

# Long Whatton News

JANUARY 2023



*By the time* you receive this new years edition of the Long Whatton News the reindeer and all the other spectacular Christmas decorations will have disappeared, the winter solstice will have

passed and most will be looking forward to spring. So, this issue contains several features about gardens and gardening. And hedges.

Welcome to the first 2023 magazine.

YOUR FREE VILLAGE MAGAZINE



# January 2023

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## EDITORS NOTES

Christmas has come and gone and despite the Met Office forecast that the cold weather in the weeks leading up to the 25th would result in a 55% chance that we would see some snow on Christmas day, it wasn't to be.

In fact, since 1960 there have only ever been four 'White Christmases', ie widespread

snow, in the UK - 1981, 1995, 2009 and 2010. Maybe next year.

Meanwhile, by the time this Long Whatton News lands on your doorstep we will be in the early days of 2023, so from all of us at the magazine we wish you a happy and prosperous new year!

## WANT TO JOIN A VILLAGE COFFEE MORNING?

Village Coffee Morning @ The Falcon Inn - There will be a coffee morning on Monday 9th January 2022 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 28th of January 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.

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

The online version can be found on: [www.longwhattonnews.co.uk](http://www.longwhattonnews.co.uk)

## WE WANT YOUR NEWS

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

Text us, WhatsApp us or email us [longwhattonnews@gmail.com](mailto:longwhattonnews@gmail.com)

## THE TEAM

Penny de Kock 07393 407896

Neil Bamford 07921 855607

## COPY DEADLINE

The copy deadline for articles for the February issue is 19th January.



# ALMOST FORGOTTEN SKILLS OF YESTERYEAR - *Hedge laying by Beccy Street*

A tradition dating back to Roman times, hedge laying was an occupation done by workers on a farm to dictate boundaries and to keep in cattle. Once only being the tradition of stock farmers, it is now solely arable farmers that keep the tradition alive using EU based grants.

Hedge laying is much more friendly for the environment, rejuvenating the growth of trees and bushes, and encouraging wildlife. The average life cycle of a hedge that has been layed is 15-20 years. The hedge laying season runs over the winter period, starting in September when birds have flown the nest and finishing just before the birds return. Unfortunately, because of Brexit, farmers are starting to

lose the grants from the EU that pay for hedge laying and it is unsure if the government will put a fund in its place. Without funding it is likely that the tradition will die out, and put specialist hedge layers out of business.

Two such specialists are Richard Budding



and his father Steve Budding, who have been hedge laying for over 30 years. Richard learnt from his father, who in turn learnt when working on a farm in his late-teens. Steve started watching how his colleagues did the

*Hedges provide a natural fence and house a vast amount of wildlife, but a laid hedge can be stock-proof for up to twenty years*

job and then began trying on his own until he got it right. At 18 he decided to branch out on his own and has been doing it ever since. The first hedge that he layed can still be seen in Thurstaston. Richard then picked up the bug while helping out his father in his mid-teens, and learning in the same way. They now work together as a father and son team, working up and down the country.

The skills for the job have not changed but the safety wear is much more up to date. They now use specialised trousers, tops and gloves made from Kevlar, and insulating materials. This allows them to be exposed to the harsher winter elements for hours longer.

A firm supporter of hedge laying is King Charles III, who Richard and his father have done work for, for many years. They again will be working on the Sandringham estate next year. In past years King Charles, or rather Prince Charles as he was known then, would regularly attend competitions and occasionally take part. Unfortunately, it is unlikely that the King will be able to compete anymore given his new role!

Steve Budding has actually won the National Championships eight times and is



*An old example of hedge laying on Mill Lane*

still competing. He has competed every year since 1986, and he has never been out of the top four!

There are lots of different styles of hedge laying. The style local to Richard and his father is the Midlands style which consists of stakes every 18 inches with bindings on the top. The Devon and Cornwall style is different as it only stands a foot high. This is because they are layed atop of banks mostly by roads, so are kept shorter as not to catch too much wind.

In Lancashire they only put a stake in every meter without bindings on the top allowing upright growth, which suits their cattle better, and the environment. Hedge laying is not just a tradition of the United Kingdom, but can also be found in parts of Europe, and is also used in Australia! Although Richard and his father are yet to try out Australia.



## SHOPPING SERVICES ETC

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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



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**Ballet Classes**  
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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,  
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01509 672702 email claudettecavenhenrys@hotmail.co.uk

## HATHERN COMMUNITY LIBRARY *celebrations*

It is 7 years since the library in Hathern became Hathern Community Library, run by volunteers.

