

Long Whetton News

JULY 2023



Global warming might be evident, but exotic wildlife like this isn't native to England yet. Jeff Humphries has been travelling again, more inside.

Also in this month's issue reading and all sorts of experiments for kids, more tips for your garden, a tasty breakfast recipe, a little bit of sport and a pinch of history.

YOUR FREE VILLAGE MAGAZINE



- SET MENU AVAILABLE -
MONDAY TO SATURDAY LUNCHTIME &
EARLY EVENING 5:30PM – 6:15PM
2 COURSES £18.50 | 3 COURSES £24.50



- NEW SPRING MENU -
NEW SPRING MENU SERVED LUNCHTIMES & EVENINGS
- GARDEN ROOM -
AVAILABLE FOR PRIVATE HIRE MONDAY TO SATURDAY
FOR INFORMATION AND RESERVATIONS PLEASE GO TO
WWW.THEROYALOKLONGWHATTON.CO.UK

EDITORS NOTES

This month's cover features a Green Iguana, native to Costa Rica as snapped by Jeff Humphries.

They vary from green all over to green and grey like this one which has a green lower body. They can grow up to six feet (two metres) in length, although over half of that length is

the tail, which, if snared by a preying hunter, can detach, but the tail will grow back in, sometimes, just two months if the Iguana is young, and up to a year with an older one.

Because they use their tail for balance their walking and climbing can be off balance and wobbly until they get used to it.

SUMMER READING CHALLENGE AT THE LIBRARY

Do you have children aged from 4 to 12? Do they enjoy reading? Why not sign them up to the Summer Reading Challenge at Hathern Community Library?

This year's Reading Challenge runs from 1st July to 2nd September and in keeping with its theme of "Ready, Set, Read!" we will be running a "Sports Challenge afternoon."

We would like to invite all children who have signed up to the Summer Reading Challenge with us to our very own "Mini Sports Challenge" at 2.30 pm on Sunday 20th

August. Come and join us for an afternoon of fun and games. We will be starting with a story in the library followed by a series of sports-related challenges and finishing with a final fun activity.

Each year we hold a special event at the library for every child who completes the Summer Reading Challenge. Everyone who manages to read six or more books will be awarded a medal at a special ceremony to be held at the library on Sunday 17th September at 2.30 pm.

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

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

THE TEAM

Penny de Kock 07393 407896
Neil Bamford 07921 855607

COPY DEADLINE

The copy deadline for articles for the August issue is 18th July



Local Self Storage

*Open 7am to 8pm
~ Every Day ~*



2 miles from Long Whatton

www.wagtailstorage.co.uk

Tel: 01530 222179

RACE, TEST, RACE *Alex Lowes' fortunes*

Alex and the Kawasaki Racing Team moved to Romania 2 - 4 June for the fifth round of the championship

From qualifying in 10th Alex scored 7th place in race 1, finishing a safe 2.7 seconds ahead of Lecuona but 2 secs adrift of 6th spot.

Alex fared better in the second race - the superpole ten lap sprint, coming in 6th, in a race that was shortened to seven laps when the red flags came out. Alex was safe from attack from behind but just adrift of the podium

battle in his sights..

The last outing didn't go his way, completing only 7 laps of the 20 lap race.

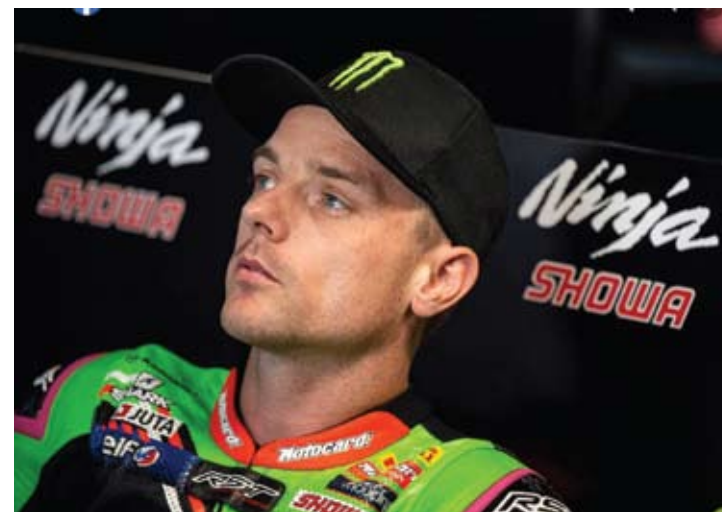
Alex sits 9th in the championship standings after five rounds.

