

Long Whatton News

APRIL 2024



This serious looking canine was snapped by Jeff Humphries during another exotic adventure. Part one is documented inside together with a visit from the High Sheriff, spring gardening tips, katate,

cricket and some crazy racing in Spain. Plus health, everything that is happening in the village this month and a pie that isn't a pie. And what do you think about the changes to the bus service in Long Whatton?

YOUR FREE VILLAGE MAGAZINE



THE ROYAL OAK

DINING PUB | BEDROOMS | FUNCTION ROOM

Due to recent flooding, we temporarily closed for essential maintenance work. We have taken this opportunity to have a spring clean & refresh and hope to be open by the end of March.

We will reopen with an exciting new spring menu, along with our set menu served Monday to Friday lunchtimes.

The team look forward to welcoming you soon for a drink or a bite to eat.

LETTER *'In my opinion'*

I regularly start my day by listening to Radio 5, one of the aspects which often catches my attention is either a celebrity or listener expressing their view on a matter important to them personally or, a topical matter. I am always surprised by the interest it generates from listeners either for or against. I would like to extend the same idea to Long Whatton News to generate discussion and possible action on matters which affect our local community so here goes.....

'In My Opinion' the current bus service since reorganisation no longer meets the needs of the residents of Long Whatton. I watch many of the buses pass by in either direction along Turvey Lane and it is sad to see that apart from workers at East Midlands Airport early morning or late, for most of the day I am lucky to see more than two people on the bus!

Now I know this is not a scientific survey, but it is an indication that the service is not meeting our needs. Most people in the village I suspect would feel their needs were met by a bus service to and from Loughborough instead, whether it be for work, shopping, entertainment or accessing other services.

If 'levelling up' is a national issue I would personally like to see it on a local scale so that we have a similar access to a bus service that our neighbours in Kegworth and Hathern enjoy. I have little appetite for a service to and from Coalville or Nottingham on a rural ride taking in much of North Leicestershire, South Derbyshire and South Notts! For the most part, as a retired resident, all I want to do is get into Loughborough as the previous service allowed us to do.

Isn't it about time we had a review of this service and sought Long Whatton residents' responses, surely we can do better than this? If Shepshed can keep its refuse tip following local consultation, surely we can seek to get the bus service that meets our needs. Do you agree with me?

Alan Wheeler, a concerned local resident

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GARDENING TIPS FOR APRIL *by Shirley Blyth*

Hopefully, we are well and truly into spring and perhaps this is the most exciting and busy month of the year. The garden suddenly awakens from its slumbers and, if we're lucky, sees the back of frosts. The warmer and longer days certainly see more of us in the garden. I think my garden looks its best in spring with its display of early flowers.

Jobs to do this month

Keep on weeding annual and perennial weeds. It will save you time later.

Continue to water newly planted trees and shrubs if the weather is dry. Trim grey-leaved shrubs to keep them bushy. Prune early flowering shrubs and shrubs grown for their colourful stems eg cotinus.

Treat blackspot on roses. There are several eco-friendly treatments to be found on the internet.

Tie in all the new shoots of climbing plants. Split perennials that need dividing and clumps of bulbs such as snowdrops are still green.

Begin to stake tall-growing perennials.

Project young growth from slugs, snails and other pests.

Deadhead daffodils.

Plant new aquatic plants.

Sow or turf new lawns. The weather in previous months should certainly help with this task! Also feed established lawns.

Sow greenhouse crops such as tomatoes and cucumbers.

Continue sowing and planting vegetables outdoors.

Prick out or pot up seedlings that you have sown a few weeks ago.

Plants flowering in April

Amelanchier lamarckii - Aubrieta

Bergenia varietie - Dog toothed violets

Crab apples - Clematis alpina "Frances Ravis"

Epimedium x warleyense - Lily of the valley

Euphorbia polychroma - Flowering currant

Magnolia stellata - Vinca minor

Wallflowers - Weeping ornamental pear

To name but a few!

The Amelanchier is a brilliant tree for a small garden. It has beautiful leaves and blossoms in the spring, berries in the summer that the birds love and copper-orange foliage in the autumn. A plant that really earns its place in the garden.

Fingers crossed that the weather is kind to us this month so that we can enjoy our time in the garden.

