

Long Whetton News

MARCH 2023



The cover this month isn't about the daffodils, it's about the dry stone wall behind them. Whilst the village is awash with snowdrops, the daffodils are only just beginning to make an appearance.

Inside the magazine you can find out about live music in the village, get your tickets to Whatton House's Wonderland event, learn everything you ever wanted to know about dry stone walls and lots more.

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EDITORS NOTES *If you would like to help us...*

We would like to thank Whatton Estate for their continued support of the Long Whatton News and Ursula Hyde for her very kind donation.

If you would like to make a donation however big or small it can be paid into the following account:

Long Whatton News Magazine
Bank/Sort Code: 010634
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We are always looking for more advertisers and donations as without these we would not be able to continue producing the magazine.

100% off the funds raised pay for the printing of the magazine. Everything else is done entirely by volunteers. You might have noticed we are now printing less pages as a few advertisers decided not to continue due to various reasons, so if you know of anyone who would be interested please pass on our contact details.

COFFEE AND CHAT

Village Coffee Morning @ The Falcon Inn - There will be a coffee morning on Monday 13 March 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 March 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

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 April issue is 22nd March.

AN OKOVANGO ADVENTURE – *Part two, by Jeff Humphries*

There were two things we wanted to do in the Okavango, one was to visit the Moremi National Park and the other was to fly by helicopter over the Delta. Well we managed to do both with the helicopter having no doors on it thus allowing keen amateur photographers like me to have unobstructed views of the landscape and the creatures that thrive within. In particular I got the close-ups of Lion and Cheetah in the Moremi. Believe it or not, whilst still within the Delta, the Moremi is over one hundred kilometres away from Maun, so we were picked up at five o'clock in the morning by our guide, Kam, who was driving an "open-aired" Landcruiser and "blimey" we were freezing, even when wrapped up head to foot in heavy blankets that were fortunately provided for us (there's experience for you). The first ten percent of the journey that day was on paved roads. However with

a cheeky wink, our guide asked us if we were ready to enjoy the "African massages" that the rutted roads would provide us a plenty. To us any discomfort experienced was a small price to pay when clicking cameras began recording the throngs of wildlife surrounding us in every direction, magnificent.

"Hitting the road" once more we crossed



the border back from Botswana into Namibia

where, by the way, we did have additional paperwork to complete in accordance with local rules resulting from Covid 19 restrictions. On our way to Etosha National Park, a world famous destination, we stopped overnight at Rundu a small town on the Okavango river (the border with Angola where Sue and I nearly overslept because our mobile phone GPS had automatically changed in accordance with Angolan time that was an hour different to Namibia - phew just made it!).

Next day we arrive in the afternoon at Etosha to find this park is on the same huge scale as the Okavango and it is just the right time for a game drive, when the animals are at their liveliest. Elephants and Giraffes galore but more amazingly a safe haven for the very rare Black Rhino.

A separate paragraph is deserved here to describe a scene worthy of a Sir David Attenborough feature where his cameramen would spend months or even years trying to witness and film such an event. A fifteen minute night walk from our accommodation brings us to a rocky promontory overlooking a waterhole lit up by a neon spotlight (not great for photography but thrilling nonetheless). Immediately, at the waterhole, we can see a female Black Rhino cowering deep in the water whilst being intimidated by an amorous male, a huge specimen indeed. Not in too finer detail the male Black Rhino entered

the waterhole with "love" on his mind. One thing led to another but crucially the big male slipped into deeper water at a very inappropriate moment and the now not so intimidated "lady" made her clumsy but very swift escape from the waterhole and out of his grasp. Wow what a commotion, the "suitor" climbed out of the waterhole and gave chase to his "beloved". The big Black Rhino



chased the poor female three times around the waterhole before they ran off into the forest and out of sight. Anyone on foot who comes across one of these animals and thinks they can outrun it, THINK AGAIN. Half an hour later the female came back and returned to her "safe area" in the water to be followed by the exhausted and now very grumpy male who immediately picked a fight with another male who was quietly quenching his thirst and minding his own business. After a period of threatening each other and getting in the best place to strike "Grumpy" made his move with a thundering charge that shook the ground. Now this is the high point! Whilst "Grumpy" was interlocked with the "innocent" male the female charged out of the water and hit "grumpy" amidst lifting him high in the air. His "squeal" could be heard for miles but he still continued to make a nuisance of himself up until two male lions turned up for a drink and, guess what, he turned his anger on them but they couldn't have cared less.