Afterwards, the team went to Motorland, Aragon in Spain for a private test, using one of their official test days to try to improve the ZX10's performance specifically under hot track conditions., but also tested some factory parts for next season's championship

effort. They chose the venue wisely, with track temperature of the inland circuit going as high as 50 degrees.

With two weeks off, Alex returns to his home round, Donington Park, 30th June to 2nd July for round 6.

Alex probably has more experience and considerable podium success at our local circuit than any other track.



LONG WHATTON CRICKET CLUB *July fixtures*

Saturday 1 July

Leicester Ivanhoe 3rd XI v Long Whatton 1st XI at 1pm

Long Whatton 2nd XI v Asian Sports Leics 4th XI at 1pm

Monday 3 July

City Cricketers 1st XI v Long Whatton 1st XI at 6pm

Saturday 8 July

Kegworth Town 2nd XI v Long Whatton 1st XI at 1pm

Long Whatton 2nd XI v Walton-Le-Wolds 2nd XI at 1pm

Saturday 15 July

Long Whatton 1st XI v Loughborough

Charnwood Old Boys at 1pm

Loughborough Greenfields 2nd XI v Long

Whatton 2nd XI at 1pm

Saturday 22 July

Anstey & Glenfield 1st XI v Long Whatton 1st XI at 1pm

Long Whatton 2nd XI v Hinckley Amateur 3rd XI at 1pm

Saturday 29 July

Long Whatton 1st XI v Huncote 1st XI at 1pm

Horizon 1st XI v Long Whatton 2nd XI at 1pm

CHL FINANCE

www.mortgagesbroker.co.uk

CHL Finance help homeowners who are stuck on the standard variable rate mortgage and need to look at a cheaper option. If you are nearing the end of your fixed rate deal then we can still help.

We can help first time buyers who need a Decision in Principle to show Estate Agents how much they can borrow.

CHL works with property investors on buy to let and commercial mortgages. We can offer bridging and commercial finance options and we can also help with Equity release.

Contact Claire on 07990975402 or go to the website and click on the schedule meeting button at the top right to book a time that suits you.

THE MORTGAGE BROKERAGE THAT CARES

CHL FINANCE LTD MORTGAGE BROKERS

Your property may be at risk if you do not keep up repayments on any debt secured against it

CHL Finance Limited is authorised and regulated by the Financial Conduct Authority. Registration Number: 968077
Registered Office: Regus House Herald Way,
East Midlands Airport, Castle Donington, Derby, England, DE74 2TZ

Registered in England Number: 12293510.



ON A ROLE! *Rev Simon Stevens*

I've been thinking about roles of late. We have recently welcomed back my youngest son after his first year at university. He has settled back into our home after a year of independence. He is still the same person we dropped off last September, but he has also changed. Meanwhile my daughter is doing a sixth form taster day after half term and is now beginning to seriously think about what role she wants to play in life.

I was talking to a person recently about what I did and the fact that I am ordained came up. Which church do you work for, they asked. "I don't actually work for the church," I replied. That confused them!

The role of part-time clergy, what used to be called Non-Stipendiary Ministers, now Self-Supporting Ministers, those who combine serving the church with having a 'normal' job, has been around for some time. It used to be the exception, not the rule. Now the diocese is moving towards having more of them than full timers. As this happens, there will be more roles that need filling by different members of the church. This is not automatically a bad thing. I am a great believer that every time someone new comes to church or starts a new thing, wonderful and surprising things happen! I've always enjoyed working in teams too. It's great to see what other people can do as well as

finding your place in a larger whole.

In the Bible the picture of the church used by St Paul is not of a pyramid but a body, in which no part is more important than any other and every bit is needed to work together.

As we move towards the summer it's a good time to take stock, when the pace of life is slowed slightly. To think about all the roles we play in life. Perhaps it's time to let something go. That can sometimes be harder than taking something up. Or maybe there is something you can do, in which case go for it...and feel free to come and tell me how it's going.

