



May 2018

Roundabout

Woodhouse and Woodhouse Eaves

Roundabout is delivered free to every address in the parish

Editorial policy

Roundabout aims to promote local events, groups and businesses and to keep everyone informed of anything that affects our community. We avoid lending support (in the form of articles) to any social, political or religious causes, and we reserve the right to amend or leave out any items submitted. The final decision rests with the editors.

While *Roundabout* is supported by Woodhouse Parish Council, we rely on advertisements to pay production costs, and we accept adverts for local businesses as well as those that publicise charitable and fundraising events. Brief notification of events in the 'What's on' schedule is free.

Copyright in any articles published is negotiable but normally rests with *Roundabout*.

We apologise for any errors that might occur during production and will try to make amends in the following issue.

Roundabout needs your input. For guidelines on submission, please see inside the back cover.

Management and production

Roundabout is managed on behalf of the community and published by the editorial and production team comprising Janine Ainscow, Roger Berkeley, Chris Brown, Amanda Garland, Andrew Garland, Caroline Pook, Neil Robinson, Grahame Sibson and Andy Thomson.

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Distribution: *Roundabout* is delivered by volunteers to every address within the parish boundary – just under 1,000 households and businesses, including all the surrounding farms. Please let us know if any house or business in Woodhouse Parish is not receiving *Roundabout*, or if you can help out with deliveries.

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*Deadline for submissions to the June 2018 issue:
Thursday, 10th May
Email to roundabout@woodhouse-eaves.co.uk
or to a member of the editorial team*

Editor for June 2018 issue: Janine Ainscow

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Editor's note

May... a month that immediately conjures up images of woodland walks, bluebells and longer evenings. A month that reminds of me of whirling around in circles with bright ribbons to the crackle of Mrs Painter's maypole dancing cassette tape as a child. Traditionally in the northern hemisphere it is a time to celebrate with May Day marking the end of cold, wet winter months with springtime flowers and the promise of new growth and crops.

On the theme of new beginnings, I am very pleased to have been warmly welcomed by the *Roundabout* team to be editor this month. It has made me really appreciate what a great community we have in the parish. This is typified by the Woodhouse and Woodhouse Eaves Good Neighbour Scheme and a heart-warming recollection of our oldest local resident. May the sun shine.

Chris Brown

Parish council news

A neighbourhood plan for the parish

At the April meeting, councillors resolved to work with the community and outside experts to develop a neighbourhood plan. Such plans develop policies for the use and development of land. They can say where shops and houses should go. They cannot block future growth contained in the Planning Authority's Local Plan, but can guide this. Once adopted they are used to decide planning decisions. Look out for posters advertising an open meeting to learn more and to join in. Help to manage the process will come from the Rural Community Council. The parish council website has background information further information, see:

www.woodhouseparishcouncil.org.uk/woodhouse-parish-neighbourhood-p1.html

Personal data – changes to come

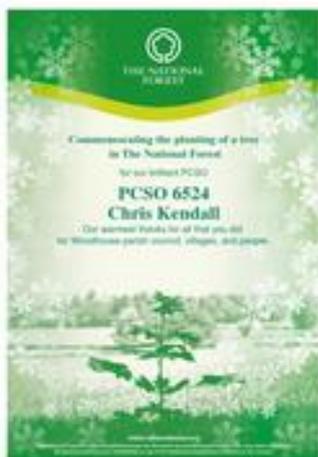
The parish council will make changes as required by the General Data Protection Act (GDPR) that have been widely promoted in recent media. The new law requires an organisation to confirm that you are happy for it to hold personal data for example name and address, or address and email. It also allows you to ask an organisation to justify why it keeps the information and you can ask the staff to consider removing it. The new law makes organisations keep detailed records of the categories of personal data collected and held, how long it intends to keep this, if it shares this information with any other organisation, how it manages the security, and why it was obtained. What you will see in any correspondence and on websites are statements that explain the principles and invite your consent.

In some cases, the council must collect and hold some of your personal data for example if you book a hall then we need to know who you are, where you live, and how to make contact with you. All organisations already have a duty to keep this as safe as possible, but the new GDPR wraps this up much more tightly with stiffer penalties if things go wrong.

Planting a tree for PCSO posterity

At the parish council's meeting in March former Police Community Support Officer Chris Kendall was given his own tree in the National Forest. The catch was that he had to plant it himself. Chris said afterwards:

Please may I thank the parish council for the card and thoughtful gift on my retirement from Leicestershire Police. The gift of a tree to plant at the National Forest was a thoughtful gift that I hope will grow into part of a forest giving pleasure to future generations. Having been part of the community for several years I was very touched that both the parish council and the Woodhouse Neighbourhood Watch both marked my retirement with thoughtful gifts for which I am very grateful and has also meant so much to my family. On Saturday, 17th March despite bitterly cold weather my wife and I attended the tree planting, and with the help of the volunteers we had a great time planting out the oak tree that we had selected. I will certainly miss working in the area and the opportunities my role gave me to serve all the local residents.



Certificate of thanks commemorating Chris' contribution to the community.



Chair of the parish council, Mrs Jane Martin DL, presents Chris Kendall his National Forest certificate.



Retired PCSO Kendall prepares the ground.

Bus services, cycling, planning

All the consultations on bus services, cycling and planning, including the council's responses, can be found on the parish website www.woodhouseparishcouncil.org.uk/consultations.html or are available from the clerk.

King George V Playing Fields

The council agreed to focus this year on improving the sports field and facilities. If you visit the field you will know that its drainage needs improving, so too does the pavilion, and the public footpath alongside. The council will produce a plan, identify costs and funding sources, and aim to start any works as soon as possible.

Next meetings: 14th May at 6.30pm for the annual parish (electors) meeting, followed by the normal monthly council and charity meetings. Do come along to the annual meeting to ask questions and show your support for the councillors who represent your interests and concerns in what they do.