VILLAGE AMENITIES *Shops, two great pubs, rooms...*

Village Shop. Open Monday to Friday 7am to 8pm, Saturday and Sunday 8am to 8pm. Fresh coffee and teas.

Manor Organic Farmshop. Open Wednesday to Friday 10am to 5.30pm and Saturday 9am to 4.30pm. Butchery and bakery. Dog freedom and agility field. 01509 646413

Mobile Post Office. Thursdays 12 noon to 1pm. At Long Whatton Primary School.

The Mobile Library. On the third Thursday of each month in 2024. The first stop will be Oakley Drive from 10.00 to 10.20am, followed by Piper Drive 10.25 to 11.05 and Main Street/Layby 11.15 to 11.55

Falcon Inn. Bar, restaurant and rooms. Open for food Monday to Thursday 12 noon to 2.30pm, 5pm to 8.30pm, Friday and Saturday 12 noon to 9pm and Sunday 12 noon to 6pm. 10 ensuite rooms available. 01509 842416

Royal Oak. Bar, restaurant, function room and rooms. 12 ensuite rooms. 01509 843694

The Forge. Bed and breakfast. 3 ensuite rooms available. 07766 654331

Evri Parcel Service. Available at the Village Shop. Next day delivery from £3.20 for parcels under 1kg. Book your parcel in online, print your label at home or at the shop and drop it off. Parcels delivered to the shop for collection.



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Ballet Classes

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LOCKINGTON VILLAGE HALL - SATURDAY January to March

Primary and children's ballet classes up to Grade 5 & pointe work.

There is a strong focus on the ballet technique, especially good for children pursuing gymnastics as another skill.

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

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



DISEWORTH VILLAGE HALL - WEDNESDAYS

January to March

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
07931714804 email claudettecavenhenrys@hotmail.co.uk

HIGH SHERIFF AWARD *to Girl Guides stalwart*

On Thursday 7 March 2024, Crawshaw District Guides were visited by the High Sheriff of Leicestershire Mrs Henrietta Chubb JP. She came to present Susie Ashcroft, Guide Leader, with a High Sheriff Award for her commitment to Girlguiding in Leicestershire over the last 24 Years. Susie is a District Commissioner for Girlguiding and runs Guides on Thursday evenings at Kegworth Village Hall from 7-8:30.

Susie founded Long Whatton Rainbows for girls aged 4-7 in 2015, this continues to take place on Wednesday evenings in Hathern (and there is another in Kegworth) both from 5-6pm. There is also 2 Brownie units in Hathern and Kegworth for girls aged 7-10, both on Wednesdays 6.30-7.45pm. Susie and team also run Crawshaw District Guides. There are currently 25 girls aged 10-14 that meet weekly to learn new skills and have lots of exciting experiences.

Susie has built a large network of volunteers and she is always encouraging and welcoming to new helpers. She will ensure that you get the training and skills you need to enjoy volunteering. There are many other groups that meet weekly during term time if you would like more information either for a young

person to join guiding or to volunteer, please contact Girlguiding | Help all girls know they can do anything



Pictured above Susie Ashcroft accepting the award from the High Sheriff. Many of the young girls in the photo below are Long Whatton residents who have attended Rainbows, Brownies and Guides with Susie.





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- * **TUESDAY SHEPSHED CO-OP AND A COFFEE AT CAFE**
- * **THURSDAY LOUGHBOROUGH**

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WHATTON GARDENS: *Sorting out the climbers by William Stanger*

We have a number of climbing plants and walled trained shrubs at Whatton House. To keep them at their best they need regular pruning. Over the winter months, work has been carried out to rejuvenate and tidy up those specimens that have slipped under the radar. It can be very satisfying work, apart from all the scratches from the rose thorns and trying to dig them out of your fingers.

With climbing roses trained flat against the wall, the aim is to create a fan. Normally six branches are selected growing from the base of the plant. These are then train to go up then horizontally to form three tiers, three branches going left, three going right. The

"Auxin is a family of plant hormones that controls the growth of the plant."

tiers/ branches are placed about 30cm/ 12in apart. Ideally the branches should not cross, this avoids them rubbing against each other. It also looks better and less cluttered. By having the branches on the horizontal they are encouraged to produce more flowering shoots along the branch's length. If the branch was allowed to go straight up vertically, flowers would only be produced at the top. If you want to be more scientific, by bending the branch to a horizontal position, apical dominance is greatly reduced, meaning the tip of the branch is not producing so much auxin. Auxin is a family of plant hormones that controls the growth of the plant. Once the main branches are in place, all the side branches are reduced to about three buds.

