Three years later more room was required so the shop moved to it's current location at Vikings Court in Hathern, on the corner of the A6 and Shepshed Road - you may have read the constantly changing, witty chalkboard sign outside.



Tina, pictured above, looking for space to squeeze in a few more books

The bookshop is the largest second hand bookshop within a 200 mile radius and has become known as a destination bookshop.

During lockdown online sales bloomed and Tina still goes to work between 5am and 6am, six days a week to pack and post books, before the shop opens at 10am. When the Long Whatton News

SOLE TRADER OF THE YEAR

paid a visit for a

paid a visit for a chat about the award Tina had already packed and posted 200 books that morning.

The award from Quality Business Awards UK was the result of almost perfect scores (over 95%) for satisfaction, service, reputation and quality.

Editors opinion. We don't usually publish our own opinions, but as a book lover myself, I would recommend you give youself plenty of time to wander this endless maze of printed literary delights. Every bibliophile's dream.



WINTER THINGS Revd Emily Sharman

Hello everyone, it's winter, yippee it's time for outdoor swim!

There is nothing quite like popping on a bobble hat and swimwear bundling yourself wrapped in towels to the pool side and sliding into barely heated water. Your mind becomes clearer, you have a burning tingle all over and your breath becomes short and sharp and then you are off, up and down the lane, your hands pushing through the silky water knowing that you will feel better when you get out than when you got in. This is what propels me into my local pool when my breath is clearly visible and my feet are turning blue.

I'm hoping that some of you will have run to friend or family member to thrust this statement under their noses and gleefully say, "I told you so" because some of us love it, and some of us won't even try it. There is an element to outdoor swimming that means you are aware that it's slightly bonkers but also aware that is a mood enhancer, somehow good for you, body and soul. There is some science to back this up, but today I am interested in how we ALL look after our mental health in winter and how we can encourage others to do the same.

For some of you it will be 'hygge' the Danish practice of creating a warm atmosphere and enjoying good things in life. For others it will be crafting the perfect blanket, baking sourdough or brisk walks with the dog, whatever helps you to be positive on the dark nights and in colder temperatures is worth noticing. It is also worth taking note of what helps your family and friends, so if they suddenly aren't themselves and they aren't doing what they normally do, you know to enquire, to check in on them.

The Christmas story is about the arrival of a baby who was born to save the world. We will celebrate this with twinkling lights, carol concerts, cake and Christmas events for the whole of December, but January will be quieter, less glamorous and for some of us a difficult time. The Christian faith has something to offer in these quiet times because when that child grew older, he told us to prioritise two things, love God and love your neighbour as yourself. Community is something which we build together and a community that keeps an eye on each other can be the thing which helps to keep us all mentally well. So, whether you are bird watching or hedge laying to keep yourself afloat this winter, love your neighbour and love yourself.

I hope you have a very merry Christmas and a healthy new year.

Blessings,

Revd Emily, Ordained Pioneer Minister.

ALL SAINTS CHURCH services in December

All the December services at All Saints church and Diseworth church:

Sunday 3 December 10.30. Christingle service.

Monday 11 December 6pm. Carols outside. around the Christmas Tree. Mince pies and mulled wine.

Sunday 17 December 6pm. Carols by candlelight.

Sunday 24 December 4pm. Christmas Eve Crib service.

Sunday 24 December 10pm. Midnight Mass. Sunday 31 December 10.30am. Benefice service with Holy Communion at Diseworth.

The church is open every day during daylight hours for all to visit. A visitors book is on the large table by the books.

Books are there to borrow and enjoy reading. If you love books and would like to look after the book corner please let me know.

Viv Matravers,

to get in touch phone 07780 097998.



WHATTON HOUSE GARDENS: A preference for bare roots plants by William Stanger

At the time of writing, I have been planting a couple of things in the garden as bare roots. They are sometimes referred to as 'Open Ground', and are grown in the ground, wating to be lifted in the autumn. The bare root season used to start in October, but with the changing seasons it more typically starts in November. This year with the ground being so wet it has definitely had to wait till November. Providing the ground is not frozen there should not be a probable planting bare root stock in late autumn-early winter. Plant roots are still active if the soil temperature is a minimum of 4oc.

