

ISSUE NUMBER 101

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pre-printed adverts



Not just for Christmas....

I dug out an album of family pictures the other day. It was an old one. The children were making sandcastles at Tenby. Yet, it didn't seem more than a couple of years ago when they were taken. I don't know whether it's my "advancing maturity" which is the culprit, but time really seems to disappear these days.

For, instance, as I write, looking out of my office window at the snow falling, Christmas is just a distant memory and we're well into another year, already!

I have noticed how some of our neighbours take down their Christmas decorations as soon after Christmas as they can – the tradition of "Twelfth Night" seems like a boyhood memory. Now, I'm not saying it is not a relief to get back to "normal", because Christmas can be hard work! It's just that, if we are not careful, the message of Christmas gets put away with the Christmas tree, safely back in its box, till we try to find again it next Christmas.

Yet it would be sad just to let all these things flow by, nothing taken from them, with no lasting effect. Otherwise Christmas would be a bit like eating celery - you use more energy eating it than you get from it!

For Christmas is not only a season of celebration, it is a recognition of one of the most important events of history, because it marks the birth of Jesus, one of whose names in the Bible is "Emmanuel" which means "God with us". It is there to remind us that the God who loves us wants to be involved with our lives.

One of our less famous carols puts it, "Love came down at Christmas". But it didn't come just at Christmas, it came at the beginning of "a new world", as the "Cowboy Carol" (another boyhood memory) proclaimed. If I dare coin a phrase, the Birth of Christ is not just for Christmas, but

3 for.....

Life for many, even at Christmas, may not always be quite as we hope it to be, but the message, even on a chilly January day, is that the love which came down at Christmas can be a reality for us on every day of the year.

When the song of the angels is stilled,
When the star in the sky is gone,
When the kings and princes are home,
When the shepherds are back with their flock,
The work of Christmas begins:

To find the lost,
To heal the broken,
To feed the hungry,
To release the prisoner,
To rebuild the nations,
To bring peace among people,
To make music in the heart."

(Howard Thurman (1899 – April 10, 1981))

Keith Wignall, Licensed Lay Minister, Bradgate Team

Interesting connection between Stoneywell, The National Trust and Alls Saints Church Newtown Linford

The Carving behind the Altar and back of All Saint's Church was done by Joseph Armitage, (who was a tutor at Leicester Arts School between 1906 & 1914) and his younger brother Edgar. They were involved in the Arts and Crafts Movement - and The School of Art played a major role in nurturing the movement in Leicester. The carvings behind the Altar were in memory of Lady Jane Grey and are mostly trees and plants she would have known. The letter confirming this was sent from his granddaughter to Sheila Langton, Church Warden (who had made enquiries) and is displayed in the Church.



The National Trust symbol came about as a result of a competition announced by the National Trust in 1935. 109 designs were submitted - none of which were deemed suitable. The Trust then limited it to six designers, the winning design was by artist Joseph Armitage (1880-1945). Other works he has done include carvings on St George's Chapel, Windsor Castle and the Bank of England. An architectural carver and modeler he also worked on some of the most important American style buildings in Glasgow during the inter-war years

VILLAGE DIARY

February 2013

5th	Parish Council
6th	Gardening Club
6th	Bradgate Flower Club
8th	Stoneywell drop in session
9th	Ramblers
14th	Diamond Jubilee Collage
16th	Stoneywell drop in session

March 2013

30/31st Art Exhibition

Regular events

Monday afternoon	Mature Movers fitness class V. Hall
Mondays 8pm at the Church	Bell Ringing
1st Monday of the month	Youth Club
4th Tuesday of the month	Gardening Club
1st Wednesday of the month	Flower Club
3rd Wednesday of the month	Ladies Luncheon Club
Thursdays am during school term	Toddlers Group
Thursdays eve during school term	Brownies
Thursday Evenings	Badminton
3rd Thursday	Gentlemen's Lunch Club

Stoneywell

Join us at one of our drop in sessions to find out more about our plans for Stoneywell, the 1899 Arts and Crafts Cottage and grounds in Ulverscroft, that the National Trust now owns.

Newtown Linford Village Hall, Friday 8th February,
anytime between 5pm and 8pm

Newtown Linford Village Hall, Saturday 16th February,
anytime between 10am and 1pm.

For more information on Stoneywell please go to
www.nationaltrust.org.uk/stoneywell



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Newtown Linford Gardening Club

Television Gardener to Visit Newtown Linford

The highlight of our year in 2013 will come in October when our guest speaker will be the television gardener Christine Walkden. It is a real feather in our cap to be able to attract someone who has achieved such national recognition. Anyone who has watched 'Gardeners' World' or the 'One Show' will have no difficulty in recognising her and her extremely extrovert and effusive style of delivery.

