

# Long Whetton News

FEBRUARY 2023



*Don't* be alarmed! the Lion featured on the cover is not roaming the fields around the village or hunting on the Whetton Estate, but is one of the many animals snapped by Jeff Humphries on his

adventures. More inside.

Also this month; how to take hardwood cuttings, motorbike racing, Goldfinches and sweet potato curry.

And hedges make another appearance.

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## EDITORS NOTES

Apologies for the delay in the delivery of the January magazines. The printers' Christmas holiday closure made it unavoidable, despite our best efforts.

Things are back to normal now, so we hope you enjoy this month's magazine.

Please let us know if you have any news or an event that you would like published - no matter how big or small. It is what the magazine is for.

And once again, we would like to say a huge thank you to everyone who contributes and to the gang who deliver it every month.

## DRY STONE WALL *A letter*

I'm looking for someone who mends dry stone walls.

Please call Helen on 01509 842490

## GET YOUR CAFFIENE FIX

### *And have a natter*

Village Coffee Morning @ The Falcon Inn - There will be a coffee morning on Monday 13 February 2023 at 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 25th of February 2023 at 10.30am to 12 o'clock.

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

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.

## 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](mailto: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](http://www.longwhattonnews.co.uk)

## THE TEAM

Penny de Kock 07393 407896  
Neil Bamford 07921 855607

## COPY DEADLINE

The copy deadline for articles for the March issue is 17th February.



## SHOPPING SERVICES ETC

THESE SERVICES ARE A DOOR-TO-DOOR SERVICE WITH A PASSENGER ASSISTANT TO OFFER HELP IF REQUIRED, PLEASE CONTACT US (DETAILS ABOVE) WITH ANY ENQUIRIES.

### WEEK 1

MONDAY -	HIRED
TUESDAY -	SHEPSHED CO-OP
WEDNESDAY -	AVAILABLE TO HIRE (DURING SCHOOL CLOSURES ONLY)
THURSDAY -	LOUGHBOROUGH: CHOOSE FROM TOWN CENTRE, SAINSBURYS OR TESCO
FRIDAY -	AVAILABLE TO HIRE

### WEEK 2

MONDAY -	MORRISONS COALVILLE
TUESDAY -	SHEPSHED CO-OP
WEDNESDAY -	AVAILABLE TO HIRE (DURING SCHOOL CLOSURES ONLY)
THURSDAY -	AVAILABLE TO HIRE
FRIDAY -	AVAILABLE TO HIRE

### WEEK 3

MONDAY -	HIRED
TUESDAY -	SHEPSHED CO-OP
WEDNESDAY -	AVAILABLE TO HIRE (DURING SCHOOL CLOSURES ONLY)
THURSDAY -	ASHBY RETAIL PARK- M&S, B&M, TESCO SUPERSTORE
FRIDAY -	AVAILABLE TO HIRE

### WEEK 4

AS WEEK 2

WEEK 1 COMMENCES THURSDAY 5<sup>TH</sup> JANUARY 2023

## AN OKOVANGO ADVENTURE - *Part one, by Jeff Humphries*

Loyal readers will probably know that, from time to time, I provide the village magazine with photographs of local wildlife. This week (late December), due to the prevailing weather conditions and lack of good picture opportunities, as “a bit of fun”, I referred to my recent adventure in Botswana and Namibia with a small sample of the photographs taken on the trip.



Well, to accompany my African wildlife samples, I have been asked to produce a feature for the magazine based upon Sue and my experiences, particularly in the Okavango Delta and beyond.

“Here goes”, hoping that you may enjoy this small “taste of Africa”.

Following flights with Ethiopian Airways, via a short stop over in Addis Ababa, we arrived in Windhoek, Namibia to be greeted by our guide and driver, Angelo, with his purpose built four wheel drive adventure truck in which we were to travel some four thousand kilometres during the next two weeks.

After a night’s very comfortable rest we set off early on our way to our first destination, the Kalahari Desert. “Oh my word” what a difference we found here.

Our “village in the sand” comprised a reception block with dining facilities and our room for the night was basically a hut with an outside screened “en-suite” shower and toilet. With “after all this is Africa” on our

lips we were soon being guided through the middle of nowhere by our hosts, the Kalahari Bushmen and Bushwomen. From showing us more natural medicines than can be found in any modern pharmacy to shooting bows and arrows and throwing spears their mission to



pass on and maintain the crafts gained over thousands of years to future generations was admirable.