Rev Simon Stevens
Self-Supporting Minister
Kegworth & Hathern Benefice

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

LONGWHATTONNEWS@GMAIL.COM

CONFIRMATION

The Benefice hosted a Deanery Confirmation service at Hathern church on 4th June. It was a delightfully joyous occasion with Bishop Saju, the Bishop of Loughborough

Those confirmed were, from left to right: Emily Biggs (Hathern), Vivienne Holmes (Nanpantan), Terry Cox (Hathern), Aileen Pepper (Osgathorpe) and Shirley Newberry (Osgathorpe).



2ND JUN
'FRANK
POWER'



WHATTON
PRESENTS

Join us & start the
weekend in style.
Great music, cocktails/bar,
delicious local food &
good times guaranteed!

4TH AUG
FUNK N SOUL
DJ
'MR FEEL
GOOD'

1ST SEPT
DJ'S
'ENGLISH
HOUSE
MAFIA'

7TH JUL
'BRENDAN
GREEN'

THAT FRIDAY Feeling IN THE COURTYARD

2ND JUN • 7TH JUL • 4TH AUG • 1ST SEP

5-9pm

STREET FOOD & DRINKS*

RUMBA - RUM & COCKTAIL BAR
REAL ALE BEER • WINES • SPIRITS
TORI & BENS BURGERS • TACOLAB
WOODFIRE PIZZAS • STACIES BUBBLE WAFFLES
ALAN'S HOTDOGS • COFFEE TRUCK • SWEET TREATS

*MAY VARY AT EACH EVENT

Book at
whattonhouse.co.uk

Children welcome

CELEBRATIONS – Long Whatton school

In the first week back after half term we had a special focus on Courageous Advocacy. Our drive is our shared vision of wanting our children to have a world wide impact, becoming global advocates of change. We started the day with a worship from Christian Aid where the children learnt all about what Courageous advocacy is. We also found out about the amazing work the charity does. The children listened intently to discover how one person can influence more people to make a difference and together, united we can fight injustice. Each class has now begun work on a change that they feel they can impact upon.

Our children thoroughly enjoyed their annual sports day. Great

fun was had by all as the children took part in various races including: obstacle races, water relays, short and long distance running.

This half term we are preparing our children to change classes and for our year 6's aiding a successful transition to their secondary schools. A busy but exciting time of the year!



LONG WHATTON NEWS *Advertising rates*

6 months per month

Full page £18

Half page £12

Quarter page £7

One off per month

Full page £22

Half page £14

Quarter page £8

Advert sizes:

Full page with bleed

148mm wide x 210mm deep plus 3mm
bleed on all sides

Full page standard

132mm wide x 194mm deep

Half page 132mm wide x 94mm deep

Quarter page 63mm wide x 94mm deep.

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.

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

WHATTON HOUSE GARDENS: *Further musings from the tour by William Stanger*

Thank you to every who came for the tour the other week. It was good timing, the following Monday a storm came across and gave anything in bloom a right battering. As far as I know I have one more tour to give before getting back to the nitty gritty mainly weeding. On this occasion I am going to elaborate on a few things that came up on the tour.

I generally recommend to make a border at least 1.5m wide. The border along the west wall of the walled garden was too narrow for my liking. For starters many of the shrubs were leaning out onto the lawn which can make mowing a bigger chore. Aesthetically

it looked agoraphobic, it was clinging to the wall, not daring to venture more into the wider space. So, we widened it by a metre and sowed a pictorial meadow mix. Planting it would have cost a fortune but the seed mix was much more economical. 20g will cover 10m² for £42.90. I think we went for 50g. If you simply sow it and walk away you will end up with something resembling a pretty road side verge. With more effort you will have something more like an informal herbaceous border. Considering it was sown last year and had to face the heat waves and drought, I think it has done well. Granted there is some weeding to do,



A crinkle crinkle wall

but it is giving us some much-needed colour. Pictorial Meadows is the creation of two very clever professors at Sheffield University



authentic. The bearded Iris that has been used is *Iris pallida*. Unlike a lot of irises its blue-grey leaves look good for months. Admittedly iris flowers do not last long but at least in this case we have texture and structure from the foliage. Planted at the back of the border is *Phlox russeliana*. This is one of my go to plants. It is very dependable, drought tolerant, full-sun to part shade, and good groundcover. I also enjoy the soft yellow flowers and the candelabra shape. It dies back gracefully with the flower stalk

Nigel Dunnett and James Hitchmough. They designed the planting for the Olympic Park and more recently the Super Bloom for the moat at the Tower of London in 2022.

