## Long Whatton News



## Nature Notes: A

statue created to celebrate the life of Eric Scott-Parker, a larger than life character who contributed a great deal to the village

was unvieled in October after a seven year gestation period.

Also in this issue, there's a little sport, a lot of gardening and some scarecrows.



#### - NOW TAKING FESTIVE BOOKINGS -

TABLES AVAILABLE FOR CHRISTMAS EVE AND BOXING DAY





#### - NEW FESTIVE MENU STARTING 20TH NOVEMBER -

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AVAILABLE FOR PRIVATE HIRE CHRISTMAS EVE, CHRISTMAS DAY AND BOXING DAY

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#### KNIT & NATTER Remembrance

Following the group's competition winning scarecrow Knit and Natter are busy making poppies and poppy wreaths for Remembrance Sunday which should be on sale in the village shop. Alternatively you can call Lesley on 01509 506714 to order them. All proceeds are donated to the Royal British Legion. The group meet the first and third Friday of the month in the Falcon between 10-12pm.



### THE FRIENDSHIP CENTRE

The community association has taken over the running of the Friendship Centre which is located near the church. The centre is available for hire and you can make your booking online at www.hallbookingonline.com/longwhatton/

The cost of hire is £10.00 per hour with a minimum booking of 2 hours.

#### **CRICKET CLUB**

We have been preparing the ground for the winter period and completing some maintenance work. If you feel you would like to volunteer at the cricket club there are always hedges and grass to cut. Please contact us via email LongWhattoncricket@gmail.com.

We are also getting ready for Bonfire Night and would like to thank you in advance for supporting us to make the Bonfire Night event safe and fun.

This years display takes place on Saturday 4th November, gates open 6pm, bonfire 7pm.

## **ABOUT THE LONG WHATTON NEWS**

The Long Whatton News is produced twelve times a year and is delivered free of charge to every home in the village every month.

We aim to distribute the magazine around the 1st of each month.

## **WE WANT YOUR NEWS**

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

Text us, WhatsApp us or email us longwhattonnews@gmail.com

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

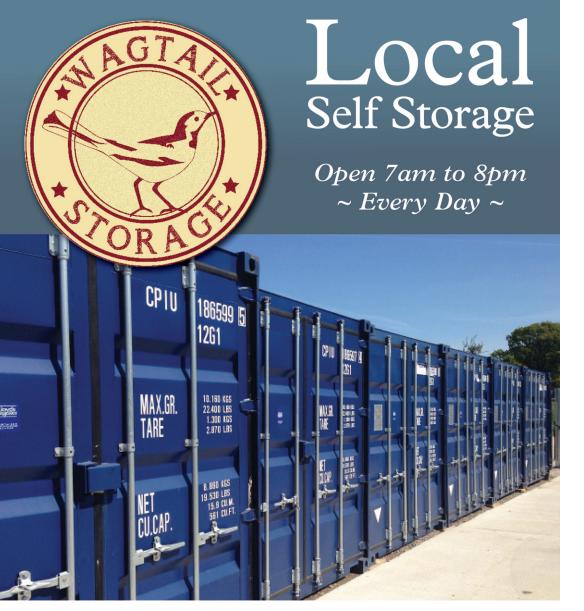
The online version can be found on: www.longwhattonnews.co.uk

## THE TEAM

Penny de Kock 07393 407896 Neil Bamford 07921 855607

## **COPY DEADLINE**

The copy deadline for articles for the December issue is 17th November.



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## NATURE NOTES SCULPTURE - Eric Scott-Parker

Seventy two years ago, in 1951, a chap named Eric Scott- Parker arrived in Long

Whatton to live in the village and work on the Whatton Estate. From 1960 he began work as a stockman for B. S. Cawdell and Sons at Manor Farm and remained there for the next 34 years.

Starting in 1975 Eric, a great nature-lover, wrote a feature called 'Nature Notes' in the Long Whatton News magazine every month for the next forty years.