To celebrate the library are holding a Birthday Event on Saturday, January 14th from 1 -3 p.m. at Hathern Library.

There will be something for the whole family with games and a craft activity for children, as well as a tombola, tea and coffee, a book stall and delicious home-made cakes.

All funds raised at the Birthday Celebration will be donated to Shepshed Food Bank, which helps struggling local families. The current cost-of-living crisis has seen a huge rise in demand for food parcels, up by 18% locally in the last 2 or 3 months, so any help will be very gratefully received. In addition to financial support, they are very glad to receive donations of food. Once the library reopens after the Christmas break on January 3rd we will become a drop-off point for donations

with a sealed collection bucket. There will also be a list of items they particularly need, such as tinned meat products of all kinds, small jars of coffee, toilet rolls, and jars of pasta sauce. A volunteer will then take the donations over to Shepshed.

They would also be very grateful for any tombola donations, which can be left at the library after reopening in January.

Go and celebrate the library's birthday and at the same time help a very deserving local charity.

The Library is also planning to welcome in the Chinese New Year - The Year of the Rabbit, with a children's "Crafternoon" of Year of the Rabbit themed activities and crafts, from 2-4 pm on Sunday 22nd January. Further details will be available nearer the date on the HCL website ([hatherncommunitylibrary.org](http://hatherncommunitylibrary.org)) and Facebook page.

## ALL SAINTS CHURCH NEWS *and January services*

I hope you all had a very happy Christmas. It was lovely to see so many at the carols around the tree and also at our other Christmas services. And now we say Happy New Year to you all. We look forward to welcoming you to services in the New Year.

We have one service in Long Whatton in January which will be

*Sunday 15th January at 10.30 Holy Communion*

Services elsewhere in the benefice:

*Sunday 1st New Year service at Kegworth 10.30*

*Sunday 8th 10.30 Holy Communion at Belton.*

*6.15pm Benefice PLOUGH SERVICE at Diseworth.*

*Sunday 22nd - 10.30 Holy Communion at*

*Osgathorpe. 6.15pm Holy Communion with prayers for peace and healing*

*Sunday 29th Holy Communion at Diseworth (NO additional online service)*

Everyone is welcome at any or all of the services and to stay for refreshments after the service.

All Saints now has a contactless device should you wish to make a donation to the running of the church. The church is open most days during daylight hours. You can also set up a monthly donation if you wish, please email our treasurer Martyn Luczka [martynluczka@martynluczka.plus.com](mailto:martynluczka@martynluczka.plus.com) Please feel warmly invited to our next coffee morning. Saturday 28th January 10.30 until midday.

If you have any suggestions about our services or things you think All Saints church should provide or be involved in, please do make contact. Thank you.

Viv Matravers 07780 097997  
[v@manororganicfarm.co.uk](mailto:v@manororganicfarm.co.uk)



## PROTECT OUR COUNTRYSIDE *Development threat*

The proposal of a huge development adjacent to Diseworth will also affect Long Whatton, so we have published this from Protect Diseworth and Wings Communities:

Up to 1,000 acres of productive countryside and hedgerows immediately surrounding the conservation village of Diseworth are under threat from development. We need your help to resist this threat.

To mount a convincing technical defence will require lawyers and other professionals and they all need paying. The road ahead could be costly. No doubt you are asking 'what can I do to help?' So here are some thoughts ...

Not everyone uses the internet, but everyone deserves to know about this. Please share the story with everyone in and around the village.

As the fight progresses there will be plenty to do. Can you support with time and energy?

Do you have special skills or knowledge that you could contribute? We need admin help for example.

If you can help please contact us via the Protect Diseworth website or speak directly to any of the campaign team.

<https://www.protectdiseworth.com/contact>

Raising money will be key. Do you have a brilliant fund raising idea to share? We are already pursuing larger sources of funding and we have had some generous donations.. A key question being asked is 'Do we have the support of the village?' One way that we can demonstrate this is through donations from the community and also by membership.

We would like to keep you updated. If you are in agreement please make contact via the website and ask to be added to our contact list. <https://www.protectdiseworth.com/contact>

Can you contribute money? To make the donation process simple, we have several ways of accepting money.

Bank transfer to our Barclays Bank account.  
- Please contact us and request bank details to make a transfer.

Could you make a monthly Standing Order payment. With online banking apps its simple to set up.

Donate via our GoFundMe page <https://gofund.me/1d3f091a> or visit GoFundMe and search Diseworth.

Credit Card donations at events - we are unable to accept card payments over the phone.

Cheques to Wings Communities Ltd.