See below for the Annual Report and Meeting announcement

Community events that we know about are listed on the community websites at: www.woodhouseparishcouncil.org.uk/local-events.html and <https://woodhouse-eaves.co.uk/> also www.woodhouseparishcouncil.org.uk/community-and-magazine.html includes other information and copies of Roundabout magazine.

Ann Irving, clerk to the parish council

Woodhouse Parish Council Annual Report

The Parish Council

Consulting local people was regularly achieved through publication of agendas and minutes and short summaries in *Roundabout* monthly magazine.

The council organised a public meeting in September for the Charnwood Police Commander to explain changes being made. This followed a series of local thefts; and difficulties for Woodhouse and Woodhouse Eaves Neighbourhood Watch in obtaining police co-operation.

In March, the council arranged a public meeting for a planning agent to explain their pre-application thoughts for a proposed large (for this parish) development on Maplewell Road, the result of a fall in the borough's five-year housing land supply. The fall challenged Local Plan statements on where housing should go.

The council was also a **consultee**, not only for planning applications, but for national and local government proposals. Its members represented parish interests at meetings for example Mountsorrel Quarry, Charnwood Forest Regional Park, Rawlins and Herrick Homes charities, Woodhouse

Community Hall, Charnwood Road Safety Committee, Rural Community Council and the now defunct Charnwood Highways Forum.

Speeding issues reached a critical moment in March 2017 when Leicestershire County Council approved a 12-month trial of average speed cameras in each county district. Beacon Road in Woodhouse Eaves was selected for Charnwood. JENOPTIK Traffic Solutions were selected as the contractor after the essential EU procurement process. This is a reward for 13 years of speed monitoring and data collection by the parish traffic watch group volunteers. Although less busy than Forest Road, Beacon Road has suffered the highest speeds, regularly captured at over 70mph with some over 100mph. The county council will publish a report at the end of the trials.

Colleagues: Stuart Tyler retired after 13 years as parish councillor, and the parish's long-serving PCSO Chris Kendall left the police force. New colleagues included Mrs Deborah Taylor as the new county councillor for the area, replacing the role performed by David Snartt, and the parish welcomed new PCSO Tom Barker and Beat Officer Rachel Chapman.

The King George's Field Charity

The field and buildings continue to provide public benefit for the inhabitants of the parish.



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The **web-based booking system** for the village halls began operating in summer 2017. Anyone can check online to see when halls are occupied and book a session. The system is available 24/7, 365 days a year. Invoicing is automatic and payments are now largely made online. Users receive confirmations, reminders and thanks automatically. Contractors can plan their calls for servicing duties. The cost and administration of the system are low. The halls continue to be well-used, helping to offset their costs. The council was fortunate to have a councillor who was sufficiently qualified to set everything up.

Last August, **automatic sliding doors** were installed in the village hall, to improve access for all, especially for anyone struggling to walk or carry things in and out. One third of the cost came from a grant from Charnwood Borough Council.

Since the Woodhouse Eaves **Sports Club** (WESC) ceased operating, we have had to take over the utility and insurance bills and discuss hiring of the sports facilities with individual cricket, football and tennis clubs. It was sad to reach the end of the long-standing relationship with the WESC. Early in 2018, the Council committed to a range of work on the facilities including improving the field drainage and re-vamping the pavilion, and to fund these, applications will be made to suitable grant-making organisations.

The three-year **Public Works Board loan** towards the cost of the new building was paid off by the year end, March 2018. After receiving permission from the Government's Cabinet Office Royal Names team, the new building was given a slate plaque with its name: King George V Room, to recognise the designation of the field as a King George V Charity from 1938, following the Curzon-Herrick conveyance of 1937. At the same time, the council bought part of the field to 'round off' the donated area.

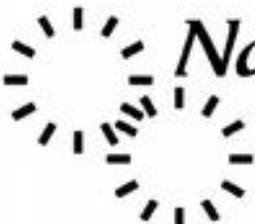
Finances 2017-18 – council and charity

The charity spends more than it receives, due to running costs of the halls, pavilion and grounds. Cash injections from the parish council precept cover this. Hall lettings income increased by ten per cent due to the new online bookings system; and helped to bridge the gap and upgrade the halls for example the new sliding doors. Maintaining outdoor facilities – fields, play areas, trees, grass verges and flowerbeds – accounts for 12% of the combined council and charity expenditure. Money was spent on grass cutting, aerating the football pitch, re-seeding the cricket pitch, pressure washing the multi-use games area, gardening, weeding and cutting back

overhanging trees. Year-end accounts are published on the council website and supplied by law to government-appointed external auditors for the council and to the Charity Commission for the King George V Field. For a financial breakdown please email Ann Irving.

The chair, councillors and staff thank all the volunteers who help the council to do its work; and thank all the local businesses and contractors who support community activities. All of you help to make the parish a special place to live, work and play. www.woodhouseparishcouncil.org.uk

Ann Irving



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News in brief

Looking out for one another

The Woodhouse and Woodhouse Eaves Good Neighbour Scheme is now very well established. It is a group of volunteers who can support with many different things locally. It can include driving you to appointments or an event, or having some companionship and a chat. It is all free, except for trips out of the village, which are charged at 50 pence per mile. There is one number that you can call, 07561 890100 and we will do the rest.

So, if you would like to go to an event held by the Film Club, the WI, the Beacon Players, or the Woodhouse Local History Group, or any activity locally and want a lift, or someone to go with, just ring 07561 890100. There is so much going on and we want everyone to have the opportunity to enjoy living in these villages.

If you have a medical appointment and would like a lift, or someone to be with you during the appointment, please ring the number. It can be reassuring to have a lift from door to door so that you can concentrate on your own needs. Or alternatively, you might want a lift to the hairdresser or the chiropodist, or to do some shopping, then ring the number.