I prefer to buy in bare root plants over the potted version for a few reasons. Firstly, I think they represent better value. Comparing like for like the bare root plants are often noticeably bigger but cheaper than their potted counterparts. Secondly as they have been grown in the ground, they are accustomed to growing in soil rather than compost. I believe this gives them a head start in establishing in their new home, as they are already acclimatised to outdoor living. Thirdly I believe it is more environmentally friendly. Being bare root there are no plastic plant pots involved. They are dug up, divided into smaller portions, the soil is washed of, then packed into cardboard boxes with shred newspaper. It is also possible to fit more bare root specimens

potted plants can be brought and planted all year road. However, I would point out that the best times to plant are the Autumn and Spring. The soil is still warm or warming up, and should be moist, both of which aid establishment. You can plant in Midsummer but you will have to keep an eye on watering.

The two bare root perennials have gone into the Elephant Garden. It is the first bit of garden that you see from the carpark with an Elephant statue in the centre. To increase the summer colour, I am experimenting with Hemerocallis 'Stella De Oro' which I

am told is one of the most long flowering daylilies available. Another long flowering summer beauty is Salvia nemorosa 'Ostfriesland'. They both grow to about 45cm, so hopefully tall enough to be seen from the path but not so tall they compete with the roses. The Pulmonaria seemed very happy growing in the Elephant Garden but being so short you could not see them



9cm potted plants above, bare root below.

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 January issue is 15th December.

into the same sized box compared to potted plants. Additionally, the weight is reduced, thus reducing shipping costs.

Some species have a more delicate root system, that does not lend itself to this treatment, in which case the only option is potted plants. Consequently, the range of bare root perennials is much more limited compared to potted plants. Another disadvantage is that the bare root season is restricted from October to March. Whereas

unless you got close to the beds. They have divided into several plants which have been transplanted to St Marks (The Dutch Garden). Apparently Pulmonaria got its white spotted leaves from milk splashing on them when Mary was feeding the Baby Jesus. However, it is also said that the spots resemble a diseased lung, hence its common name of lungwort. The latter does not sound so Christmasy, but is hopefully still interesting.



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A HAPPY XMAS TREE - Tips

1. Buy a top quality, fresh tree to withstand more than a few weeks in your home, shopping with quality in mind is a priority. Be sure to check the needles are flexible and green. Tough needles which snap when bent are a sign of a half-dead tree. When checking the health of a tree you can also try tapping the cut end to the ground, a few falling needles is expected, but if lots fall off without much movement - it's time to find another!

2. Give your trunk a trim
Once you get your tree home, saw half an inch
off the trunk. This will rid your tree of any
hardened sap and make sure it can absorb lots
of water to stay fresh and green throughout
your festivities. If you don't have the tools
available to do it yourself, ask your friendly
Christmas tree seller!

3. Keep your tree watered. This is key to keeping your tree alive throughout the festive season. Make sure you choose a sturdy stand that can hold a good amount of liquid. Your tree needs to be kept in water at all times, so finding a base with a good well that you can access is important. Check your tree's water source every day, you'll be surprised just how thirsty they can be, drinking upwards of two to three pints a day! Make sure the trunk is nicely submerged for happy and healthy needles.

4. Leave out the gimmicks You might have been told that Coca-Cola or corn syrup or special tree food? Don't fall for it! Your beautiful tree just wants a constant supply of fresh water, it's that simple.

5. Not too hot, not too cold Your tree's natural habitat at this time of year is out in the cold air, minimize the shock of the relocation and keep your tree happy by giving your tree some good distance from the radiator. Constant heat or fluctuating temperatures can dry your tree out very quickly and if you're planning to put your tree up very early this year, it's vital you keep it away from direct heat.

BAILEY'S CHRISTMAS FUDGE Recipe

One bite of this Baileys fudge is guaranteed to get you in the Christmas spirit! Don't keep it all to yourself though, if you can resist the urge to eat it all yourself, why not share with friends and family? It makes a great homemade Christmas gift.

You will need:
397g Condensed Milk
150ml Baileys Irish
Cream Liqueur
4tbsp Milk
450g Demerara sugar
115g Butter

You will also need:
20cm square tin lined with baking parchment.

low heat, stirring until the sugar dissolves.

