

Long Whetton News

DECEMBER 2024



Timely snow, as brief as the flurry was, provided this Christmas cover, then suddenly it was gone.

Inside, Alex Lowes faces a new challenge next year, The Karate club are

doing great things, there's a glimpse of the Remembrance service, there is still stuff to do in your garden, health has gone nuts and we have a contraversial brussels recipe and an easy ice cream recipe.

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KINT AND NATTER *Poppy fundraising success*

The Knit and Natter group would like to thank The Falcon and The Village shop for selling our knitted poppies which raised £165 for the Royal British Legion. Thank you to everyone who supported this very worthy charity.

We were sadly disappointed that some of our knitted displays in the village were vandalised this year.

We have a stall at the Christmas market at the Friendship Centre on 30th November and

hope to see you all there. We wish you all a Happy Christmas and a Peaceful New Year.

BUS TO LOUGHBOROUGH

Shepshed Special Community Bus run a minibus from the village to Loughborough, picking up from Long Whatton and dropping off in Loughborough town centre every Thursday, door to door service and costs £5.

Phone 01509 650531 for more information.

CHRISTMAS EVE *A poem by David Griffiths*

Hurry,Hurry!Have some fun,
The shops are selling Two for One!
Children's eyes are shining bright
Santa's sure to come tonight.
Dad always says that he will not-
He'll get stuck in the chimney pot!
(He really is a lovely bloke
But he will have his little joke)
The bells ring out,peal after peal
And round the manger shepherds kneel.
In the manger Oh what a joy,

There lies a little baby boy
Wise Men appear come from Afar
Not by camel but by car..
The choir of angels spread their wings
And round the organ Aled sings.

But think as we our neighbours greet,
Of those laid friendless in the street.
And as we eat and drink our wine
Still families die in Palistine.

LONG WHATTON NEWS *Advertising rates*

6 months per month

Full page £18

Half page £12

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One off per month

Full page £22

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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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Design: We can provide a design and artwork service for your advert, if required. Prices are subject to sight. Email us at longwhattonnews@gmail.com

THE "CRAFTY" THURSDAY THING



*Second Thursday
of the month
at the Friendship Centre
2 to 4 pm*

Upcoming dates in 2024:
10th October
14th November - **Crafty Special**
12th December

Join us to play backgammon, cards, chess, memory, shut-the-box and many others.

We have a large selection of cards and games for you to try or you can bring your own and we will have a go.

November 14th Crafty Special

Same time 2 – 4pm, usual games, but we are also offering several craft activities for adults to have a go: bunting making and decorating, glass decorating, card making and many more.



Tea and biscuits
included in the £2 for
taking part.
Call 07964 824 108 for
more information or to
arrange a lift.



GARDENING TIPS FOR DECEMBER *by Shirley Blyth*

December can be a wonderful month in the garden. The days may be short but on the whole the weather is usually not too bad, with wonderfully clear, frosty, sunny days when it can be a real pleasure to be outside. It is also much better for you to be outside than snoozing in front of the fire. Though this does tend to be a time when we find ourselves indoors

Jobs to do in December

Now is the time to prune woody plants and fruit trees.

Clean your paths, repair sheds and fences.

Fix grease bands to your fruit trees to stop pests climbing up the trunk.

Sow seeds of alpine plants and place them under cover.

Earth up tall Brussel sprouts to support them.

Also sow a few early crops under cover so that you can plant them out early in the new growing season.

Plants that are under cover should only be watered sparingly now that they are dormant.

Take care of planted pots that are to be left outside during the winter. Remove the drip trays from them. Stand them on a couple of bricks or something that will allow water to drain through. Pots that may crack in the winter weather should be moved under cover.

Plants in flower in December.

Clematis armandii - "Apple Blossom"

Cyclamen coum

Hyacinths - forced varieties

Hippeastrum - "Apple Blossom"

Holly - various varieties

Mahonia x media

Virburnum x bodnantense - "Dawn"

Winter jasmine

This year I will not be sending Christmas cards to my neighbours in the village. Instead I will be donating what I would have spent on them to the charities that I support. So through this article I would like to wish everyone a very Happy Christmas and a prosperous New Year.