The wall trained wisterias receive a similar treatment. Again, the main branches are



A fan trained rose.

trained on the horizontal about 30cm/ 12in apart. Any other long branches that are produced and are not needed to extend the main framework, are cut off to 2-3 buds. To keep the flowing spurs short, these are also cut back to a couple of buds. The aim is to encourage the plant to produce flowers rather than excessive growth. This type of pruning also helps to stop the plant becoming a tangled mess, keeps the plant invigorated, and stops the build up of dead wood.

The climbing hydrangea (*Hydrangea anomala* subsp *petiolaris*) should really be pruned straight after flowering. But as it needed a hard prune to reduce its size, I thought it was kinder to prune it whilst it was dormant. I do not expect much in the way of flowers this year, as the flower buds

will have been removed in the process of a hard prune. In summer I hope to find time to pinch back the new shoots to keep the plant more two dimensional and flat again the wall. This hard prune will benefit the other plants, which will have more light and space.

Once the Japanese quince (*Chaenomeles japonica*) have finished flowering, they will receive similar treatment to the climbing roses. Ideally

will could do with putting in some wires to tie the branches into, but we'll probably make do by hamming in a few staples into the wall. Another job is to look at the espalier *Pyracantha*. It could do with a good trim to show of the individual tiers, otherwise it looks like a hedge, which is not the look I was going for.



Hydrangea anomala subsp petiolaris in flower but getting increasingly wider.



Long Whatton VILLAGE 2024 SHOW

If you would like to have a stall,
run an activity or competition,
or become a sponsor of the show email Penny
at longwhattonvillageshow@gmail.com

Keep checking facebook for the date
of the next Village Show meeting
at the Falcon



LONG WHATTON DIARY

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, but if you have a game you would like to play, bring it along and we will give it a go.

Pilates, 4th, 11th and 18th at The Friendship Centre, 9.15am to 12.30pm

Womens Institute 1st March, 7.30pm to 9.30pm at the Friendship Centre.

Whatton Wailers Community Choir meets every two weeks at the Falcon Inn. Singing for fun, no formal auditions £4 per session. For more information and dates contact Andrew on 07890 204466.

GET YOUR CAFFIENE FIX

Village Coffee Morning @ The Falcon Inn -
There will be a coffee morning on Monday 11th March 2024 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 16th March 2024 from 10.30am to 12 o'clock.

These coffee mornings are a great way to meet new people. 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.

DISEWORTH DIARY

Bridge Club, every Wednesday at the Heritage Centre, 2 - 4pm

Heritage Centre open Sundays 2 - 4pm, April until October

1st April - Discussion Group, Heritage Centre, 2 - 4pm

10th April - Coffee morning, Heritage Centre, 10am - 12noon

20th April - Errol Linton & Band, Village Hall, 7pm

24th April - Village Hall meeting, 7.15pm

25th April - Dialogue collating meeting, Village Hall, 7.30pm

27th April - Church coffee morning, 10am - 12noon

27th April - Bingo Night, Village Hall, 7.30pm

KNIT AND NATTER

The Knit and Natter group's latest creation is the Easter Bunny, sitting atop the village shop postbox.

The group will be meeting at the Falcon Pub 10 to 11.30am on Friday 5th and 19th April.



A SRI LANKA ADVENTURE *travels with Jeff & Sue Humphries*

More or less, straight after Christmas Sue and I are “winging” our way across Europe on our way to the far East where we would, after a flight of some 11 hours, land safely on the runway in Colombo, the capital city of Sri Lanka.

With great excitement, flavoured with a little trepidation regarding the unknown and the accompanying “wild” things we could encounter over the next few days, we embark on our transport to Ahangamama near Galle on the South Coast. That’s priceless isn’t it, after all we did sign up for this, the wildest adventure on offer on this beautiful island with its cultural heritage and picture perfect beaches!

After a lengthy travel period and one, yes one glass of beer and a regular white wine (before you ask, between the two of us), we hit the “sack” for a well earned rest.

