

# Long Whetton News

SEPTEMBER 2023



*This issue* features the second part of Enid's Land Army years, lots of gardening, a strange caterpillar, the cricket clubs youngsters, an unusual

macaroni, coffee opportunities, exotic animals in far away places, health tips and a dodgy roof.

Welcome to the September edition.

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## EDITORS NOTES

Thank you Viv Matravers for the photo of All Saints Church which appears on the front cover. The church is in need of roof repairs. More about that on page eighteen.

It has been a while since we thanked

all the people who support this magazine - distributors, contributors and financially. Thank you all. We are always looking for new advertisers. Adverts start from £7 per month. We would love to help.

## THE FARMERS WIFE *A poem by David Griffiths*

My husband is a farmer  
I hardly need to say-  
Although his head is in the clouds  
His feet are in the clay.

He thinks he is a weatherman,  
He's really just a pain,  
I need the sun to dry the clothes  
He says the farm needs rain!

Don't dare to mention DEFRA,  
It sets him in a rage,  
The same with Common market,  
Best turn the page.

We have a one and only son-  
A very handsome lad,

He talks of tractors all day long  
Exactly like his Dad.

We go on holidays sometimes,  
We nearly got to Rome,  
He said "The weather's picking up,  
We'd best make haste for home".

You ask me why I married him?  
I don't do things in halves,  
Someone has to do the books  
And then muck-out the calves!

No worries on fidelity  
No need there for alarm,  
At least I feel I'm safe with him,  
He's wedded to the farm.

## ABOUT THE LONG WHATTON NEWS

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

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

## WE WANT YOUR NEWS

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

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

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

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

## THE TEAM

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## COPY DEADLINE

The copy deadline for articles for the October issue is 16th September.





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## MORE KWIK CRICKET SUCCESS *Cricket Club*



Pictured above are the LWCC U10s who played two teams from Loughborough Greenfields on the 11th August winning both games!



Long Whatton Cricket Club's U11s Incrediballs Team, pictured here, played Newtown Linford away, on the 4th August winning 284-216

## WORLD SUPERBIKES *Alex at the Czech round*

The Most circuit in the Czech Republic was host to round eight of the championship at the end of July.

Following a relatively low (for Alex) qualifying spot of 12th, he suffered a mediocre start in race one and front end slides in the early stages, losing vital time and dropping to 18th. But with 22 laps to play with Alex pushed on and clawed his way back to 9th at the chequered flag to grab some valuable points from a difficult situation.

A better start in the ten-lap superpole race enabled Alex to move up to 6th on the second lap, which he maintained in a race long battle with Remy Gardner, who stole the advantage across the line, demoting Alex to 7th.

Another decent start in the final outing promised a good result, but a collision from behind by Petrucci on lap 4 whilst at the apex of turn 6 caused the Whatton resident to lose ten seconds and dropped him back to 14th

place. Embroiled in mid field battles Alex dropped to 15th before regaining 14th to the finish line.

Alex sits 8th in the championship standings as the teams go in to the summer break although the team are testing at Motorland Aragon in Spain late in August.



## GET YOUR CAFFIENE FIX *and have a natter*

*Village Coffee Morning @ The Falcon Inn* - There will be a coffee morning on Monday 11th September 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 23rd September 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 these coffee mornings are a fantastic way to meet new people and to have a natter, hear all about the history of Long Whatton and life stories of people 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.

### *New Community Cafe.*

Starting weekly from Thursday 7th September at the Friendship Centre and is open from 10am till 12 noon.

Meet up with friends and enjoy a cup of fresh coffee or tea, or pop in on the way to or from the shop and take a break.

See you there!

## LONG WHATTON LADIES W.I.

A representative from WI House in Leicester will be coming to the Friendship Centre on Tuesday September 19th at 7.00pm to talk about restarting the Long Whatton Women's Institute group.

Everyone who is interested is welcome, if you are unable to attend or for more information please contact Lesley Giles on 01509 506714.