Happy gardening



Cyclamen coum: Winter colour.

COFFEE OPPORTUNITIES *Dates and venues*

Village Coffee Morning @ The Falcon Inn -

The december coffee morning will be a lunch instead of a coffee morning on the 9th December at 12:00. If you would like to attend please contact Penny de Kock on 07393407896 as pre-booking of food is required.

Village Coffee Morning @ All Saints Church

- There will not be a coffee morning in December as it will fall on the Saturday before Christmas.

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.



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Ballet Classes

FOR CHILDREN, ADULT BEGINNERS AND SILVER SWANS

LOCKINGTON VILLAGE HALL - SATURDAYS from 7th September

Primary and childrens ballet classes from 3 & half yrs to Grade 6, intermediate & 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
 from 4th September

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

KARATE event with former Polish National Champion

On 9th November we were delighted to host our third open seminar event! Sensei Tomasz Kacperski, 6th Dan Black Belt and Former Polish National Champion, agreed to run an open course for us at The Dojo, Nottingham.

This was a fabulous opportunity for our club members to learn from someone as technically proficient as Sensei Tomasz. Our very own Sensei Ben and Sensei Leigh regard him as one of the best they have trained under in terms of his practical application of karate. It was therefore a privilege for the club to be able to again host an event with such a gifted and experienced karateka.

The event was open to all associations and styles and this time we had karateka at the event from 4 associations and 7 different clubs increasing the benefits to everyone. It enables us as karateka to train with people who have different training experiences and use slight variations in how they perform their karate. We're proud of being able to host these events and get so much positive feedback about how the course has taught them new things, and

continued to support their own personal karate journeys.

We've now gained a great cohort of people who enjoy participating in these events, which will hopefully allow us to continue to organise these through next year and beyond, for the benefit of our club but also the wider karate community, evidenced by the event being sold out many weeks in advance, before we really managed to fully advertise.

Such was the feedback, we are delighted to confirm that Sensei Tomasz has agreed to host another session for us early next year! This means we already have another two sessions lined up for next year, having previously agreed to again host current HDKI World Champion Sensei Stuart Amos in the New Year! Get in touch if you are interested in attending future sessions with us. You don't need to be a member of the club or the FSK - everyone is welcome...

With our last event of the year behind us, attention has now shifted to the final grading opportunity of the year on the 15th December. We're looking forward to sharing positive news again soon!

Why not give real traditional karate at our very own local club a try and take advantage of our free trial session offer! Adult and child spaces available right now, so get in touch...

Training is every Thursday in the Long Whatton school hall from 6:30pm to 7:30pm. Get in touch via our Facebook Page @ longwhatton karate, e-mail the club at longwhattonkarate@gmail.com, or contact the club secretary on 07714335598





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*** TUESDAY SHEPSHED SHOPPERS**

*** THURSDAY LOUGHBOROUGH SHOPPERS**

DROPPING OFF AT MORRISONS, SAINSBURYS & TOWN CENTRE

OUTINGS ARRANGED THROUGHOUT THE YEAR.

GROUP HIRE: PLEASE CALL FOR MORE INFORMATION

PAYMENTS:

SHOPPERS: CASH TO DRIVER

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GROUP HIRE: INVOICED MONTHLY

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ALL CHANGE FOR 2025 *Alex Lowes*

Alex's employers, Kawasaki, have announced that they are handing the reins of the factory racing team over to specialist motorcycle maker and subsidiary, Bimota for 2025.

Bimota are renowned for building their own exotic chassis around existing motorbike engines and this is the arrangement with Kawasaki. Kawasaki will still be involved; providing tuned motors and technical support. A collaboration.

Staff within the team will remain largely the same, so Alex keeps the crew chief and mechanics that helped him to considerable success this year.