The wall of the paradise garden reminds me of a 'Crinkle Crinkle' wall which were used to create a warm microclimate for growing fruit. They also had the advantage of being stronger and only needed to be one brick thick. However, they were serpentine shaped, whereas ours is not. Consequently, I am not sure if our wall is purely ornamental or if it was originally built for growing fruit.

What I can say is that the original bricks were used in its reconstruction and can be deemed


still adding structural interest.

Lastly, I would like to encourage anyone who would like to volunteer at the garden to get in touch. There are less demanding jobs like dead-heading and hoeing if you want to avoid the strenuous tasks. Come the autumn there is the major task of dividing and transplanting perennials, in a bid to reduce the amount of weeding and make the most of what we already have. It all helps to preserve the garden so others may enjoy it in the future.

Our former trainee last year successfully got on to the RHS Harlow Carr traineeship, so

volunteering with us can help open doors. hello@whattonhouse.co.uk

'Meadow mix - If you simply sow it and walk away you will end up with something resembling a pretty road side verge. With more effort you will have something more like an informal herbaceous border.'



TOTAL BEAUTY

CHERIE SISSON

07976 758632
9 Grimesgate,
Diseworth,
DE74 2QD

Offering ladies a tranquil
experience to relax and unwind.
Easy parking

TREATMENTS

- Massage
- Dermatological Facials
- Waxing
- Hopi Ear Candles
- Eyebrow Shaping
- Lash Extensions
- Bio Sculpture Gel
- Manicures

GIFT VOUCHERS NOW AVAILABLE



Join a friendly group of like minded individuals interested in property on the second Wednesday of every month at the Falcon Inn for informal networking from 6:30pm. The next one is on 12th July.

To book your free ticket please visit Eventbrite.

Whether you are new to property, investigating the scene or a seasoned professional, there are plenty of people to meet and network with. We also welcome anyone connected to the property industry.

Our networking meets are comfortable and friendly, allowing people the space and time to chat.

Come along - you never know who you might meet!

For more information contact Penny 073 9340 7896



SHOPPING SERVICES ETC

SHEPSHED SPECIAL COMMUNITY BUS 47A CHARNWOOD ROAD
SHEPSHED LE12 9QE

01509 650531 sscb9a@gmail.com

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 5TH JANUARY 2023

Design and artwork

for business
stationery
leaflets
magazines *and more*

Rough
MEDIA
roughmedia@hotmail.co.uk
07921 855607



STRAW FINIALS – *Almost forgotten crafts*

Thatched roof decorations – or straw finials have been around for centuries. The first recorded finials were back in 1689 even though the earliest documented record of thatched roofing in existence to date is circa 700 AD

Old country beliefs were that these ornaments would keep away both birds and witches. The designs were originally of a religious nature, intended to scare away witches, but a countryman always hedges his bet, and would say the ornaments also gave a witch something to play with, thus

by the squirrels.

Birds seem to be their greatest enemy, stealing bits of straw from them to build nests. Note the curly tail on one of the squirrels that



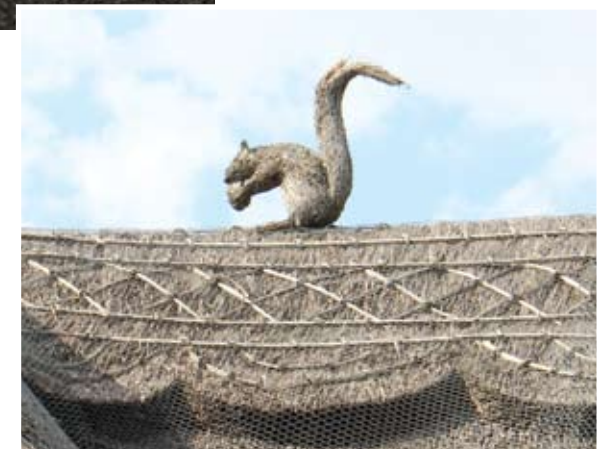
is gradually being repurposed by homebuilding birds. Hence from time to time they need replacing.

