

Long Whetton News

JUNE 2024



Every year these magnificent Wisteria blooms cover the front of this cottage at 14 West End.

Wisteria has been around a long time; seven million year old fossils of Chinese wisteria have been found in China. The plants

live an average of 50 years but can survive much longer. A 150 year old living specimen of the Japanese variety can be found in the Ashikaga Flower Park in Tochigi, Japan.

Japanese wisteria twines clockwise, while Chinese wisteria twines anticlockwise.

YOUR FREE VILLAGE MAGAZINE



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3 COURSES £24

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SCHOOL FETE

The annual School Fete takes place at Long Whatton Primary School on Friday 7th June from 2.30 to 6.30pm. It will feature fairground rides, crafts, stalls, refreshments and much more. Entry is free.

KNIT AND NATTER

The Knit and Natter group are holding a coffee morning event for the Macmillan Cancer charity in memory of our much loved and missed member and friend Margaret Harris

Friendship Centre on Saturday 22nd June from 10.30 - 12.30. Tea coffee and homemade cakes plus sale of knitted goods and stalls selling crafts, wreaths, cushions and bags and a Raffle. Please come along and support this very worthy charity.

The group will meet on Friday 7th and 21st June, 10 to 11.30am at the Falcon Inn.

ANOTHER LETTER *Bus service*

The poor bus service continues to stir debate. We have received another letter on behalf of a resident:

Hello Long Whatton Magazine,

I don't live in the village, but my father (aged 83) does.

He has shown me the letter from Helen Connelly published in a recent edition about trying to get the council to engage regarding a bus service from the village to Loughborough.

I agree with all she has written - it is crazy to not have this service for people in the village to the nearest large town. My father is still driving, but will not be for many more years, and a bus to Loughborough would be a vital link for him with regards to friends and services/hobbies based in the town.

If there is some sort of petition or similar to be organised then please count on my and my father for support - plus many others I imagine.

With best wishes, *Jane Jackson*

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

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Neil Bamford 07921 855607

COPY DEADLINE

The copy deadline for articles for the July issue is 20th June.



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GARDENING TIPS FOR JUNE *by Shirley Blyth*

At last in May we had some lovely gardening weather. So hopefully Summer is here at last. This is the time of year when the gardener can begin to enjoy the fruits of his or her labours. Above all else, do take time to appreciate the garden, and don't let it become a chore.

Ornamental borders will soon be at the peak of perfection, and there are plenty of early summer vegetables to be savoured now. Towards the end of the month soft fruit will be ripening, to provide a mouthwatering selection of currants berries during the rest of the summer. Again towards the end of the month, roses begin to flower in earnest. With most the scent it is wonderful (eg Jude the Obscure and Sheila's Perfume especially). Climbing and ramblers look particularly good around doors and scrambling through trees and large shrubs.

Latin for gardeners part II:
Fruticosus or fruticosum doesn't refer to fruit but to a shrubby like habit.
Macro - means big, e.g. macrophyllum is a description for large leaves.

Maculata, maculatum or maculatus seen in a description tells you that the leaf is spotted e.g. Begonia maculata is a beautiful spotted plant.

Phylla, phylum or phyllus means plant leaves, of which there are 20 possible leaf shapes.
Sativa, sativum or sativus is a description for cultivated plants eg garlic (*Allium sativum*)
Sempervirens translates as "ever living" so it won't shed its leaves in the winter.

Jobs to do this month:
Keep weeding and deadheading to maintain your displays
Water new and young plants as necessary.
Look out for pests on your plants and

vegetables

Prune spring-flowering shrubs.

Cut back and tidy spring-flowering perennials.
Take cuttings from pinks (*dianthus*).

Cut down the foliage from bulbs and use the opportunity to divide crowded clumps.

Now you can plant out your Summer bedding.
Harvest fruit and veg as they mature. Also plant winter brassicas but protect from cabbage white butterflies and pigeons. Keep them watered.

Shade and ventilate plants in the greenhouse.

If duckweed and blanket weed causes you a problem, remove it from your pond. If you have a natural pond with no fish it is often left.

If you have an ornamental pond it should be removed as it can clog the water feature.



Buddleia Rainbow

Plants in flower this month

Buddleia varieties - a favourite is *B. globosa* with little gold globes.

