

Long Wharton News

JANUARY 2024



By the time you read this Christmas will be over, these reindeer and the rest of the village decorations will be a distant memory. But, looking forward,

this issue contains plenty of gardening, a touch of sport, reviews of Christmas goings on, food, and more.

Happy and healthy new year!

YOUR FREE VILLAGE MAGAZINE



Happy New Year

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THE VILLAGE SHOW 2024 *Continue the tradition.*

The last time we had a village show in Long Whatton was 2019. Our version of this British tradition began in 2001 in a field behind the Royal Oak during the August Bank Holiday.

As well as all the traditional show games and stalls, raffles and produce, dog shows, and birds of prey, one of the shows aims is raising money for charity.

The village show is an opportunity to showcase local talent, creativity, and foster a sense of togetherness.

The legacy of the village show, spanning

twenty five memorable years under Chris's dedicated leadership, now faces a pivotal moment. Stepping into this crucial role, I am excited to lead the organisation of the 2024 village show. However, this endeavour requires a community effort, and we are reaching out to you for support.

To reintroduce the show next year we need community members to join the Village Show Committee for 2024.

If you can contribute, please express your interest or would like a chat about it contact Penny de Kock on 073 9340 7896.

CHRISTMAS EVENT *and Santa's Grotto*

The Long Whatton Community Association organised Christmas event on 16th December was a roaring success at the Friendship Centre, with a queue for Santa's Grotto and mince pies and cups of tea aplenty.

The Knit and Natter group's stalls at the event raised £105.00 for the Friendship Centre making a total of £1061.00 raised in 2023.

The group plan to continue their amazing charitable fundraising in 2024.



LONG WHATTON NEWS *Advertising rates*

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PIES, WINE AND CAROLS *around the christmas tree*

All Saints Church played host to a festive evening of Christmas carols on Monday 11th December.

The chilly evening of carols around the Christmas tree at the front of the church was warmed with the help of mince pies and copious amounts of mulled wine.

The crowd of carol singers of all ages is pictured here.



BELTON GARDENING CLUB *2024 dates*

The club will be starting its programme of events on January 30th and we welcome the return of existing members, new members and visitors. We are a friendly group based in Belton who meet monthly to socialise, discuss gardening and to listen to talks related to gardening.

We meet on the last Tuesday in the month, usually at 7.30pm in Belton Village Hall (LE12 9TU) and talks are followed by a tea or coffee and a raffle. Full membership is £15 and includes access to social events and group visits to public gardens. For visitors there is a small charge of £4 per meeting.

The programme of talks for 2024 is as follows:

January 30th - AGM and Talk - 'A show garden for Rainbows Hospice', Karen Gimson

February 27th - Talk - Blackberry Gardening, Alison Levey

March 26th - Talk - '50 top tips for better

vegetables', Simon Smith

April 30th - Afternoon visit to Sence Valley Park, Ibstock, members own transport

May 21st - Plant Swap and members short talks

June 25th - Afternoon visit to Donington Le Heath Manor House, with guided tours. members own transport

July 2nd - Summer Social

August - No Meeting

September 24th - Talk - 'Herbs culinary and medicinal', Sally Cunningham

October 29th - Talk - 'Indoor Jungle - houseplants', Geoff Hodge

November 26th - Talk - 'Stately Gardens of England', Camilla Anderson

December 10th - Christmas Social

For more information please get in touch with us via email:

beltongardeningclub@gmail.com or come along to one of our meetings.



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Ballet Classes FOR CHILDREN AND ADULT BEGINNERS

LOCKINGTON VILLAGE HALL - SATURDAY From 7th January 2023

New Class: Very young beginners, 3+, 9.00am starting 14th January!!

Primary and children's ballet classes up to Grade 5

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

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

NEW CLASS: SILVER SWANS BALLET FOR ADULTS!

From 11th January

DISEWORTH VILLAGE HALL - WEDNESDAYS

Silver Swans - Adult beginners: 6.15pm

Adult refresher (grade 5) 7.00pm

Pre-Intermediate (& pointe work) 8.00pm



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GARDENING TIPS FOR JANUARY *by Shirley Blyth*

Happy New Year to all fellow gardeners. If you think there is nothing to do in the garden this month and it looks boring at this time of year? Then think again! However harsh the weather there are plants to enjoy and plenty of jobs to be getting on with. The days are at least getting longer.