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BORIS *A poem by David Griffiths*

I am leaving No 10
 That's not exactly true
 The fact is I have been kicked out
 "The Torys don't want you!"
 I delivered all those votes,
 Gave Brexit on a plate.
 You'll see one day
 They'll want me back,
 Let's hope it's not too late!
 Then don't forget about Ukraine,
 I fought a valiant fight,
 I gave them money, gave them arms
 And blighted Putins' might.
 They say I lied to Parliament.
 That's just a foolish dream.
 They say we held wild parties,
 That's islands in a stream.
 If you's belonged the Bullingdons

You'd know what parties are-
 We used to tear the place apart,
 You could not go too far!
 The question now arises
 What shall I do now?
 Why, like the Roman Emporer,
 I'll go back to the plough!
 I know I haven't ploughed before,
 But it can't be that tough!
 Carrie can lead the team
 (Hope noone dares to mock)
 But now I come to think of it,
 She'll have to change her frock!
 When I've ploughed for many years
 And filled my barns with corn,
 They'll ask me back to rule the Land
 The task for which I'm born.

JOHN'S TALE: *A Voice from the Wilderness*

John's Tale follows the story of St. John's Gospel. It uses a conversation between two people in a lighthearted snappy manner to reach an audience of today. There are the familiar stories of John the Baptist and the River Jordan, water being turned into wine, the sick and crippled being healed and many more.

The last part of the show deals with the events of the first Easter.

All this in around an hour.

While the show is family friendly, we suggest a lower age limit of around 8 because

of the 'wordy' nature of the show. Never the less, it simply tells the story.

This is a fund raising event for All Saints Church and takes place at the church on Friday 28th April, starting at 7pm. Refreshments follow.

Early Bird tickets (purchased before 14th April) are £6,.50. Early bird Block (20 tickets or more) are £5.50. After April 14th and on the door £8.00

If you'd like more info phone the Box Office 07780 09799.



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LOCKINGTON VILLAGE HALL - SATURDAY From 7th January 2023
 New Class: Very young beginners, 3+, 9.00am starting 14th January!!
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 Dance/Drama for older pupils. Enquire for class times and details.

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 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

NEW BENCH

This colourful and ornate new bench has arrived, replacing an older wooden bench that was in poor condition, at the entrance to Barnfield Close.

The plaque on the top commemorates those that lost their lives to Covid19 during the pandemic in the last few years.



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THE IMPORTANCE OF ENCOURAGEMENT *Rev Louise Clarke*

When was the last time you received encouragement from someone which you valued hearing? You may want to think about that for a moment. That question, and your answer, begs another question: when did you last give someone encouragement which they would value receiving?

And is it important anyway? Well, maybe we could start to answer that by looking at what encouragement, or the lack of it, can do. There are quite a few of us who were told by teachers that we were no good at music or sport or art, for example, and as a result we still feel we are useless at it. Many of us who think we really can't do things could, actually, if we had been encouraged. We do have the aptitude, but we lacked the courage and we were not encouraged when we needed it.

A friend of mine recently asked some of his friends and colleagues to give him some feedback on his strengths and weaknesses; one of the weaknesses which emerged was that he was not a great encourager. Since he is a vicar, this wasn't particularly good news and he thought long and hard about why he didn't encourage others. He realised that in his head, he was thinking that anybody can do anything if they put their mind to it; they just need to have a go and the worst thing that could happen is that they fail. Then a friend pointed out to him that most people not only feel that there are some things they couldn't possibly do, but also the prospect of failing is a really fearful one. So they need others to come alongside them and encourage them.

Good encouragement is far from a fluffy hug once and a while, nor is it just about telling people about how great they are. Encouragement comes when we are included in a project which succeeds, or when someone tells us that we are appreciated, or when we are given the courage to do something valuable which may indeed fail but was still worth trying. Good, regular encouragement

stops negativity, and a lot of us know how we can hold quite negative internal beliefs about ourselves. Really good encouragement will also challenge us and change us.