Large flowered clematis eg Nellie Moser, Niobe, The President, Vyvyan Pennell, Abelia, Alchemilla mollis, Genista, Geum, Honeysuckle, Iris, Bearded,

Lavender, Lupin, Nepeta,

Peony varieties, Santolina, Veronica, Weigela; to name only a few.

VILLAGE SHOW

Plans are still being made to hold a Village show on August Bank Holiday.

To restart the event from scratch after several years is proving challenging and while it is slowly taking shape more helpers, stallholders and events are still required.

If you would like to discuss any aspect of the show contact Penny de Kock via email - longwhattonnews@gmail.com



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Ballet Classes

FOR CHILDREN AND ADULT BEGINNERS

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

FIRST AND SECOND X1 AND JUNIOR CRICKET

Long Whatton Cricket Club are once again hosting All Stars and Dynamos junior cricket training. The first session kicked off on Tuesday 7th May, with a fantastic turn out, with over 40 children attending. It was a brilliant start to the 8-week programme and great to see everyone enjoying themselves. Anyone is welcome to come and join the fun on Tuesdays, with the bar open it's a lovely place to relax.

All Stars cricket provides a fantastic first experience for all children aged 5-8 years old, where they're guaranteed 8 weeks of jam-packed fun, activity, and skills development. Dynamos cricket provides a next step for all those graduating from All Stars cricket and the perfect introduction for all 8-11 year olds new to the sport.

There are opportunities for children to also join Long Whatton, Kwik, Incrediball and U13s Hardball match teams, please contact the club if your child is interested as we are actively looking for new players to join.

Thank you so much to all the volunteers

who have helped get the club ready for summer and the coaches for their time and energy - it's much appreciated. If anyone wants to get involved at the club we're always looking for more support so please get in touch at longwhattoncricket@gmail.com

Meanwhile, the cricket season has just begun. on Friday 24th May Long Whatton CC Under 11 Incrediball team beat Appleby Magna CC - Under 11's in an away game, by 24 runs.

The first X1 game at home against Bombay CC - 1st XI the following day was cancelled but the second X1 played away against Twycross, beating them by 7 wickets.

Upcoming fixtures for the club are:
Saturday 1st June - Hinckley Amateur CC 2nd XI v Long Whatton CC- 1st XI Away and Long Whatton CC- 2nd XI v Broomleys CC- 3rd XI at Home.

Sunday 2nd June - Long Whatton CC- Under 13 v Thrumpton CC- Under 13 B at Home

KARATE CLUB Give it a try

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 @ [longwhattonkarate](https://www.facebook.com/longwhattonkarate), e-mail the club at longwhattonkarate@gmail.com, or contact the club secretary on 07714335598

SUPERBIKE Spring break

Following the races at Assen the World Superbike championship paused for a seven week break. Some teams participated in a private test, but Alex and the Kawasaki Racing team gave it a miss.

After three rounds the top six standings are:

1. Al Bautistavaro 123 points
2. Toprak Ratzgatliloglu 117 points
3. Nicolo Bulega 109 points
4. Alex Lowes 93 points
5. Andrea Locatelli 64 points
6. Andrea Iannone 64 points

The next time Alex will throw his leg over his ZX10 superbike will be at the Emilia-Romagna round in Imola, Italy, round 4, on 14th June.

*We want to hear from you
about your club or event*

LONGWHATTONNEWS@GMAIL.COM

A SRI LANKA ADVENTURE *travels with Jeff & Sue Humphries – part three*

Once this, very much an Elephant entertainment at its best, was over our Tour Leader suggested that, close by, for a little extra contribution we could visit the Ruhunu Reserve which is one of the recent extensions to the famous Yala National Park, sanctioned by the Sri Lankan government, that boasts the world's highest intensity of Leopards. Needless to say we jumped at the chance.

In our now familiar 4 x 4 vehicles we entered the park and immediately encountered the best possible view of wildlife, click, click, click went the Nikon.

Amongst the wildlife that afternoon, on film, we captured pictures of Elephants, Buffalo, Spotted Deer, Langurs, Monitor Lizards and Crocodiles.

In this privileged place dusk crept upon us far too quickly but as we were making our way back towards the gated exit something stirred in the undergrowth, four eyes peered over the grass, straight at us. We had discovered two young leopards gambolling over and over, play fighting as all youngsters do.

Hardly a clear view in this lush vegetation but patience paid off with an eventual "money shot", more by luck rather than judgement I must admit. Even at this age these creatures are magnificent, in fact probably our favourite big cat.