## SAY A WELCOME HELLO TO AUTUMN *Revd Emily*

Are you well rested? Did you spend the summer dipping your toes into warm seas and exploring new and exciting places? Or like me did you dodge the storms and heatwaves and stay at home?

Well, however you've spent the last few months, summer is drawing to a close. The children are back at

school, the harvest is mostly gathered in and the autumn equinox is towards the end of the month. (21st Sept).

I love this time of year, it's an opportunity to get things organised, a new diary, a new pencil case and new shoes at the ready!

It's also a time of stunning changes in our environment, most of our summer fruits are squeezed into freezers or have been conjured into jams and chutneys, so now comes the season of stunning leaf displays and nuts. This is my first year for a long time without a walnut tree in my garden so this year I will have to travel our footpaths and wild spaces to gather what wild food I can find. It's always a race with the local squirrels and if I manage to get there ahead of them, I will ensure plenty is left behind for their wild larder. If you see me basket in hand down a lane near you, please stop me and have a chat and pass on any local foraging knowledge you may have.

There is something lovely about a harvest

collected by your own hand drying out around your home ready for when its evenings next to the fire and the woollies are out of storage.

September may seem a bit early to prepare for Winter, but if like me you are energised by frosty mornings and woodsmoke this season of preparation is all part of the fun. If not take

a little time to adjust to the season, be kind to yourself and find the autumnal things that make you smile as we wave goodbye to this summer and hello to autumn.

Every blessing Revd Emily

*"The season of stunning leaf displays and nuts."*

## BELTON GARDENING CLUB

The club will resume its autumn talks programme at the end of September and it warmly welcomes visitors and existing members. We are a friendly group who like to meet and socialise with the general aim being the enjoyment of gardening in all its forms. There are several members who live in the Long Whatton area and we are open to seeing more new faces.

Our meetings are held in Belton Village Hall, starting at 7.30pm on the last Tuesday of each month. Talks usually last about an hour and then free tea, coffee and biscuits are provided. For visitors there is a £4 entry fee. The remainder of this years meetings are as follows:-

September 26th - "Designing your ideal garden" by Darren Rudge (a West Midlands local radio and TV personality)

October 31st - Photo show and results of club photo competition

November 28th - "Weird, wonderful and wicked wild flowers" by Brian Hammond

December 12th - Christmas Social

If anyone would like further details please contact us on [beltongardeningclub@gmail.com](mailto:beltongardeningclub@gmail.com)

Bob Elson

## 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



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*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**



## THE ELEPHANT HAWK MOTH

The elephant hawk moth is a large pink and olive green moth but it is the larvae that are often found in gardens especially on fuchsia usually in late summer to early autumn.



*An Elephant Hawk Moth Caterpillar enjoying Doug Bonham's garden.*

The caterpillars are brown or green and are quite large, reaching 8cm in length, with distinctive black and pink eye spots and a small black horn on the rear end. They feed on leaves but extensive damage to garden plants is rare and they are effective pollinators.

When alarmed, the caterpillar pulls its head into its thorax which then looks swollen;

this causes the two pairs of eye spot markings at the front end of the body to become more prominent giving the impression of a large false head, a defensive mechanism thought to make the caterpillar look snake-like and unappetising to predators.



The caterpillar spends winter as a pupa and emerges in May of the following year as a large (wing span 62-72mm) pink and olive green moth. Like most moths the adults are night-flying and so often go unseen unless attracted to light.

## LONG WHATTON NEWS *Advertising rates*

6 months per month	One off per month
Full page £18	Full page £22
Half page £12	Half page £14
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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.

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## ALL SAINTS CHURCH NEWS *and dates for September*

Our diary this month:

*Sunday 3 September 10.30* Inside/outside church. Gather outside for those who wish to walk and take our worship with us as we walk. It will be a more buggy friendly route this month! Dogs welcome on a lead. A Holy Communion service is held inside the church for those who are church based.

*Sunday 17 September 10.30.* Benefice holy communion service. All welcome and do stay for refreshments afterwards.

Saturday 9 September: we are open as part of 2023 Ride and Stride to welcome visitors and sign sponsorship forms.