## 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.

*Design: We can provide a design and artwork service for your advert, if required. Prices are subject to sight. Email us at [longwhattonnews@gmail.com](mailto:longwhattonnews@gmail.com)*

## LONG WHATTON SCHOOL *Christmas festivities*



The last few weeks of the Autumn term filled the school's pupils with Christmas excitement, including a trip to see 'Sleeping Beauty' at Loughborough Town Hall. Oh yes they were!

The children took their parents to All Saints on the 6th December to take part in the school's Christmas Carol service. It was an opportunity to sing along to traditional Christmas songs and listen to the pupils retelling of the Christmas story. Vicar Louise shared a prayer and time for reflection.

The children put on two performances for their parents. The younger children put on the first performance, retelling the Christmas nativity. They were so confident and sang

beautifully! The second performance was led by the older children who put on their very own panto of Cinderella to get everyone into the spirit of Christmas.

Finally, staff and children shared a Christmas dinner together.

In the new year a new fence will start to be put in place around the school to replace



the old existing fencing. This will continue to ensure that the children are safe in school.

The school are hoping the fencing will be replaced quickly and apologise for any inconvenience this may cause.

All at Long Whatton School hope everyone had a wonderful Christmas and a very happy New Year!

## A HISTORY SNIPPET *Horse kidnap and soil theft*

In 1398 the Sheriff was dispatched to Long Whatton to investigate claims by John de Whatton that Thomas Aleyn, also a villager, had stolen John's horse from his plough in payment for a debt, contrary to the 'law respecting distraint of ploughing cattle' on 24th March - the day before Annunciation of St. Mary, or Lady's Day.

Not only that, it was claimed that Thomas returned to steal soil from John's property to the value of 10 marks later on.

Sadly, although crimes were often recorded the outcomes were not, so we don't know what happened to John's horse or if he got his soil back, or even if Thomas Aleyn survived the attentions of the Sheriff.





## GARDENING – *Jobs for January*

The month of January takes its name from Janus, the Roman god, who faces in opposite directions - one looks back and one looks forward. So we look forward to a new year and new gardening advice. January can be a month of high winds, frosts (temperatures are usually between 2 - 8 degrees C) and heavy rain (this can range between 15 -130mm), but there will be days when we should be able to get out in the garden to either start or complete tasks. Those plants that dare to flower in January should really be enjoyed. The beauty of bare branches silhouetted against a winter sunrise or sunset can be stunning. So, here are ten gardening jobs for you to do this month:

1. Ensure that food and fresh water is provided for garden birds. However, little and often is better than leaving food on the ground to rot and attract vermin.
2. All winter germinating weeds should be controlled and pulled up. This will save work later in the year.
3. Remove all rotting leaves from the crown of plants before they damage the plant. Hardy alpiners can suffer from this.
4. Continue with any winter digging as conditions allow. Frost on newly dug ground will break it up nicely.
5. Prune wisteria and other vigorous climbers. Check that all supports for them and other shrubs are secure before they start to put on growth.

6. Start to “chit” new potatoes. Chits are new shoots on seed potatoes and if you place them in a cool light place in something like an empty egg box, they will soon start to grow before they are planted. Chitted potatoes produce a crop quicker than unchitted potatoes.

7. If you have a greenhouse or warm window sill, sow some early summer bedding to give you a head start.



8. If you haven't already done so, sow your sweet pea seeds in old toilet roll tubes, to avoid root disturbance when you plant them in the garden.

9. Cold, wet and frosty days when you can't get into the garden are an ideal time to sit somewhere warm and look through the new seed and plant catalogues.

10. Clean and sterilise (with a very weak solution of Jeyes Fluid) your pots, trays and greenhouse ready for the new growing season.

And finally, Many the gardening magazines now come with free seeds to save you money.. Ask at the village shop to enquire about getting a copy of a suitable magazine.

Happy gardening until next month.







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## WHATTON HOUSE GARDENS: *Root Cuttings by William Stanger*

Taking cuttings in winter might not be the first thing you think when drawing up a task list. There are however a couple of types of cuttings that can be done. Both of which are relatively straight forward and do not require as much attention as other propagation methods. Root cuttings and hardwood cuttings may require some patience but can be a good way to bulk up stock. On this occasion I will focus on root cuttings.