To top off our experience in this, for the



moment, a small exclusive park not popular yet with the crowds, we witness two spotted deer locking antlers in their desire to "fight for the right" to take control of the resident herd that contained numerous females who no doubt would become devoted to the winner.

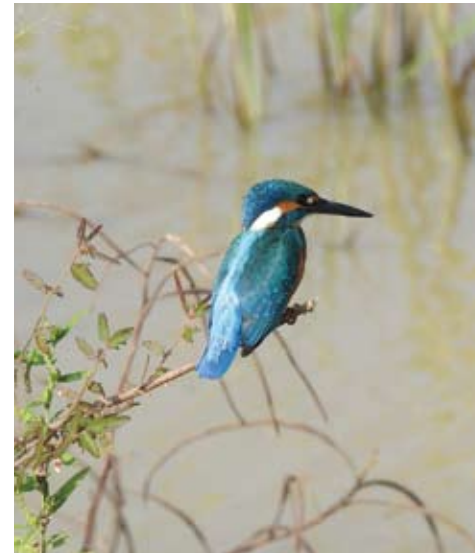
Oh I apologise for overlooking sightings of mongooses, jackals, fish eagles, kites, painted storks and the odd glimpsed snake. By the way, regarding snakes, two hundred people die here every year from bites, particularly whilst picking Ceylon tea.

Our final wildlife destination, the Yala National Park, itself located at Tissamaharama some three hour journey from our penultimate lodgings. As immaterial as a location sometime is to our adventures, with such a long name, I couldn't resist including yet another tongue twister. Try it for yourselves!

On our way we conveniently had a comfort stop at an immense lake with some very large trees, probably five of them. These trees would hardly be "photo worthy" but on closer inspection every branch, bough or twig

dripped with the largest bats in the world, Flying Foxes (Fruit Bats). Frighteningly large, besides roosting, even in daylight, a number were flying from tree to tree. Goodness knows what the spectacle would be like later when this multitude blackened the sky at twilight?

Other than endemic wild birds Yala National Park did not live up to Sri Lanka's boasts in that we saw no elephants, sloth bears or leopards during two long game drives. In our itinerary, although not a certainty, we were led to believe at least one of these creatures would probably result in a sighting.



To be fair we did spot some fresh leopard tracks and we had been restricted to a basic route through the park due to, guess what, flooding from torrential rain. Based upon our winter so far Sue and I thought we were back at home.

Referring to my comments earlier regarding a "Twitchers" paradise. Every Sri Lanka Park visited contained the most diverse and abundant bird life imaginable with Sue finally recording some one hundred and twenty different species. Amusingly we

felt right at home when we found the most common bird to be the Peacock with the national bird being a fowl, the jungle variety of course.



After a final day in Dickwella on the south coast, famed for its beaches and turtle life, we wind our way back to Colombo and its International Airport where we catch our Sri Lankan Airways flight home, landing some 11 hours later at Heathrow.

Hoping you enjoyed sharing our adventure, best wishes everyone, *Jeff and Sue Humphries*.





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 longwhattonnews@gmail.com

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



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

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, or bring your own game.

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

Womens Institute 11th June, 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.

Bingo Evening, Friday 14th June, 7pm at the Friendship Centre. £8 entry.

Whatton Gardens Guided Walk, Friday 7th June at 7pm. Tickets £10 including refreshments. Ring Viv 07780 097997

DISEWORTH DIARY

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

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

5th May Over 60s Afternoon Tea, Village Hall, 3 - 5pm

8th May Motown & Soul Disco, Village Hall, 7.30 - 11pm

12th May Coffee Morning, Heritage Centre, 10am - 12pm

22nd May FODS Summer Fair, Diseworth School, 12 - 5pm

27th May Dialogue Collating Meeting & AGM, Village Hall 7.30pm

ONE HUNDRED YEARS *of the Women's Institute*

The Women's Institute held it's first meeting in Anglesey in 1915 and two years later the democratic, non-party political and voluntary organisation, was formed - the National Federation of WIs.

In 1938, the British Government asked the Women's Institutes to help with preparations for the potential evacuation of children to the countryside in the event of war.

Additionally, the WI, now a force of over 290.000 women, sets up a Produce Guild to encourage members to produce more home-grown food and preserve

fruit and vegetables.