Next stop, the town of Maun in the Okavango Delta itself. To reach Maun we have to cross the border into Botswana, a country we had visited before in the more northern area of Chobe National Park, famed for its large elephant population that we photographed from a small boat on the river bearing the Park’s name.

Into the Okavango, a unique phenomenon where the mighty Okavango river, having risen in the distant Angolan mountains finally flows out, not into the sea, but into a landlocked area the size of France. At the time Sue and I were there the average depth of water was around one metre, accessible using dug out canoes called Mokoros but at other times the area is completely dry for many months on end.



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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!**  
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Adult refresher (grade 5) 7.00pm  
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## MANOR FARM'S HEDGE LAYING *by Graeme Matravers*

Following the interesting article about hedge laying in the last magazine some of you walking down Main Street may have seen opposite the farm some hedge laying going on. This has not only rejuvenated the hedge but opened up a great view across Paradise field and up over Park to the shelterbelt at the top.



*Newly planted hedges*

Those who walk a bit further may have seen the long hedge in the fields called Church Hill has also been laid. This hedge was planted not

long after we arrived here by us and visiting school children. It contains quite a few fruit trees which have been left standing.

We have been busy on other projects this winter, restoring some old field boundaries to make some of our larger fields smaller. This has been done by planting new hedges and fencing them off. All together this winter about 1 km have been planted. We hope you enjoy them as they mature into useful field boundaries and great habitats for wildlife. With thanks to Rob Quail for his expertise in both projects



*A freshly laid hedge on the farm*

## COMMUNITY RECOVERY TEAM *Covid-19 response*

In response to the Covid-19 Pandemic, Leicestershire County Council have produced an Outbreak Response Plan featuring a Community Recovery Team to support communities and individuals to build resilience to the effects of the pandemic.

Sonia Lear explains about her role. "I am a helping hand in the community to help both people and groups, that have been affected by Covid-19 in various ways. Supporting individuals and groups who are struggling with isolation, loneliness, lack of confidence, fear of going out, health and wellbeing. We provide advice and guidance to help communities to stay safe happy and well."

Sonia will be:  
• Working alongside people and families to be

resilient and maintain their independence.

- Working alongside organisations and services to create opportunities for local people.
- Helping existing community groups to flourish and support the creation of new possibilities.
- Identifying local amenities to enhance community connection.
- Support will be person centred and tailor made to meet the needs of the individual/community.
- Providing up to date Covid-19 messages through our volunteers.

For more information or help, please contact Sonia:  
by email [sonia.lear@leics.gov.uk](mailto:sonia.lear@leics.gov.uk) or by phone 07526 928 166



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## PLANTING FOR THE FUTURE *Rev Louise Clarke*

Last week I received an email which, at its beginning described a cartoon with two people talking:

*"Aren't you terrified of what the new year could be like? Everything is so messed up!"*

*"I think it will bring flowers."*

*"Really? Why?!"*

*"Because I'm planting flowers."*

Sometimes it feels as if there's nothing we can do to improve things, and the fabric of our personal lives or our national life is being stretched and mis-shaped, left threadbare and torn. Certainly the last few years, even the last few months, have challenged our security and

our values. The cartoon I've mentioned above encourages us to shift our thinking. Flowers in themselves won't change the world, but they can bring value to a person and recognition and hope; and those qualities are world changing. Seeds of hope. Seeds of possibility. Seeds of value and worth. All priceless additions in challenging and uncertain times.

Are there 'flowers' that you can plant today, or this week? Are there creative ways within your reach to bring colour and fragrance, either to your life or to someone else's?

As my email closed, so do I: may a thousand flowers bloom!

## ALL SAINTS CHURCH NEWS

This month we have one service at All Saints in Log Whatton which is a family service on Sunday 5 February at 10.30 together with two baptisms.

Elsewhere in the benefice this month there will be Sunday services as follows:

12th Feb, 10.30 at Kegworth

19th Feb, 10.30 at Hathern

26th Feb, 10.30 at Diseworth

## WOMENS DAY OF PRAYER

All Saints Church Long Whatton on Friday 3rd March at 2.30pm.

Everyone is welcome. If anyone would like a booklet of the service before the date or more information, contact Nadine on 01509 646957

The service has been planned by the Christian women in Taiwan, the theme is 'I have heard about your faith'

## INSIDE/OUTSIDE CHURCH

The first Inside/Outside church for this year will be on Sunday March 5th at 10.30am.

We hope to see many old friends and extend a warm welcome to new walkers. We meet outside the church and set off for a walk around local fields and lanes for about three quarters of an hour, returning to church to join the 'inside people' for refreshments. We 'break bread' and have a reading and a poem en route. Some months we have a walk up at Whatton House, where Tim updates us on what is happening in the gardens. Everyone is welcome, especially children and dogs on leads, so do come along and give it a try!