Encouragement has such positive outcomes, it is valuable in every place of life and work, and certainly it ought to be part of the culture of each of our churches. So I wonder: when did you last receive encouragement, and when did you last give it?

BISHOPS PILGRIMAGE

Bishop's Pilgrimage will come through our parishes on Saturday 1st April.

Throughout Lent Bishop Martyn is meeting with local folk as he walks through the diocese. On Sat 1st April (yes, really!) he will be in our parishes for the morning. Bishop Martyn will walk with any who would like to accompany him, stopping at four of the Benefice churches for a prayer, rest and refreshment. All are welcome to join him at any point along the way.

The exact timings are yet to be confirmed, but roughly the plan is:

Start at Osgathorpe church

Walk across the fields to Belton

Pause for prayer and refreshment at Belton church.

Drive to Diseworth church.

Pause for prayer and catching up with folk

Walk across the fields to Long Whatton

Gather for a b.y.o. picnic lunch at Long Whatton church.

BENEFICE MENS BREAKFAST

This month's Men's Breakfast is on Saturday 25th March. It is 9am for 9.30, full English breakfast with tea or coffee, at The Rose and Crown, Zouch.

Contact Clark for more details, 01332 605647 or email clark.jennings@live.co.uk



WHATTON

GARDEN OPENING 2023

GARDENS OPEN SUNDAY 5 MARCH 2023

Monday	10AM - 3PM
Tuesday	CLOSED
Wednesday	CLOSED
Thursday	CLOSED
Friday	10AM - 3PM
Saturday	CLOSED
Sunday	10AM - 4PM

ADMISSION INFORMATION

ADULT	£6
CHILD (3-12YRS)	£3
FAMILY (2 ADULTS 2 CHILDREN)	£15
Under 3's	free

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WHATTON HOUSE IS NOT A MEMBER OF THE RHS.

Admission to The Courtyard is free.

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ALICE IN WONDERLAND RETURNS!

THE GROUNDS WILL BE CLOSED TO GENERAL ADMISSION VISITORS FROM
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WEBSITE FOR MORE INFORMATION

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ALL SAINTS CHURCH *News and dates for March*

Services this month will be:

Friday 3 March at 2.30 "Women's World Day of Prayer". This year the service has been prepared by the Christian women of Taiwan on the theme "I heard of your faith". All welcome. Our thanks go to Nadine for the work on this service.

Inside/outside church Sunday 5th March at 10.30. We gather at the church porch and follow a route through the immediate countryside with a few stopping points on the way. Outdoor clothing is a must at this time of year as we enjoy seeing the gifts of the first signs of spring. Dogs are welcome on a lead. A quiet contemplative gathering is held inside the church for those not joining the walk. Please stay for refreshments afterwards.

Sunday 19th March at 10.30 Benefice service with communion. Again please stay for refreshments afterwards.

Elsewhere in the benefice on the Sundays when we do not have a service

12th March 10.30 at Belton,

26th March Osgathorpe 10.30

If you would like to receive a weekly email of the benefice news sheet which contains all the services throughout that week, readings, events and even a weekly eco tip please email Sarah our parish administrator pa.ljw@outlook.com

All Saints church like churches up and down the country rely on a team made up of the clergy (in our case Rev'd Louise Corke), and lay members of the church called the Parochial Church Council the so called PCC. The PCC are responsible for the overall wellbeing, practical and spiritual of the church building, church yard and church members. The PCC are in effective responsible for the smooth day to day running of the church so that it can fully service and support it's community. Once a year we have an annual meeting where we have reports from office holders, accounts presented and

the PCC elected again so we can continue to function. This year our annual meeting to which everyone is invited to attend will be on Tuesday 28 March in the church at 7pm. The running of the church also relies on others not on the PCC and we would like to say a massive thank you to them for all they do in helping our village church to not only function but to always offer a warm and friendly welcome. There are always jobs requiring attention and often funds to find to enable some of these to be done. Offers of help from cleaning, jobs in the churchyard, refreshments after the service, playing the organ or piano for Sunday services are always very welcome and extremely appreciated. Unlike many churches, All Saints is always open during the day for private prayer and to visit and should you wish to donate towards the running of the church there is a card reader available.

v@manororganicfarm.co.uk

KNIT & NATTER

Humpty Dumpty, fortunately before the big fall. Knit and Natter groups latest creation on the Main Street post box.