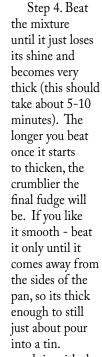
Step 2. Bring to a steady boil for 10-15 minutes, stirring continuously and scraping the base of the pan to prevent it from catching. (The mixture should reach 113-115°C on a sugar thermometer if you have one. If you don't you can drop a little mixture into a bowl

of ice-cold water - if it forms a soft, round ball that doesn't stick to your fingers then it should be ready)

Step 3. Remove the fudge from the heat and

leave to cool for 5 minutes. Add the remaining

liqueur and mix thoroughly.





"If you can resist eating it

all yourself it will make a

great Christmas gift."

Step 1. Put 100ml of the Baileys liqueur and all the other ingredients into a large non-stick saucepan, reserving 50ml of the liqueur to stir through the cooked fudge at the end (for extra flavour). Melt everything together over a

Step 5. Press into the prepared tin with the back of a spoon and leave to set before cutting into squares.

The fudge will keep for up to 2 weeks in an airtight container at room temperature.

Long Whatton News

The village magazine is made possible by the support of advertisers and some fundraising events.

It is produced and distributed by volunteers and our only cost is the printing itself.

Despite several increases in the cost of printing the magazine we have managed to keep our advertising rates at the same level to make it affordable. But we need more advertisers to join us.

If you have a business, no matter how large or small we offer advertising spaces from just £7 per month.



GOOD AND BAD TIMES FOR ALEX at World Superbikes

The last round of the season at Jerez wasn't the best for Alex. The weekend of 27-29 October started well enough: Third place in Saturday's qualifying put Alex in a strong position for race one later that day.

Holding his own in third place through the first lap, he conceded a place to team-mate Rea on the next. Alex harried Rea for another nine laps until Locatelli came past.

Still in the midst of a five-bike battle for 3rd place, Petrucci and Oettle were at his heels and with four

laps to go both got past and Alex had to settle for seventh at the flag.

Alex led at the end of the first lap of the Superpole race on Sunday, before it was red flagged. At the restart he held second place until he crashed on lap 3.

With a few superficial injuries he didn't

start race three, the last outing of the season. In the championship standings Alex finished 11th.

Staying at Jerez for the first test of the 2024 season, Alex completed 70 laps under



a new crew chief and with a new team-mate, Axel Bassani.

Three weeks later the team returned to Jerez for another two days testing, trying out new parts and electronic updates to improve the bikes performance for next year. Alex produced his fastest ever lap at Jerez during the test.

COFFEE MORNING CHANGES

Village Coffee Morning @ The Falcon Inn There will not be a Coffee Morning at the Falcon this month, instead we are meeting for a Christmas lunch on Monday 11th December 2023 at 12 o'clock. If you would like to join us please contact us to select your meal choice.

For 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.

Village Coffee Morning @ All Saints Church - There will not be a coffee morning in December, the next one will be in January 2023.

VILLAGE SHOW trophies

Can those of you who still hold trophies or shields from the last Long Whatton Village Show (2019), please return them to 20 Smithy Lane asap. They will be stored either in the Friendship Centre or The 'Show Shed' ready for whichever team would like to take on the challenge of arranging the next show!

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

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REMEMBRANCE

The village Remembrance service this year took place on Sunday 12th November by the memorial.

Under sombre weather conditions a substantial gathering listened to the brief service given by Rev'd Emily Sharman, and many laid wreaths at the foot of the memorial.

Éleven year old Oliver Thompson performed a poignant Last Post on his trumpet during the service and at the end.









Christmas Crafts afternoon

Join us at the **Friendship Centre** for a Christmas crafts themed afternoon for all the family.

Saturday 2nd December 3 till 5pm



£4 per child

pre-booking encouraged, ring Val on 01509 646 031

Aimed at children between 5 and 12 years old. Christmas crafts with glue, glitter, pine cones and cinnamon sticks, similar to our Crafts and Experiments during the summer. Tables with different activities.



Carer stays for the experience. Tea, coffee and refreshments extra.

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



IT'S NEARLY CHRISTMAS so time to get stuffed

Search on the internet for Christmas food and you get lots of recipes, including some for the many varieties of stuffing. There is also a plethora of advice, much of which which centres on whether you should actually 'stuff' the bird or cook the stuffing separately.