We will be opening this special event to non-members and to members of nearby Gardening Clubs so we advise you all to mark Tuesday 22nd October in your diaries and watch this space for further information in future months.

Our speaker on 26th February will be Derek Spicer from Kilworth Conifer Nursery who will be talking to us, naturally enough, about conifers. He has not visited us before and we will enjoy welcoming a new speaker to our Society.

We have welcomed several newcomers this year and are always pleased to see more. If others would like to join us, please contact the Secretary (tel. 242452 or e-mail 01530242452@talktalk.net), or come to one of our meetings to see how you like it before making a commitment (£2 for visitors). Alternatively give us a ring and ask for a copy of our programme for the coming year and we will be pleased to send one to you.

Anne and David Couling



Newtown Linford Gentlemen's Luncheon Club

On the third Thursday of every month, The Village Restaurant in Newtown Linford plays host to a gathering of around two dozen retired gentlemen who enjoy an excellent three course lunch and, of course, convivial company.

The Luncheon Club has been meeting for over twenty years, initially at the Johnsccliffe, and more recently at The Village Restaurant. Some members have been with us for most of that time, but the majority have joined in more recent years as the demands of daily work slow down or come to an end.

We are a very lively bunch, as the staff at the restaurant will testify, although, of course, impeccably behaved, sharing conversation and repartee along with a convivial drink and meal.

When I first joined as a newcomer to the village, I was able to get to know a large number of residents in a short period of time and it played a major part in my becoming involved in the life of the village.

We will always welcome new members and if there are readers who might consider joining us, we would be delighted to hear from them. A telephone call to me at 242452 will help to provide more details so you can decide whether to give us a try. We look forward to hearing from you.

David Couling





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Art Exhibition and Sale

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Sunday 31st March 10am - 4pm

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LARGE PRINT COPIES

If you know anyone or you yourself would like to receive a large print copy of the Village Magazine please contact Anne and David Couling telephone 242452

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print magazine.
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Village Ramblers 2013

MEET Opposite the Village Hall, to depart at 2:00p.m

Walks are usually between 3-4 miles. Please wear proper walking shoes or boots .

Thank you to Lesley for leading our first walk of the year. We had fine weather and lovely views over Bradgate and Cropston Reservoir, followed by a cuppa and lots of cakes at Lesley's.

9th February	Jan Croft
9th March	Pauline Day
13th April	Toby & Felicity
11th May	Penny Neaves
8th June	Pat Buckmaster
13th July	Glenis & John (day walk) . Meet 09:00
10th August	Iris Sayer
14th September	Carolyn & Peter Lowe
12th October	Joe and Claire Costello
9th November	Allan Illiffe
14th December	Ed Killick. Meet 11 am, lunch & AGM afterwards.
11th January 2014	Lesley Baker
Reserve leader---	Marion S

ANY QUERIES -Ring Glenis Meredith 01530 242897

Well-behaved dogs only are welcome . To be under the close supervision of the owner, and to be on the lead where there is livestock or nesting birds. Please check with the leader that dogs are allowed across any access land.

Disclaimer. Members are reminded that participation in walks is at their own risk, and that the leader(s) accepts no liability for any loss or injury, however caused.

Glenis Meredith

Advance Notice!

Newtown Linford Brownies

Rummage Sale - March 16th 2013

If anyone is having a spring clean and would like to donate things to use, we would appreciate it very much

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More information next month

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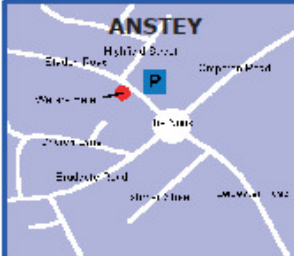
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BRADGATE PARK – MAKING THE CONNECTIONS

PETER TYLDESLEY

On 1st October I took over as Land Agent & Surveyor at Bradgate Park, following the retirement of Michael Harrison. Given that Michael was Land Agent here for over 20 years and involved in the management of the Park for over 50, it is fair to say that change has not been a common occurrence. The fact that Michael left everything running so smoothly has meant that I have had the luxury of being able to take stock and plan for the future without the pressures associated with having to sort out immediate crises and urgent problems.

If I had to sum up my approach in one word it would be “connection”. Bradgate Park is unique in that it offers a taste of wild countryside on the very edge of a city of over 300,000 inhabitants. We are therefore uniquely placed to help a vast number of people re-discover the natural world and the benefits that contact with nature brings to body, mind and spirit. The Park contains geology, history and wildlife of national significance and I want us to be better at using these wonderful assets to inform, inspire and perhaps challenge people to make changes to their lifestyles so that they take better care of both themselves and their environment.