Many people have enjoyed having companionship, which can be weekly or less often depending on your choice. This can be for a cuppa or while you do something together. All you need to do is ring the number.

If you know a friend, relative or neighbour who you think would enjoy the scheme, do ask them about it and encourage them to ring. Or, you could agree that you ring on their behalf. The good neighbour scheme is all local, so it is for you to use and enjoy.

Miranda Davies

Health Watchdog launches its final annual report

Started five years ago, Healthwatch Leicestershire is an independent consumer champion for health and social care in Leicestershire. The organisation helps to shape and improve local health and social care in our community. Healthwatch Leicestershire is part of the Healthwatch national network, established by the Government to ensure local patients and users have a greater input to shaping and designing local services. It has submitted its annual report, which can be found at: www.healthwatchleicestershire.co.uk/

This covers issues around urgent and emergency services, mental health, hospital discharge, fibromyalgia, GP services and much more.

Ivan Liburd, Healthwatch Leicestershire

Period of consultation extended

The Strategic Growth Plan is the overarching plan that will set out the aspirations for delivering growth (housing, economic, infrastructure) in Leicester and Leicestershire until 2050. Nine local authorities together with the Leicester and Leicestershire Enterprise Partnership are endeavouring to find opportunities for growth while keeping Leicester and Leicestershire an attractive place to live and work. The consultation period has been extended to 10th May 2018. Your local authority contact for the Strategic Planning Group is geoff.brown@charnwood.gov.uk on (01509) 634 769. Details on www.llstrategicgrowthplan.org.uk

Editor

Parish Wildlife Survey goes with a BioBlitz

In 2013 the first Woodhouse BioBlitz an amazing 641 species were recorded in our parish. But what is a BioBlitz? It is biological recording of all flora and fauna over an intense 24 hours within a designated location through foraging walks. Data gathered of all trees, beetles, moths, bats, amphibians, mammals and flowers all add up to a rich local wildlife picture. This can be added to previous data and mapped over time. Over decades this can be used to determine whether species are common or rare in the local area. It really opens up your eyes to the nature around you. It is also very important because it allows scientists to work out which species are in the most need of help. According to the Woodland Trust, there are over 60,000 species of wildlife in the UK but a shocking 60% of all British species are actively declining.

"BioBlitz2"; our own communal citizen-science event, is coming on June 8th and 9th.

Put the dates for BioBlitz2 in your diary and plan to stay up late for a bat walk, get up early to hear the dawn chorus, or join in for some wild fun anytime during the day! Checkout June What's on for more information or online at: <https://www.facebook.com/WoodhouseBioBlitz2/>
Or email WoodhouseBioBlitz@gmail.com

Kate Moore

Call for vigilance

Following a recent increase in burglaries in some areas of Charnwood including Rothley, Quorn, Cropston and Swithland the local beat team have been putting on extra patrols in the area.

During the operation a 41 year-old man has been arrested and charged with a burglary at a house in Woodhouse Eaves. Two other men aged 20 and 34 have also been arrested during the operation for other offences.

PC Rachel Chapman, one of the beat officers from Charnwood West Neighbourhood Policing Area, said: 'We are aware that there has been an increase in burglaries recently and have put an operation in place to try and arrest those responsible and reduce the number of incidents. We have got high visibility patrols and plain clothed officers in the area and have made three arrests.

'We would also urge people living in the area to review their home security and take a few simple crime prevention precautions.'

1. Keep doors and windows locked at all times – even if you pop outside to the garden or go upstairs.
2. Always lock doors and remove the key from the lock.
3. Do not leave car keys in view – put them in a drawer.
4. Keep valuables, bags and cash out of sight in a safe place.
5. Install a visible alarm system and security lighting to act as a deterrent.
6. Prevent easy access to the back and sides of your house with locked gates or fencing.
7. Make sure your home looks occupied by using automatic light timers.

PC Chapman continued: 'If you see any suspicious behaviour we would urge you to contact us immediately. Do not leave it a few days; ring us as soon as possible because that gives us the greatest chance of making an arrest or preventing a crime taking place.'

Please call the police on 101 or if you see a crime in progress please call 999.

For more information about how to protect yourself from burglary log on to the Leicestershire Police website at <https://leics.police.uk/advice-and-information/crime-prevention/burglary>

Leicestershire Police

Scouts' search continues

It is with great regret that we have had to withdraw from our plans to site the new Woodhouse Eaves Scout Hut on the 'in and out' land on Brand Hill.

Despite the generous terms of the lease for the land, the Shanly Foundation found them incompatible with the terms of the prize.

We would like to thank the Martins for their offer and are sad that we are unable to accept it.

As for the future, we will continue with our search for a site for a new home for the Woodhouse Eaves Scout Group.

We would appreciate details of any likely locations in order not to miss out on the £100,000 award from Shanly Foundation. Please contact me on: (01509) 890 039 or 07463 572804.

Graham Cameron

Centenary commemoration appeal for assistance

Remembrance 2018 is the 100th year commemoration of the end of the First World War. Would someone in either or both of our villages, perhaps with a military background, be willing to join a small team to help plan this year's event? Are there any additional activities that you feel would be appropriate? Many communities are arranging to do something more significant than their usual Remembrance Sunday ceremonies.

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Woodhouse Eaves Cricket Club news

The fixtures are arranged (mostly) and we are raring to go for another season of Sunday friendlies. Old, tired bones and joints will be painfully flexed in a pathetic attempt to warm up and prepare for the fray. We need fresh, local talent to step forward and join us oldies.

If you enjoy a traditional Sunday afternoon friendly game of cricket followed by a refreshing drink then this for you. We would be delighted to hear from anybody, whatever your age or skill level, you will be welcomed. For further details please contact John Gillingham on (01509) 890 193 or come and have a chat if I am working on the cricket square below the tennis courts.