Plants with thick roots such as *Papaver orientale* and *Acanthus* will readily make new plants from root cuttings. In fact, if you have deliberately tried to move such plants you may have noticed that any roots left in the ground made a new plant. It is often recommended that root cuttings should be pencil thick, but this is not always possible. In which case just make the cuttings longer to ensure there is enough carbohydrates to fuel the root till it makes leaves. Cuttings want to be about 5-10cm long. To make sure you keep the cuttings the right way up, cut the base of each cutting at an angle and the top straight across. Fill a pot with compost, water and allow to drain. Use a dibber to make a hole for each cutting, then insert each cutting vertically, remembering the angled end is at the bottom. The top of each cutting should be level with the compost surface. I'm using this technique on the choice pure white flowered *Acanthus mollis* 'Rue Ledan' (Latifolius Group). It is

available from specialist nurseries and the root cuttings I took last year made good sized plants ready for autumn planting. The repeat flowering varieties of *Papaver orientale* are also hard to come by. However, all that is needed is one stock plant to provide material for root cuttings. I'm currently after *Papaver orientale* 'Harlem' from the New York Series



*Root cutting of Acanthus.*

and *Papaver* 'Heartbeat' from the Super Poppy Series.

With thin-rooted plants such as *Phlox* or Japanese *Anemone*, choose the thickest roots and lay them horizontally on moist compost in trays. The cuttings want to be about 8-13cm long depending on the plant. Cover the cuttings with 5cm of compost. I've mainly used this technique for more choice varieties of Japanese *Anemone*. For the common varieties we have to make a decision whether it is more efficient/cost effective to buy in from a wholesaler. I am tempted to invest in an *Anemone hupehensis* 'Praecox'. It flowers earlier than other varieties and would



*Anemone hupehensis 'Praecox'.*

help to add colour in the woodland areas in late summer, August onwards. Root cuttings cannot be used to increase variegated plants. Although new plants will grow, they will produce plain green leaves. In which case we cannot use this method on *Phlox paniculata* 'Nora Leigh', what we can do is take basal cuttings in the Spring or divide the existing plants.



*Papaver orientale 'Harlem'. also known as Oriental Poppy*

For the sake of digging up a few roots the above is well worth a go to produce extra plants of your favourite varieties. Given the rising prices, this is a very good way to save more than a few pounds.

# Long Whatton News

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

*The magazine 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.*



## A WELL EARNED BREAK *Apart from training*

The 2022 World Superbike racing season drew to a close at Philip Island, just off Melbourne, Australia in November.

Alex finished on a high with two podium finishes, taking a total of four podiums and numerous 4th place finishes throughout the season to claim 6th in the championship overall.

Despite the late charge, the villager failed to steal 5th place overall by a tantalising three points.

The season might have finished but the team began testing updates for the bikes just two weeks later at the Jerez circuit in Spain. What should have been a two day test became just an intense half a day when rain stopped play for the first day and a half.

Alex now has seven weeks off - apart from training - before the next test, again at Jerez, at the end of next January as he goes in to

his fourth season with the factory Kawasaki Racing team.



*Corinne and Alex with twins, Indie and Luna*

## BELTON GARDENING CLUB *An invitation to gardeners*

The club, based in Belton, is a friendly group who meet monthly to discuss gardening, socialise and to listen to talks related to gardening. Last year went well and we welcomed new members and visitors from Long Whatton. This coming year's programme is below and again we will be open to new members and visitors.

We meet on the last Tuesday in the month, usually at 7.30pm in Belton Village Hall (LE12 9TU) and talks are followed by a tea or coffee and a raffle. Full membership is £15 and includes access to social events and group visits to public gardens. For visitors there is a small charge of £4 per meeting.

The programme of talks for 2023 is as follows:-

January 31st - AGM and short talks

February 28th - 'Creating a show garden for Rainbows Hospice' - Karen Gimson

March 28th - 'Weeds, how to manage and love them' - Russell Attwood

April 25th - 'The English and gardening: a social history of an English obsession' - Danny Wells

May 30th - Afternoon Trip to Bluebell Arboretum, Smisby

June 26thM- Coach Trip to Belton House, Grantham

July 4th - Summer Social

August - No Meeting

September 26th - 'Designing your ideal garden' - Darren Rudge

October 31st - Photo Competition

November 28th - 'Weird wonderful & wicked wild flowers' - Brian Hammond

December 12th - Christmas Social

For more information please contact the club via email: [beltongardeningclub@gmail.com](mailto:beltongardeningclub@gmail.com)



## Ladies - still feeling young at heart?

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

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

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

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

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

*Cara Tatterton*  
**Pilates**



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- You'll be shown strengthening exercises, and exercises to improve your mobility (helping you to continue to do the activities you love)

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

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

## WAXWING: *A winter visitor*

The Waxwing is slightly smaller than a starling. It is a plump bird, with short legs, and would be rather unremarkable were it not for its colouring and its prominent crest.