His friends describe him as a prankster others say he was very grounded and had a knack for putting problems in perspective. He was also well known for driving

through the village on an old tractor and trailer and giving rides to children. Altogether, a larger than life character.



Eric in his natural habitat - the Falcon Inn



But he made the newspapers after digging his own grave at All Saints church (with

permission) and when he died at age 79 in 2015, he was buried in a coffin he had made from a wardrobe.

A carved statue, entitled 'Nature Notes' to commemorate Eric and his love for nature was unveiled on 7th October to a large gathering. The design features some of Erics most written about subjects.

It is situated on the grass verge on Main Street, fittingly half way between Barnfield Close where Eric used to live, and the Falcon Inn, where he spent a good deal of his spare time.

The idea for the statue was conceived back in 2016 by Long Whatton Community Association, but it has taken until now to get through the design, planning permissions and funding hurdles, and finally the carving.

East Midlands Airport and the Long Whatton Karate Club are amongst the contributors.

## KARATE CLUB Donation

The club was delighted to have the opportunity to support the village and provide

a level of sponsorship towards the new Nature Notes Sculpture. The unveiling of this sculpture on the 7th October was a special occasion for the community, and was a credit to the hard work completed by the local Community Association. We would like to thank them for the opportunity to attend the unveiling and to congratulate them on a wonderful event. LWCC





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# 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

#### HE WENT TO ARNHEM

He went to Arnhem one September day As one small part of one huge cavalcade Which stretched for miles across the English sky.

While people made their leisured way from church

Looked up and saw great Transports, some alone

And others towing gliders in their wake. He flying one of them. A focused mind On landing somewhere in a foreign field.

Like many more born to that day and age He had a fascination with the sky.
Once I remember at his mother's house I but a boy and he an older boy He'd proudly showed me models he had made Of Spitfire, Sterling, Whitley, Lancaster. His mother, that dear soul, put out a plea That he should come to church along with us. He made polite excuse that he must change The school cadets were having a parade. She sadly smiled and knew that he must go.

I called to see him one September day
I in my seventies. He had scarcely aged.
Twenty, the white stone said above the cross
And under it two moving lines of verse
Quotation from his mother's favourite hymn.
"And from ground there blossoms red
Life that shall endless be."

It's here Dutch shildren some to leve their

It's here Dutch children come to lay their flowers

And speak the name of their adopted man Who gave his life that they might grow up free.

I plant a poppy on a little cross Stand back, eyes wet, inadequate I know. Envy or pity that he died so young There really should be some Eternal Truth But this the only truth I really know He went to Arnhem, stayed at Oosterbeek Among his friends for all eternity.

A peom by David Griffiths.

\*Oosterbeek is the Airbourne Cemetry outside
Arnhem.

## **ALL SAINTS CHURCH**

## News for November

All Saints Church have three services this month:

Sunday 5 November 10.30 - inside/outside church. Communion service inside and worship walk outside (well behaved dogs on leads welcome).

Sunday 12 November - Remembrance service. Gather at the war memorial at 10.45. Wreaths will be laid, the last post played 2 minute silence observed, reveille played, followed by a service in church.

Sunday 19 November 10.30. - Benefice communion service. Please do stay for refreshments after our services.

There is some work to do on a few of the Yew trees in the churchyard. We hope this will be done this month. It will be done with as little disruption as possible both to the village and the wildlife. The pavement adjacent to the church wall will be closed for a very short time on one day and we apologise for this. The work will be done between drop off and collection time for the school.

Thank you to everyone for the thoughtful and generous harvest boxes presented at the school harvest festival and to the children for their messages and prayers. Thank you too to those who collected them from the church porch for delivery and distribution at the Shepshed food bank. These acts of kindness and the giving of time make a huge difference . Thank you all.

Our vicar Reverend Louise Corke works part time in our parish. If you would like to get in contact with her please email her at words.th@talktalk.net

For enquires about weddings and baptisms please contact our parish administrator Sarah pa.ljw@outlook.com. Please feel free to contact me. Thank you.