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WHATTON HOUSE GARDENS: *Snowdrops*

By the time we get to the end of winter, it comes as a relief to have some flowers again. The sight of the first snowdrops tells us that Spring is just around the corner. Hot on their heels are crocus and a number of flowering shrubs. Although the flowers of these may not be the most extravagant, they are however often powerfully fragrant. Hamamelis (Witch Hazel), Daphne, and Lonicera x purpusii 'Winter Beauty' are some classic examples. Out of all the winter flowers, it is the snowdrop that seems to get the most attention. You may have noticed openings for snowdrop walks. They have also become a collector's item. I saw a collection yesterday with over 600 varieties! A variety known as 'Galanthus plicatus' 'Golden Tears' when it was first made available fetched £1850 on eBay! Collectors of snowdrops are known as galanthophiles. For me though, I just enjoy seeing the common snowdrop on mass, carpeting a woodland floor.

It may surprise you that Snowdrops are not native to the British Isles. They were introduced by the Romans. Snowdrops are however native to Europe and the Middle East. There are a couple of Legends featuring the humble snowdrop. A Moldovan tale says there was a battle between Lady Spring and the Winter Witch. At one point Lady Spring cut her finger and a drop of blood fell to the ground. As the blood melted the snow, a snowdrop appeared. Its pure white flower became a symbol of Lady Spring's victory over the Winter Witch. In German Folklore, at the beginning of time they depict snow looking to

borrow a colour. The elements admired flowers and their array of colours. But snow was shunned when it begged for one of the colours of the flowers. The flowers felt snow was too unpleasant and cold. But the snowdrop took pity of snow and offered its colour.



Once the flowers start to fade, we have an opportunity to divide the clumps of snowdrops in the garden and disperse them further. This is often referred to 'Planting in the green'. We are fortunate at Whatton to have large drifts of snowdrops in various locations of the garden. They are often accompanied by Winter Aconite. By dividing the existing clumps, we help to stop them becoming congested and keep the vigour up. We do our best to ensure that they are planted at their original depth, as indicated by the white part of the stalk, turning green above ground. We also try to vary the size of the clumps to create a more natural look.

Now the snowdrops are in the flower, our optimism is renewed. There is the odd shoot here and there of other bulbs and perennials. It will not be long before we enter Spring.



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DRY STONE WALLS *An almost forgotten skill of yesteryear*

Some dry stone wall constructions in north-west Europe have been dated back to the Neolithic Age. In County Mayo, Ireland, an entire field system made from dry stone walls, since covered in peat, have been carbon-dated to 3800 BC.

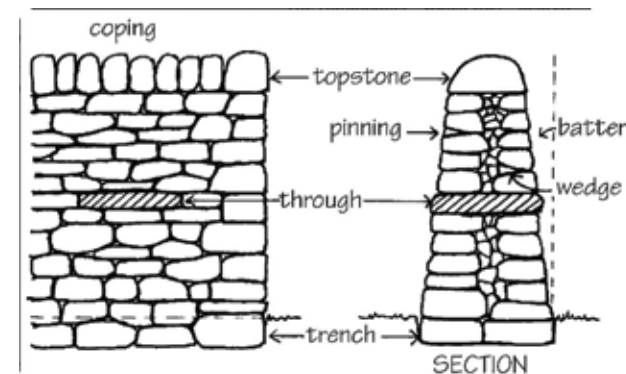
Britain is littered with them and some are centuries old. Some are made from rubble cleared from fields and some from quarried stones. They are home to numerous plants and wildlife.

So how is such a simple thing built to be so durable?

Perhaps the most common type of wall is called a "double" wall and is constructed by placing two rows of stones along the boundary to be walled.