John Gillingham

Warm recollection

Following the feature in last month's edition of Roundabout, it seems only right to mention the sad passing of Sue (Bib) Preston. Mark Temple, our regular writer, has sent in this warm recollection which no doubt will be preserved and eventually made available through the digital archive of St Paul's Oral History Project. Ed.

Given the sad news that Sue/Bib Preston passed away two days short of her 103rd birthday the time seemed right to share some memories. Even though she found it increasingly difficult to get about without the help of friends and neighbours she remained very independent, living on her own up until recent months. However, she loved visitors and would encourage them to return with a promise of some of her fruit-filled tea-loaf. This she would make by soaking dried fruit in cold tea for 24 hours before making a 2lb loaf. She would then cook it in the blue-enamelled gas oven that had resided in her kitchen since the late 1950s. When I started volunteering at Stoneywell she insisted I call in, prior to my duty-shift, and pick up a tea-loaf to share with my fellow volunteers. This worked reasonably well although on a couple of occasions I turned up on the doorstep only to find Sue had forgotten I was coming round. On one occasion I dropped in to find Mervyn Greenhalgh already there. As he left Sue said, "Don't forget your fruit cake, it's already wrapped up and waiting." And I saw **my** tea loaf disappear out the door before my eyes. Her memory occasionally let her down when she would send three different people off to the Post Office on consecutive days to retrieve money to pay the same bill.

Many of Bib's stories concerned village events. She recalled the hordes of day trippers who every weekend over the summer came to the village by bus or train to the station at Quorn before walking the rest of the way or

catching a ride in a passing pony and trap. As they climbed Maplewell Road many would knock on the doors of the cottages to ask for their Billycans to be filled with hot water so they could make themselves cups of tea once they had reached the windmill, the most popular picnicking spot in the village. Before the trees and shrubs took hold up there in the 1950s the area around the windmill was mainly grass where local lads would play games against the *townies*.

Mark Temple

Vision aid overseas

Over the past 20 years our village has on many occasions collected over 1,000 pairs of unwanted spectacles per year for less fortunate people overseas. Many thanks to all those of you who responded to my appeal for unwanted spectacles. I was recently amazed to collect 150 pairs from our Oakwood Pharmacy, bringing the total so far to 193 pairs this year. Donations are given to people overseas who cannot afford to buy them. Please ask friends to search little used drawers to bring our collection to at least 500 pairs by the end of the year.

Eric Allsop

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Inspired by the Queen

The guest speaker at the Woodhouse Eaves Women's Institute meeting on 21st March 2018 was June Norris, and her talk was entitled 'Inspired by the Queen'. We did not know what to expect – would it be about works of art? Or possibly royal memorabilia? Perhaps June was a milliner and would describe the Queen's hats? Some of us thought horse racing (or corgis) might be the topic for the evening...How wrong we were!

The smell of freshly baked bread

June began her talk by describing going with her father, a delivery driver, to the Weetabix bakery on Humberstone Lane in Leicester in the early 1960s and how she remembered the lovely smell emanating from the bakery. Her mother was from Cornwall and summer holidays, spent visiting family in Launceston, were memorable for the home-made Cornish pasties and home-made Cornish fairings. Auntie Gwen taught her young niece how to make these spicy biscuits...

At this point we had a surprise! June handed out recipes, produced the dough she had prepared earlier, rolled it out and showed us how easy the biscuits were to prepare. Not only that, a tin of Cornish fairings was passed round for us to try – they were delicious.



June Norris demonstrates her culinary skills.

Developing her cake-making skills

After leaving school June went to work at Thorn Lighting as a catering apprentice, with day-release at Southfields College. Jobs at the Mad Hatter next to the Haymarket Theatre and in London followed. By this time June knew she wanted to specialise in cake-making and pastry work and she applied for a job as pastry chef at Konditorei Macopa on Clarendon Park Road, a small but exciting bakery run by Siegfried Berndt, a German, and his Austrian wife, Maria. Here June learned all the tricks of the trade...

Another demonstration! June showed us how to turn a block of puff pastry into Eccles cakes, cream puffs, fruit turnovers and cheese straws. It was a delight to watch her at work, so quick and skilful. And the results were delicious.

Mr Berndt was well-known for his chocolate creations and in April 1982 he entered the record books by making the world's largest Easter egg. Weighing in at 3,430 kilogrammes and standing three metres five centimetres high, it was so large that Green Watch firemen from Lancaster Road fire station were called to remove the gates to the bakery so that the egg could be transported to the Blue Peter studios.



An example of the tasty treats created by June.

Passing on her knowledge

After a break to bring up her children, June discovered she had a flair for teaching and studied after work to become a trainer. She eventually became the manager for hospitality apprentices at Brooksby Melton College and in early 2012 she received a phone call asking if she could provide some apprentices for silver service at a forthcoming function. Fortunately, she could. June was being asked to attend and serve, with her students, at a lunch for the Queen at the start of the Diamond Jubilee tour on 8th March 2012. It was an amazing and inspirational occasion.

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The last demonstration was to show what can – and did – go wrong when the lunch was served. Although the cutlery had been put into the correct position by the waiters and waitresses, some guests moved their dessert spoon and fork so that the rather long and narrow dish with its trio of light desserts would not fit into the space between them. The apprentices had to place the dish as best they could and use it to push the fork and spoon apart, an awkward and noisy operation.

June's enthusiasm and photographs showed how much she enjoyed her work. The WI certainly enjoyed listening to her talk and sampling her biscuits and pastries.

Judith Harrison

An insight into yawning

Despite being a universal human behaviour, no-one really knows much about yawning, other than it has something to do with boredom or sleepiness. Ironically, the topic can itself be all too dull, even for the few scientists attempting to study it. What must remain one of the most thorough but uninteresting investigations was undertaken some years ago by Dr Carl Mayer who X-rayed numerous people attempting to yawn. Being thorough and methodical he also probed their throats with laryngeal mirrors and persistently palpated their necks. It all culminated in his confident claims that yawning could be divided into three precisely timed and distinct phases: 'Initial inspiration', taking between 1.9 and 4.3 seconds, 'Acme', lasting exactly 2.3 seconds and 'Expiration' of 4.5 to 7.8 seconds duration. As to why we yawn, he dismissed it with two words – 'cerebral fatigue'.