During World War II, the WI played a vital role in growing and preserving food and looking after evacuees. To highlight just one achievement: in 1940, they managed to obtain £ 1,400 worth of sugar distributing it to Fruit Preservation Centres, preventing more than 1600 tons of produce from rotting.

In the 1950's the WI and 25 other UK organisations formed the Keep Britain Tidy group. And since then the WI has achieved so much more and continues to do so.

*Long Whatton Women's Institute
meet every 2nd Tuesday in the
month 7.30-9.30 at the Friendship
Centre, Main Street.
email contactme.lmiller@gmail.com
Alison 07794769127
Lesley Giles 01509506714*



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* **MONDAY MORRISONS COALVILLE FORTNIGHTLY**
* **TUESDAY SHEPshed**
* **THURSDAY LOUGHBOROUGH**
DROPPING OFF AT MORRISONS, SAINSBURYS & TOWN CENTRE

OUTINGS ARRANGED THROUGHOUT THE YEAR. PLEASE CALL FOR MORE INFORMATION 01509 650531

LOCAL GROUPS, CLUBS AND ORGANIZATIONS CAN HIRE THE BUS FOR EVENTS, OUTINGS ETC. PLEASE CALL TO ENQUIRE.

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Shepshed special community bus Industrial & Provident Society No.25490R(Afforded Charitable Status)

WHATTON GARDENS: *Dealing with weather extremes by William Stanger*

To say it has been challenging over the last two years with the weather conditions, is an understatement. One year we face the most extreme drought on record then it goes completely the other way with the wettest year on record. If the weather was more consistent it would be easier to plan for the future. There are plants adapted to dry conditions, and others that appreciate plenty of moisture. But the options are significantly reduced when we ask plants to put up with periods of drought and flooding.

If you are like us, it gets even more difficult if your soil is clay. Many plants recommended for drought conditions come from the Mediterranean. They like good drainage, so when it comes to a wet winter on clay, many of them will fail. You can improve the situation by creating raised beds and improving the soil with as much organic matter as possible. Stepping stones placed throughout a large bed or border give you something to work from whilst avoiding compacting the soil. The other thing to remember is to plant Mediterranean plants in the Spring not the autumn. This gives them chance to establish before the soil becomes wet in the winter. Unfortunately, I have learnt the hard way. I planted lavender last autumn (2023) most of it drowned over the winter. Otherwise, before we had this incredibly wet winter, the recommendation was to plant in the autumn

when we were more likely to have rain. Until this Spring, most Springs have been on the dry side for the last few years, and less favourable to get new plants established before the summer.

The RHS have been asking professional gardeners and the larger gardens open to the public for recommendations, for plants that can cope with short periods of drought and flooding. You will find a page about it on their

however, are not such a good investment. *Crataegus* × *media* 'Paul's Scarlet' is near indestructible and would be a good choice for a small tree, with spring blossom and autumn fruits. Whilst the performance of the garden in 2022 was poor a lot of things did survive. The *Astilbe* and Japanese anemones shrivelled up before flowering but were back on form in 2023. We may have to learn to live with plants that do not perform every year, but survive on the whole.

For further reading I would recommend looking into rain gardens. A rain garden is basically a temporary pond. The resultant excess water from a heavy downpour can collect in a depression in the ground forming a pond. The water can then gradually soak into the ground, this creates an area of the garden where more moisture-loving plants can be grown. Other components can be incorporated such as water butts to store and collect rain water. You could have a more ornamental tank to store water, the overflow feeding into a rill that channels the water to a rain garden or pond. The idea is to slow down and collect excessive rain to reduce flooding and make it

work for our benefit. Do not give up, but keep experimenting and persevering.



Iris sibirica

website. The list of recommended plants is rather short at the moment. The best thing to do is to plant a variety of different plants to edge your bets. Do not just plant drought-tolerant plants but add things like *Iris sibirica* and *Hemerocallis* which can cope with a wetter period. Deciduous trees and shrubs can cope with flooding in winter as they are not actively growing. Evergreens in this situation

"One year we face the most extreme drought on record then it goes completely the other way with the wettest year on record."

Long Whatton Primary School

SUMMER FETE

Friday 7th June
2:30pm to 6:30pm
FREE ENTRY!