[www.lhct.org.uk/ride-and-stride/](http://www.lhct.org.uk/ride-and-stride/)

Ride and Stride is the single largest source of income for many Historic Churches Trusts enabling them to make grants towards repairs and improvements to churches such as ourselves. Do visit the link above. Blue sponsorship forms are available in the church as well as on line as is the list of churches open in Leicestershire.

Saturday 23 September coffee morning 10.30 until midday. Meet and chat over homemade goodies.

Saturday 30 September 10.30 until 2.30 Autumn Fayre

The church will be decorated for Harvest Festival on Sunday 1 October and will look quite wonderful. Stalls to tempt you and help raise funds for this church: to include cakes and homemade goods, tombola, bric a brac, raffle, knitted goods, ploughman's lunches. If you are able to help out at all or have items for the above please let us know or simply deliver to the church porch or the porch way of Manor Farm (77 Main Street) by 15th September.

In the churchyard all the remaining areas of long grass have now been cut as the grasses and flowers have shed their seeds. There is

one area that has become too rough to mow and over the winter months we will do our best to level this and re lay the turf. As always help with this would be appreciated and if you feel able to do this please let me know. [v@manororganicfarm.co.uk](mailto:v@manororganicfarm.co.uk)

There is work to be done to some of the churchyard trees which we will tackle based on urgency and funds. Some canopy reduction to two of the Yews overhanging the road and one that needs coppicing to prevent it's boughs from breaking will be done first. Permission has been given from NWLDC tree officer.

The church is opened everyday to visit and for private prayer. Do include as a place to show visiting friends and family. A collection for the Shephed food bank is made from the green box in the church porch every week. Your donations of food and toiletries are very much appreciated and valued by those who need this worthy organisation.

The first point of contact: For weddings, funerals and baptisms is by email to our parish administrator Sarah [pa.ljw@outlook.com](mailto:pa.ljw@outlook.com). Our vicar Louise Corke works 3 days a week in the benefice ( covering 6 churches ) but can be contacted on 07549 027923.

Thank you, Viv Matravers 07780 097997

## 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

## WHATTON HOUSE GARDENS: *The Rose Garden by William Stanger*

If you have visited the gardens this year, you may have noticed that the upper part of the garden has been replanted. The old roses had reached a point where they were not worth persisting with. This might be a case of Rose Replant Disease or old age. The new roses have mostly settled in well and are entering their second flush of flowers.

Research in Germany has shown that roses secrete chemicals into the

soil that attract harmful bacteria.

When it comes to planting a new rose in the same location, it is infected by these harmful bacteria and fails to establish. You will find that any new growth is stunted, and when you dig it up, the roots have almost deteriorated to nothing. To combat this, it has proven effective to dig a hole, line it with a cardboard box, fill it with fresh soil and plant

the new rose in it. By the time the box has decomposed the rose has established and will not be affected by Rose Replant Disease.



*The Upper Rose Garden*



*Buff Beauty*

This is what we have done in the upper rose garden.

The new roses are mostly historic varieties,

to fit in with the historical narrative of the garden. They would have mostly been available when the 1st Lady Crawshaw laid out the garden. They also have the advantages of being poor soil and shade tolerant. At a latter date when they have put on more growth, we will use an old technique called pegging. This simply means pegging down the branches so they are more horizontal. This causes the branch to grow side shoots, which results in more flowers. It also covers more ground up, so there is less bare soil and fewer weeds.

Historic roses are divided into various groups. The roses we have chosen are from the groups Bourbon, Hybrid Perpetual and Hybrid Musks. To add more variety of colour we have used a more contemporary variety of shrub was, 'Westerland' bred in 1969 by Kordes. It

*"The new roses are mostly historic varieties...they would have mostly been available when the 1st Lady Crawshaw laid out the garden."*



*Ferdinand Picard*



*Boule de Neige*

has well scented apricot-orange flowers. I am also very fond of 'Buff Beauty' a Hybrid Musk bred by Bentall in 1939. Vigorous, fragrant, apricot-yellow. For some fun, we have included the Hybrid Perpetual 'Ferdinand Picard'. It is one of the most attractive striped roses. Sounds garish in writing but in real life it is an attractive thing.