Viv Matravers, v@manororganicfarm.co.uk, 07780 097997



# Christmas Crafts afternoon

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

Saturday 2<sup>nd</sup> December 3 till 5pm



£4 per child

pre-booking encouraged, ring Val on 01509 646 031

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



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

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



## THE MINSTER COMMUNITIES Rev. Louise Corke

What's going on with Minster Communities? To help secure the long term future of our parishes, the churches in this diocese are in the process of forming Minster Communities: groupings of churches which can be sustainable and with local mission at their heart. All dioceses are having to wrestle with similar challenges around buildings, finance and ministry and all are coming up with solutions which they hope and pray will best serve them in their particular context. Leicester diocese has chosen to do this in a way which is participatory and open, and at every stage is involving local churches in prayerful discussion and collaboration.

How is it happening? Churches within a large area are invited to join a three-phase process with diocesan facilitators. In phase one – 'Preparing' – there is time for churches to consider their own strengths and weaknesses, to take note of the local opportunities and to find similarities with other parishes. At the end of this phase, the smaller groupings of Minster Communities will start to form. In

the second phase – 'Forming' – small working groups will be drawn from across the churches to do the detailed work of understanding how we can collaborate and share resources so that we can still worship, grow in faith and serve our local communities. Out of this a Minster Community proposal will be crafted. The third phase – 'Living' – is when the new Minster Community begins to live out their shared vision and develop its gov.

What might it look like? A Minster Community might choose to focus on a schools chaplaincy network, or on rural mental health support, maybe developing a network of lay leaders, ecological work, collaborating on social projects too big for a single parish, or any number of other options.

All the churches in Charnwood and North West Leicestershire are just beginning this process, out of which there might form four new Minster Communities. Do talk to your church folk about this. Some really helpful FAQs can be found at https://leicester.anglican.org/about-us/sbgt/

## DIARY What's going on in the village?

Village Coffee Morning @ The Falcon Inn The coffee morning will be held on Monday 13th November 2023, 10:30am till 12 at The Falcon Inn, if you would like to join us please contact us to select your meal choice.

Coffee Morning @ All Saints Church There will be a coffee morning on 24th November 2023 at 10.30am to 12 o'clock. If you would like more information for either of these or need a lift to The Falcon Inn, please contact Jane Scholtz 073 9334 9009 or 01509 842736 or Penny de Kock on 07393407896 or just join us on the day. Both mornings are a great way to meet new people and hear about the history of the village from residents.

Knit & Natter Group - held on the 1st and 3rd Friday in the month, 10 to 11.30am at the

Falcon Inn, no charge just pay for tea or coffee, experience not essential.

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

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

## WHATTON HOUSE GARDENS: Michaelmas daises by William Stanger

Michaelmas daises as their name suggests flower around time of Michaelmas (Sept 29th). Flowering starts in August and normally finishes in Oct. Botanically their names have got more difficult to remember as of 2015. Most of them were known as Aster, short, easy to remember and pronounce. But now the botanists have split the Genus up, so a lot of the Asters are now Symphyotrichum, some are Eurybia and others Galatella.

The Italian Asters are still classified as Aster. We grow a hybrid called Aster frikartii 'Monch' which is very long flowering, it starts in early August and keeps going till the first frost. Aster x frikartii 'Wunder von Stäfa' is a shorter version but otherwise very similar. The x frikartii hybrid dates back more than 100 years. A shorter growing, longer flowering Himalayan

species, Aster thomsonii, had just been introduced into England, and Rev Charles Wolley-Dod, a clergyman and plantsman, had the idea of crossing it with the taller,

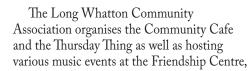


Aster × frikartii 'Mönch'

short-flowering Italian Aster amellus which had been growing in the British Isles for three centuries.

Wolley-Dod raised seedlings which he

## **COMMUNITY ASSOCIATION**



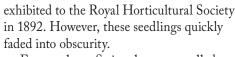
We meet once a month in the Friendship Centre and are always looking for extra helpers and fresh ideas.