Bradgate Park was first enclosed as a deer park (for hunting) as far back as the 13th Century

and subsequently passed into the hands of the Grey family and was the childhood home of Lady Jane Grey, Queen of England for nine days in 1553 and probably Bradgate’s most famous resident.

When the estate was broken up in the early 20th Century, local businessman and philanthropist Charles Bennion purchased the Park and gave it in trust for the benefit of the people of Leicestershire and visitors to the County. The Bradgate Park Trust still manages the Park to this day and is a registered charity with the twin objects of running the Park and “advancing the education of the public in the appreciation and care of the environment”. It is this latter object that, I feel, imposes on us a greater duty than simply providing a wonderful setting for an enjoyable day out.

My vision for the Trust’s future is that we combine the facilitation of high quality science and primary research into the various important aspects of the Park’s environment with an offer of formal and informal education that really engages and enthuses people of all ages and levels of interest. We have recently become a member of the Council for Learning Outside the Classroom and I hope to forge links with local Schools and Colleges so that we become recognised as a fantastic,

safe and accessible venue for teachers to deliver their fieldwork and outdoor learning. The next step will be to develop our own programmes and resources and to deliver these to a wide range of learners in a way that inspires both children and adults to engage further with the wonders of both Bradgate Park and the wider natural world.

And, of course, I fully intend that we remain the obvious destination for an enjoyable and invigorating trip out into the wonderful Leicestershire countryside.

What I hope to do in this column is to explore and explain some of the features of the Park that people may not be so familiar with, to keep the local community informed about what is going on and to answer any questions that are raised regarding the management of the Park.

So, if there is any aspect of the environment, history or management of the Park that you would like me to cover in this column, please do get in touch. My email address is land-agent@bradgatepark.org

Peter Tyldesley

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A Midsummer Nights Dream - Bradgate Park

Sunday 14th July

6pm

Peter Tyldesley, the new Land Agent for the Bradgate Trust tells us they are staging a performance of “A Midsummer Night’s Dream” in the ruins of Bradgate House in the Park on Sunday 14th July at 6pm. Full details will be published soon.

This is a one-off performance this year to ensure that such an event can be managed successfully, including minimising any impact on local residents. If all goes well, it is hoped that outdoor theatre may become a regular event in future years.

Peter is also interested in hearing from local artists who would like an opportunity to exhibit their work. Sculptors and other creators of weather-proof outdoor art are particularly welcome! His email is: land-agent@bradgatepark.org and his telephone number is 0116 236 2713.

Changes in Bradgate Park

Any frequent or even infrequent visitor to Bradgate Park will have noticed changes over the years. Change is inevitable. However, a few weeks ago, having been passed by six vehicles within the space of twenty minutes I felt prompted to contact Councillor David Snartt who kindly referred me to the new land agent for Bradgate Park, Mr Peter Tyldesley. I raised concerns about the volume of road traffic, increased mechanisation, the cutting of the bracken and other changes to the landscape. I thought readers might be interested in some of the responses.

With regards to the volume of road traffic Mr Tyldesley says that this basically reflects workload. However, there may be alternatives to using diesel Land Rovers for shuttling back and forth along the tarmac carriageway. He would be interested in using electric carts to reduce emissions if concerns over pedestrian safety due to these vehicles being silent can be overcome. In the meantime, the Trust are planning to purchase a small van to replace one of the older Land Rovers for this coming season. I also questioned the need for two rangers to use petrol strimmers to cut back small patches of marsh cotton grass.

The cutting of the bracken, which seems to have accelerated in recent years, is undertaken for a variety of reasons: to restore the unimproved acid grassland, to reduce the grazing pressure on other plants such as bilberry. There is no intention to eradicate the bracken. In fact, the bracken is not cut but rolled. "However, unchecked bracken growth has been shown to reduce bio-diversity." The management of the Park, which is a Site of Special Scientific Interest, is answerable to Natural England.

My own observation is that with the rolling of the bracken there seems to have been a rapid expansion of bluebells, especially on the far side of the park. A reply from Natural England asserts that bluebells have always been there but unseen under the bracken cover. Their reply goes on to say that the bluebell population is there because the site generally was once ancient woodland. The rolling of bracken may lead to a short-term increase in bluebells but as the bracken areas get colonised by grasses and the bracken disappears it is likely that the bluebells will decline. I was also reassured that the bluebells in the park are not of the invasive Spanish species.

Managing Bradgate Park must bring considerable challenge in balancing the need to preserve its unique feeling of being quite wild and untamed along with the need to cater for the large number of visitors who enjoy what it has to offer. We are so fortunate to have Bradgate Park on our doorstep. It is important that we maintain an active interest in it and I am grateful for the dialogue that Mr Tyldesley has entered into.