Very early the next day we are transferred to the remote but extremely busy harbour where we await our colourful wooden sea-going boat that held another eighteen passengers besides ourselves. We are on our way to witness the best the Indian Ocean has to offer and hopefully Blue Whales that “frequent” these waters at this time of year.

Well, we weren’t the only adventurers



hoping to see the largest creatures on this planet of ours. Indeed we were soon joined by a flotilla of at least twenty vessels of various shapes and sizes that unfortunately included one or two smaller “privateers” of a rapid nature that can become a nuisance in their quest to see “everything” at “all” costs whilst ignoring any rules and regulations that may be in place.

To be honest the above scenario, where the rules and regulations that are in place are not stringent enough, has changed the face of sight seeing for the worse. We did fear this might happen especially having read before we came that Blue Whales had recently been seen in the waters off the Seychelles for the first time in years. Maybe the “hounding” of these

magnificent creatures had sent them south from Sri Lanka?

Even our own vessel was joyfully playing music during our voyage and to be fair was not at all off-putting to the myriads of Spinner Dolphins who were riding the bows of the boats whilst performing what was “stated

on the tin” culminating in an acrobatic manoeuvre that can only be compared to a quadruple “Lutz” in ice skating, amazing!

Thinking this was “our lot”, a sudden “thar” she blows rang out and in the distance a fountain of spray could clearly be seen on the horizon. Getting closer and, with a long lens, close enough to photograph, we had discovered a Fin Whale, the second largest creature on earth. At 26 metres (85 feet) long compared to the Blue Whale at 30 metres (98 feet) long, indeed a real giant of the seas.

In the afternoon we visited the Fort at Galle, a Unesco World Heritage Site built by the Dutch in 1663 with its maze of cobbled streets crammed with cafes, boutique shops and beautifully restored colonial houses.

Not bad for our first day, but what will tomorrow bring?

Despite very comfortable accommodation and great hospitality (the Sri Lankan people are a very kind, trustworthy and generous lot)



sleeping is never easy after a very long flight. Never mind, with blue skies and a temperature of 30 degree C, life “ain’t” so bad.

“...a sudden “thar” she blows rang out and in the distance a fountain of spray could clearly be seen on the horizon.”



LAST SUPPER *A poem by David Griffiths*

I do not like the town, the air is fraught,
You'd cut it with a knife.
Romans everywhere, watchful
, Far from home, not wanting trouble
It is the Jews I fear, the Pharisees
Our fellow countrymen but not our kind.
They see themselves a class apart.
They make the laws; they lick the Romans' feet.
As I have said I do not like the town.
It does not suit a country boy like me

If I could choose then rather I'd be back
Among the hills where placid sheep will graze
Or in the valleys where the corn is grown
Or best of all a day out on the lake.
That's where we met Him first, Andrew and me
Though what he saw in us I'll never know
Or, come to that, for us in Him!
A strong but friendly face, perhaps His voice
"Follow me!" an invitation, not a stern command

But we, who never moved without a month's
debate,
Just beached our boat, rolled up the nets and went.

The inns are full, stallholders on the make
We sleep in villages outside the town
Mostly with friends; He had friends everywhere
And enemies, the money changers,
Those who sold the doves for sacrifice
We feared he might become
A sacrifice himself.

We took our supper in an upper room
He waited on us as He always did.
He broke the bread and fed us one by one.,
The wine was red "This is my blood" He said
We ate and drank in silence, puzzled but in awe
Later we walked among the olive groves
The days' heat rising from the sun-baked ground
The dark fell swiftly as the sun went down.

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 May issue is 20th April.

ADVENTURE, LUNCH AND BONNETS *Long Whatton School*

The school have thoroughly enjoyed celebrating Easter at Long Whatton. Our children wore their Easter bonnets with pride. They performed songs, poems and shared their musical talents at our Easter service at All Saints church. Vicar Louise shared an Easter reflection and prayer



looking to next years.

As it was Mothers Day we invited the mums for a Mother's day lunch with the children this term. All the mums that came to dine with us stayed afterwards and spent some time reading with their children in school.

We hope you all had a lovely Easter!

with us all.