The foundation stones are ideally set into the ground so as to rest firmly on the subsoil. The rows are composed of large flattish stones, diminishing in size as the wall rises. Smaller stones may be used as chocks in areas where the natural stone shape is more

greatly increasing the strength of the wall. Diminishing the width of the wall as it gets higher, as traditionally done in Britain, also strengthens the wall considerably. The voids between the facing stones are carefully packed



with smaller stones (filling, hearting).

The final layer on the top of the wall also consists of large stones, called capstones, coping stones or copes. As with the tie stones, the capstones span the entire width of the wall and prevent it breaking apart. In some areas, such as South Wales, there is a tradition of placing the coping stones on a final layer of flat stones slightly wider than the top of the wall proper.



ALEX IN AUSTRALIA

As we go to press, Alex Lowes has just completed his last test of his updated for 2023 Kawasaki ZX10 superbike at Philip Island near Melbourne.

By the end of the test he still hadn't gained complete confidence in the setup of the new bike and wasn't able to push it to its limits, especially in the gusting winds of the coastal circuit. He and the team will be pouring over data to find improvements before the race there between 24th and 26th February.

rounded. The walls are built up to the desired height layer-by-layer (course by course) and, at intervals, large tie-stones or through stones are placed which span both faces of the wall and sometimes project. These have the effect of bonding what would otherwise be two thin walls leaning against each other,

Village Easter Hunt

Join us on **Saturday 8th April between 10am and 2pm** for the **big Village Easter Hunt**.

Come to the Falcon gardens to collect the Hunt instructions (£2) then enjoy a walk along the village streets, finding the hidden Easter Treasures and their names. Stop off at school and the church for activities and treats, as well as more hunting around for Easter related icons.

Have you found all the Easter Treasure and solved the bonus question? Return to the pub to claim your Easter price, play some games, enjoy the cakes, a BBQ and a well-deserved rest.

You have an Easter Bonnet or a spring party hat, wear it!

We are hoping for a colourful stream of people along our streets. There will be an Easter themed photo booth with the photos taken, then appearing in an Easter special pull-out section of the village magazine.



This event is a collaboration between the Long Whatton Community Association, Knit & Natter, the school PTA and church with many thanks to the Falcon.

SLOW COOKER MACARONI CHEESE

Many countries have a profound love and deep historical connection to a version of this dish – including the United States, Canada, the United Kingdom, France and of course Italy, where pasta was first popularised in Europe. But with a trail of clues pointing to the Alps, it's possible that macaroni cheese's origins may in fact trace back to Switzerland. Americans especially love to claim macaroni cheese as their own, and indeed Kraft invented the boxed version using macaroni in 1937 at the height of the Great Depression, helping popularise it worldwide. But neither cheese nor macaroni were invented in the US, and tracing the dish takes us back centuries and to several accounts about its possible origins.

The word 'macaroni' has meant different things to different people over time. It appears in several old cookbooks, but none provide conclusive evidence of how, when or where the macaroni cheese dish evolved into the pasta bake of modern day. The International Pasta Organisation, traces the word 'macaroni' to the Greeks, who established the colony of Neopolis (modern day Naples) between 2000 and 1000BC, and appropriated a local dish made from barley-flour pasta and water called macaria, possibly named after a Greek goddess.

Liber de Coquina, a cookbook published in the beginning of the 14th Century by an anonymous Neapolitan, contains a recipe for 'de lasanis', sheet noodles cut into 5cm squares and sprinkled with grated cheese. While

historians believe this is the first time that pasta and cheese appear together in print, it's hardly the Macaroni Cheese dish loved by millions of people today.

The first published record of macaroni was in the 15th Century by author and epicure Maestro Martino from Valle di Blenio in the Duchy of Milano, Lombardy, in what is today Ticino, the Italian-speaking part of Switzerland. Martino's landmark cookbook Libro de Arte Coquinaria, published in the 1400s, contains

several macaroni dishes, including instructions on how to make the hollow tube pasta by wrapping the dough around a stick, as well as recipes for 'Maccaroni Romaneshi' and 'Maccaroni Siciliani', both of which are served from boiling pot to plate and garnished with butter, sweet spices and cheese.