Rob Haylock, Bradgate Road

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BRADGATE TEAM SUNDAY SERVICES - February 2013

DATE	GROBY	RATBY	NEWTOWN LINFORD
3rd February Candlemass	8.00am Holy Communion (LC/KW)		
	9.30am Family Service (LC)	10.00am Worship for All (PH)	10.30am Holy Communion (JW)
	6.30pm Holy Communion (LC/KW)	6.00pm Holy Communion (PH)	
10th February Next before Lent		8.00am Holy Communion (HH)	8.00am Holy Communion (PH)
	9.30am Holy Communion (LC)	10.00am Morning Prayer (PH)	10.30am Morning Prayer (HH)
	6.30pm Evening Prayer (LC/ PH)		
17th February 1st Sunday of Lent	8.00am Holy Communion (PH)		
	9.30am Morning Prayer (LC)	10.00am Family Communion (HH)	10.30am Holy Communion (PH)
	6.30pm 3SE		
24th February 2nd Sunday of Lent			8.00am Holy Communion (LC)
	9.30am Holy Communion (FB)	10.00am Holy Communion (PH)	10.30am Family Service (LC) Brownie Thinking Day
	6.30pm Evening Prayer (KW)		

MIDWEEK COMMUNION SERVICES

NEWTOWN LINFORD	Thur	10am	7th			
GROBY	Wed	9.30am	6th	13th	20th	27th
RATBY	Thur	9.30am		14th		28th

CHURCH REGISTERS

Weddings

22nd December ~ Gregory Cornish and Emma Jones

28th December ~ Ronnie Parker and Francesca Toon

Funerals

11th January ~ Julia Sykes, formerly of Bradgate Road, Newtown Linford

25th January ~ Arthur Thorpe, formerly of Lady Jane Pk, Newtown Linford

Baptisms

None

Church Contact Details

Team Rector Revd Dr Peter Hooper 0116 239 4606

The Rectory, 23 Ferndale Drive, Ratby, LE6 0LH

Email: peter@hoopers.orangehome.co.uk

Team Vicar Revd Louise Corke 0116 231 3090

58 Pymm Ley Lane, Groby

Email: words.th@talktalk.net

Administrator: Bekki Williamson (9am - 11am weekdays)

0116 239 3768 Email: office@bradgateteam.org.uk

Team website: www.bradgateteam.org.uk

Regular Events

Bell ringer's practice: Monday 8pm

Newtown Linford Sunday School

We meet once a month on the first Sunday of the month in the
Sunday School Rooms at 10.30 for an hour.

Why not come and join us on 3rd February 2013

Contact Katherine or Carole on 244790

From the Records

Their Memorial Lives

Do you ever look at the gravestones that line the path to the Church. There are several belonging to members of the Matts family. If you look more closely you will note that three died within fourteen days of each other. Why??

This set my mind working and through the help of a friend investigating, quite a lot was discovered. This friend spends quite a lot of time at the Family History record office. Many thanks to him for all his hard work in unravelling their family history. There are many similar names - it is only when you take second Christian names and ages, do you begin to sort it all out.

He did not have the death certificates so we cannot state that they died from smallpox but there was an epidemic in Leicester in 1902 and those concerned were all connected with licensed properties. Did somebody bring the disease from Leicester?

Hannah Matts who died in 1918, the year of the Influenza epidemic was connected with the Reservoir Hotel Cropston (now The Badgers Sett) and sister of Richard S Matts the licensee.

Richard Shipley Matts Licensed Victualler and Grazier living at the Reservoir Inn Cropston died on the 29th May 1902. His effects were £335.

Louisa Adams Matts, spinster and sister of Richard died on 7th June 1902, probate was granted to George Matts Pettifor, Brewers Agent, another name associated with Newtown. She left £185.

Hannah Matts a second sister of Richard Shipley Matts and also a spinster died on 30th October 1918 at 65 Kirby Road, Leicester. Her Probate application stated she was of the White House Farm, Diseworth. Her effects were £2,842 (2012 = £155,116).

Thomas Shipley Matts from the Crown Inn Bradgate Road, Anstey died on 2nd June 1902. He left £1067. his wife Sarah P Matts was born in Diseworth.

I have much more information if anyone would like to read it and there are a lot more of the Matts family buried in our Churchyard.

Janet Neaverson



Bradgate Flower Club

Bradgate Flower Club's 2013 programme of monthly meetings starts on Wednesday 6th February. Our guest is Beverley Artis from Long Eaton and her theme is 'A Perfect Day'.

The demonstration will be held in Newtown Linford Village Hall (LE6 0AE). We meet at 7.30pm and visitors are welcome - a charge of £5 is made.

Details from Geraldine Abbott on 01530 415378.