Astute physicians and scientists lost for an explanation for a phenomenon will often give it an impressive new name, usually derived from Latin. For yawning, it is 'oscitation' from 'oscitare' (to open the mouth wide). Added to this are ponderous and pointless explanations; for example, a well-known medical textbook declared it to be, 'a deep inspiration carried out with widely opened glottis, typically with open mouth, and frequently accompanied by movements of the arms... it is caused by certain psychic influences.'

Sleep clinics measure brain waves

The idea that yawning 'aerates' the lungs and increases the oxygen supply to the brain is nonsense, as inhaling oxygen does not suppress the urge to yawn. If anything, yawning leads to a fall in oxygen levels, as breathing usually ceases for a while after a yawn. There is little evidence that yawning wakes us up, as incidental findings from sleep clinics that happen to be



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measuring the EEG ('brain waves') of sleepy patients, show no changes to brain activity after a yawn. In contrast, yawning can also accompany stress and fear. In the First World War it was commonly seen among troops in the trenches waiting for the whistle to blow ordering them to go 'over the top' and charge the enemy.

The Victorians had various theories, most of which can best be described as 'imaginative'. For example, that yawning boosts alertness, as the widening lower jaw squeezes the thyroid gland, located in the neck below, to release more of its hormone, thyroxine, that increases body metabolism. Certainly, yawning causes a momentary increase in heart rate but this is a reflex associated with any deep inspiration and is followed by a heart slowing on expiration. Many early psychiatrists took a keen interest with some strange concepts. For example, in patients with schizophrenia, yawning was seen as a good prognosis supposedly to show that the patient wants to maintain contact with the real world.

The most recent ideas include keeping the brain cool as it was found that sleepy people sitting with ice-packs on their foreheads were less susceptible to contagious yawning. This is hardly surprising considering how foolish participants must have felt.

All in the mind

Although yawning clearly has 'something psychological about it', surprisingly few psychologists have investigated it. One of the most entertaining accounts was by Dr Joseph Moore from the George Peabody College in Tennessee who ran a series of experiments in 1941. The first employed a stooge able to yawn at will, who sat in a nearby public library reading room in full view of other readers. He yawned obtrusively every ten minutes whilst Moore sat unobtrusively in an overlooking gallery, recording the events in his notebook. Within a minute or so of each rendition almost half of the unwitting audience would follow suit. Another of Moore's studies was more blatant with a short movie of a person yawning. This was shown to an unsuspecting audience and soon followed by a doubling of the incidence of yawning among the onlookers. To determine whether yawning can be stimulated simply by hearing it rather than seeing the yawner, he played gramophone records of yawning to college students with little response. But when played to blind students they yawned profusely.

As to why we cover our mouths when we yawn, is it embarrassment or as it was thought by the ancient Greeks, to prevent one's soul from leaving the body? Although yawning and stretching are found in many mammals, contagious yawning has only been seen in chimpanzees.

Jim Horne, formerly of the Sleep Research Centre,
Loughborough University

Woodhouse Eaves plastic free

Following the article in last month's *Roundabout* there were several queries about recycling. Charnwood council have produced the Big Guide to recycling and this is available online or to request a free printed copy call (01509) 634 564.

This is a very useful guide. However, it is apparent through questions and comments from villagers that there are still lots of unknowns about items that can and cannot be recycled. Some of the smaller details are not covered in the guide, perhaps to avoid complication. In order to help we asked Charnwood council further questions and here are the results.

Can we recycle these in the green bin?

1. Make-up containers? No.
2. Q tips? No (but you can now buy ones with paper sticks that are compostable).
3. Plastic plant pots? No.
4. Plastic Toothbrushes? No.
5. Disposable Razors? No.



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6. Metal lids? No.
7. Cling Film? No.
8. Toys? No (but lots of charity shops will accept them).
9. Foil? Yes but only if it is clean (and it very rarely is).

As we still wanted to know more, we visited the Casepak recycling centre in Leicester where our green bin waste actually goes to be recycled. The facts that we learnt there can be seen in the April issue of *Roundabout*. Refer to www.recyclenow.com for information about other materials that cannot be recycled in the green bins.

Villagers have said they:

1. Feel their habits have changed following the visit to the recycling facility. Some say they actually put less in their green bin, but feel it will definitely be recycled.
2. Have chosen to exchange their plastic toothbrush for one made from bamboo.
3. Have decided to buy milk from the milkman who delivers in glass bottles.
4. Are experimenting by making or purchasing wax wraps to replace clingfilm.
5. Are starting to think about how we can avoid the use of plastic in the garden.
6. Are signing up for vegetable delivery boxes that have reduced plastic packaging or seeking out sources of fresh unwrapped foods.
7. Are taking their own bags and smaller produce bags when shopping.
8. Are researching ways in which we can collect specific items in the village that are not currently collected in the green bins. Some charities will collect items such as: plastic lids, printer cartridges, cosmetic packaging and pens. We could increase our recycling and help a good cause at the same time.

In the media this month

There has been a lot of activity this month about going plastic free. The following snippets highlight a fraction of what has happened and with helpful friends and neighbours keeping me in the loop, the recycling conversation continues. For instance, Roger Harribin (Radio 4 environment analyst) considered the unintended consequences of rushing into replacements for

plastics. In this vein, the Green Alliance has requested that we consider 'reducing plastic litter' first before we suggest getting rid of plastics which is an interesting viewpoint. On the theme of viewpoints, there is still time if you wish to comment on the government's consultation into using taxes to address the problems caused by single use plastic. This consultation is accessible online www.gov.uk/government/consultations/tackling-the-plastic-problem and closes on 18th May.