This month our recipe is Slow Cooker Macaroni Cheese

What you need;

• 350g macaroni, 600ml

whole milk, 50g butter cubed, 50g soft cheese, 100g mature cheddar grated, 20g parmesan

What you do;

• Pour boiling water over the pasta and drain, then put everything in a slow cooker and stir well. Season, cover and cook on low for 1 hr. Stir again, put the lid back on and cook for another 30 mins until the pasta is cooked and the sauce has reduced enough to coat the macaroni.

• Leave the lid off and reduce for the last 10 mins if you need to, or add a splash more milk – this will depend on the size of your slow cooker and the brand. Serve with extra cheese.



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THURSDAY -	LOUGHBOROUGH: CHOOSE FROM TOWN CENTRE, SAINSBURYS OR TESCO
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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

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LONG WHATTON KARATE CLUB

As of 1st January the club is now affiliated with the FSK (Federation of Shotokan Karate) after transferring from the KUGB (Karate Union of Great Britain).

The Federation of Shotokan Karate (FSK) was founded in 1986 by Chairman and Chief Instructor Sensei Aidan Trimble (8th Dan). Sensei Trimble is a former World Champion, winning the World Karate title in Japan in 1983. He is based in Beeston, Nottingham at the Headquarters of the FSK (Hombu Dojo). Sensei Trimble has developed the FSK from its infancy into an international Karate federation recognised throughout the

who graded did really well and progressed to their next belts. Congratulations to the following:

Cataleya Dodoo – now 11 Kyu
Charlotte Thompson – now 10th Kyu
Jack Bradshaw – now 10th Kyu
Noah Darby – now 9th Mon
Grace Harlow – now 8th Mon
Lily Bradshaw – now 8th Mon
Logan Dodoo – now 7th Mon
Tom Gaskell – now 7th Mon
Isabella Taylor – now 6th Mon
Ian Gaskell – now 6th Kyu
Sophia Taylor – now 2nd Kyu



world. Widely regarded as one of the finest instructors of all-time, he is a phenomenally gifted technician and was a hugely successful competitor. It is therefore a huge honour for Sensei Ben and Sensei Leigh to now be recognised as two of Sensei Trimble's FSK instructors

As part of the transition to the FSK, it was a real coup for the club and the village that Sensei Trimble agreed to come to Long Whatton to run a training and grading session in the Community Centre on 28th January! Our students had the opportunity to train under the former world champion in their home dojo before 11 of our club members were assessed for their next belts.

We are delighted to announce that all those

We've again been delighted to have more new starters join us recently. If you are inspired to give karate a try, we run a junior class (5 years and above) from 5:45pm and

a second session from 6:45pm for our slightly older children and adults every Thursday at the Long Whatton Village Hall. Get in touch via our Facebook Page @longwhattonkarate, e-mail the club at longwhattonkarate@gmail.com, or contact the club secretary on 07714335598

CRICKET CLUB

Great news for budding cricketers. Allstars and Dynamos is on its way for 2023. The 8 weeks training course will be starting on the 9th May and you can start to sign up now.

The cricket club's AGM will be on the 10th March starting at 7.30 at the Falcon Pub.

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  

FEELING STRESSED AND ANXIOUS? *Health by Liz Jarrom*

Breathing is something we mostly take for granted, as it normally happens quite automatically and naturally, without us even having to think about it. But the way we breathe is very important and has a significant role to play in our physical, mental and emotional state.