Thank you

To the ladies who made mince pies to enjoy with the mulled wine after The Nine Lessons and Carols by Candlelight Service at Christmas - a Big Thank You.

Pat Wood

Carol Ann Sugden

Hillary and Millie Monk

Well done.

The evening was a great success

Thank you once again

Betty McChrystal

Note from the editor - it was a lovely addition to the Carols by Candlelight this year - a chance to stop and chat with friends and villagers and enjoy Christian Fellowship



The snow is a mixed blessing in the village, struggling to get into and out of it but it is also a chance to enjoy it on our door steps with the park and our gardens.

We have had a lovely picture sent in by George age 6 of his snowman when we got the first smaller snowfall!





Newtown Linford Neighbourhood Watch A member of the Parish Council



Residents on Grey Crescent tell me there was a burglary during the last few days (week commencing 7.1.13) but the Police have no records of this despite three Police cars and a Police Dog being seen there.

A caravan was stolen from a house on Bradgate Road yesterday. I am told that it had a tow bar lock on it and was behind padlocked gates that were cut.

This morning Maurice saw a car in the drive on the Main Street with the engine running, no sign of anyone and the house door shut. Not a good idea even if you think you are watching and can get out there quickly. It does not work like that I am afraid.

There have been three burglaries close to each other just into Cropston this week so obviously we must be extra vigilant.

Speedwatch has been booked for 13th May and 2nd September, on each occasion for two weeks. If you would like to volunteer please contact me if you live in the village or Jan Stewart if you live on Roecliffe Road. Jan is keen to have three people on each session to monitor the number of cars, whether speeding or not. The powers that be have finally woken up to the serious dangers in the Roecliffe area and the white lines and road markings will soon be refurbished (if not already done)

If you are offered quantities of meat, please inform me or the Police. A large amount of meat has been stolen from butchers in the Charnwood area. Royal Doulton, Silverware and Limited Edition plates with sailing ships on them were also stolen from the premises. I doubt if the meat is on offer anymore.

Sgt. Nigel Burnham will be coming to the Parish Council Meeting in February. Everyone is welcome to come and hear him speak and ask any questions. As normal the meeting is in the Village Hall (small room) at 7 pm. NHW and Police matters are first on the Agenda.

Several of the Parish Councillors attended the Charnwood Crime and Safety Forum meeting to hear the new Leicestershire Police Commissioner, Sir Clive Loader speak. He was most inspiring and says he is the first port of call for any complaints about the Police. Hopefully we will not need to take him up on this.

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Peggy Bown's 90th Birthday

19th December was the 90th birthday of Peggy Bown, widow of Bob Bown, former Chair of the Parish Council. We have just celebrated this big occasion here near Newark (as Peggy is now living with us in Nottinghamshire) and it was felt by the 20 people (most from Newtown) that this little poem to Peggy on her birthday - and photograph - might be of interest to the Newtown Linford Magazine. I should add that Millie is Millie Mason, now aged 91, who also lives in Main Street, and the poem was composed in the fashion of Bob Bown, who was quite a poet himself and published quite a bit of his serious-cum-humorous poetry in the national press himself.

Helen (daughter) and Peter Tyrer



The giving of three score years and ten
Is the gift God gave to men
But what of those who thrive and can
Go far beyond this allotted span

Have they received a prize or just a bonus
Have they speeded up or shown extra slow-
ness

What of those who have already added 20
Are they wallowing in the Bay of Plenty?

I think many here who have come on down
To pay tribute today to Peggy Bown
Qualify for these extra years
And are driving fast with all their gears

I have to say I'm quite impressed
That the oldest here, Millie and Jess
Have already passed the magic 90
One's shown greatness can be tiny

And today Peggy joins the antiquarians
The brigade we call the nonagenarians
From Newtown Linford to Nuneaton
She's shown the Midlands can't be beaten
When it comes to good yeoman stock
Its them who always beat the clock

So dance a jig, or give yourself a twirl
Raise your glasses or your cups, I beg ye
And toast our 90th birthday girl
Make it glorious for our Peggy

UPDATE ON BROWNIES

How rules can change!
I will be staying on run-
ning Brownies for a lit-
tle bit longer, until we
hopefully find someone
to take over from me.

So because of this
change we are having
our annual Rummage
Sale as usual.

Brown Owl



NEWTOWN LINFORD CHORAL SOCIETY



The "Come and Sing" Carols Evening was a great success and we would like to thank everyone who braved the torrential rain and especially the Brownies who were the stars of the evening. This very enjoyable event raised £245 for the Prostaïd Charity Appeal.