Our key stage 2 children had a wonderful residential stay at Whitmore Lakes in Staffordshire. During their three night stay at the adventure activity centre in Lichfield, they climbed high ropes, tried their hands at fencing duels and so much more! They are



LONG WHATTON SHOTOKAN KARATE CLUB *hosting seminar*

It's been a really busy start to the year with lots of events happening, whilst also preparing our students for the first grading opportunity of the year.

Sensei Ben and Sensei Leigh had the privilege of training under Sensei Matt Price, 7th Dan Black Belt, in Newark on 24th February. With a small cohort of black belts, Sensei Price covered all three aspects of karate – kihon (basic techniques), kata (set pattern of moves) and kumite (sparring).

As a world renowned karate coach, Sensei Price provided an overview of some of the latest kumite thinking being used in competitions, and provided an opportunity for these to be put into practice. The session finished with some

dynamic stretching and conditioning exercises to help those of us who are starting to notice our kicks getting a little lower than they used to be! The session provided some excellent content for Sensei Ben and Sensei Leigh to bring back into the Long Whatton dojo the following weeks.

Our first grading opportunities of the year will take place in Nottingham – 23rd March for Black and Brown belts and 24th March for coloured belts (Kyu grades). After a record number of our students graded at the last grading of 2024, we are excited to see how our students do again under assessment by Sensei Aidan Trimble (8th Dan Black Belt and Chair of the FSK – Federation of Shotokan Karate).

After the grading, our attention will immediately turn to a hugely exciting event organised and hosted by our club, where former World Champion Sensei Aidan Trimble and current HDKI World Kata

Champion Sensei Stuart Amos have agreed to run a joint seminar! This is a fantastic opportunity for Black and Brown belts from all clubs and associations to train under two such phenomenal karateka. We are proud and honoured that they have agreed to support the club and run this seminar. The seminar takes place on 11th May at Nottingham Trent University Clifton Campus from 12 till 3pm. Anyone interested can book via the club's

Facebook page or email to secure a place.

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 7:00pm 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

JUNIOR CRICKET

Junior Allstars and Dynamos cricket starts on the 7th May for 8 Weeks and you can sign up using the ECB app.

This year we have 3 junior teams, U13, Incrediball and Kwiks.

We are offering some pre-season training to children aged 8 and upwards who are looking to join the Incrediball and U13 teams on the 9th, 16th, 23rd and 30th April. If you are interested or have any questions please contact us via the email address longwhattoncricket@gmail.com.

SPANISH MADNESS *Alex Lowes in World Superbikes*

Alex had ten days off after the first round – except for travelling back to Long Whatton from down under – before a two day test at the teams home track, the Circuit de Barcelona-Catalunya. the circuit is so local it take six minutes for the teams race trucks to get there from headquarters.

The test was important because the track itself and lack of grip there don't particularly suit his Kawasaki ZX10, so a test there gave him the chance to improve the setup of the bike as much as possible before round two there just one week later. In essence, damage limitation.

After 80 laps, including a race simulation, Alex appeared satisfied with the improvements over last year at the same circuit.

One week later qualifying went reasonably well, ending up seventh overall behind Razgatlioglu, Bulega and Van de Mark, his brother Sam and Aegerter. It was clear early on that Ducati and BMW were going to be dominant.

Despite a good start to race one, the pressure was on immediately, going from 5th at the end of the first lap to 6th and then 8th at the half-way mark. But Alex had managed his tyres and had enough left at the end to fight back, retaking old adversary, Locatelli for 7th with five laps left and ex MotoGP rider Ianone on the last lap to cross the line 6th.

A Superpole race, over ten laps is always a chaotic dash to the line and this was no different. Storming up to

3rd and then 2nd, back to 3rd and up to 2nd in the first four laps. But then the race took a turn for the worst as Razgatlioglu charged from 5th to first to take the win in six laps leaving Alex 'languishing' in 5th.

Back to 20 laps for the final race. Alex found himself in a race long three-way battle with Remmy Gardner and Petrucci – another MotoGP exile, his fortunes swinging from 5th to 9th places throughout the race, with interference from his brother, Sam, but from 9th on lap 12 he was promoted to 8th with Ianone's retirement and after being demoted to 9th by his brother mid-race, took revenge and held it to cross the line in 7th. Following the race Gerloff received a penalty and Alex was promoted to 6th.