This month I thought that I would give a slightly different slant to the Gardening tips article. - common plants that are poisonous to cats and dogs.

Many bulbs are poisonous so care should be taken when you are planting your spring and summer displays:

<i>Aloe</i>	<i>Amaryllis</i>
<i>Azalea</i>	<i>Crassula or money tree</i>
<i>Oleander</i>	<i>Cyclamen</i>
<i>Daffodil</i>	<i>Dieffenbachia</i>
<i>English Ivy</i>	<i>Peace lily (Spathiphyllum)</i>
<i>Swiss cheese plant (Monstera deliciosa) and all philodendron family</i>	

The sap, flowers, pollen and foliage can all cause sickness and digestive problems in your pets. Lily flowers can be particularly lethal in cats if the pollen gets on to their fur and they try to lick it off. Whilst not an indoor plant,

Aconitum (Monkshood) is probably one of the most poisonous plants that you can grow in the garden. All parts of it can cause sickness or even death. It was a favourite poison used by Agatha Christie in her murder mysteries.

There are plenty of jobs to do this month: Warm up the soil with cloches, plastic sheeting and cardboard.

Continue to provide food and water for wildlife.

Clear the crowns of plants from wet leaves and aerate your lawn (providing it is not frosty). Continue to protect vulnerable plants from the wind and cold weather.

Keep a small area in ponds free from ice.

Sow early veg seeds under cover.

Chit (produce shoots) from early potatoes.

Force rhubarb.

Start to sow some early summer bedding and start to choose your summer flowering bulbs

Later this year I hope to restart the Gardening Club that was a casualty of the Covid lock down. I will keep you posted on any progress.

Happy gardening until next month.

MOLLIE THE COLLIE *A poem by David Griffiths*

You wag your tail and smile at me
Then rub yourself against my knee
You say that "Supper's almost due
If it is all the same to you!
There are things that will not keep
Sorry to disturb your sleep!"

*"Just a minute, don't you see
You're supposed to work for me
Round up the woolies, guard the beast,
This is what I thought, at least
Live in a barrel by the shed
You're lounging by the fire instead."*

*You really do not have a clue
We're not supposed to wait on you!"*

*"I'm sorry if I've been a fool
But surely you'd not be so cruel!
I'll go for walks, come when you call,
I am your Molly after all!"*

Molly Died Dec 2100

*You used to lie beside my chair,
Turn up your eyes to show you care.
I drop my hand to rub your ears
To find you are no longer there.*

ALLIENS IN THE VILLAGE

At the beginning of term, Long Whatton Primary School had an unusual visitor from outer space.

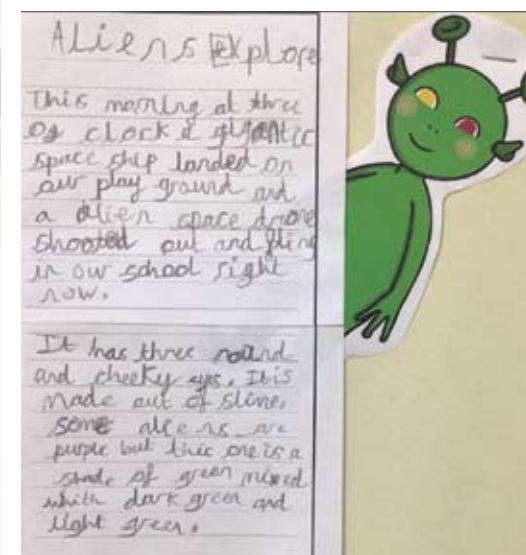
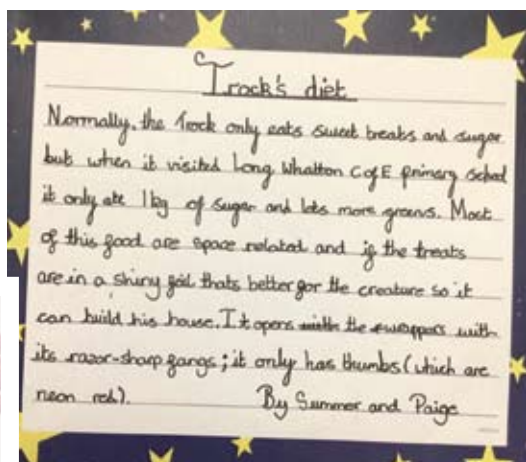
The visitor left lots of clues about who they were and where they were from. This included a voice recording, a video recording of a spaceship landing, a report from a scientist and various items that belonged to them.