An example of single use are plastic straws. Large companies are responding to the attention around being plastic free such as Cineworld who are being asked to give up the use of plastic straws by the campaign group 38 degrees and McDonald's who have promised to phase them out. Some organisations are making great strides forward in this area such as the Girl Guides who have now received a special Plastic Free award.

Many Thanks to all of you for your contributions. If you would like further information about any of these items or would like to join the Whatsapp group please feel free to contact me.

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The heritage exhibition approaches

In return for the considerable amount of money that St Paul's Church received from the Heritage Lottery Fund to restore its chancel, a heritage project has been set up for the benefit of the whole community. The leader of the St Paul's Heritage Project, Sue Young, outlines various aspects of this exciting project. Ed.

Research

As the research part of the St. Paul's Church Heritage Project draws towards a close, the opening of the exhibition approaches. This will share the results and celebrate the heritage of this wonderful building with the public. These last exciting months of exploration, research and mutually supportive development have meant that a lot of dedicated volunteers have uncovered and discovered some fascinating things about the church building and about the people who have influenced it, worshipped in it and lived near it. Come and find the answers to questions you never knew you had and some of those posed below, by visiting our exhibition in June, July and August.

The church building

The church was designed and built under the eye of architect William Railton but what else did he design? You may be surprised by the answers. We will have copies of the original Railton designs for visitors to peruse during the exhibition. A church architect called Ewan Christian made major changes to the church less than 50 years later and its wooden gallery (designed to seat over 100 parishioners) was removed and new sections to the altered body of the church added. Time has led to many more changes, some which you can spot if you visit the church.



Beautiful stained glass window added over time.

The windows

The glorious stained glass windows were not there when the church was built, but were added over many years, mostly as memorial windows. The dates and dedications on them tell many tales, as does their subject matter. With the exhibition and its online content, you will be able to find out so much more about the history and creation of these windows. Every time I look at one I see something new.

Floor tiles

Where did the fantastic tiles on the chancel floor come from? Are they Minton as was thought? If you look at the extended chancel floor you will see original tiles, laid when the chancel

was added; tiles rescued from the body of the church; and tiles made this year to fill in a gap. Why not see if you can tell which is which?

Striking footage

Have you ever wondered if there was a clock on the church before the current one was added in 1904 and how many bells there were when the church was built? Do your children enjoy watching machinery working? My grandchildren do, and they are fascinated – especially when the clock is striking – by the spectacular clock workings, which are now exposed to view in the church entrance. You can watch the bells striking via a webcam in the hallway, and may even see evidence of the weather outside – snow was seen lying on the bells a few weeks ago.



Intricate patterns revealed from floor to ceiling.

Bats and nature

The project is not just focused on the fabric of the building, but also on the natural environment associated with it. For example, you can learn about

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the bats that frequent our church and also some of the rare and fascinating fungi that grow so well in the churchyard as it is never fertilised or sprayed with weed killer.

Recording memories

We have had, and still have, some fascinating families and people living in and around this village, and some of them will be highlighted during the exhibition. We have an insight into the life of a coal merchant, a village youth, a village builder's family and historical figures associated with some of the big houses. We are hoping that many of you will add to our exhibition with your own memories of the village and incidents from your lives here. There will be sheets available for you to record any memories or village tales, or to add comments on some of our display pieces to share with others. This is an evolving project, and your contributions will be very much welcomed.



Unusual fungi growing in the churchyard.

Heritage exhibition

The heritage exhibition will be mounted in the church, free of charge, nearly every Saturday over the summer. There will be tea, coffee and cake or biscuits and the exhibition will change each week. Artefacts accumulated during the recent chancel repair will be on display or available for viewing and we will have self-guided quizzes and a family trail every week. On three afternoons through the exhibition we are showing cartoons for children to



An impressive view of St Paul's.

enable the grown-ups to have a better chance to look around.

Informative talks

Talks are scheduled throughout the exhibition and we would love you to join us to hear further insights into our heritage. These will focus on various heritage aspects and will include a talk by the architect for the chancel repair, who is also our church architect, as well as talks by historians and local volunteers. A programme for the exhibition and talks will be available around the village from May and you can always look at our website at www.stpaulsheritage.org to find out more.

Funding

This whole project has been encouraged and supported by funding from the Heritage Lottery Fund, so every time you buy a National Lottery ticket you are supporting this and other projects like it. Do come and enjoy the results of this generosity.

The wonderful village community

I have been very privileged to learn so much about the history and heritage of this fantastic church and village over the last months and to meet so many friendly, helpful and enthusiastic people. We are all so lucky to live in a village that is accepting of all comers and where people who have grown up or lived here for decades are willing to share their friendship and accept 'strangers' into their midst. As the village population and the country as a whole have evolved, so has St Paul's. I hope you will be able to come and find out more about local heritage, however long you have lived here, and look forward to seeing you at our exhibition.

Sue Young, St Paul's Church Heritage Project

The winds of change

In recent years healthcare professionals have taken on board the theory of 'prevention is better than cure'. For instance, public health campaigns allow us to make better health decisions such as the widespread availability of 'flu and other vaccinations. Although arguably the responsibility of treatment and cure lies with the NHS, change must be embraced to maintain a healthcare service that can cope with the growing demands of an increasing, and indeed more elderly population.

I wrote recently about the practice of mindfulness; the ability to focus on a single activity while also training the mind to accept the life we have and enjoy it fully. This leads to greater happiness, contentedness and, in turn, a more positively productive life. Maybe it is time to make this practice widespread. I know my son had a mindfulness session in school last week, which made me positively ecstatic as he reported feeling calmer and more relaxed. It is no secret that individuals that have a happy, fulfilled and contented life suffer from less disease and healthcare issues.