Fairground Rides	Welly Wanging
Inflatable Obstacle Course	Candy Floss
Hook a Duck	East Midlands Mascots
Tombola	Lotties Creative Crafts
Rainbow Raffle	Rosxy Cakes
Ice Cream Van	Castle Donington Fire Service
Facepainting by Jo	Paul S Winslow Coaches
Tropic Skincare	Shetland Ponies
Handmade cards & crafts	Plants & Garden Stalls
Jewellery	Bar (Sponsored by The Falcon, Long Whatton)
Cakes & Refreshments	Plus many more!
Champagne Occasions	

EVERYONE IS WELCOME,
PLEASE COME AND JOIN US!

The children have been planning and will also be running their own stalls, please come and join us for a great afternoon!

Guided walk of Whatton Gardens

Friday 7th June 7pm

Enjoy a summers evening with a guided tour of Whatton Gardens. See the summer shrubs (lilacs, Deutzia, Philadelphus), discover more about garden plants, and learn about managing challenging areas – which can be applied to gardens at home.



Led by their garden advisor, William Stanger. William has an M.A in historic design & landscape and is the monthly article writer in the Long Whatton News about the gardens.



Tickets:

£10 – to also include a selection of refreshments and seasonal drinks
Proceeds from the event will go to All Saints Church Long Whatton
Book your space by getting in touch with Viv: 07780 097997
Also available on the door (text beforehand would be helpful for refreshment numbers!)

Many thanks to The Crawshaw family, who are opening their garden for the event. *Please note: some of the tour will be off path but the ground is well maintained and fairly flat.*

MAY 2ND 1820

A poem by David Griffiths

Dear Cousin ,
I hope this letter finds you well as it leaves me.
The lambing's done at last An end to sleepless nights
For one more year. Young Watson you'll recall
Who used to tend my sheep, joined up, young fool
And lost a leg at Waterloo. And all for what?
He's on the Parish now instead of helping me
Where he belonged. The young will never learn!
And politicians, of whatever hue, will trade on that.

Old Betsy, you'll recall, my favourite cow
Has a bull calve, the best you'll ever see
(If it is not immodest so to state)
Will lick all others at the Christmas Fair.

It's been a wretched Spring, so wet and cold
Maybe all right for you up on the chalk
Where you can sow after a morning's rain
Here, on the clay, the crops were puddled in
And came up blue and starved. One is ashamed
To walk the neighbours round them after church.

What think you of this wretched Government?
Repealing Corn Laws sudden just like that!
They'll do more damage than that Bonaparte
A few year's since we ploughed the watermeads
To grow the wheat to beat the French blockade
Now where's the thanks? They don't care if we starve,
They'll buy for half the price from Canada.
Young Jack, our eldest takes it very hard
Says, if it gets much worse, he'll emigrate
If I was young like him, I'd do the same.
As 'tis we has no choice but just plough on.

Yours hopefully
Your Cousin Will

VILLAGE AMENITIES

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. It's simple - go online, print the label and drop it off.

COFFEE OPPORTUNITIES

Village Coffee Morning @ The Falcon Inn - There will be a coffee morning on Monday 13th May 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 22nd June 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.

Bingo Evening



Friday 14th June 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



MAGNIFICENT MAY DAY AND WORSHIP *At school*

Earlier this term, the Hedgehog class had a great RE trip to three different places of worship in Leicester. The Hedgehogs first

their horse before racing around the track overcoming different hurdles. The support from the parents was amazing and their cheers



stop was a mosque where they learnt all about Islam and experienced some of their traditions. This was followed by their second stop which was a Hindu temple where they looked at the beautiful saris and head scarves and learnt all about Hinduism. St Phillips church was the final place they visited where they enjoyed looking around the church and hearing about how Christian people worship God.

This year, the annual traditions for May day continued with each class performing two dances to the parents. This was closely followed by the infamous hobby horse race where each child had the opportunity to introduce

encouraged the children as they darted around the track. Despite the rain, the afternoon was a magnificent May Day.



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WHATTON

GARDEN OPENING JUNE/JULY 2024*

SUNDAY 2 JUNE
SUNDAY 16 JUNE
SUNDAY 30 JUNE

SUNDAY 14 JULY
FRIDAY 26 JULY
SUNDAY 28 JULY

* ADDITIONAL DAYS /GROUP BOOKINGS WELCOMED BY SPECIAL
ARRANGEMENT PLEASE CONTACT HELLO@WHATTONHOUSE.CO.UK

ADMISSION INFORMATION

GARDEN GATE OPEN 11AM AND WILL CLOSE 4PM

ADULT	£8.50
CHILD (3-12YRS)	£4.50
FAMILY (2 ADULTS 3 CHILDREN)	£25

Payment by cash or card

Historic House members receive free entry with a valid membership card
WHATTON HOUSE IS NOT A MEMBER OF THE RHS.