We wrote a report about the visit so astronauts in the future would know what the visitor is like, as they may encounter them on their next launch into space.

The children wrote the reports to also feature in the Long Whatton Newsletter.

These are the winners:

Florence, Reception, top right Arthur, Year 2 bottom right, Rio and Hannah, Year 3, bottom left, Summer and Paige, Year 6, middle right. *Long Whatton School Team*



HISTORY, DESIGN AND DAFFODILS *Long Whatton School*

Long Whatton Primary School's autumn term included a history project the pupils completed over the term culminating in a History Museum exhibition in the school hall. The new historians shared their discoveries with their parents, as pictured here.



The Owls class were tasked with designing the new front cover for the Christmas Carol service at All Saints church in the village. Vicar Louise paid a visit to school to judge the competition and declared Lily Bradshaw the overall winner. The classes' designs are shown here including the winner which became the new cover on the order of service.

In November the schools' pupils planted hundreds of daffodil bulbs throughout the village including around the base of the new statue. The village should look a lot more colourful next spring!



GET YOUR CAFFIENE FIX *and have a natter*

Village Coffee Morning @ The Falcon Inn - There will be a coffee morning on Monday Monday 8th January 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 20th of January 2024 from 10.30am to 12 o'clock.

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. Everyone is welcome!

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.



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

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WHATTON HOUSE GARDENS: *A red rose for Christmas*

I've written previously about Rosa × odorata 'Mutabilis', an old favourite where the flowers change colour from buff yellow ageing to pink then crimson. Rosa × odorata (Sanguinea Group) 'Bengal Crimson' is from the same cross (R. chinensis x R. gigantea) and is believed to have been introduced to Europe in 1804. The wine-red young foliage

"My own 'Bengal Crimson' and the ones planted at Whatton are still flowering at the time of writing - December 12th."

is an attractive feature but the reason for growing it, is its flowers. Rather than a mass flowering in one go, over a few weeks, 'Bengal Crimson' produces a steady trickle of flowers over a long season. In mild winters it will just keep going.

Despite a frosty week at the end of

flower that opens a battering, but any colour at this time of year is much appreciated. The flowers are large, single, lightly fragrant, and an intense crimson darkening with age. They really stand out even on a dull day. The

colder weather seems to result in lighter pink flowers. Additionally, it has very few thorns and the leaves remain healthy, i.e. no black spot.

We planted a few in the Spring and they have produced a steady succession of flowers and continue to do so even now. They have still got some growing to do. As a shrub you can expect them to reach 1.5m tall, but if you grow them up a sheltered wall as a climber, 2.5m should be possible. Being a

shrub rose, they will normally just need a tidy up and a light trim in late winter. Occasionally a stem can be removed to ground level to alleviate congestion and stimulate new growth. A good 3inch (8cm) thick mulch of well-rotted horse manure would be beneficial, but cow manure



R. × odorata (Sanguinea Group) 'Bengal Crimson', 16th Dec.

November, my own 'Bengal Crimson' and the ones planted at Whatton are still flowering at the time of writing (Dec 12th) with more flower buds waiting to open. Admittedly the wet weather gives any brave

or compost will do. All being well, we can look forward to a good display from 'Bengal Crimson' as they grow to fill their allotted space and delight us with their blooms.

William Stanger.

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 February issue is 18th January.

Long Whetton News

The village magazine is made possible by the support of advertisers and some fundraising events.

It is produced and distributed by volunteers and our only cost is the printing itself.

Despite several increases in the cost of printing the magazine we have managed to keep our advertising rates at the same level to make it affordable. But we need more advertisers to join us.

If you have a business, no matter how large or small we offer advertising spaces from just £7 per month.



SUPERBIKES – a new twist to the new season

The World Superbike racing season is at an end until testing resumes in January, so Alex has a few weeks off before serious training begins again.

The first 2024 test takes place at Jerez in the south of Spain on January 24th and 25th before moving a few miles along the coast to the Portimao circuit for another two days on track on 29th and 30th. After that the teams have a three week gap before flying out to Philip Island, Melbourne, Australia for more testing on 19th and 20th February before the first round kicks off there from 23rd to 25th.