## WHATTON HOUSE GARDENS: *Hardwood cuttings by William Stanger*

I wrote previously about taking root cuttings. On this occasion I will focus on another winter propagation method, hardwood cuttings. This is possibly the easiest form of propagation, it requires no specialist equipment such as a propagation unit or trying to make a home made version. What it does require is patience. It is possible that way back a cave man noticed that the willow branches that he had stuck into the ground had rooted and made new plants. Willow (*Salix*) naturally has high concentrations of hormones needed for rooting cuttings. Other species generally need some help with hormone rooting powder.

The success rate of hardwood cuttings may not be as high as other methods such as softwood cuttings. But given that there is less effort involved it is still very much worth pursuing. Particularly when you factor

in the rising prices of just about everything. Depending on what you are buying and who from, you can expect to pay about £15 upwards for a specimen in a 2-3lt pot. In the case of David Austin Roses, a rose will cost between £21.50-£30 depending if it is bare-root or potted. However it must be noted that you can only propagate David Austin Roses or any other plant with PBR (Plant Breeders Rights) for your own use and not to sell on. Unless you are prepared to pay the royalties.

Hard wood cuttings are generally a lot bigger than softwood or semi-ripe cuttings, since they take longer to root and need the extra food reserves to get them through the winter. They are typically around 20cm (8in) long, about the length of a pair of secateurs. Firstly, cut each shoot at the base of the current season's growth. Next trim off the tip of each shoot

if it has not ripened. Then cut the shoots into 20cm sections. Make a horizontal cut below a node at the base of each cutting and a sloping cut sloping away from a bud at the top. This way you will know which end is which and maintain the correct orientation. Prepare a slit trench in free draining soil by pushing a spade into the soil about 15cm (6in) down and press

the blade forwards to open out the trench. Dip the base of each cutting in hormone rooting powder. Insert the cuttings about 5cm (2in) apart so that about a quarter of each cutting is visible. Rows of cutting should be about 30cm (12in) apart. Backfill the trench and firm the soil around the cuttings. Label, and water if the soil is dry. For smaller quantities insert

the cuttings, as above into 15cm (6in) pots of loam-based cuttings compost, about four per pot. Do not forget to label each batch. Roses are perfectly fine grown on their own roots. They are mainly budded commercially onto a rootstock to maximise the use of propagation material and faster results. We are currently taking cuttings from *Rosa odorata* 'Mutabilis'. There are various shrubs that can be propagated in this manner including *Forsythia*, *Deutzia*, and *Philadelphus*. If the *Philadelphus* from the national collection have put on good growth, we may propagate them using this technique. Willow and *Cornus* (Dogwoods) are also often propagated

by this method. Some evergreens can be propagated by hard wood cuttings such as cherry laurel (*Prunus Laurocerasus*) and *Elaeagnus*. These are treated differently to deciduous subjects, mainly that they will still have leaves. The leaves from the bottom half of the cutting are stripped off. Bottom heat will speed up rooting. It is also beneficial to

place evergreen hardwood cuttings in a plastic film tent to keep the cuttings humid.

Hardwood cutting offer a straightforward means of producing extra plants. It does require patience, however. Cuttings should be ready to be dug up and transplanted to their



*Dogwood cuttings. Make the Cutings about the length of your secateurs. Sloping cut at the top, straight cut at the bottom*



*Rose cuttings lined out in a trench. Fill in the trench so about the top quarter of each cutting is above the soil surface.*

permanent home in the autumn. Hopefully we will have some new plants to replace some of the old specimens and fill in some gaps in the next planting season.

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*'The success rate of hardwood cuttings may not be as high as other methods such as softwood cuttings. But given that there is less effort involved it is still very much worth pursuing.'*





## A FLURRY OF WINTER COLOUR – *Goldfinches and Blue Tits*

With a bright red face, framed with a white scarf, black goggles and a black cap, together with black wings adorned with large, bright yellow patches the goldfinch is a highly coloured finch and makes a colourful spectacle in an otherwise dull winter garden. Sociable, often breeding in loose colonies, they have a delightful liquid twittering song and call.

– slightly smaller than a Robin.

There are thought to be over 1.6 million breeding pairs in the UK, covering the whole of the British Isles except for the highlands.

Goldfinch nests are normally built within thick cover several metres above ground. Typically, five eggs are laid in June and the chicks hatch after around two weeks. They will

remain in the nest for another two weeks before fledging. In a good year multiple broods may be raised.