The new bike, called the KB998 was out on track for the first time for one day at Jerez in Spain on 20th October where Alex had his maiden outing on the new bike and a week later the team returned to Jerez, for another test on 26th and 27th.

Initially Kawasaki test rider, Florian Marino took the bike out on the first day of



The Bimota KB998 at the launch

the test to provide initial input, and on 27th Alex threw his leg over his new steed again. Conditions were warm and sunny - ideal for putting in a lot of laps to get track time on the bike eventually doing 83 laps. The engine will be familiar but Alex and the team will have to develop the chassis and suspension combinations almost from scratch.

Most of the day was spent on part worn tyres trying various things including changing his riding style if needed. At the end of the day a new qualifying tyre was put in to gauge pace and Alex was satisfied with the outcome

Rules allow for a relatively small number of test days, so Alex now has a break until the new year, a chance to do all those jobs around the house.

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 January issue is 17th December.



Bingo Evening



Friday 6th December 2024
at the Friendship Centre
doors open at 7pm, start 7.30
Bring your own drinks
Entry £8

The entry ticket gives you one card for each of the 8 games we will play during the night, additional cards available.

Tickets on the door only, no pre-sales, so come early to secure entry.

Prizes for a line and a full house.

Tea, coffee and small snacks served.
Bring your own bottle – we have glasses.

Cash only on the night



Don't forget to bring your Bingo Dabber!
Good luck

Organised by the Long Whatton Community Association



REMEMBRANCE – *We will remember them.*

November 10th, a chilly, overcast and sombre morning that seemed to be entirely fitting weather for the Remembrance service.

A good turnout was present around the Memorial to pay their respects and listen to Rev'd Simon Stevens brief service interspersed with some wreath laying and an emotional rendition of the Last Post from Oliver Thompson on his trumpet once again.



Afterwards, Reverend Stevens continued the service inside All Saints church.

The school have made and placed their own wreaths around the memorial.





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LONG WHATTON DIARY – *All the village events this month*

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

Pilates - 1st and 2nd Mondays of the month at The Friendship Centre, 9.15am to 12.30pm

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.

The Falcon Coffee Morning. The december coffee morning will be a lunch instead of a coffee morning on the 9th December at 12:00. If you would like to attend please contact Penny de Kock on 07393407896

All Saints Church Coffee Morning. There will be no coffee morning this December.

WI. Tuesday 12th November @ 7:30pm to 9:30pm Long Whatton Friendship Centre

DISEWORTH DIARY *December*

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

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

1st December - Christmas Tree light up, Village Hall 4.30pm

9th December - Open afternoon, Diseworth CofE Primary School, 2-3.15pm (including Christmas Cake sale and Christmas activity)

13th December - Christmas Extravaganza, Diseworth CofE School, 3-6pm

26th December - Boxing Day Fun Run, Registration 10.45 am at The Cross

The “Crafty” Thursday Thing

Thursday 12th December @ 2pm to 4 pm at Long Whatton Friendship Centre

Mobile Library. Will visit the village on - Monday 16 December and Monday 6 January 2025

VILLAGE AMENITIES

Food, rooms and more

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

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

Shepshed Special Community Bus offer transport to and from Loughborough every Thursday. Phone 659531 to book a place.

Got something to say?

Get it off your chest.

Email

LONGWHATTONNEWS@GMAIL.COM

Advent and Christmas Services in your Village



Sunday 1 December 3.30pm
Christingle service

Monday 9 December 6pm
**Carols around the Christmas tree
in the churchyard**



Sunday 15 December 6pm
**Nine lessons and carols by
candlelight**



Tuesday 24 December 4pm
Crib service - the Christmas story

Tuesday 24 December 10pm
Midnight Mass



ALL WELCOME.
**Refreshments after the services
except for Midnight Mass**

THE GIFT YOU DIDN'T KNOW YOU WANTED

There's an old royal tradition, dating back to George VI, where family members give each other small joke gifts with a twist—they're inexpensive, unexpected, and somehow reflect the year just gone. I love this idea. One Advent, I asked a child what he wanted for Christmas, and he gave me a very long list, ending with, "...and that last one is available online and it's only £14.99." I could relate to him! As a child, I had so many wishes, all perfectly clear in my mind.