Double, pink and crimson flowers with a lovely scented, bred by Tanne, in 1921. Then there is 'Boule de Neige' a Bourbon rose, bred by Lacharme in 1867. Full flowers of pure white with a strong fragrance. All the roses chosen are repeat flowering. I will leave the other varieties for you to discover later.



*Westerland*

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## WHAT DID YOU DO IN THE WAR MUMMY – *Enid Smith's life in the Land Army (Part 2)*

What did you do in the War Mummy ? - The second part of a first hand recollection of life in The Land Army by The late Enid Smith.

“Some milk was kept back for the milk round. With Dolly in the shafts I stood astride on the milk float with the reins in my hands thinking I was Bodicea. That was fun, meeting the public. Some came out to the float where I measured out their pints. Here and there I walked into houses, would read the note and take a jug from the dresser. Doors were left ajar Then-a-day, people trusted one another.

Helping with the birth of calves was exciting when there was a breech delivery. A span was tied around the partially delivered calve's legs and at the appropriate moment, we had to pull hard and hey presto, a delivery, not always with the first heave. Then Mum

would take over and begin to clean her offspring. A marvellous moment.

Working days were long in the summer from 5.30am til 11.00pm. Milking to haymaking and harvesting. In some fields cart horses pulled cutting machinery in others, large scythes were used. The grass dried on the ground, was raked into piles to toss onto haycarts, to be stacked in barns. Wheat, barley etc after cutting, was hand tied into sheaves then put into a stook, which was a wigwam formation, until dried. Cider, cheeses, pickles and crusty bread was enjoyed in the fields - was party to that!

Occasionally I accompanied Mr W and his wife to an Inn in Brent Knoll where I was able to play the piano. The military frequented that establishment so lots of old time sing-a-longs went on. What made life so sweet for me there,

was the fact that Dame Myra Hess, the celebrated pianist, who gave lunchtime concerts in St. Martin's in the Fields Crypt in Trafalgar Square in London, throughout the war, actually played on that instrument when she visited her brother who ran the pub!

Whilst on that farm, I used to go into town with the farmer's wife both of us having some singing tuition. I also entertained a troop concert, that was through the winter.

Things changed. They had a baby. So, I moved to a farm in Warfe to a smallholding where I learnt to drive a motorbike with sidecar for use around the farm. I lodged with an elderly couple. The man was very unwell and bedridden and had a minder through the night. I did duty several nights but a young girl needs her sleep and so their daughter found me fresh

lodgings sharing with another Land Girl - the first that I had ever contacted. Pauline, my pal twin of Joyce who was in the W.A.A.F. They were good times together.

On half days we went into Weston-super-mare as I had with Peggy, going to tea-dances at the Winter Gardens where we danced away the afternoons with the G.I.s rushing for the last bus about 9.30.

Pauline and I shared a big bed with brass knobs on and a fat bolster pillow between us can you imagine? A couple of innocents, as many of us were in those days. She wanted to get back to London. The reason escapes me as to why at the moment, so we asked to be relocated, which we were - to a farm in Hertfordshire. They took us both. We were very happy to be together for some time.

Eventually I left the land army, being run

down and not standing up to much physical work, so a medical confirmed that that was so and I was directed to the Foreign Office in Downing Street, behind a desk, which I must say I enjoyed. I was there until 1946 and 6 months pregnant. As my husband Albert pointed out to me on reading my notes, we did marry in 1944.

Albert and I became engaged in January 1944 and celebrated by going to see Ivor Novello's Dancing Years at the Adelphi Theatre in The Strand, London. Later we met up when he was on embarkation leave, being stationed at Jurby on the Isle of Mann where he had been instructing in the R.A.F. in navigation. He had been flying Wellingtons and was grounded. Well he popped the question as casually as you like, asking me to marry him if he came home again on further embarkation leave. Big laugh, fat chance, but he did and we did get married.