The quite intricate boot atop the Old Boot is only a few years old and all of the finials in the village were made by the same thatcher. The cost of one of these will vary with size and complexity but will be around £450.

diverting her attention from making mischief elsewhere.

Three of these straw decorations grace thatched roofs in the village.

Little Thatch on West End features two Squirrels, although this hasn't always been the case. Originally the cottage was called Foxy Cottage and sported a fox finial, but it was rather tatty when the current owners took possession so it was replaced with an owl, that gazed wisely east along the village. Years later the owl was replaced



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

Well here we go again, risking our lives and reputations in “far flung” remote river,

sea, forest and mountain locations throughout our wonderful world (please excuse my “ramping up” of the life risking elements of this latest adventure but I do so enjoy trying to make this a really good read). Even so, in the eventual epilogue of my report, you will all probably begin to appreciate that anything can happen when you embark on these trips and sometimes these “experiences” may not always be so enjoyable, especially when they are beyond your control!

Anyway, we start our journey in San Jose, Costa Rica having arrived on our Air Canada

flight from Heathrow via Toronto. The country of Cost Rica sits in the middle of Central



America bordered in the north by Nicaragua and in the south by Panama and its reputation boasts the greatest diversity of flora and fauna found anywhere, in fact it is definitely the greenest most “lush” place we have ever been to, with an annual rainfall reaching an amazing 6 metres, yes 6 metres in intensity. Luckily Susan and I didn't get wet, even once, “phew” what a relief.

On this adventure we were extremely lucky to receive the services throughout the trip of Guillermo our very talented guide who, being awarded degrees in both biology and human resources,



was undoubtedly the most knowledgeable companion we have ever had on our journeys.

After a night's very comfortable rest we set off early on our way to our first destination, Tortuguero National Park, situated in a vast network of waterways, canals and swamps eventually draining into the Caribbean Sea in the northeast that can only be accessed by boat or light aircraft. This habitat is remarkably tranquil, unspoilt and devoid of noise pollution, mostly famous as a nesting site for the endangered Green Turtle.



Hawkshead, Loggerhead and Giant Leatherback varieties of turtle can also be spotted here.

Today we take an early morning river boat trip when wildlife is at its most active and, thanks to Guillermo, we had encounters with Spider and Howler monkeys, a fair size American Crocodile (keeping our hands well inside the boat of course), many bird varieties including Toucans, Herons, Egrets, Kingfishers and Vultures (although I didn't think I was looking that “peaky”!). Hold on, what's

that furry creature coming into view on this overhanging branch. “Wow” its a young Two

Toed Sloth with not a care in the world, how relaxed is that, mind you, he or she perhaps hasn't yet been introduced to a mobile phone!

Having left our sloth to enjoy his “busy day” we got a glimpse of a bright green Basilisks Lizard that is also called a Jesus Christ Lizard by the locals because it can run across the waters surface without getting wet (hence the similarity to the biblical

walking on water reference). To top things off we get very close to a very large Caiman who appeared to be smiling at us as he reposed on the muddy bank, I wonder what was on his mind?





Summer Offer

Buy one treatment and get your next one half price!

- Reiki
- Hopi Ear Candles
- Crystal Healing Therapy
- Holistic Harmony Treatment
- Relax & Restore Luxury Holistic Facial

 *MG Holistic Therapies* 

Call: 07496182158
Email: mg.naturalandholistic@gmail.com
Based in Hatfield

The full priced treatment must be used by 15th July, the half priced treatment must be used by 31st August.
Not to be used in conjunction with any other offer or discount. Please see our Facebook page for more details/Ts & Cs.

Family Crafts and Experiments



Join us for a weekly crafts and experiments morning for all the family.
Wednesdays from 10am to 12noon.

Wed 26th July

Wed 2nd August

Wed 9th August

Wed 16th August



You can learn to knit or bead, make string pictures on wooden backgrounds, spaghetti structures and ice cube experiments. There will be 4 or 5 different activities each week and these will change from one week to the next. Requests taken.

Suitable for children between 5 and 15 years old.
Carer stays for the experience.
£4 per child, tea, coffee and refreshments extra.