They can occupy almost any habitat with scattered trees and bushes and can be found in open woodland, farmland, parks and gardens.



*A small sample of the many resident Goldfinches in Jeff Humphries garden, being part of a "Charm" attracted to the garden by continued feeding with Sunflower heart seeds throughout the winter months.*

Their long fine beaks allow them to extract otherwise inaccessible seeds from thistles and teasels. They are perfectly adapted to access food other birds can't reach. Increasingly they can be seen visiting bird tables and feeders. Especially in winter if they are in the majority that have not migrated. Those that do, go as far south as Spain. They can be seen roaming in flocks of up to 100 birds looking for food in the winter months.

In summer they eat seeds and insects, but in winter you may be able to attract them with small seeds, particularly thistle and sunflower.

They are small creatures, growing to about 12cm in length with a wingspan of 21 to 25cm



*A Blue Tit watching the Goldfinches feed. This one is part of a "Nork" that comes to Jeff's garden for a steady supply of peanuts.*



# 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 strived 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.*



## LONG WHATTON NEWS *Advertising rates*

6 months per month	One off per month	Advert sizes:
Full page £18	Full page £22	Full page with bleed
Half page £12	Half page £14	148mm wide x 210mm deep plus 3mm
Quarter page £7	Quarter page £8	bleed on all sides
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.		Full page standard
		132mm wide x 194mm deep
		Half page 132mm wide x 94mm deep
		Quarter page 63mm wide x 94mm deep.

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## AND SO IT BEGINS *The 2023 racing season is under way*

By the time you read this, Alex Lowes Christmas break will be well and truly over.

Training will have been stepped up and the Spanish winter training session, including some motocross and track time will have brought him back up to 'bike fitness' again, ready for the official team tests on his updated Kawasaki ZX10 superbike.

These tests started 25th January with a two day test at the Circuit de Jerez, in Spain followed by two more days out on track at Autodromo Internacional do Algarve at Portimao in Portugal from 31st January to 1st February.

Finally all the teams will head off to Australia for the last official test at Phillip Island Grand Prix Circuit 20th – 21st



*Alex with 2023 winter testing leathers and livery*

## KNIT AND NATTER

The latest creation from the Knit and Natter Group is this amazing winter scene, snowy penguins surrounded by fir trees and aptly covered in a sprinkling of frost after a chilly January night and bouts of snow.



## CRICKET CLUB

Long Whatton Cricket Club is always looking for new players and volunteers to help maintain the grounds and clubhouse. If you would like to play or could help out the grounds or Junior cricket please contact us at [longwhattoncricket@gmail.com](mailto:longwhattoncricket@gmail.com).

As we are all aware the cost of living has been going up and this is affecting the cricket club, could you support the club in a different way by becoming a social member? The cost is £7.50 per person.

Fingers crossed for a wonderful summer and thank you for your support!

## FOLK AT THE FALCON

Tigerfolk Folk Club's next guest night at the Falcon is on Tuesday 21st February, starting at 7.30 p.m. featuring, from London, Peta Webb and Ken Hall.

In March, we are back to our more typical second Tuesday of the month, March 14th, with Lincolnshire singer Mossy Christian.

Details from John on 07306 264148



## 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*  
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**"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  

## TINNITUS *Health by Liz Jarrom*

Tinnitus, sometimes known as ringing in the ears, is a condition that affects up to 10% of the population, at any one time. Tinnitus is noise manifesting in a variety of ways, commonly, ringing, buzzing, roaring, humming, grinding, whistling and hissing. Sometimes only one ear is affected, occasionally both.

These annoying sounds come from inside the body, not from the outside. Tinnitus can be a temporary or permanent condition, and may be a symptom of a medical condition. This includes ear infections, excess earwax, Meniere's disease, high blood pressure, raised cholesterol, thyroid problems or neck injury. If the noises continue for some time, it may be wise to consult your doctor, to see if one of these conditions may be the underlying cause. Treatment can bring improvement. Some medications can aggravate tinnitus, for example large dosages of aspirin, diuretic medication, (water tablets,) and some antibiotics, such as erythromycin.

One of the most common causes of tinnitus though, seems to be damage to the 3 tiny bones in the middle ear, usually from being exposed to loud noise. A single extreme dose of loud noise, such as an explosion, or severe impact to the head or upper body may bring about this damage. More often though, the damage occurs slowly, from regular doses of loud noise, like listening to loud music through headphones, standing close to speakers at a concert or socializing or working in a constantly noisy environment. Other causes can be regularly using loud machinery without wearing ear defenders. This damage to the middle ear affects how the sounds coming in from outside are transmitted to the brain. The middle ear picks up the sound waves, and this prompts the inner ear to transmit electrical impulses to the brain. Sound is only "heard" after the brain receives these electrical signals. If damage has occurred

inside the ear, these sounds may be distorted.