My parents came up trumps fixing up the whole event in a week. The white dress, 2 bridesmaids, a reception for 40 people, mostly elderly. All leave had been stopped, so Albert had a friend of my parents as his Best Man. We had a special licence, married in a Parish Church, reception in a

Methodist hall. Complete with a 2 tier Cake that travelled from the West Country with my cousin to my home, then in Essex. Three days previous to “The” day one of those doodlebugs fell 50 yards from my parent's home. All the windows were blown in. Albert was sleeping in a camp bed in the sitting room. He sustained a few cuts, nothing too serious. I had travelled up to Paddington from West Country to G.W.R terminal where Albert met me, then

on to Liverpool Street Station L.N.E. Railway out to Romford. Not far out the train became stationary during which time We counted 14 doodlebugs at one time in the Sky. We sat in a blackout.

On our the Wedding day not a plane in the sky, which was so blue.

The inevitable happened, Albert was recalled and sailed for South Africa within the week. We didn't meet for a year.

We celebrated our Diamond Wedding Anniversary last June 2004.

Back to the Foreign Office: Ernest Brewin was the Foreign Minister at the time. It was a coalition Government - he being a Labour M.P. A very familiar figure in the corridors, his stature really matched up to that song “Mister 5 by 5”!

On V.E. day there will be some of you who can remember Winston Churchill's Victory

drive through London in an open top car, standing on the way. Well I was one of a handful of staff from around the offices who saw him start off from Horse Guards Parade, running along at a distance of six feet. We could have jumped on the running board, such was the respect shown then a day that it just

didn't happen. No bodyguards en masse just the chauffeur. A different age wasn't it, one bodyguard.

I did have some fun times at the Foreign Office and I loved the open- air life in the Land Army, not that it was all fun and games. Tragedies, highs and lows came my way of course but I am fortunate enough to be here to tell the tale so many are not. On that note I'll finish.”



## A COSTA RICA ADVENTURE *More wanderings from Jeff & Sue Humphries #3*

Thanks to its high elevation Santa Elena is bathed in thick misty clouds which support a huge range of flowers, ferns, mosses, vines and orchids. Birdlife thrives in the forest with one particular bird having a distinctive call that can only be compared to a closing gate that needs oiling - yes it really does.

Talking about vines a Tarzan Swing comes to mind - in this area there are a number of canopy tours that boast high level suspension bridge walks and zip wire adventures but the one we decided to try was the ultimate with 8 suspended bridges spanning the whole canopy and a zip wire system comprising 13 wires totalling 3.5 kilometres



in length with the last being an unsupported wire over 1 kilometre long that Susan and I traversed having changed our supplied kit to mimic "Superman", oh and "Superwoman" of course (must not get that wrong). Before this

last wire we both accepted the challenge of climbing above the canopy, being attached to another piece of "precious" equipment before swinging out into the "abyss". Honestly we didn't scream even when others did. What an experience especially at our age and on what we now discover to be one of the worlds longest zip-line adventures.

Today our journey takes a south-easterly turn as we follow the Pan-Am Highway along the coastline to Manuel Antonio passing African oil palm and teak plantations, not to mention seeing crocodiles, large iguanas and macaws on the way. This National Park is a vast marine reserve, mangrove swamp, primary and secondary rainforest together with "paradise-like" sandy beaches washed by the Pacific Ocean.

Whilst in the area an adult 3 toed sloth made a slow but sure appearance, making our search for both Costa Rican sloth species complete. White faced capuchin and squirrel monkeys, not wanting to miss out, boldly checked us out for any "tit bits" we may have but of course feeding these cheeky fellows is not allowed especially as, when the "tit bit" feast ends the cheekiness becomes serious anger with bared teeth.

A couple of highlights now whilst hiking in the Esquinas Rainforest Nature Reserve. Lodged in the most basic accommodation so far we really get back to nature and this

location has a lot to offer especially on our pre-arranged night walk which produced sightings of the most famous red eyed tree frog together with the highly venomous Fer-de-lance Pitt Viper from which our free-issue, but all too large, "wellies" are expected to provide protection?