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



ALL SAINTS CHURCH *News and dates for July*

The services at All Saints this month are:
Sunday 2nd at 10.30. Inside / outside. Holy Communion inside and worship walk outside.
Sunday 16th at 10.30 Benefice Holy Communion service

Everyone is welcome and please do stay for refreshments after the service.

For the other Sundays in July the services are as follows

9th at 10.30 at Belton
23rd at 10.30 at Osgathorpe
30th at 10.30 at Hathern.

Thank you to all those supported our Whatton Garden Tour last month. It was sunny and dry and we all enjoyed the guided tour and seeing different plants and learning a bit about their care and history in the garden. There was as warm and friendly atmosphere throughout and further added to over refreshments in the courtyard afterwards. The event will help fund the life of All Saints church. Do remember that the church is open every day for you to visit and that there is a contactless machine should you wish to make a donation towards the running of the church.

On Sunday 2nd July the church will be hosting tables for the Community Association open garden and yard sale. Tea, coffee and

homemade cakes will be on sale at the church to support the event.

Take a walk around the churchyard to see for yourself the effect of our mowing regime using different cutting heights and cutting some areas less often. Some laminated information sheets have been dotted around the churchyard to elaborate on some of the

"The church is open every day for you to visit"

plants species that are benefiting from this approach and in turn the benefits on the insect and small mammal

populations. This is something you may like to consider for your garden.

There is a green box in the church porch where you can leave items for the Shephed food bank. Items are collected every week on a Tuesday. All food and toiletry items are really appreciated and valued, thank you to those who give to others in this way and for your kindness.

We always welcome offers of help in the care of the church and churchyard. It would be lovely to have some help with some of the church cleaning jobs please let me know if you would like to give this try.

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

WHATTON DIARY *Upcoming events*

Knit and Natter group

Held on the 1st and 3rd Friday in the month 10.00 - 12.00, at the Falcon Inn, no charge just pay for tea or coffee, experience not essential.

Coffee Mornings

Friendly groups of locals meet for a catch up on 2nd Monday of the month at the Falcon Inn and 4th Saturday of the month at All Saints Church, both from 10.30 to 12. A lift can be arranged to get you there and back, please call Penny on 07393 407 986.

The Thursday Thing

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

Ballet Classes

FOR CHILDREN AND ADULT BEGINNERS

LOCKINGTON VILLAGE HALL - SATURDAY From 7th January 2023

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

Primary and children's ballet classes up to Grade 5

Small classes to develop confidence and enjoyment through dance and storytelling styled movements.

Dance/Drama for older pupils. Enquire for class times and details.



NEW CLASS: SILVER SWANS BALLET FOR ADULTS!

From 11th January

DISEWORTH VILLAGE HALL - WEDNESDAYS

Silver Swans - Adult beginners: 6.15pm

Adult refresher (grade 5) 7.00pm

Pre-Intermediate (& pointe work) 8.00pm

Website: Claudette Caven Dance

Claudette Caven, AISTD, Advanced Cecchetti Ballet,

Advanced Modern, Advanced Character

01509 672702 email claudettecavenhenrys@hotmail.co.uk

BAKED MUSHROOMS WITH EGGS & SQUISHED TOMATOES *Cookery*

This month we have another breakfast dish, one that is a healthy way to start your day, containing mushrooms, baked eggs and tomato. A low-fat, low-calorie dish that's two of your five-a-day!

What you need

2 large flat mushrooms (about 85g each), stalks removed and chopped
oil for brushing
half a garlic clove, grated
a few thyme leaves
2 tomatoes halved
2 large eggs
2 handfuls of rocket

What you do

Heat oven to 200C/180C

fan/gas 6. Brush the mushrooms with a little

oil and the garlic (if using).

Place the mushrooms in two very lightly greased gratin dishes, bottom-side up, and season lightly with pepper. Top with the

chopped stalks and thyme, cover with foil and bake for 20 mins.

Remove the foil, add the tomatoes to the dishes and break an egg carefully onto each of the mushrooms.

Season and add a little more thyme, if you like. Return to the oven for 10-12 mins or until the eggs are set but the yolks are still runny. Top with the

rocket and eat straight from the dishes.