Sometimes, though, my parents surprised me with something I hadn't thought to ask for, like a huge Lego space base in 1980. That gift was still being played with in 1983 and that was a long time back then. But now, it's different. I've grown up, have too much "stuff," and think I know myself pretty well—sometimes even better than my relatives know me!

The story of Jesus' birth at Christmas is so familiar to us that we might not expect

surprises. But for the people of that time, it was filled with the unexpected. They hoped for a Messiah who'd solve their pressing problems: a political leader or perhaps a revolutionary to rise up against Rome. Instead, they received someone who walked among them, teaching them about love and community—born in a stable, not a palace.

Even those who first saw him were surprising: unwashed shepherds, foreign stargazers—not the movers and shakers of Judean society. And that unexpectedness still invites us today to revisit the story, relearn its message, and recommit to following Jesus' way. Perhaps one of your unexpected presents this Christmas could be a new understanding of what Jesus taught.

I wish you a blessed and happy Christmas, with at least one surprisingly good present.

The Revd Simon Stevens
Self-Supporting Minister in the Hathern and Kegworth Team

ALL SAINTS CHURCH *Advent and Christmas services*

There are plenty of services to choose from this December:

Sunday 1st December 3.30pm - Christingle service.

Monday 9 December 6pm - Carols around the Christmas tree in the churchyard.

Sunday 15 December 6pm - Nine lessons

and carols by candlelight

Tuesday 24 December 4pm - Crib service - the Christmas story

Tuesday 24 December 10pm - Midnight Mass

All welcome. Refreshments after the services except for Midnight Mass.

WI *Christmas and the New Year*

For our next meeting in December we will be joining up for a Christmas meal at the Falcon Inn.

On Tuesday January 14th we will be having a quiz evening, you are welcome to come and join us, £5.00 and £2.00 raffle and refreshments.

On Tuesday 11th February our speaker will

be Bill Hayley (not of the Comets!) who will be giving sharing insights about Life aboard the Royal Yacht Britannia.

All welcome, there is a £5.00 charge for the speaker and £2.00 raffle, refreshments available.

Please contact Lesley on 01509506714 for more information

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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- You'll be shown ways to improve your balance (helping you to walk, skip or run with confidence)
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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  

NUTRITIOUS NUTS *Health by Liz Jarrom*

Nuts are often viewed as a snack, but they are in fact a very valuable food group in their own right, and a key food eaten by vegetarians and vegans. Apart from those who suffer from nut allergies, nuts are a very nutritious food that can be enjoyed as part of a balanced diet by most people. It has been documented that people who eat nuts as a regular part of their diet are generally to be at a lower risk of heart disease, and much less likely to experience artery damage and conditions that cause chest pain.

This may be because nuts are a good source of vitamin E which is a powerful antioxidant, that mops up damaging free radicals in our bodies. Nuts are also naturally rich in the B vitamins Thiamin and Niacin. Thiamin is required

by the body to enable energy to be released from food, and it also helps to prevent the build up of certain toxic substances in the body, which are known to damage the heart and nervous system. Niacin is needed to help cells function effectively and is necessary for the formation of neurotransmitters, which are needed to pass information along motor nerves. Niacin also helps the skin to stay in a healthy condition and the digestive system needs it to ensure that it functions efficiently. Nuts, including peanuts, are all excellent for helping the body regulate insulin and blood sugar levels. Eating a small handful of mixed nuts daily seems to play a role in reducing spikes of either in the blood.

Nuts are a useful addition to the diet of people who have glucose intolerance and diabetes as they are naturally low in sugar and contain healthy proteins and fats. Eating peanuts can help keep female hormones in

balance, especially during the menopause.