Limited light refreshments will be available

CYCLING AND NOTICING THE RUBBISH *Louise Corke*

Beer cans, bits of tyre, plastic bottles, loo paper, nails, old bunches of flowers, a huge variety of fractured bits of metal, packaging of all sorts these are a few of the things that you too can notice if you cycle along the A6. The above items are simply not apparent from a car, but blatantly obvious from a bicycle. Now that the weather has got lighter, warmer and, dare say it, drier, I'm cycling between the benefice villages much more. This is great for my mental and physical health: I love the birdsong, the wide horizons and changing temperatures as I cycle up hill and into valley, the spaciousness and time to think between jobs. The slow travel of cycling improves my slow travel in conversations with people too, finding the unexpected blessings and insights on life that we all have.

The other thing I begin to notice when I don't charge on apace is the rubbish which has accumulated in my own life. Just like the broken bits of car and discarded items on the A6, there are in me items of irritation, hurt, failure, uncertainty, pain, isolation, anger, fear, or inadequacy; all these accumulate at the side,

quite small and invisible while I'm hurrying on. But they don't go away, they just accumulate. You have them too. We all have them. And one of the advantages of slowing down, if we dare, is to see this rubbish and to bring it into the open for God's healing, repair, forgiveness, removal – whatever is needed.

There is a very simple, and not very time consuming, way of doing this. Find 5 minutes at the end of the day to ask yourself the following questions in the company of God. First, 'What has happened today for which I am most grateful?' Reflect on the feelings and memories which surface with your answer, and when you are ready turn them into a prayer to God. Then secondly, 'What has happened today for which I am least grateful?' Be aware of your inner response, give these things to God. Done regularly, on your own or with others, this simple discipline can stop the inner rubbish accumulating into a larger problem.

The blessing of others' perspectives and dealing with inner litter as we journey on; look out for these things in your own life this month.

ALL SAINTS CHURCH *News and services in May*

Sunday 2 June 10.30 - Inside /outside church. Walking in nature outside starting and finishing at the church.

Holy Communion inside church. All welcome to stay for refreshments afterwards.

Friday 7 June 7pm . Guided walk of Whatton House gardens. Tickets £10. All proceeds to the fabric fund of the church. For tickets email v@manororganicfarm.co.uk

There is a collection for the Shephed Food bank every week from church. Please place any food or toiletry items you are able to donate in the green box in the church porch. Thank you for your donations and thank you to those who each week deliver these to the food bank.

The church will be having a quinquennial inspection on Tuesday 25 June. The inspection carried out in every church ensures the buildings and churchyard is kept in a good state of repair. Following the inspection we will receive a comprehensive list of actions that will be required to keep your church in a good condition. I will keep you informed of the work that inevitably will be needed by an old grade 11 listed building.

As always we welcome all help that keeps your church open and welcoming. If you feel able to help in any way please do make contact.

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



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SALAD LEAVES OR COOKED GREENS? *Health*

Calorie for calorie, leafy greens are some of the most nutrient dense of all fruit and vegetables, and they provide the highest concentrations, in the edible plant kingdom, of 17 key nutrients that are essential for human health. They also contain a vast range of phytonutrients that some studies have shown may help to prevent some of our most challenging diseases such as cancer, heart disease and sunshine damage to skin and eyes to name a few.

When choosing salad leaves, pick darker green Romaine lettuce over pale Iceberg. This will give you an astonishing 20 times the vitamin A content, in the form of betacarotene and 5 times the folic acid and vitamin K. Researchers discovered that the darker the salad leaf, the higher the vitamin, mineral and phytonutrient content, with no exceptions.

Another reason why lettuce varieties such as Romaine, spinach and rocket score high in the nutrition stakes is the very structure of how their leaves are arranged on the plant. Loose leaved salad leaves are subject to more exposure to harsh UV light, battering winds, sunshine and attack by insects. As a result, these leaves produce far more beneficial defense chemicals, such as phytonutrients, as a means of protecting themselves from damage, than the closed up and protected leaves deep inside lettuce like Iceberg. As an example, a study in the Journal of Food Biochemistry found a big difference between the sun exposed leaves and the ones that were shaded deep within the same dense lettuce plant. The external leaves contained up to twice the antioxidants, three times the polyphenols and five times the carotenes than those in the centre of the plant. We need these chemicals to help prevent and fight diseases.