GET YOUR CAFFIENE FIX *and have a natter*

Village Coffee Morning @ The Falcon Inn -

There will be a coffee morning on Monday 10th July 2023 from 10:30am till 12 o'clock at The Falcon Inn.

Village Coffee Morning @ All Saints Church -

The next All Saints coffee morning will be on 22nd July 2023 from 10.30am to 12 o'clock.

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

If you are new to the village this is a great 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.

IN THE DRAW *A poem by David Griffiths*

If I should get to Heaven
And pass the Golden Gate
There'd be a well built lady
Just sat there, laid in wait.
She'd say "That you young Davey?
Have farmers gone on strike?
I've got these raffle tickets
How many would you like?"

There's lots of heavenly prizes
Halos, robes and things
And, 'specially for pilots
Some lovely angel wings!"

"Good to see you Margaret
Now then, let's take a look,
Perspective's tend to change up here,
Go on! I'll buy the book!"

Thomas Cooper
LEGAL SERVICES LTD

Wills | Trusts | Lasting Power of Attorney
Estate Planning | Funeral Plans

Have You Made Your Will Yet?

Is Your Will Up To Date?

We come to you!

Please Contact

Mrs Christine Thomas

chris@tclegalservices.co.uk

Mrs Clare Cooper

clare@tclegalservices.co.uk

Office: 08450 568571

Mobile: 07889 335743 or 07866 415251



www.tclegalservices.co.uk

Member of the Society of Will Writers/
Supporting the work of Rainbows Hospice



OLD CURIOSITY BOOKSHOP



MASSIVE second-hand Bookshop with over 50,000 titles in stock. Fiction & Non-Fiction.

TRADE IN all your fiction paperbacks for 50p each.

Crime wall with over 600 titles. Children's Corner & Young Adult, Music, Vintage Hardbacks, Music CD's & Bespoke Wedding Table Centres created in your Wedding colours.

NEW CRAFT ROOM

Now open upstairs with craft books, toy stuffing, and YARN including DK, Sock/4Ply, Chunky, Aran, & Super Chunky.

OPEN TIMES:

Monday 10am-2pm, Tues-Friday 10am-6pm, Saturday 10am-4pm
Free Car Park off Shepshed Road, Dogs Welcome, Card or cash,

Phone Orders taken, and can deliver to disabled or housebound
07737738018 Viking House, Shepshed Road, Hathern, LE12 5LZ
Online Bookshop: www.oldcuriositybookshop.co.uk

THE RIGHT VIRUSES FOR LONGEVITY *by Liz Jarrom*

We have spent the last 3 and a half years trying to avoid catching viruses, especially nasty ones like flu and Covid, but these are a rarity, and dangerous viruses are in the minority. The world is home to thousands of other types of viruses, and most of them are harmless to us, and some of them are very important, and contribute to keeping us healthy. Some of these viruses live happily in our gut, within our microbiome, along with the friendly bacteria and fungi that we already know about. These gut viruses are tiny, around 100 times smaller than bacteria, so they are difficult to study. Recent developments in science have now enabled studies to be made of these helpful viruses.

Two studies, one in Japan and one in Sardinia studied centenarians to see if they could find out why these people lived so long, and were healthy, despite their great age. Along with asking them lots of questions about diet, lifestyle, exercise, sleep quality and stress levels, the scientists studied stool samples provided by the centenarians to see the amount, quality and balance of bacteria, fungi and viruses in their gut microbiome. All the data from the questionnaires, and the results from the examination of the stool samples of 200 centenarians, were collated together. What was discovered was that when the scientists compared the results from this study, with studies of people in their 60's, who lived in the same geographical areas, one of the stand out differences was that the centenarians had a greater range of good bacteria, helpful fungi and a larger volume and quality of beneficial viruses. Instead of being a risk to health, these "friendly" viruses help to keep the gut healthy, and in good working order. Some of

these viruses attack and kill off bad bacteria, the types that can cause inflammation, malfunctions and nasty gastric infections. These viruses are known as bacteriophages, and science is learning more about them and how to use them. The result is that they are becoming more commonly used in medicine as an alternative to antibiotics, although the technology for this is quite new. These viruses are particularly effective at treating drug resistant gut and skin infections. The most exciting thing is that bacteria don't seem to be able to develop resistance to these bacteriophages, and treatments are proving effective and long lasting. As well as mopping up harmful bacteria, these viruses,