Nuts are not only a good source of protein but also contain heart healthy Omega 3 fats, which are also anti-inflammatory oils. Nuts don't only add nutrition to a dish, but flavour too. All nuts have these benefits so just pick whichever you like eating the most, but go easy on Brazil nuts as they contain high levels of selenium, which is highly beneficial as a nutrient, but toxic in extremely high concentrations.

"All nuts have these benefits so just pick whichever you like eating the most"

Eating 2 or 3 Brazil nuts per day is beneficial and delivers safe levels of selenium. Nuts are also a good source of fibre, which is good for the bowel and the microbiome in the gut. These bacteria, the trillions of beneficial, microscopic inhabitants who live there,

feed on fibre and make helpful nutrients for us out of this material that we can't digest. It keeps our bowel movements regular too which may help prevent the development of bowel cancer.

Walnuts are the best source of alpha linolenic acid, which has powerful anti-inflammatory effects in the body. Walnuts are rich in polyphenols called ellagitannins. Certain microbes in our gut convert these into compounds called urolithins which reduce inflammation and have hormone like properties. Studies have shown that they may reduce the risk some cancers including breast, prostate and bowel.

Almonds are loaded with antioxidants and monosaturated fats as well as Vitamin E, which in combination, are excellent for reducing oxidative stress, which helps our skin stay hydrated and balanced, helping us to glow from the inside out.

Long Whatton Community Association

Proposed changes to our Constitution

All Residents over the age of 18 are automatically members of Long Whatton Community Association (LWCA).

LWCA is a registered charity set up in 1999 by the then chair Philip Jordan and Head Teacher Sue Landon. LWCA runs the Friendship Centre and is responsible for organising many of the events here.

As a charity we have an approved constitution which was last amended in 2001 and as a group we feel that we should amend our constitution to reflect ourselves today.

Proposed changes can be viewed on the Long Whatton village website and on our notice board outside the Friendship Centre.

www.longwhattonvillage.co.uk

There will be an extra special meeting of LWCA just before our AGM on Tuesday 18 March where the proposed changes will be voted on to which all members are invited to attend and vote .

**Please do contact me if you would like to discuss this further prior to the meeting . Thank you
Viv Matravers v@manororganicfarm.co.uk**

LOVE IT OR HATE IT *Sprouts in Marmite Butter*

A couple of months ago we had a recipe for Chicken in a marmite cream sauce. In researching for the column this month I was looking for easy side dishes for the Christmas table and discovered a recipe for sprouts with Marmite butter. Sprouts, like marmite, very much divide the nation and are loved or hated so quite how this combination will be received, I don't know.



Charred Brussels Sprouts with Marmite Butter

What you need

- 100g of unsalted butter, softened
- 3 tsp marmite
- 500g Brussels sprouts

What you do

- Beat the marmite and butter until smooth
- Boil the sprouts for 3 or 4 minutes, then leave to steam dry

*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](mailto:emailalanc9989@gmail.com)*

- Heat a non stick frying pan, and dry fry the sprouts for 3 or 4 minutes until starting to char around the edges.
- Take the pan off the heat and add a chunk of the marmite butter, sizzle until the butter has melted and swirl around the pan until the sprouts are coated, add a little ground pepper, and a little salt if needed, then serve.

For anyone who is not a fan of Marmite or sprouts, never mind a combination of both, the following is a very simple recipe for home made ice cream.

No Churn Ice Cream

What you need

- half a 397g tin of condensed milk
- 600ml of double cream
- 1 tsp vanilla extract

What you do

- Put the ingredients in a large bowl
- Whisk until thick and quite stiff, a bit like clotted cream.
- Scrape into a freezer container, and freeze

"For anyone who is not a fan of Marmite or sprouts, here is a simple recipe for home made ice cream."





THE ROYAL OAK

DINING PUB | BEDROOMS | FUNCTION ROOM



Merry Christmas & Happy New Year

We are now serving our new winter menu along with a festive menu for group bookings over December

Special New Years Eve Menu

Please see our website for all menus and opening times
www.theroyaloaklongwhatton.co.uk