Another very common cause of tinnitus is age related hearing loss. If there is some hearing loss, being assessed, and then wearing suitable hearing aids can help reduce symptoms of tinnitus quite significantly. The reason for the improvement is that the hearing aids can help the brain to retrain itself, so that it processes the incoming sounds better. Better hearing of outside sounds can result in a lessening of tinnitus symptoms. A survey of patients with tinnitus, who had started wearing hearing aids, showed that 60% of these patients reported small to moderate improvement in relief in their tinnitus symptoms. 22% of these patients reported that they had significant relief from their tinnitus. It may also be useful to use background noise to drown out the tinnitus, such as having a radio on low in the background, or listen to soft music or sounds of nature. There are specialist machines that transmit white noise, which may help.

Stress and anxiety have also been recognized as a symptom and a significant contributory factor in the incidence of tinnitus. Managing stress can help relieve the tinnitus, or at least reduce the mental and emotional impact of the condition. Meditation is an excellent way of reducing stress, and can help with learning to live with the stress of tinnitus. Two forms of meditation have undergone proper studies, and the science behind them shows that they are highly effective at reducing stress. Both are very easy to learn. One is Ecomeditation, devised by Dawson Church. Read "Bliss Brain" by Dawson Church, or search for Ecomeditation.com online. The other one is "Mindfulness. Finding Peace in a Frantic World" by Mark Williams and Danny Penman. This book comes with a CD. Both authors have many meditations and tutorials freely available online, and using these resources may help cope with this condition.

LONG WHATTON COMMUNITY ASSOCIATION PRESENT

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THE TELEGRAPH

"A VITAL VOICE IN BRITISH FOLK"

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**Sat 11 Feb 7:30PM - 90 min + interval**

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Not only is Kelly Oliver a singer-songwriter, guitarist and harmonicist, but a 'vital voice in British folk music' (Bob Harris, BBC Radio 2) to boot! She hails from rural Hertfordshire, however, it was not until she returned to her Grandmother's hometown of Tralee, Ireland that she discovered her deep affinity with the traditions of folk music and what would become her signature sound.

## SWEET POTATO AND PEANUT CURRY

Sweet potatoes originated in the tropical regions of Central and South America. Christopher Columbus discovered the sweet potato growing when he visited the Americas. The sweet potato was taken back to Spain in 1500. It was cultivated on a small scale in but never became popular across Europe. Cultivation of the sweet potato was tried in Belgium and England in the late 1500s but without much success, as they require a hot, moist climate to thrive. Sweet potatoes have been grown in the United States since 1648, when they were first planted in Virginia. They were grown by the American Indians in the 18th century and were introduced to New England in 1764.



Sweet Potato pioneer George Washington Carver was an African American who developed a method of crop rotation to allow farmers to earn more money. He taught farmers to rotate cotton fields with soil-enriching crops like sweet potatoes and peanuts. This resulted in new southern crops and allowed farmers to replant the same land over and over again.

In Europe the crop is mainly grown in

*Fact: To take in the amount of vitamin A that is in one sweet potato, you would have to eat 23 portions of broccoli.*

Portugal, Spain, Italy and Greece.

Cook this tasty, budget-friendly vegan curry for an easy family dinner. The spinach and sweet potato, give you two of your five-a-day and it's under 400 calories.

*What you need*

- 1 tbsp oil
- 1 onion
- 2 garlic cloves (grated)
- Thumb sized piece of ginger (grated)
- 3 tbsp Thai red curry paste
- 1 tbsp smooth peanut butter
- 500g sweet potato, peeled and cut into chunks
- 400ml can coconut milk
- 200g spinach
- 1 lime (juiced)
- Rice to serve
- Dry roasted peanuts to garnish

*What you do*

- Melt the oil in a pan over a medium heat and soften the chopped onion for around 5 mins.
- Add the garlic and ginger and fry for another minute or 2
- Stir in the curry paste, peanut butter and the sweet potato, add the coconut milk.
- Bring to the boil, turn down the heat and simmer, uncovered 20-25 mins or until the sweet potato is soft. Stir through the spinach until wilted, stir in the lime juice, then serve with rice with the dry roasted sprinkled on top for an additional crunch





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