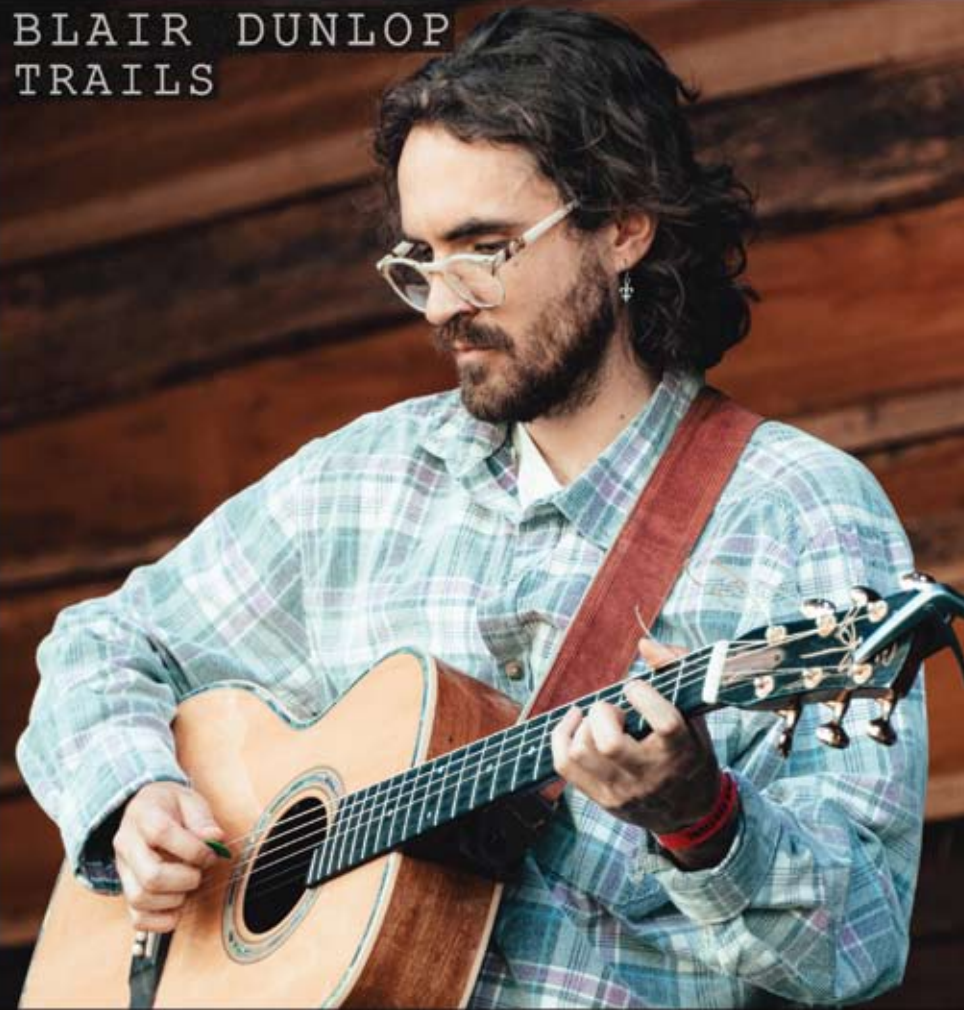
A study at the Department of Neurobiology at Stanford University in the US showed that taking a slow deliberate inhale, followed by a slightly longer exhale is a good way to reduce stress and increase positive feelings. Doing this for a few minutes helps calm the body and mind. This occurs because breathing in this, or a very similar way, has a physiological effect on the body. Firstly, sensors in the brain detect that the slow breathing has caused carbon dioxide levels in the blood to change, and they respond by slowing down the release of the stress hormone noradrenaline, which is the chemical messenger that causes anxiety. The slow breathing also stimulates the parasympathetic nervous system. This tells the body that all is well, so blood pressure drops, the heart rate slows and all the systems in the body can work at their optimum levels, helping it to stay healthy.

When we are feeling stressed, the body goes into flight and fight, and the breathing becomes faster and shallower. We may even hold our breath for a while without realizing we are doing it. This causes the body to slow down many essential repairs and functions, as it prioritizes sending resources to the muscles, so we can fight or run. Many normal processes, such as digestion and the optimum functioning of the immune system, are compromised while this is happening. This does little harm if it is occurring for a short time only, and only occasionally. Remaining in a stressed state over a longer period, or frequently, is not ideal, as chronic stress damages the body. The good news is that by becoming aware of our breath, we can

take notice of how we are breathing and notice that we are getting stressed and correct it. Other slow breathing techniques work just as well, but the crucial thing seems to be making sure the breathing is slow and steady, and the exhale is equal to or longer than the inhale, and to keep doing it for a few minutes at a time. Breathing in steadily for 6 seconds, and out for 6 seconds brings about a state called heart coherence. This state regulates the heartbeat, causing it to slow down and beat in an even rhythm. When the heart is in this state of coherence, it works more efficiently, and pumps the blood more effectively, improving circulation and oxygen distribution around the body. But the heart is not just a pump. When it is in a state of coherence, it signals to the brain that all is well. The heart and brain then synchronize their electrical activity, and we achieve a state of calm focused awareness, which enables us to think clearly, and this helps us with problem solving and creativity.