Whilst sipping coffee on our porch we had the privilege of seeing a black panther-like cat-like mammal called a Tayra but Guillermo pointed out that this 1.5 metre long animal is actually a member of the weasel family.

Having seen the famous red eyed frog the only other creature we needed to see (which is often referred to when the letter Q is required to complete an alphabetical quiz) is the Quetzal, a rare bird of magnificence with its green and red plumage finished off with a long feather extension to both wings. It was here, in the Savegre Cloud Forest that timing and luck allowed us to photograph this wonderful bird together with a host of humming birds of all sizes bearing the most brilliant of hues.

Our adventure is over but let me cast your minds back to my initial introduction paragraph. After a superb adventure filled with many highlights we begin our flight home to Heathrow and as we came,

via Toronto with Air Canada.

Changing planes at Toronto we embark on our final flight across "the pond".

Little over an hour into the flight the normally very reserved ladies and gentlemen of the attending crew started bustling up to the cockpit with great haste. Feeling our plane banking in an about-turn manoeuvre we realized things weren't as they should be. Believe it or not a fire had broken out in the rear galley and we were turning back to



Montreal where we landed to a fanfare of fire engines and emergency vehicles with lights ablazing. Luckily we understand the crew had been able to safely quench the flames whilst in flight but, due to very necessary H & S regulations we needed to cut short our flight particularly as we were about to cross "the pond".

Looking at the grimace on the Montreal fire-fighters "screened" face perhaps he hadn't been informed.

Panic over we changed planes and arrived back in "Blighty", albeit 8 hours late, but safe and sound. There you go, one never

knows, this was excitement of a completely different nature to that experienced on our trip, even taking in the "Tarzan Swing". *Jeff & Sue Humphries*



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# September 2023 Garden Opening

During September Our Gardens will be open:

Sunday 10am-4pm

Closed Monday - Saturday\*

\*except for weddings and special events.

Our Courtyard Coffee Shack and bar will be open every Sunday



# WHATTON

## THE HEART OF THE VILLAGE *needs your help*

In the heart of the village stands All Saints church – a place of solace, reconnection, tradition and history. With its doors open from generation to generation, the church has held moments of celebration, reflection and support for people. It carries village history in the many events of life and death, and it is easy to assume that it will always be here and available to us.

The care of the spiritual life of the church lies with those who attend services and gatherings, but the upkeep, maintenance and repair of the building, bricks and mortar is dependent on the collective support of the whole village. We are enormously grateful for the regular and committed giving the church receives each year from some villagers, and for those who support fundraising events, and we thought you might find some figures helpful.

The annual cost of building insurance, gas, electricity, water and maintenance checks is currently £9,650. We now also have some

significant work to address on the roof, with repairs to the tower and battlements; these quotes are likely to come in at £10,000 – £12,000, money which the church must raise. If keeping the church building open, safe

and accessible is important to you, please consider supporting it with a one off or a regular donation. You can do that in a number of ways. There is a card reader in church which you can use when the church is open (most days). For cheques, standing



orders and transfers, the bank details are:

*"Long Whatton Parochial church council"*

Sort code: 40 30 24

Account No: 30545295

We will also be running fundraising events, the next of which is an Autumn Fair and look forward to seeing you there!

We hope that All Saints church will continue to be a vibrant resource in the rich tapestry of the village, both in this and future generations.

## KNIT AND NATTER

The Knit and Natter group meets on the 1st and 3rd Friday in the month from 10 am to 12.00 at the Falcon Inn, no charge just pay for tea or coffee. Experience not essential.

The team are responsible for all the post box toppers and bench decorations that you see around the village, such as these masterpieces:



# Autumn fair

**30th September 10:30 to 2:30pm**  
**At All Saints Church**

For sale: cakes, books, household items,  
bric a brack, tombola and raffle.

Tea and coffee and  
ploughman's lunches will be served.