If you would like to get involved and contribute to life in Long Whatton, please get in touch with Silke on 07964 824 108, or visit the Community Café to make suggestions of what you would like to happen in the village.

At present all money raised goes towards paying the bills at the Friendship Centre.

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

LONGWHATTONNEWS@GMAIL.COM



Fortunatley, a Swiss plantsman called Frikart made the same cross at his nursery at Stafa, and by 1918 had raised three new cultivars, naming them after Swiss Mountains: 'Mönch', 'Eiger' and 'Jungfrau'. 'Jungfrau' and 'Eiger' remain good, rich lilacs/purples - the only real difference being that 'Jungfrau' is more compact (2 feet rather than 2.5 feet) and floriferous. 'Monch' is a paler lavender and grows to 3 feet - it also has the Royal Horticultural Society Award of Garden Merit! In 1924 a fourth was added, 'Wunder von Stäfa'.



aster ageratoides asran

The Aster x frikartii hybrids and A. amellus are reasonably drought tolerant and don't suffer from powdery mildew. We also have a few selections of Symphyotrichum novae-angliae (New England Aster) and Symphyotrichum novi-belgii (New York aster). I prefer S. novae-angliae cultivars as they are drought tolerant and mildew resistant. S. novi-belgii however is not so forgiving. So far, the species mentioned like full sun. There are a few that will take shade, even dry shade. These include Aster ageratoides, Eurybia divaricate, E. herveyi



aster ageratoides asran

and Symphyotrichum 'Primrose Path'. They are very useful for adding some flower power at the end of the season following on from Japanese Anemones.

There are a number of Asters/
Michaelmas daises in the main herbaceous border ripe for division. In fact, many Asters need dividing regularly to maintain good vigour. It can be done every two-four years, with the advantage of producing lots of the new plants. The perennial sunflowers that were divided last year have settled in well, and have put on an excellent display through September going into October. And there is still plenty of them in the herbaceous border that can be divided and moved!



aster ageratoides asran



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- MONDAY MORRISONS COALVILLE FORTNIGHTLY
- \* TUESDAY SHEPSHED CO-OP AND A COFFEE AT CAFÉ
- \* THURSDAY LOUGHBOROUGH

DROPPING OFF AT SAINSBURYS, WILKINSONS AND NEAR QUEENS PARK PICK UP FROM QUEENS PARK (PACKE STREET)

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#### 2023 HOLIDAYS

08 Dec	Thursford Xmas Show	3 Days	28 Mar	Easter in Sidmouth
23 Dec	Xmas in Gt. Yarmouth	5 Days	01 Apr	Whitby Wonders

4 Days

#### 2024 HOLIDAYS

30 Dec New Year in Oxford

20 Feb	Get-Together Weekend	3 Days
11 Mar	Eastbourne & Hastings	5 Days
18 Mar	Spring in to the Lakes	5 Days

#### **Loughborough Market**

Come & see us on Thursday Markets:-FROM JANUARY 2024! (Find dates on our website later in year)

#### 2024 HOLIDAYS

20 Mar	Easter in Sidmouth	5 Days
01 Apr	Whitby Wonders	5 Days
08 Apr	Tenby & Mumbles	5 Days
15 Apr	All New Isle of Wight	5 Days
28 Apr	Spring Mystery Wknd	3 Days
05 May	Grand Hebridean Adv.	7 Days
13 May	<b>Devon Delights</b>	5 Days
<b>20 May</b>	Bournemouth/Beaulieu	5 Days
27 May	Gourmet Yorkshire	5 Days
22 Jun	Jersey-by-Air (Escorted)	8 Days
19 Jul	Isle of Man	5 Days

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### SCARECROW COMPETITION the votes are in!

Congratulations to the Knit and Natter Group for accumulating the most votes to win first prize in the Scarecrow competition!

Miss Bits and Bobs (pictured right) was a combined effort from the group using bits and bobs of remnants and wool hence the name.