Bodyworlds

An exhibit I saw recently at a museum in Amsterdam, called 'Bodyworlds – A Happiness Project', put things into great perspective for me. It defined happiness as, 'a combination of how satisfied we are with our life and how good we feel on an everyday basis.' In addition the exhibition showed that 50 per cent of our ability to be happy is genetic, 40 per cent is dependent on

our thoughts and only ten per cent is circumstantial (rich/poor, healthy/unhealthy, married/single). Clearly demonstrating superficial factors only account for ten per cent of our happiness proportion. So it would seem we have at least 40 per cent to play with here. So, I propose that we take our own health into action. Taking a tablet to tell our body or brain how to act or work is beneficial to an exponential degree of course. But if we complimented this by creating a strong symbiosis between body and mind, much in accordance with the mindfulness practice, so we take care of our mind as equally as we do our body.

The mind-body connection

In my following articles over the next few months I will be embarking on an exploration to create an interdependence of body and mind that will lead to a fulfilled happy and less disease prone life. Practices such as massage, aromatherapy, acupuncture, homeopathy to name but a few. These types of therapy focus on a phenomena known as the mind-body connection, which recognises the effect of mental well-being on the physical, and vice versa. A prime example of this in the negative context is the well-known effects of stress on our mental and physical wellness. For example, work stresses can flow over and damage home life and relationships as well as putting a strain on our immune system and the ability to maintain effective vital bodily functions. I am sure we have all experienced this at some point in our life; having mechanisms to recognise and alleviate these symptoms through various therapeutic practices is a key we must all cut to fit.

I was at a bit of a loss which topic I would pursue in this issue of our parish magazine, but have been helped by our fantastic co-editor Caroline. So I also implore you, my wonderful readers, to tell me what you would like to read about in the following set of articles. We may together embark upon a most fulfilling journey to engage our minds for the benefit of our bodies and lead a happy, fulfilled and content life.

Zainab Master



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May in the cottage garden

May is my most favourite month. It always excites me and on the best days I can be found outside from dawn until dusk. It is not just the wealth of plants that now grace the garden - aquilegias, alliums, bluebells, apple blossom, but the different shades of green, from acid green to deep dark green, the colour green shines and zings with an intensity that really makes you feel alive. Yes there are still dull days, plenty of rain and even a few frosts, but now the garden is unstoppable, you can almost see the plants growing. So as you can imagine there is plenty to keep us gardeners busy.

What it is to be an organic gardener

I always strive to be a good gardener and for me that means working in harmony with nature, working with the garden rather than imposing too much upon it, that is to me, being organic. But what does being organic actually mean and to what lengths should we go to be able to call ourselves organic gardeners? The term organic means 'relating to or derived from living matter'. In terms of farming or food production it is 'without the use of chemical fertilizers, pesticides, or other artificial chemicals'. But as a gardener I think it goes a bit deeper than that. If you work the same piece of land for a while you become intimately aware of the ways in which it works, the soil type, the way the weather affects different areas, what likes to grow and what doesn't, and the many creatures that make the garden their home. With this relationship I feel duty bound to protect my small piece of land and do my best for everything that grows and lives in it.

Applying the basics

Gardening organically does not have to be difficult or treated like a science. If you are in tune with the land you work gardening becomes intuitive. Here are a few ways I feel you can start to apply the basics of organic gardening to your own garden.

A really good mulch

Healthy soil means healthy plants, but as with everything nowadays there are a bewildering array of products that lay claim to promises of miraculous growth, plentiful crops and bountiful flowers. Personally I swear by a few purely natural products. A really good mulch of both the flower beds and the vegetable garden with well-rotted farmyard or horse manure in early spring will set you up well for the rest of the year. Not only does this add essential nutrients to the soil, it also improves its structure. It helps suppress weeds and aids moisture retention when the weather warms up. For top-up feeds for summer annuals and hungry vegetables I use a liquid feed made from

steeping comfrey leaves and nettles in water. You can also use wood ash sprinkled around vegetable plants or coffee grounds for acid-loving plants. There are also some good organic feeds you can buy such as seaweed meal.

Dealing with pests

One of the main barriers to gardening organically is the problem of pests and diseases. Slugs and snails get a bad press and I admit can be a real nuisance to young plants. However, they are essential for helping to break down organic matter and provide a valuable food source for many other animals. I have had good results from inexpensive deterrent products like pellets, traps and even sprays. Also, it may be time consuming but removing slugs and snails as they emerge at dusk and taking them out of harm's way really does work.

Battling woolly aphid

For insect pests I use a mix of soapy water and if you catch infestations early the results are almost always good. However, on bad infestations this alone can have little effect. I recently experienced this first-hand with my old apple tree. I had been battling with woolly aphid for a couple of years and nothing seemed to work. Depressed at the thought of resorting to pesticides, I decided to plan one last organic assault. A combination of a hard prune, together with scrubbing the branches with soapy water, followed with a spray of an organic cleaning product (mostly comprised of alcohol - an internet tip), has seen the tree in April beginning to sprout. At the time of writing, it is free from the cotton wool-like clumps that denote the woolly aphid - fingers crossed.

Going with the flow

Perhaps one of the most important reasons to be organic in the garden is to protect and preserve wildlife. Gardens are becoming increasingly important habitats for a great number of wildlife species as green-belt land decreases and intensive agriculture increases. Trying not to use manmade chemicals, not being too tidy around the garden, using plants and creating areas that will attract wildlife is not difficult and will reward you tenfold with beautiful birds and other fascinating wildlife all year round.

Being an organic gardener is all about going with the flow. If you lose the odd plant to a slug, or hungry bird then think of it as payment for services they in turn give the garden. I don't think you can go wrong in believing that expensive manmade miracle-claiming products are not always the best. Try the natural first and see how you get on.