If you opt for red leaves, you get even more nutrients per leaf. Red leaves have 600 times

more nutritional chemical benefits than pale Iceberg. Chopping up salad leaves and storing them in the fridge for up to 3 days, boost their phytonutrient levels by 50%, giving us more of these protective antioxidant compounds per serving. Choosing baby salad leaves like spinach, chard and beet rather than mature leaves, harvested from the same plant, will give you significantly more polyphenols from the same volume of leaves. Bagged baby leaves also keep all their antioxidants if stored in the refrigerator unopened for 10 days. They do lose a large percentage of their vitamin C, but a squirt of lemon juice when serving the leaves restores that.

Adding a cold pressed oil dressing boost the absorption of fat-soluble nutrients like carotenes, Vitamin A and K. The opposite is true of the cruciferous family, such as kale, Brussel Sprouts, sprouting broccoli, cabbage and Pak choi. These leaves accumulate more nutritional chemicals as they grow more mature, including a group of important phytonutrients called glucosinolates. When the cruciferous leaves are chopped, chewed or digested, they break down into substances called isothiocyanates, which some studies have indicated can suppress the development of cancer cells in the colon, lungs, liver, bladder, breast and stomach. The studies are small, and more research is needed, but the early results are promising.

The good news if you don't like raw salad leaves, is that cooked green leaves are not the poor relation cousins in the nutrition race, and can be just as beneficial as raw leaves. Many studies show that careful cooking of green leaves such as kale, Brussel sprouts, cabbage greatly improved the nutritional benefits of these leaves, and we can eat more of them if they are cooked. Spinach is a good example. A large bag, once cooked gently in a pan, reduces

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

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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

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SALAD LEAVES OR COOKED GREENS? *Health continued*

down to just a small portion, concentrating its valuable nutrients.

Some ways of cooking are better than others. Steaming or microwaving kale sends its antioxidant and polyphenol levels up by 40%. If you boil these vegetables instead, half the nutrients leach into the cooking water and

will be lost unless that water is added to a soup or stew. Other greens tested showed similar results, so it's best to opt for light steaming, sauntering or microwaving to preserve the most nutrients, or you can keep the cooking water and use it in soups or stews instead.

By Liz Jarrom

SOMETHING FISHY *Salmon Pesto Tray bake by Alan Clark*

The first attempts to farm Atlantic salmon in Scotland were driven by a desire to improve wild salmon runs, with the earliest recorded effort to incubate and hatch salmon eggs taking place back in 1838. This accelerated during the Victorian era with eggs and smolts (juvenile fish) cultivated to restock rivers. By 1890 there were 18 hatcheries operating in Scotland.

The ability to rear healthy Atlantic salmon to maturity however took another 80 years. The first marine fish farm was established at Loch Ailort in Inverness-shire in 1965. After initially being stocked with trout the operators soon switched to salmon with the first commercial harvest in 1971 resulting in 14 tonnes of fresh farmed Scottish salmon being sold.

There was then rapid growth in both the number of farms and the numbers of fish being harvested. 600 tonnes in 1980 became 115,000 tonnes by 1998 and 189,000 tonnes in 2017. Salmon is also by far the most popular fish among UK shoppers, with domestic sales running at around £1.25 billion a year.

You'll have guessed by now that the recipe for this month is a Salmon dish. The meal all cooks

on a roasting tray, so keeps the washing up to a minimum.

Salmon Pesto Tray bake with Baby Roast Potatoes

What you need

- 500g baby potatoes, cut in half
- 1 tsp olive oil
- 2 courgettes
- 1 red pepper
- 1 spring onion, finely sliced
- 25g pine nuts
- 3 or 4 Salmon fillets
- Juice of half a lemon
- 2 tbsp pesto

What you do

Boil the potatoes for 10 mins until tender, then drain. Heat oven to 200C/180C fan/gas 6. Toss the potatoes in the oil, then transfer to a baking tray. Roast for 20 mins. Push the potatoes to one side and put the courgette,

pepper, spring onion and pine nuts down the middle of the tray. Put the salmon on the other side. Squeeze lemon juice over the fillets and the vegetables. Season everything with pepper. Spread each of the salmon fillets with pesto and return the tray to the oven for 12-15 mins until everything is cooked through.





Father's Day

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