## LONG WHATTON NEWS Advertising rates

Half page £12 EPS and TIFF formats although PDF is the

148mm wide x 210mm deep plus 3mm

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## KARATE CLUB Successful fourth grading of the year

On 17th September our fourth grading opportunity of the year took place in Beeston. A record number of our students were joined by students from other clubs from around the region. After a brief warm up, the grading took place under the watchful eye of Sensei Aidan Trimble (8th Dan Black Belt and Chair of the FSK – Federation of Shotokan Karate). 16 of our club members were in action, being assessed on their basics, kata (set pattern of moves) and kumite (sparring). We are pleased to announce that all of them were successful in gaining their next belt. Congratulations to the following:

looking forward to our final grading opportunity in December where we hope to have more success stories to share.

Interested in giving karate a try? Right now is the perfect time to take advantage of our free trial session offer to see if it is for you! 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 in the Long Whatton school hall. Get in touch via our Facebook Page @ longwhatton karate, e-mail the club at longwhattonkarate@gmail.com, or contact the club secretary on 07714335598





Now white and orange belt (11th Kyu): Arthur Shaw, Douglas Shaw Kira Kizmaly, Matthew Thompson

Now white and red belt (10th Kyu): Katie Gaskell., Philip Milner Cataleya Dodoo

Now red and white belt (8th Mon): Noah Darby

Now yellow belt (7th Kyu): Tom Gaskell, Tommy Fisher Matt Doyle

Now green and white belt (6th Mon): Logan Dodoo, Rosie Rands

Now green belt (6th Kyu):

Isabella Taylor

Now Purple belt (5th Kyu): Jack Clark, John Clark

We're so proud of everyone and are already

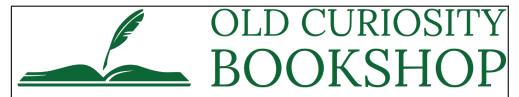
## **ALEX'S** Portimao misfortune

At the penultimate round - Portimao in Portugal, Alex qualified second, one tenth behind his team mate, Rea.

The front row start helped with a fifth place finish in race one - fending off Gardner and Van De Mark to the end.

A crash early on in the Sunday Sprint race, whilst trying to avoid trouble ahead, put paid to his hopes for the weekend as he was pulled out of the last race by the team, after the spill left his knee feeling less than 100% after surgery only weeks before.

Currently 9th in the championship, Alex and the team are preparing for the final round of the season at Jerez in Spain.







## Second-hand Bookshop 50,000 titles to browse.

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



## ULTRA PROCESSED FOODS Health by Liz Jarrom

We have been hearing lots about the problems associated with the consumption of ultra processed foods, and their negative impacts on our physical health. Now, new research, by high profile nutritional scientists ihighlights another worrying consequence – it's impact on mental health. Neuroscientists and psychiatrists are now seeing links between diet and mental health issues, especially depression.

A study, published recently, by Harvard Medical School, tracked the eating habits of 31,000 people over a time period of 14 years. They screened for other factors that could affect mental health such as higher than average alcohol consumption, obesity and lack of sleep. The results revealed that eating nine portions of ultra processed foods a day was associated with a 50% increased risk of becoming depressed, compared to those who ate four portions or less. One of the strongest associations of risk, was with the consumption of food and drink that contained artificial sweeteners, such as saccharine and aspartame, in fizzy drinks and fruit squashes. They also found a link to an increased risk of developing dementia.

Defining what an ultra processed food actually is helps show why health problems could be increasing in people who eat a lot of them. If the label on the product contains more than 5 ingredients, or the list contains words like emulsifiers, artificial sweeteners, flavourings and anything else that sounds like an additive, beware. Any packet, jar, tin, bottle or carton will have a list of ingredients.