Our Summer Concert will be in the Village Hall from 13th to 15th June.
Come and join us for "**A Night in the West End**"

Iris Sayer

JULIA DAISY SYKES 13.10.1930 – 5.1.2013

Julia Daisy Sykes, known as Daisy, passed away on 5th January 2013. She moved to a bungalow on Bradgate Road with husband Reg in the mid 1950's. She was involved in village life, singing in the Church Choir, delivering the Parish Magazine for many years and was a longstanding member and Secretary of the village WI.

She and Reg started a family with son Malcolm and then daughter Helen, who both attended the Village School and Sunday school.

Daisy and husband Reg established Sykes Jewellers in Anstey which is still run today by son Malcolm and daughter-in-law Caroline.

On retirement, she enjoyed caring for her 5 grandchildren and spending time with friends. She was a good cook and was famed for her pastry making, winning prizes for her mince pies and chutneys.

In later years she suffered with dementia but always bore it cheerfully. She was able to stay at home with help from carers and the family, even after the loss of Reg in 2011. Following a fall she was admitted to hospital and latterly to a nursing home in Shepshed where she passed away peacefully.

Her laughter and hospitality will always be well remembered.



Wedding of Francesca and Ronnie

Photograph of Francesca and Ronnie married at All Saints 28 Dec 2012 by Revd Peter Hooper who conducted a wonderful marriage service.

Francesca is our only daughter and her two brothers were ushers on the day. She met Ronnie when she was at Norwich School of Art and Design.

For the fashionistas among us, she wore my wedding dress – I'm now officially vintage!! Her very proud father Paul gave her away. We enjoyed the company of friends and family and the weather was kind even though it was December!

Paul and Virginia Toon



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A Healthy New Year Leads to A Happy New Year

Every year we start off with an abundance of resolutions to get healthy - a great resolution to have. With gusto, we jump into crash diets and extreme exercise routines only to fail a few weeks later.

Working as a Personal Trainer and Nutrition Coach since 2005, I have realised that 'Diet' is a dirty word. Often, 'going on a diet' has the reverse effect. After a couple of days with food deprivation and the consequent bad mood that accompanies it, people often give up. What really needs to happen is to re-think the way we are eating and be a lot more proactive in our exercise regimen. I'd like to suggest some very simple changes which will help you live a healthier lifestyle.



Many of us have a sweet tooth (me included) but processed sugar is bad for you – bottom line. As a nation, the average person consumes approximately 140 teaspoons of sugar A WEEK which is contributing towards the rapidly growing obesity and type 2 diabetes epidemics.

Those festive flavoured drinks you love at coffee shops have as much sugar as a can of regular cola (around 8 teaspoons) because they contain about 4 shots of syrup. If you must drink these calorie laden concoctions, the next time you order a cup just ask for 1 shot of syrup. Your drink will still be delicious, trust me!

Instead of eating milk or white chocolate, go for dark – at least 65% cocoa and above. Dark chocolate contains antioxidants, almost 8 times as many as strawberries, which help protect our bodies from damaging free radicals. Don't forget though, dark chocolate is still a high calorie, high fat food so make sure you just eat the appropriate portion size and not the whole bar.

Try freezing some fruit. Peel a small banana, place in a freezer bag and pop into the freezer for a few hours. It makes an absolutely delicious treat and tastes just like banana ice cream without any of the added fats or artificial sugars. Frozen grapes also make a very tasty treat. Watch the booze. Alcohol has a high sugar content. Enjoy a glass of wine with dinner if you choose to do so, but limit it to one glass. Stay healthy!

If you would like any further information, please feel free to email me at Britfitgirl@gmail.com for personal training or nutrition information.

Bradgate Lions Club News



What a successful Christmas Period we have enjoyed.

Starting with bucket collections at Sainsbury's, Fosse Park and Budgens in Groby, on the first and eighth December respectively, where collectively we raised £409.00.

During the three weeks in December leading up to Christmas we have also been out and about with our 'Santa Float'.

Firstly on two nights during week commencing 3rd. Dec: when we were in Anstey with the Woolden Hill PTA & Latimer Street Infants School PTA. Then during the w/c.10th. we were out twice collecting in Ratby, assisting the Girls & Lads Brigade there with their fundraising, and lastly on the 17th. & the 19th. December we were pounding the streets of Kirby Muxloe with the local Scouts group. Altogether £1162.78 was raised; this was shared between the local groups and Bradgate Lions.

We also have had 14 Christmas Prize Draw Baskets in various hostelrys in the district and these have raised approximately £1200.00 for our charity account, which along with other monies raised during the current year will be allocated out to various causes, and donated in May 2013.

Besides fund raising we have also representing 'Santa' at Martinshaw Infants School, Groby, Newton Linford Pre-school, and also visiting some of the wards at Glenfield Hospital with the Groby Church Choir, entertaining with carols and giving out cards and gifts to the patients.