Kawasaki's line up will consist of our local lad, Alex Lowes, who is about to enter his fifth season with the Factory team, plus new signing Axel Bassani, with whom Alex spent much of 2023 battling on track.

In an interesting twist for the new season,



Alex's twin brother Sam will be switching from the MotoGP Moto2 class to race his brother in World Superbikes on a Ducati V4.

It will be fascinating watching the two brothers go head-to-head throughout the year.

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

Village Coffee Morning @ The Falcon Inn
The coffee morning will be held on Monday 8th January 2024, 10:30am till 12 at The Falcon Inn, if you would like to join us please contact us to select your meal choice.

Coffee Morning @ All Saints Church
There will be a coffee morning on 20th of Knit & Natter Group - held on the 1st and 3rd Friday in the month, 10 to 11.30am at the Falcon Inn, no charge just pay for tea or coffee, experience not essential.

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

book swap. LWCA

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

Diseworth have the following events on this month:

Scalextric challenge, Village Hall, Diseworth 7th Jan.

Alex Voysey Blues Band, Village Hall Diseworth, 7pm 27th.



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DON'T WORRY ABOUT TOMORROW *Revd Stevens*

Some people spend a lot of time looking back, going over the past, ruminating on or thinking about how much better it was back then. Some people spend time thinking about the future. Some are anxious about it, some are excited.

As a very young child – before I even went to school my parents took me to the cinema to see the biggest children's film of that year. A small movie by the name of Star Wars. I instantly became much more interested in the future. Perhaps I figured that eventually the further into the future we got the higher the probability I would be able to get my own R2D2. Sadly, now with slightly more years behind me than ahead of me I am still waiting. Hmmmm....Here I am looking back nearly 45 years, remembering looking forwards! It must be the time of year.

New Year is naturally a time to look backwards and forwards. That is how January got its name. The god Janus who was the god of doors and gates and because of that became also the god of beginnings. He was often pictured with two faces. One facing behind and one facing ahead. So when the Romans

were searching for a good month's name they naturally turned to him.

Here is a difference between ancient Roman religion and Christianity. For Jesus encouraged his followers to live in the here and now.

"Therefore, do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own" he says in Matthew chapter 6. It is natural to think about what could happen but, in this chapter, Jesus says that while the future is uncertain, we can deal with that uncertainty by committing it to God in faith.

In the same way the past cannot be changed and for good or ill must be moved on from. Sometimes with forgiveness for ourselves or others.

What we have though, is today or to quote one of my daughter's favourite movies, (Kung Fu Panda) "Yesterday is history, Tomorrow is a mystery, but Today is a gift. That is why it is called the present."

I wish you a happy new year and a good today!
Revd Simon Stevens, Self-supporting Minister

CHURCH SERVICES *in January*

Sunday 31st December
10.30 Benefice service with HC at Diseworth

Sunday 7th January
Belton 10.00am Sunday people
Diseworth 9.30am Holy Communion
Hathern 10.30am Holy Communion
Kegworth 10.30am Holy Communion
Long Whatton 10.30am Inside/Outside
Osgathorpe 3.00pm Home church

Kegworth 6.15pm Evensong

Sunday 14th

10.30am Benefice service with HC at Belton

Sunday 21st

10.30am Benefice service with HC at Long Whatton
6.15pm Benefice Plough Service at Belton

Sunday 28th

10.30am Benefice service with HC at Osgathorpe
6.15pm '4th Sunday Supper' at Hathern





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THE GOOD NEWS ABOUT BEEF *Health by Liz Jarrom*

Red meat, especially beef, gets a bad press these days, and in some cases rightly so, but there is lots of research out there that shows that there are significant health benefits to eating beef if it is selected, prepared and cooked correctly. Beef is an excellent source of protein, and contains lots of essential nutrients, particularly iron and zinc. Also present are small amounts of Vitamin C, calcium and folate. It is also a valuable source of essential minerals such as iodine, manganese, selenium, chromium, fluoride and silicon. Amounts of these nutrients can vary, depending on the availability of the minerals in the soil supporting the grazing for the cattle, and the quality of the supplementary feed given to the animals.

The other, very important consideration is the fat content of the beef. Much research has shown that saturated animal fat is the worst fat for raising LDL cholesterol levels in the blood. In one study in America, participants in a trial ate a diet containing 40% fat. One group obtained all their dietary fat from saturated fat found in meat and dairy produce, while the other group ate only 10% saturated fat, and the rest came from nuts, cold pressed oils and vegetable fats. Almost immediately, the LDL blood cholesterol levels in the low saturated fat group dropped by an average of 13%, while the levels of the high saturated fat group rose by 8%.