People are welcome to donate items for the stalls -  
please leave them in the church before 15th September



**Wills | Trusts | Lasting Power of Attorney**  
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**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

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## USEFUL GARDENING TIPS *Shirley Blythe*

This month I thought I would list some of the tips that I use to keep the cost of gardening to a minimum and also ways of reusing material rather than sending them to landfill.

Old plastic hanging brackets make useful rubbish containers in the greenhouse or shed. You can have several to sort different types of rubbish.

The wax covering from Baby Belles cheeses can be moulded to put on the tips of garden canes to act as eye protectors.

We all have various sizes of plastic bottles in our homes. These can be used to protect young and delicate plants from slug and snail attack. All you have to do is cut the bottom from the bottom of the bottle, put the cut end to one side and place the bottle over your chosen plant and it can be watered through the top. The bottom piece can be used as a drip tray. You can turn it upside down, loosen or remove the top and push it into the ground next to a plant and water straight to the roots.

Any white or coloured plastic container eg milk containers can be cut into strips to use as cheap plant labels. The wooden sticks that you get in cafes to stir your tea and coffee make good labels too.

Tubs for soft fruit, butter, margarine etc make excellent containers for planting your seeds. Just make sure that there are drainage holes in the bottom so that your seedlings are not paddling in water.

Chipped mugs and cups make useful holders for the bits and bobs that we need as gardeners e.g. labels, markers etc Likewise chipped saucers make good drip trays.

You can make your own pots for seeds that dislike root disturbance e.g. peas, beans. It is possible to buy kits from the garden centre but all you need are strips of paper cut to the desired length and then something to wrap it around a milk bottle and just fold it in at the bottom to make sure the compost doesn't fall out. When the seedlings are big enough they

can be planted straight into the garden with no damage to the roots. The paper pot will eventually rot down.

When you change the water in your aquarium (if you have one) don't throw it down the drain but use it on your plants as it's quite rich in minerals from the fishy poo.

Clean and sterilised 2L or larger milk containers make useful containers to store rainwater. Kept in a greenhouse they also act like storage heaters. During the day they absorb the surrounding heat and then release at night. This can be a cheap way of keeping the greenhouse above freezing in the winter.

If you don't mind the smell, you can make your own plant food from nettles and comfrey leaves. All you do is to immerse them in water for 3 or 4 weeks and then decant to 1 part to 30. Be aware though it does have a noticeable pong. If you want to be less antisocial you can gather the leaves together and put them in a wire hanging basket and put it over a bucket with a heavy weight on the leaves until they rot down. This takes longer but is definitely much less smelly.

Happy gardening

## FOOD BANK

The food bank reported a good month with six bags of food being donated in one week!

If you want to help you can just leave your donated food in the porch of the church, where it will be collected.







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## A DEBATE ABOUT MULTI TASKING *Health by Liz Jarrom*

A lot has been said about multi tasking over the years, and it's often held up as the optimum way to juggle workloads in the modern world, but is that really true? Is it all it's cracked up to be?

It's also been said that men are not natural multi taskers, and women are, and can do it well. In recent years, neuroscientists have done a lot of studies on this, to try to find out what truth there is in these statements. As a species, human beings have always been able to multi task, but was it easier when we were living in a world where life was more straightforward. The multiple tasks that needed doing then were generally accomplished using well worn pathways in the brain, so the multi tasking was relatively easy. But, over the last few decades, a new set of multi tasking challenges have emerged, often involving overlapping multi media and digital tasks. Also, we are still having to do the other tasks that we were already juggling. Complex tasks that require our focused attention rely on the part of the brain called the prefrontal cortex. It's not possible for this part of the brain to do more than one of these complex tasks at a time. We can only concentrate fully and effectively on one thing at a time.

So, if we are trying to focus on 2 or more complex tasks concurrently, the brain will switch between them, leading to fatigue and inefficiency. This has been likened to stopping and starting the car on a journey, most inefficient and time wasting. Some tasks we can manage perfectly well at the same time, such as holding a conversation while driving or keeping an eye on a playing toddler while cooking the dinner, maybe drinking a cup of tea and emptying the dishwasher.