Bradgate Lions Club represents an area stretching from Desford and Leics Forest East to the south, as far as Anstey and Newtown Linford to the North, and from Glenfield in the East to Markfield in the West, which is quite a large area to be covered by our club, and so we are always looking for new members to help us cover the district.

The club holds a business meeting at Forest Hills Golf Club in Botcheston on the 2nd. Thursday of each month starting at 7.00PM. And a social meeting at various venues on the 4th. Thursday, interested parties are invited to any of these meetings, to find out what we are all about, and to meet the members of our club.

To find out further details just give Roger a call on 01530 242912 who would be pleased to hear from you, and happy to assist.

Lion Roger Gamble

MOBILE PHONE COVERAGE IN THE VILLAGE



There was a good article in the Loughborough Echo on Friday 28th December regarding the Village's fight over our "black hole" non connection with mobile phones. Martin Rumble has now collected 25 names in his petition to have the mast switched back on after Orange decommissioned it in June. Email martin@martinrubble.co.uk if you are having problems. This is meant to be part of their collaboration with T Mobile when both networks began sharing infrastructure. I must confess I cannot work out how by sharing infrastructure - we can now be left without signal!

According to the article, Orange believe that the problem has been solved! They apologised for the inconvenience but have investigated and discovered a minor technical issue with the mast that they now believe has been fixed and normal service resumed. They suggest if any customer continues to have coverage issues they contact the customer service team!

customer.services@orange.co.uk

I found out that the email is not in use at the moment as they are 'improving their email service@ - similar I think to improving their phone reception. Call them on **07973100150** from a landline.

Having spoken to a very friendly member of staff I found that the transmission was switched off due to a optimisation programme. This means it was surplus to requirements! According to their information - they could see we had no reception but according to information they have we should be getting reception through a T Mobile mast. They have promised to get in touch in the next few days but after the Magazine has been published.

I have said that I will then follow this up if need be with a complaint to Communication and Internet Services Adjudication Scheme (CISAS). Hopefully we will have more news next month.

Help keep the highway in good repair

If you spot any potholes or damage to the road surface call the designated line on 0116 3050001 and report it.



DIAMOND JUBILEE COLLAGE

HELP REQUIRED

Interested in helping with this Village project as a finale to the Jubilee Year? We need helpers who can do any of the following

NEEDLEWORK	EMBROIDERY	SEWING
DECOUPAGE	LACE MAKING	KNITTING
CROCHETING	QUILTING	

or just enjoy sewing or being creative and want to learn other skills. The finished project to be hung in the Village Hall

Do you have a bag of oddments of Fabric - Buttons - Beads - Embroidery Threads - Sequins- Wool etc you no longer need and would be happy to donate to the project? Call us we will collect

INTERESTED? - Come to a meeting on Thursday 14th February 2013 at 10am at Gable Cottage 32 Main Street Newtown Linford

The plan is to meet once a week from Wednesday 20th February from 10am - 12.30pm at the above address to work on the project during the last of the winter months

If you are interested and can't make the initial meeting or the proposed weekly meeting due to work commitments then there will be opportunity to be involved working from home

Please call Carol Ann Sugden on 01530 243433 e mail

casug1@btinternet.com

or John Nixon on 01530 242641

Vacancy - Carer Wanted

We are looking for a carer for approx 8 hours a month to look after a 17 year old Autistic boy with learning difficulties in his own home here in Newtown Linford.

This would be normally a Saturday to allow his parents respite and time out. You would be expected to look after his personal care.

Training would be given

Rate would be £8.50 an hour, with holiday pay as well.

For more details contact Carole on 01530 244790

A message from Leicestershire County Council Trading Standards Service

Say NO to Doorstep Criminals.

This Service is committed to protecting our residents, particularly those who are vulnerable, from unscrupulous doorstep criminals offering 'home improvement' services, such as paving, landscaping and roofing work. This often results in residents being pressured or intimidated into accepting a poor standard of work for an extortionate cost. Work carried out is often unnecessary and in some cases money is paid for work that hasn't actually even been done. Rogue traders are criminals but they pretend to be professional tradesmen.

One way to protect our residents is to inform them as soon as we can when we become aware that there are suspicious traders cold-calling or going door-to-door in their area. We recognise that one really good way of doing this is to add messages and alerts to the Leicestershire Villages website.

We will issue alert messages on this website when we have serious concerns that residents are at risk of becoming victims of crimes or being exploited by unscrupulous traders. Please display the alerts where residents can see them by using town halls and village message boards.

Our advice to all residents is always:

- Do not open the door to unexpected callers.
- Do not let strangers into your home.
- Do not be pressured into buying goods and services on the doorstep.
- Remember, rogue traders use glossy printed leaflets and wear smart clothes.

IF IN DOUBT KEEP THEM OUT!