One site says, and I quote 'Never Cook Stuffing Inside the Turkey: It's Dangerous'.

The main issue for the not to stuff debate is that it is said that the additional weight of the stuffing means the bird takes longer to cook and thereby overcooks the meat, making it dry. If you cook the meat to be moist and tender, then the danger is that the stuffing will not be cooked properly and could cause illness.

It is not known when stuffing's were first used. The earliest documentary evidence is the Roman cookbook, De Re Coquinaria, which contains recipes for stuffed chicken, dormouse, hare, and pig.

Up until the 16th century stuffing was known as "farce", which is the French word for stuffing and comes from the Latin "farcire" - which means "to stuff".

Some of you are probably thinking it won't be stuffing unless its stuffed into the Christmas bird. Indeed in the USA its often referred to as 'Dressing'. Whatever way you choose to cook your stuffing just make sure its properly cooked through. If you decide to stuff the bird, the BBC website advises not to pack the bird with the stuffing and to leave some space between the stuffing and the breastbone.

One thing is probably true of most households, following the Christmas meal, you'll have left overs.

The following recipe is one way you can use up some of them, including stuffing.

Christmas Leftover Macaroni Cheese *What you need* 350g/12oz spirali or macaroni elbow pasta 30g/1oz unsalted butter 2 garlic cloves, crushed 2 tsp Dijon mustard

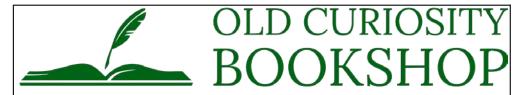
30g/1oz plain flour 600ml/20fl oz full-fat milk 100g/31/2oz cheddar, grated 100g/31/2oz gruyère, grated 300g/101/2oz leftover roast vegetables (such as carrots, parsnips and sprouts) 250g/9oz leftover stuffing (you can use meat or breadcrumb stuffing) salt and freshly ground black pepper



What you do

Cook the pasta in a large saucepan of salted boiling water for 2 minutes less than the packet nstructions. Drain, reserving a cupful of pasta cooking water.

- 1. Melt the butter in a large saucepan over a medium-high heat. Add the garlic and cook, stirring constantly, for 1 minute. Stir in the mustard until combined. Stir in the flour and cook for 2–3 minutes, stirring constantly until the mixture smells biscuity. Pour in the milk, a little at a time, stirring constantly until all of the milk is incorporated.
- 2. Gently simmer for 4–5 minutes, stirring constantly, until the sauce is thick enough to generously coat the back of a spoon. Stir in the cheeses and season generously with salt and pepper.
- 3. Preheat the oven to 200C/180C Fan/Gas 6. 4. Toss the pasta in the sauce and stir in the reserved pasta water. Stir in the roast vegetables and tip the mixture into a 1.5 litre/23/4 pint baking dish. Crumble over the stuffing, then bake for 20–25 minutes until lightly golden on top and bubbling throughout.







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CHOCOLATE. HEALTH FOOD OR JUNK? Health by Liz. Jarrom

That's an interesting question, especially to a confirmed chocoholic like myself, and topical at Christmas time, when boxes of chocolates often appear under the Christmas tree! The answer seems to be, based on scientific research, that it depends on what type of chocolate you are consuming.

Dark chocolate particularly, contains significant amounts of essential minerals such as iron, magnesium, potassium and zinc, on a par, gram for gram with kale, which we all know is a health food. Dark chocolate also contains many antioxidant polyphenols, but the downside is that even dark chocolate is relatively high in fat and contains some sugar, with ten times the calories of the same weight as kale. Despite this, all is not lost, because the scientific data shows that there are benefits to eating chocolate, but to gain the biggest benefits, it must be the darkest chocolate, 85% or above, or the sugar and fat content is too high, and negates some of the healthy attributes of the chocolate. The healthiest way to get that lovely chocolate taste, and get all the health benefits, is to go back to the cocoa bean itself. Cacao beans as they are known, are about 50% saturated fat, the kind that can raise cholesterol. This fat is used by the cacao bean as food for its growth, should it get chance to germinate. The other 50% of the bean is composed of minerals, fibre, polyphenols, a modest amount of sugar and other beneficial chemicals that are there to stop all the fat in the bean from going rancid. When cacao beans are processed, most of this fat and some of the sugar is removed, leaving behind a brown bitter powder which we know as cocoa powder. Not only does this powder contain all that chocolatey taste, it is polyphenol rich, being fourth in the league table behind star anise, peppermint, and cloves, foods we eat much less of. Four