In 2020, researchers across the globe asked some participants to eat certain ultra processed foods during a week-long trial. All had 2 take away meals and eight big Belgian waffles, whose deep holes were drizzled with cheap ice cream, melted margarine or a

sugary syrup. After the trial, when they were back on their regular food intake once again, these participants completed some cognitive assessments, to test the working and efficiency of their hippocampus, which is the area of the brain involved in memory, learning, emotional processing and mood. Their results were compared with another group taking the test, who ate a nutritious Mediterranean type diet, and no or very little processed food and drink. The waffle and take away group performed badly in the cognitive testing when compared to the Mediterranean diet group's results. On a positive note, once the waffle group were eating a good diet again, and were retested 3 weeks later, their cognitive abilities improved to close to the healthy group's results. The scientists concluded that eating just a small amount of ultra processed food can have a bad effect on the function and size of the hippocampus, but returning to eating a healthy diet, improved the function and size of the hippocampus to normal or close to it in less than 3 weeks.

It seems that the lack of nutrients, overload of refined sugars, bad fats and salt contained in the ultra processed food and drink damages many parts of the body, and causes malfunctions, including within the microbiome, the trillions of helpful bugs that live in our bowel. Ultra processed food and drink contains chemicals that can cause a greatly increased inflammatory response from these gut bugs, which are an important part of our immune system. These inflammatory signals can cause the release of harmful proteins which weakens the barrier between the brain and the rest of the body. This can allow pathogens to cross over and affect the brain's ability to make the right connections between its cells. This shows up as more activity in areas of the brain associated with

## 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?

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

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



#### **ULTRA PROCESSED FOODS** continued

depression and anxiety.

Eating a healthy diet is one of the best things we can do to improve our mental and physical health. Dr Carmine Pariante, professor of biological neuroscience at The Institute of Psychiatry at King's College London has this advice for us all. "Eat lots

of foods that are in their most natural state, and are fibre rich. These include fresh fruits, vegetables, cereals, beans and pulses. It is the simplest thing we, as individuals, can do to improve our mental health. More research is needed, but evidence from a lot of studies are pointing us in this direction."

## GARDENING TIPS by Shirley Blyth

I woke this morning to the first frost of the autumn. It is a reminder that November can be as beautiful as it can be raw and damp. Berries, colourful stems and textured bark have taken over from flowers as interest in the garden on the dullest of days.

Jobs in the garden this month: Clear out bird boxes with care, wear gloves as bees could be nesting. Put out food for the birds.

Don't have a bonfire without first checking for hibernating hedgehogs.

If you decorated a pumpkin last month, add it to your compost bin, not your garden or black bin. Also collect fallen leaves and put them in a punctured black sack to create leaf mould. Protect newly planted trees and shrubs, alpines and tender plants from the winter weather. Lift dahlias and put in the greenhouse or shed to dry off before storing in dry sand or soil. If you haven't done it already, plant your spring bulbs before the soil becomes too wet and cold. Plant garlic, if you haven't done it yet. Also plant bare rooted rose bushes this month.

Plants for interest in November: Callicarpa - not called the beauty bush for nothing. The mauve berries add real interest in a garden.

Garden Chrysanthemums - these are tough as old boots and look impressive now. Euonymus alatus - the cherry red leaves and the textured bark makes this a must have in my garden.

Lonicera fragrantissima - has richly scented

flowers and looks stunning grown with winter jasmine or clematis in the summer. Rosa moyesii - grown for its bullet-shaped

Next year, probably from March onwards, I am thinking of restarting the Village garden club again. We will hopefully have plant swaps, share gardening tips, operate a garden tool swap for members and as we progress book speakers to come to talk to us. The pre-Covid club always involved a cuppa and a slice of cake and was very popular. If you are interested, please let me know. I will be attending the church coffee morning later this month (see the date in this magazine).

Happy gardening until next month.

#### **WILLIAM WILKINS WAIN**

I have received an email from Paul Wain who is looking for someone to assist him and his father, lay a wreath at the War Memorial on Remembrance Sunday, in memory of William Wilkins Wain. William was born in the village and attended Long Whatton School. His parents were Thomas and Ellen Wilkins

He died on the 1st of July 1916, aged 22, on the first day of the battle of the Somme. If you are related to William and or would like to assist, then please contact me, Geoff Smith on geoff472015@outlook.com or 01509 842306 and I will put you in contact with Paul.