Researchers in Australia at the Deakin University, working with the Royal Melbourne Hospital, ran a trial to see if it was possible to eat meat and keep LDL cholesterol levels down. They put ten healthy men and women of various ages, on a high beef diet. The participants were asked to eat 450 grams (1lb) of beef a day for three weeks. This beef was trimmed of all visible fat, making it very

lean. The total fat content of the meat was only 9% of the calories. After three weeks, the participants blood cholesterol levels had fallen by an average of 20%. As a control, the researches added beef dripping to the diet of half the participants during the fourth and fifth week of the trial. The cholesterol levels of those eating the dripping shot back up again, while those not getting the dripping maintained their lower cholesterol levels. Cooking beef at a high temperature as in roasting, grilling and frying, usually results in some charring of the meat, which increases the risk of formation of potentially carcinogenic compounds called heterocyclic amines.

Marinating the beef before cooking can cut these risks dramatically. A study in Portugal's University of Porto compared pan fried beef marinated in either dark beer or red wine. The meat was left to soak in the beer or wine based marinade for 6 hours before cooking. The beer based marinade slashed the production of these carcinogen compounds during cooking by a massive 88%, more than twice as effective as the wine based marinade which reduced them by 40%. As a bonus, the dark beer marinated meat was considered to have a superior flavour in taste tests. Encouraged, the same team tested charcoal grilled pork, also marinated in dark beer prior to grilling. The marinated pork produced 90% fewer carcinogen compounds than the plain grilled pork.

Cooking beef at lower temperatures over a long period of time, as in casseroles and braising, also significantly lowers the risk of the meat producing carcinogenic compounds. Enjoying beef cooked in this way, in modest portions, a couple of times a week, shouldn't present any significant health concerns.

Enjoying beef cooked in this way, in modest portions, a couple of times a week, shouldn't present any significant health concerns.

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 strengthening exercises, and exercises to improve your mobility (helping you to continue to do the activities you love)

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

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

A BREAKFAST *with three of your five-a-day*

In 1994 the UK government started the 'five-a-day' campaign to encourage people to eat a combination of at least five portions of fruit and vegetables every day. This was in response to the number of studies that demonstrated that eating plenty of fruit and vegetables helped to reduce the risk of heart disease, stroke, certain cancers, diabetes and obesity.

For adults, one portion is 80g of fresh, frozen or canned fruit or veg, or 30g of the dried equivalent. There is no set guidance on the portion size for children, but a useful tip is to aim for an amount that fits in the palm of your child's hand.

The following give you an idea of what constitutes a portion:

- one medium banana, orange, pear or apple or a similar-sized fruit
- half a grapefruit, pepper or an avocado
- one slice of a large fruit such as a melon or pineapple
- two satsumas, two plums or similar sized fruit
- a handful of grapes
- two handfuls of blueberries or raspberries
- one heaped tablespoon of dried fruit, such as sultanas, currants or raisins
- three heaped tablespoons of vegetables such as sweetcorn or peas
- three heaped tablespoons of any pulse - beans, peas or lentils
- one cereal bowl of raw leafy greens such as lettuce, watercress or spinach.

After the Christmas hoilday, during which many of us will have over indulged, the recipe this month provides a healthy start to the day.

A Breakfast Bake - What you need

4 large field mushrooms

8 tomatoes, halved
1 garlic clove, thinly sliced
200g bag of spinach
2 tsp olive oil
4 eggs

What you do

Heat oven to 200C/180C fan/gas 6. Put the mushrooms and tomatoes into 4 ovenproof dishes. Divide garlic between the dishes, drizzle over the oil and some seasoning, then bake for 10 mins. Meanwhile, put the spinach into a large colander, then pour over a kettle of boiling water to wilt it. Squeeze out any excess water, then add



the spinach to the dishes. Make a little gap between the vegetables and crack an egg into each dish. Return to the oven and cook for a further 8-10 mins or until the egg is cooked to your liking.

MOBILE LIBRARY

The Mobile library will be visiting Long Whatton on the third Thursday of each month in 2024, starting on 18th January.

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



HAPPY
New Year!!

2024

The Falcon Inn
would like to thank you.
Cheers to another
great year together