Sleep patterns and duration can also improve, and pain may be relieved as the body is more relaxed which enables it to heal more effectively. It's best to notice the breath at regular intervals during the day, to become aware of how you are breathing, and especially if you feel stressed. Practice doing the slow controlled breathing for a few minutes at certain times of the day. First thing in the morning and in the evening can be most effective, but as the breath is always with us, it's possible to practice it at any time during the day, and especially if you feel stressed, or have a stressful task you must do. In the words of Professor of psychology, Ian Robertson, of Trinity College Dublin, "deep breathing is the most precise, side effect free, pharmaceutical you can give yourself. You can do it in a meeting, and no one needs to know. It works like a mini reset button for the brain. A effect, a mini tranquilizer."

BLAIR DUNLOP TRAILS



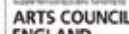
Award winning singer songwriter Blair Dunlop brings his experience of the Australian 'Festival of Small Halls', playing remote shows to isolated communities, back to the UK. It is a documentation of a time and a place and will include songs from the album as well as tales from the road.

LONG WHATTON COMMUNITY CENTRE (LE12 5DB)

Saturday 15 April, 7:30pm

£12.00 (Standard)

BOOK NOW: Tickets from Long Whatton shop and Farm Shop, text or call 07964 824108
liveandlocal.org.uk



COMMUNITY ASSOCIATION A.G.M.

Dear Long Whatton villager,
I am writing to invite you to the Annual General Meeting of the Community Association on Tuesday 14th March 2023 in the Friendship Centre. Council, Management Committee and Officers will be elected at this meeting and nominations for either Council or Management must be sent to the Secretary or Chair on or before the 14th March 2023 on the slip below.

As a resident of Long Whatton you are automatically a member of the Community Association and are entitled to come along to the Annual General Meeting and vote. Existing individual members of Management and Council need to complete a nomination for re-election. Representatives of affiliated groups do not need to be nominated, but each affiliated group should send details of their representative. Further details can be obtained by telephoning the chair on 07780 097997.

We will be holding the AGM in the Friendship Centre. As an Association we are working towards being the leaseholders of the

Friendship Centre from 1/3/23 following on from the Guide Association who have leased and run the building so effectively and lovingly for many years. We think it important to have a place where village and other events can take place. We would welcome new members to help us as we take on this opportunity and challenge to offer this facility and village focus relevant to today.

I look forward to seeing you on 14th March. Thank you,

Viv Matravers, Chair.

Agenda

1. *Apologies for absence*
2. *Minutes of the last AGM*
3. *Matters Arising*
4. *Chairman's Report*
5. *Presentation of Financial Report*
6. *Appointment of Hon. Auditors.*
7. *Affiliation fees and charges*
8. *Election of Council Members*
9. *Election of Chairman, Officers*
10. *Any other business to include update of Friendship Centre lease*

INDIVIDUAL NOMINATION FOR COUNCIL/MANAGEMENT REPRESENTATIVE* AND TRUSTEE of the COMMUNITY ASSOCIATION *Delete the inapplicable

Nominee.....

Address.....

Postcode..... Tel No.....

Proposed by..... Address.....

Seconded by..... Address.....

Signature of nominee agreeing to standDate

Date of birth of nominee as required by Charity Commission

Return to Silke Walker, 78 Main Street, Long Whatton or

Viv Matravers, Manor Farm, Main Street, Long Whatton



Easter Hunt

Starting @ 10am from the pub

Saturday 8th April

Hosted by The Falcon on behalf of The Long
Whatton Village Community Association

£2.00 entry

Prizes for the best Easter Bonnet

Stalls and refreshments will be available

Happy Easter