This is because different parts of the brain are involved and some of these tasks are also hardwired and automatic, we don't have to

concentrate on them to do them. Even so, trying to do too many of these kinds of jobs all at once, can reduce efficiency and cause stress. The feeling of stress triggers the oldest part of the brain which assumes we are in danger, and we go into flight and fight mode. This drastically reduces the blood flow to the prefrontal cortex, and the blood is redirected to the muscles so that we can run or fight, and now we can't think straight. Throw in the added problem of screen related tasks such as checking messages, feeling pressured to send one back instantly, and responding to news alerts or checking digital platforms. The mind is now not focused and thinking is scattered in all directions.

An analogy for this is the difference between a 60 Watt light bulb and a laser that uses the same amount of power. The light emitting from the light bulb is scattered, and goes out in many different directions, which barely lights up the room. A laser, has the same amount of light coming from it, but it is all focused in one direction, at one exact spot, which makes it powerful enough to cut through steel, which is a much more efficient use of the energy. The laser is like the focused mind, just concentrating on one task at a time. Although this idea of mono tasking, just focusing on one thing at a time may seem alien, and we may worry that we won't get everything done if we don't multi task, may not be true.

Research has shown that focusing on one job, such as folding up the washing or writing that important email mindfully, not mindlessly, focusing as fully as possible on the task, often brings about a state of calmness and enjoyment, and the job is completed quickly. We can then move onto the next thing. Certain regular practices can help. Reduce distraction by silencing screens, and

## Ladies - still feeling young at heart?

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

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

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

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

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

*Cara Tatterton*  
**Pilates**



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## A DEBATE ABOUT MULTI TASKING *continued*

just check for essential messages at a set time. You may find, that with practice, you will be getting more done and getting to your emails and messages earlier than before. If you are working on a screen, just have the one browser open that you need. Try to clear physical clutter as it's distracting, and have a few quiet minutes at regular times throughout the day to calm the mind. Prioritise the to do list and cross tasks off as they are achieved, as this helps us keep motivated to move onto the next

task. Writing things down on a list and even putting tasks into allocated time slots leaves the mind free to focus on the one task of the moment. Cross that one off with a flourish, and then move onto the next one. Feel a sense of fulfilment at the end of the day, even if you haven't achieved everything on the list. Finally, set yourself reasonable, achievable expectations, of what you can get done each day and congratulate yourself on all that you have got done today. Tomorrow's another day.

## MACARONI WITH A WEST INDIAN TWIST *Cookery*

Flicking through a cookery book I'd not looked at for a while I came across a recipe by Lindsey Bareham for West Indian Macaroni Pie.

This is different from the usual cheese based macaroni sauce. Lovely served hot with a spicy tomato sauce or cut into slices served cold with a salad.

#### West Indian Macaroni Pie

*What you need* (Serves 4 - generously)

- 300g Macaroni
- 25 g butter
- 2 eggs
- 300 ml milk
- A generous glug of brown sauce eg Daddies or HP
- 440 g tin tomatoes
- 225 g grated cheese
- 100 g breadcrumbs

*What you do*

- Pre heat the oven to 350f/180c/gas mark 4
- Cook the macaroni as per the instructions on the packet
- Smear a casserole dish, that will hold about 1.5 litres, with a knob of butter
- Crack the eggs into a mixing bowl

and whisk, season with salt and pepper and add the brown sauce

- Drain and chop the tomatoes and add to the eggs with 150g of the grated cheese, then add the cooked and drained macaroni
- Mix thoroughly and tip the mixture into the buttered dish.
- Mix the breadcrumbs with the remaining cheese and spread over the surface, dot with the butter and bake in the oven for around 20 minutes until the top is golden brown and the macaroni has set.







# Summer at the Falcon

**Open all day, every day**



**Food served:**

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**12 - 2.30pm and 5 - 8.30pm**

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**Saturday and Sunday**



**Breakfast**

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**Bingo Night**

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



**The Falcon Inn - Long Whatton**



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