Although it was a hard weekend our local man was upbeat about the results considering the Spanish track doesn't favour the Kawasaki ZX10's strengths.





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WELCOME BACK! *Rev'd Louise Corke*

'Welcome back!' 'Have you been on holiday?' 'What did you do on your sabbatical?' 'Where did you go?' 'You missed the rain; it's been so wet.'

You may or may not have noticed, but I've been away for two months – and Emily has done a magnificent job of covering the work in the parishes in my absence. My time away from the commitments of work was certainly a privilege and to be honest, I didn't have a long list of expectations or achievements to accomplish in the eight weeks, just three things. I wanted to renew and strengthen important relationships with friends and members of the family who live overseas (happily all in the Southern Hemisphere where it is nice and warm at the moment); there was some stuff I needed to prayerfully untangle and

'Teach us to number our days,' it says in Psalm 90, 'that we may gain a heart of wisdom.'

sort out with God; and I hoped to have time to listen to people whose lives are culturally and ethnically different from my own. All of it

was about connection in one way or another: connecting to my personal network, connecting to God, connecting to strangers

unlike me. I was blessed with all three things, it has been a precious time.

We can't all take massive chunks of time off work to renew our relationships or review our priorities, but it's healthy to build in time in our lives for the best things. Isn't it essential that they don't get lost or left behind?

'Teach us to number our days,' it says in Psalm 90, 'that we may gain a heart of wisdom.' There are things in your life and mine which are not urgent but they are important and we do well to invest in them. I hope you can!

ALL SAINTS CHURCH *News and services in April*

Services here this month everyone welcome, do stay for refreshments.

Sunday 7 April 10.30 - Insideoutside church. Holy Communion service inside and nature walk outside. Well behaved dogs on leads welcome too.

Sunday 14 April 6pm - Lambing Service. One of our farming services that links us and reminds us of the work our farming community do providing food and caring for the environment. New born lambs are being born on farms up and down the country which is our focus at this service were lambs will be blessed and available to see and hold after the service.

Our monthly coffee morning will be Saturday 20 April 10.30 until midday all welcome.

The church PCC, the group that looks after the church, will hold it's annual

general meeting on Tuesday 16 April at 7pm. Everyone in the parish is welcome to attend though only those on the church electoral roll are eligible to vote.

Although the church PCC is responsible (among other things) for the running of the church we are a very small group and really could do with some practical help. There are many ways to help your beautiful village church remain open and looked after. There are opportunities to care for the churchyard and inside the church occasional help with small routine jobs would be very much appreciated. It is a case of "many hands make light work" and the overall effect holds and builds community and will help ensure your church remains a presence in our modern world. Thank you.

Viv Matravers v@manororganicfarm.co.uk
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REJUVENATE THE BODY WITH QUERCETIN *by Liz Jarrom*

Fifty years ago, a microbiologist called Leonard Hayflick showed, through his research and experiments, that contrary to popular belief, human cells don't just keep dividing over and over again. After about fifty times, they enter an irreversible static state, known as cellular senescence. Coming from the Latin word senex, which means growing old. Healthy bodies keep producing new stem cells, which replace the old cells, but they too, only have a replication life of fifty times before they themselves need replacing. This natural "Hayflick limit" is useful as it helps protect the body against cancer by preventing the runaway replication of cells that are damaged or diseased. This is a very beneficial process, as the body keeps producing fresh new healthy cells to replace the old and dying ones.

But what happens to those old useless cells once they are of no use to the body anymore? Up until around 40 years old, these old senescent cells are cleared away quickly by the immune system. These nonproductive cells release chemicals that flag themselves up for immediate destruction and are swiftly dispatched. As we get older though, there are more of these cells lining up for destruction, just at the same time as the immune system itself may be slowing down. So, it isn't able to cope as well, and may fail to keep up with dealing with these senescent cells. They may not be vast in number, compared to the healthy ones, but as they are waiting longer for their destruction, they can start to cause problems. Just like a rotten apple in a bag of healthy ones eventually starts to spread the rot to the healthy ones, if it isn't removed, these senescent cells hanging around amongst healthy cells, become an increasingly risky source of inflammation and disease.