tablespoons of pure cocoa powder supplies the same amount of polyphenols and minerals as eating a whole 85gram bar of dark chocolate. As a bonus, cocoa power is about one third fibre, so four tablespoons contain the same amount of fibre as a serving of bran cereal, and tastes better.

There is one important thing to watch though when buying cocoa powder. Some brands, including some of the expensive ones contain the food additive potassium carbonate. Unfortunately, this additive has a seriously detrimental effect on the polyphenols in the cocoa reducing them down by a massive 80%. Pure processed cocoa powder is perfectly safe to eat without the addition of this chemical, so it is worth checking the label to ensure it says 100% cocoa powder and nothing else.

One of the best ways to get your cocoa fix is to make a mug of hot chocolate, and if you want to reduce calories use semi skimmed milk. For sweetening, add a little brown sugar, as this has more flavour, is not so sweet and is less refined than white sugar. A dash of vanilla extract added to the 4 level tablespoons of cocoa powder, and you get a generous polyphenol fix in a delicious drink. Mix all the ingredients together and heat carefully in the microwave to avoid boiling it over. If you are kept awake by caffeine, best to avoid drinking it in the evening as it may interfere with sleeping.

A healthy desert can be made using frozen or tinned drained unsweetened dark cherries, a little milk, a tablespoon of cocoa powder, a capful of vanilla extract and a few pitted dates. Blend together to make a thick chocolate milkshake or freeze for an ice cream like desert. Vary the ingredients for personal preference. The healthiest chocolate going is 100% dark chocolate that is nearly sugar free, but it is very bitter.

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?







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 👔 🚳



CHOCOLATE. HEALTH FOOD OR JUNK? Continued

It is possible to find chocolate containing natural sweeteners like maltitol, which is lower in calories than sugar and has less effect on blood sugar. Other brands may contain inulin, a sugary tasting gel type substance found in chicory root. Eating this has the

dark type, and maybe a few bits of comforting milk chocolate.

DIARY What's going on?

Village Coffee Morning @ The Falcon Inn The coffee morning will be held on Monday 13th November 2023, 10:30am till 12 at The Falcon Inn, if you would like to join us please contact us to select your meal choice. Jane Scholtz 073 9334 9009 or 01509 842736 or Penny de Kock on 07393407896

Coffee Morning @ All Saints Church There will not be a coffee morning this month, the next one will be in January 2024.

Knit & Natter Group - held on the 1st and 3rd Friday in the month, 10 to 11.30am at the Falcon Inn, no charge just pay for tea or coffee, experience not essential.

Community Café – every Thursday, 10 to 12 in the Friendship Centre. Tea, coffee, and a slice with good company. Meet other villagers, mothers with babies and friends. We currently run a "bring your own record and play it" and a book swap. LWCA

The Thursday Thing - every second Thursday of the month, Friendship Centre. 2 to 4pm. A social where you can play games like Dominoes, Dobble, Chess, Scrabble, Nine-Mens-Morris, Shut-the-Box, Uno, Bridge, Rummy and Backgammon or just come and enjoy the company. If you have a game you would like to play, bring it along and we will give it a go. Next dates 9th Nov and 14th Dec.

Christmas Crafts afternoon for kids age five to twelve, from 3 - 5pm, on Saturday 2nd December at the Friendship Centre. £4 per child, booking is recommended. Refreshments available, contact Val on 01509 646031.

HALLOWEEN mention

This guy deserves a mention. Lurking scarily outside Edmill Cottage on West End over Halloween, they appear to have recently escaped their tomb.

advantage of supplying the body with prebiotic

fibre which feeds the good bacteria in the

gut. So, we can get our chocolate fix over Christmas in many ways, be it the healthiest

I'm sure most of us have bad hair days like this occasionally.