If you suspect rogue trading in your area please call the Citizens Advice Consumer Helpline and Trading Standards on 08454 04 05 06.

NEWTOWN LINFORD PARISH COUNCIL

You will all remember the tragedy in Newtown, Connecticut on the 14th December 2012: Adam Peter Lanza, 20, shot and killed his Mother, then went to Sandy Hook Elementary School and shot and killed 20 children and 6 teachers and staff members and then himself. His Mother was a gun enthusiast and owned at least a dozen firearms. Our two communities sharing the same name made this horrendous deed even more poignant, and the following message from all of us seemed appropriate: "I am writing on behalf of the people of NEWTOWN LINFORD, a small community with a population of around 1200, in Leicestershire, England, (Our village became a 'Newtown' in the 15th Century!) Each one of us sends you condolences and sympathy. Our heart goes out to you in your very sad loss of the little children and the brave teachers. We can see from the images on TV that you are a strong and loving community. We know that you will help each other to cope with this heartbreaking tragedy. We are thinking of you all and praying for you. Kindest regards, Lydia Knott, Clerk of Newtown Linford Parish Council." Just after Christmas we received a short acknowledgment from their First Selectman, Patricia Llodra saying: "Thank you to our 'sister' city of Newtown Linford. Your sympathy and caring reaches across the globe to us." It was kind of them to reply. They must have had thousands of messages.

Bradgate Park: We were delighted to welcome Peter Tyldesley, the recently appointed Land Agent for the Bradgate Park Trust, at our January meeting. He assured us that he wants to foster a much greater connection between the Village and Bradgate Park. Time permitting, he will write regularly in this Magazine. He is particularly keen to encourage more Schools to use the wonderful resource that is Bradgate Park. A wonderful event is to take place in the ruins of Bradgate House in the summer. I won't spoil the surprise as official details will be published soon, but in the meantime Peter asks if there is anyone (or more) who wishes to display anything from the arts such as performing, paintings or crafts. His email address is land-agent@bradgatepark.org and his 'phone number is 0016 236 2713.

Ordnance Survey: If friends have found it difficult to find Newtown Linford with the help of their Sat-Nav system, the fault has been rectified. Until recently Ordnance Survey maps showed Newtown Linford without the second w, i.e. Newton, which sent the navigation memory into a tizzy. We have now been assured that large scale maps were showing Newtown Linford correctly and that 1:250,000 scale ones

have been corrected.

Flooding: We might get more flooding once all this snow melts. Remember, I have a number of gel 'sand' bags. Ring me.

Police Commissioner: Our Chairman and several of our Parish Councillors attended a meeting with the newly elected Police Commissioner Sir Clive Loader KCB OBE. He assured the audience that he will do his utmost to deal with requests from the public. You can find him at <http://www.leics.pcc.police.uk/> and his 'phone number is 0116 229 8980.

Precept for the financial year 2013/2014: You will be glad to know that the Parish Councillors decided to retain the same precept, namely £38,000 for an eighth year. There are a few small projects we would have liked to have done during this year, such as one or two new seats in the Village and perhaps another planter. If anybody would like to buy and dedicate a bench, please get in touch with me. The extension of the cemetery on Groby Lane is becoming more urgent, but we hope to get a grant for part of the work and will use some of our reserves.

Next meeting: The next Parish Council meeting is on Tuesday 5th February 2013 at 7 pm in the small hall of the Village Hall. Visitors are always made welcome.

Lydia Knott

Clerk to the Council

T: 01530 242522; e: lydia.knott@btinternet.com

CHRISTMAS DAY IN ANSTEY

A great time was had by all who attended Christmas Day for those alone. We catered for 80 people - everyone had a 5 course meal plus a present and a goody bag stuffed full of essentials but also some yummy treats. We had musical and stand up comedy entertainment between each course and the obligatory games of bingo at the end with some great prizes. There are so many people and companies to thank for making this day possible

Last but not least I would like to pay tribute to the late Dave Ford who started doing this 6 years ago – we just had 20 people on that first time and every year we have more and more.. Tragically Dave died of a heart attack in May, but his family, I and all the volunteers will keep this special day going – thanks Dave

Kerry Sharpe



Booking of Village Facilities

**To book the Village
Hall (Residents only)**
call Pat Wood on
242251.

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249259

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Magazine Contributions

Can we have your contributions for the **March 2013** issue by **15th February 2013** please. **Send to the Editor, Carole Heubeck, 5 Grey Crescent, Newtown Linford (01530 244790).**

**E-mail heubeck111@btinternet.com and
heubecks@googlemail.com**

Please could you send any emails to the above email addresses. If you do not receive an acknowledgement of your email - please contact Carole, the Editor direct on the above number to check we have received it.

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