Fortunately, there are natural compounds in some foods that are able to assist the

immune system in ridding the body of these dying cells, even in older people. They are known as senolytics, and they are excellent at assisting with the elimination of senescent cells. Also known as flavonols, the most powerful one of all is quercetin, and it is readily available in many foods we already eat. The highest amounts are found in apples, especially in the peel, and the darker the skin the better, as it shows high levels of quercetin. The skin contains nearly all the quercetin. Apple flesh contains much less quercetin, but contains many other beneficial compounds. Onions are high in quercetin, especially red ones, cooked or raw, as heat doesn't affect the benefits of the quercetin. Black and green tea, also coffee, are good sources, as are most fresh or frozen berries. Darkest ones like blueberries, blackberries raspberries and strawberries are the best ones. Broccoli, calabrese, citrus fruits, red grapes, red wine, cherry tomatoes, dark leaf lettuce, and even iceberg all contain some quercetin and capers are a good source. All highly coloured fruits and vegetables contain some quercetin, with the ones with the darkest colour being the best. "An apple a day keeps the doctor away," rings true and eating lots of plant material in general, is beneficial, as quercetin has a beneficial effect on cardiovascular health.

It helps keep arteries healthy, reduces inflammation, lowers blood pressure and cholesterol levels. Quercetin can cross the blood brain barrier, and seems to help to keep the brain functioning normally, which may reduce the risk of developing Alzheimer's and other forms of dementia. Surprisingly, one study showed that quercetin improved the elasticity and appearance of the skin! So, eating an apple a day could not only be good for the heart and brain, but may also improve our looks!

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?

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WHEN IS A PIE NOT A PIE? *Filo fish pie*

As I write this column I notice that its 'National Pie Week'. According to Dr. Matthew O'Callaghan, the Chairman of the British Pie Awards the definition of a pie is 'a filling totally encased in pastry and baked'. So no lattices, tarts or those casseroles with a puff pastry lid often called 'pies'. No Shepherd's Pie, Cottage Pie or Fish Pie with potato topping.

However Pies include pasties which were the forerunner of the pie and defined as 'a filling encased in a single sheet of pastry which is folded over and crimped – and of course baked'. So now you know!

The British eat £1billion worth of pies every year, that's those bought and sold commercially, not the ones made at home.

The phrase 'Umble Pie' dates from the hierarchical society of the Middle Ages, the lord of the manor seated at the top table would be served the prime cuts of meat such



as venison. The extremely lower orders or serfs seated on benches right at the back of the room would be served the entrails of the deer cooked with vegetables in a pie. The offal of a deer is known as umble hence the term to eat 'humble pie', the word humble often erroneously replacing the proper word umble.

Vegetarian pies have been around for years but more lately vegan pies have come to the fore and a Vegan Pie became Supreme Champion or 'Pie of Pies' in the 2019 British Pie Awards. A gluten-free vegan pie won the same accolade in the 2022 Awards. More recent developments include 'Fusion Pie's' such

as Chicken Tikka Pies, Balti Pies, Vindaloo Pies and Lasagne Pies.

Anyway don't tell the British Pie Awards but the recipe for this month is a Fish Pie topped with Filo Pastry instead of the more usual potato topping.

What you need

100g butter 400g can chopped tomato
1 onion finely chopped 150ml double cream
1 garlic clove finely chopped 500g fish skinned & cut into cubes
1 tbsp tomato puree 200g of prawns
200ml White wine sheets of filo pastry
chopped parsley and tarragon

What you do

1. Heat 25g of the butter in a large saucepan until foaming. Add the onion, and cook gently for about 10 mins until very tender. Stir in the garlic and cook for 1 min more. Add the tomato purée, cook for 1 min, then add the

white wine and simmer for a few mins until reduced by half.

2. Tip in the chopped tomatoes and simmer for 15 mins until you have a rich, thick sauce.

3. Remove the sauce from the heat. Stir in the cream, fish, prawns and herbs, then season. Spoon the mixture into a 2-litre baking dish.

4. When ready to cook, heat oven to 180C/160C fan/gas 4 and melt the rest of the butter. Unroll the filo pastry and brush 6 sheets all over one side with the melted butter. Gently scrunch up the pastry and lay on the top of the pie filling, covering completely. Bake for 25 mins in the middle of the oven until the pastry is golden and crisp.

If you have any ideas for 'Themed Recipes' you'd like to see or if you have any queries or comments

email alanc9989@gmail.com

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