It is reddish-brown with a black throat, a small black mask round its eyes, yellow and white in the wings and a dark tail with a strikingly contrasting yellow tip.



Waxwings originate in Scandinavia and are a winter visitor, in some years in larger numbers called irruptions, when the population on its breeding grounds gets too big for the food available.

The UK can become home to 10,000 waxwings between October and March but they do not breed in the UK. They arrive along the east coast, from Scotland to East Anglia, but often move inland in search of food in flocks.

Waxwings feed mainly on insects in the forests of northern Europe over the summer breeding period. After migration they feed on berries, particularly rowan and hawthorn, but also cotoneaster and rose. They also like fruit, and it's possible to entice one or two to your garden by hanging apples from any available trees.

Strangely, the bushes that are home to some of their favourite berries often surround supermarkets as part of the landscaping, so they can often be spotted as you do your weekly shop.

Waxwings are incredibly long-lived, and live upwards of thirteen years.

You may hear their distinct high-pitched trilling vocalisation, which is more of a "sirrr, sirrr, sirrr" if you get close enough.

They are extremely agile in the air



*Jeff Humphries took this photo of a Waxwing, one of flock that devoured all the berries off the bushes on the edge of the Whatton House grounds near the north lodge. This Waxwing was captured on camera in a rare sunbeam on a very overcast day.*



## MENS BREAKFAST

The Mens Breakfast meet takes place on Saturday 28th January. Wives, partners and girlfriends are also invited this month.

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

If anyone wishes to come contact Clark for more details, [clark.jennings@live.co.uk](mailto:clark.jennings@live.co.uk) or telephone 01332 605647

## HIRE THE COMMUNITY CENTRE

The Community Centre has been refurbished over the summer and is looking fresh and inviting. If you would like to hire the Community Centre for parties or activities please contact the school office on the contact Colette, the office manager, for further information: 0150984223 Office@longwhattonschool.org

## KNIT & NATTER

Santa and his Elves sitting amongst a pile of Christmas presents, perched on top of the post box at the village shop was the Knit and Natter groups masterpiece for December.

The next meeting of the group takes place on January 6th



## NEW YEAR, NEW DIET *Chinese chicken curry*

Millions of people in the UK start a new year diet but many will have given up in a matter of days, research suggests. An estimated 26 million people will start trying to lose weight but nine out of ten (87 per cent) will break their new healthy eating habits as soon as 12 January.

A survey by the jam and jelly brand Hartley's found food cravings was the primary reason why people gave up their diets, with more than half (52 per cent) admitting this

2 tsp cornflour  
1 onion diced  
2 tbsp oil  
1 garlic clove  
2 tsp curry powder  
1 tsp ground ginger  
a pinch of sugar  
400ml Chicken stock  
1 tsp soy sauce  
handful of frozen peas  
rice to serve

### *What you do:*

Toss the chicken pieces in the cornflour and season well. Set them aside.

Fry the onion in half of the oil in a wok on a low to medium heat, until it softens – about 5-6 minutes – then add the garlic and cook for a minute. Stir in the spices and sugar and cook for another minute, then add the stock and soy sauce, bring to a simmer and cook for 20 minutes. Tip everything into a blender and blitz until smooth.

Wipe out the pan and fry the chicken in the remaining oil until it is browned all over. Tip the sauce back into the pan and bring everything to a simmer, stir in the peas and cook for 5 minutes. Add a little water if you need to thin the sauce. Serve with rice.



was the culprit.

The poll of 2,000 adults found chocolate was most likely to make people wobble, with more than half of those questioned (53 per cent) saying it was the food they missed the most the food when dieting. It found 8pm was the time people were mostly likely to reach for a post-dinner sofa snack.

The following recipe for 'Chinese' Chicken Curry contains only 264 Kcal so will help you if you're starting a New Year Diet and if you're not it tastes wonderful so give it a try.

Chinese Chicken Curry

*What you need:*

4 skinless chicken breasts, cut into chunks



**Wills | Trusts | Lasting Power of Attorney  
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**Have You Made Your Will Yet?  
Is Your Will Up To Date?**

**We come to you!**

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*If you have any ideas for  
'Themed Recipes' you'd like to  
see or if you have any queries  
or comments  
email [alanc9989@gmail.com](mailto:alanc9989@gmail.com)*



HAPPY  
*New Year*  
2023

**The Falcon Inn**  
would like to thank you.  
Cheers to another  
great year together



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