Jo Poultney

Codeword

A codeword is like a crossword puzzle, but the letters in the grid have been replaced by numbers. Each number represents a letter of the alphabet and all 26 letters are present. As in any crossword, the words used can include proper nouns and even common phrases. Can you solve the puzzle? We have given you some letters to help you get started. The solution can be found on the inside back cover. (Andy Thomson).

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The last word

Pinch-bum day

Until well into the twentieth century, anyone caught not wearing an oak leaf or oak apple on 29th May could be pinched, kicked, or otherwise abused. Whipping with nettles was a favourite punishment; hence the name 'pinch-bum day' or 'nettle day' in some areas.

www.projectbritain.com

The birds, the birds

A hotel in British Columbia has received an apology on Facebook for causing 'a tornado of seagull excrement, feathers, pepperoni chunks and fairly large birds'. A customer was banned from the Fairmont Empress Hotel in 2001 after filling a suitcase with a Nova Scotian local delicacy called 'Brother's Pepperoni' and leaving it on the balcony. www.theweek.co.uk

Ex-seedingly good

In May 2015 a Japanese farmer broke the Guinness World Record for the world's heaviest strawberry, snatching it away from the UK. Weighing 250 grammes with an approximate height of eight centimetres, length of 12cm, and circumference of 25 to 30cm it beat G. Anderson's 1983 record grown in Kent. www.telegraph.co.uk

Woody woodpecker

The territorial call of the Green Woodpecker in spring is a rich, full-

throated laughing series, 'kleu-kleu-kleu-kleu-kleu'... The undulating flight call is a shrill, short, vehement 'kyukyukkyuKYUK' or 'kyuKYUK'. *The Hamlyn Guide to Birds of Britain and Europe*, by Bertel Bruun (1992). Why not listen out for it? Or try it yourself?

Ancient play

Backgammon may hark back to Persia 5,000 years ago, but there is an even older game. It is thought that 'senet' was being played in the earliest dynastic period of Ancient Egypt, c3100 BC. The rules are lost to history, but it is known to have been a two-player game on a board that's three squares by ten; each player has several pieces, and the aim may have been to race the opponent around the board by throwing sticks. *History Revealed*, (February 2018, p.76).

Ant-ics

Ants fight off infection in their colonies by sensing odour emitted by affected pupae then attacking them with self-produced acid and eating them. In this way, like a human's immune system fights infections by targeting single cells, the colony attacks single pupae and works like a whole organism. *BBC Naked Scientist podcast*, April 2018.

Contributions to *Roundabout*

We publish items of interest to the communities of Woodhouse and Woodhouse Eaves, such as news of local events, groups and businesses in accordance with the editorial policy (see inside front cover). We can write up people's stories for those who prefer to talk, rather than write. We do not publish notices of births, deaths or marriages. We aim to keep most articles under 800 words.

Format: electronic copy in 'Word', using 'Arial' font, is most useful, although we accept hand-written items that are legible. Pictures are welcome; digital if you have them, otherwise prints.

What's on: brief notification of events in the 'What's on' schedule is free. Send event details to *Roundabout* at the email address below. Please note that we normally include only 'in parish' events, may abbreviate the details and are not obliged to include all items submitted.

Adverts: requests for further publicity, even for charities, incur a charge per issue of £9.50 for a quarter page or £22.00 for a half page. We do not accept full-page adverts. Contact the advertising managers Amanda and Andrew Garland on (01509) 890 839 or via the email address below.

Copy deadline: see page 3. Please send material to a member of the editorial team or by email to roundabout@woodhouse-eaves.co.uk

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What's on in May

Sat	5 th	1.00	Woodhouse Eaves cricket match	Playing fields
Mon	7 th	8.30 (walk) 9.30 (run)	May Day Challenge 13.5 mile run or walk. Enter online by 5th May woodhousemaydaychallenge.co.uk/	Village Hall £18, inc lunch Lunch inc
Mon	7 th	10.30	May Day Challenge family walk of 4-5 miles. Enter online by 5th May woodhousemaydaychallenge.co.uk/	Village Hall £15 per family, £4 per person
Mon	7 th	10.30- 4.30	Long Close, open garden for national garden scheme charity. Call (01509) 890 376 (01509) 890 376	Adults £4, children 50p
Wed	9 th	2.30	Afternoon tea in aid of Raleigh International. Revd Lisa Temperley-Barnes	18 Beaumanor Gardens, funds to charity
Wed	9 th	7.30	Leics. & Rutland Wildlife Trust, 'Living in the Cayman Islands', talk by Matt Cottam	Village Hall, members £2.50 visitors £3
Sat	12 th	2.00	Children's art workshop with Anna Michalska-Tomajer (for up to 30)	St Paul's Church
Sun	13 th	Call	Beaumanor Hall history tour (2.5 hours), pre-book (01509) 890 119 Beaumanor.hall@leics.gov.uk	Beaumanor Hall, £8pp
Mon	14 th	6.30	Annual parish electors meeting. Council and charities meeting follow at 7.00pm	Village Hall, All welcome
Mon	14 th	7.30	Local History Group, 'Leicestershire Place Names', talk by Darren Harris	Methodist Ch., visitors £3
Wed	16 th	7.30	WI meeting, 'Resolutions for NFWI AGM and social evening', members only this month	Village Hall
Fri	18 th	10	Coffee morning in aid of Christian Aid. Revd Lisa Temperley-Barnes	18 Beaumanor Gardens, funds to charity
Sat	19 th	10.00	Leics. Footpath Assoc. https://leicestershirefootpaths.wordpress.com walk leader David Williams	Curzon Arms, free trial/members
Sat	19 th	1.00	Woodhouse Eaves cricket match	Playing fields
Thu	24 th	10.00	High Points in Charnwood Forest guided walk: strenuous but rewarding terrain	Outwoods car park, £1

Check for more local event details on these web sites:

www.woodhouse-eaves.co.uk/

www.leicestershrevillages.com/woodhouseeaves/local-events.html