*To live a long life,
get infected with the
right viruses.*

that were present in the microbiome of many of the centenarians, are really good at producing the gas hydrogen sulphide. We all know the smell of that gas. It's the embarrassing one that smells like rotten eggs, that manifests itself when we are suffering from a bit of gastric wind! The surprising, and positive thing about this gas is that, even though it smells horrid out in the open, inside our digestive system, it has health benefits. The most important one is that it has a crucial role in helping to maintain the lining of the gut. This barrier is made up of cells packed tightly together side by side, to form a thin wall. Its job is to allow nutrients through for nourishment, but prevent toxins and bacteria from going through, and getting into the bloodstream. This is vital, because if any bad stuff gets through, it can lead to health problems including inflammation, arthritis, heart disease and cancer. Not only does hydrogen sulphide help maintain the gut wall, but it has powerful anti

Ladies - still feeling young at heart?

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

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

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

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

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

Cara Tatterton
Pilates



CLAIM YOUR FREE PILATES CLASS NOW!

Classes in Kegworth, Shepshed, Hathern & Long Whatton

Reasons to claim your FREE class now:

- You'll be shown Pilates based exercises to help you move better (to reduce those niggling aches and pains)
- You'll be shown ways to improve your balance (helping you to walk, skip or run with confidence)
- You'll be shown strengthening exercises, and exercises to improve your mobility (helping you to continue to do the activities you love)

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

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

HEALTH *continued*

inflammatory and antioxidant effects in its own right, and seems to play an important role in keeping all our organs healthy, and helping our cells to function well, so boosting energy levels. The best way to look after our gut biome, and produce some hydrogen sulphide, is to regularly eat plenty of sulphur rich plants, including cauliflower, broccoli, kale, radish, cabbage, and other green leafy

vegetables, but eating more of any type of fruit, vegetables or salads is beneficial too. Another helpful way is to spend time outdoors, especially gardening, as getting in contact with plants and the soil, introduces the body to more bacteria and viruses. Finally, being in a loving, happy relationship or having lots of close friends boosts the diversity of helpful bugs in the microbiome.

GARDENING TIPS FOR JULY *by Shirley Blyth*

July is the month when herbaceous perennials are reaching their peak in July. They positively shout for the attention of pollinating insects. The veg plot is also reaching its peak too.

Plants in flower this month are many and varied, and include Agapanthus, Arctotis, Cleome, Crinum, Evening Primrose, Thalictrum, Water lilies and Zinnia

A flower that stands out in the garden is Tithonia or Mexican sunflower. In this country it is a half hardy plant. The beautiful deep orange flowers are both magnificent and a magnet for beneficial insects.

Berkheya purpurea is a hardy South African perennial which also stands out in the garden. It has lilac coloured flowers and it has survived the winter in my garden. However, careful handling is needed as the stems are covered in thistle like spines.

Things to do:

Collect any rainwater that we may have.

Put clean water out for the wildlife, especially hedgehogs.

Harvest herbs for drying.

Pinch out outdoor tomato plants when 4 trusses have formed. Remove side shoots

Feed, water and weed containers regularly. This is best done in the morning or evening.

Lift new potatoes, onions and garlic. Also start to

pick soft fruit.

Look out for pests and diseases on your veg plot.

The grey-greenish gooseberry sawfly caterpillars can defoliate a bush within 48 hours thus ruining the fruit.

Get ahead and order your spring flowering bulbs soon.

Apparently Severn Trent are giving away packets of Swell Gel to mix with your compost and thus save water.

Happy gardening in July!



Tithonia or Mexican sunflower is half-hardy.

Half-hardy plants cannot withstand winter wet and cold, and will be killed by the frosts.

However you don't need to wait until the warmer weather to get going – sow your seeds or grow your seedlings in a light, frost-free place, protecting them under cover until the frosts are over.



Summer at the Falcon

Open all day, every day



Food served:

Monday- Thursday

12 - 2.30pm and 5 - 8.30pm

All day Friday,

Saturday and Sunday



Breakfast

Thursday - Sunday : 8am - 10am

Bingo Night

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



The Falcon Inn - Long Whatton



the_falcon_long_whatton

01509 842416

www.falconlongwhatton.co.uk