

Open Field

50p

October 2016



*Action at the 2nd Stuart Shepherd Memorial Football Match
20th August, Laxton , 2016*

The monthly publication
of the parish of Laxton & Moorhouse
www.openfield.org.uk

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25th September & 2nd October
9th & 16th October
23rd & 30th October
6th & 13th November

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Open Field

www.openfield.org.uk

**Your contributions are always welcome.
We can help if you are not sure how to
write what you want to say.**

Cover photo: Stuart Shepherd
Memorial Match
Photo by Dave Ferguson

Photographs of children appear in Open Field and on the web site with the consent of their parents / carers. Open Field appears on the Web in its entirety plus additional photos. If in doubt, photos are not used.

**ALL CONTRIBUTIONS TO BE WITH THE EDITOR
BY 16th OCTOBER PLEASE. EARLIER PREFERRED**



Letter From Philip, our Curate

I first met Joy Allison in the Dovecote (of course) as I went to order food on my daughter's 18th birthday. As is becoming usual in this new and odd life I've taken on she recognised me first and thankfully I didn't fall into my abyss-of-vague in response to her welcome. Indeed, I even remembered that she is puts together Open Field and that I had to get an article to her while Zoe went on holiday. After a short chat, we confirmed that the article had to be "something vicar-y". Hmmm. Not sure how to do that, and usually when I do something vicar-y it involves a slightly posh/creepy way of talking that causes my wife to shriek in hatred.



My next contact with Joy was at the Egmonton craft show – brilliantly organised by Elizabeth Banks where I shook hands with adults and high-fived kids at the prize-giving – a very vicar-y thing to do and loads of fun. To my wife's relief I did it without the creepy voice and no shrieks were necessary. While there I told Joy about the odd link between Laxton and my calling to ministry and she instructed me to write about that. Curates do as they are told, so here goes.

High fives with Arthur Smith

Four years ago I started having a feeling for rural English ministry as the way to go. Nothing particularly rational, just a feeling that this was where I wanted to be. A couple of years later, I'm at vicar school, this feeling is growing, it's what I'm praying about and I find myself watching 'Countryfile' where I'm energised to hear about this deeply rural place called Laxton where the farming model is still medieval. I'd never heard of the place but the idea of rural ministry is now grabbing me and I'm actively asking God to get me there.



Filming Countryfile in Laxton on a terrible day in May 2015

Then the Diocese contacts me. They are looking to place me with Zoe in Ollerton with Boughton. It all looks OK as far as I can see, and on my first visit Zoe drives me round. But my ears really prick up when she tells me that Rev Levy is retiring and that it looks as though she will be overseeing other rural parishes. The pieces click very

easily for me when she takes me to this place called Laxton.
Somehow the whispers of God have joined together and here I am!

The vicar-y thing to do now is to encourage us all to open ourselves to God's whispers, and while I'm happy to do that with my best vicar-y voice, what I'm really struck with as I write is what this story says about the love of God for a little place called Laxton.

Jesus said: "Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?" (Matthew 6 vs 26).

Regards,
Revd. Philip

From the Registers

Congratulations to Kate Bacon and James Lewis who were married in St Michael the Archangel Church, Laxton, on Friday 19th August 2016. Kate is the daughter of John Bacon and the late Vivienne Bacon of Townend, Laxton. Kate and James will now be living in Flitwick, Bedfordshire and we send them our best wishes for their future lives together.

Get Well Soon

Many people have been sorry to hear that both Bill Haigh and Graham Laughton have seen more of the inside of hospitals than they would have liked in the recent past.

You have both been missed and our very best wishes are with you both for a speedy recovery.

Thank You from Graham

I would like to thank everyone who has sent me cards and good wishes during my recent time in hospital and since I came home. I am grateful to you all.

I am pleased to say I am recovering well, taking things steadily.

Graham

Thank You from the PCC

On behalf of the PCC I would like to thank Pat Naylor for her donation of £158 to church funds. The money was raised as part of her plant stall over the summer.

This year has again been a bumper year and I am sure we would all like to say thank you to Pat for all the effort and time she puts in during the summer selling her plants and raising so much money for charity.

Brenda

Harvest Church Decorating

If anyone would like to help decorate the church on THURSDAY 13th OCTOBER we will be starting at 10.00am.

If you have flowers, fruit or vegetables to help with the decoration I would be very grateful, but do remember to keep some for the Harvest Competition.

Brenda

Summer Souvenir Special

With this issue of Open Field you will be receiving a copy of our Summer Souvenir Special. When we really have something to celebrate we try to produce a special collection of photos to keep those memories alive.

This year we have had the busiest of summers in Laxton celebrating our achievements and our long lived monarch's 90th birthday, raising money for others and generally having fun - or trying to when the weather let us.

Our colour supplement has been funded by Laxton History Group through its HLF funding and Laxton church. We hope you enjoy it.



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Folk at the Hall
Saturday 29th October
7.00pm for 7.30pm
Howden Jones present
an evening of folk music

Price £10.00 inc. Pie & Pea Supper.

To book, please call

Mike Manning on 870844 or Pat Naylor on 870601

Please bring your own drink and glasses.

Folk Evening in the Village Hall

With September just around the corner it is time plan for the Autumn. A folk evening in Laxton Village Hall featuring Howdenjones folk duo will be held on Saturday 29th October at 7.00 for 7.30 and everyone is welcome. Tickets are £10 including a pie and pea supper, for which we are well known, but please bring along your own drinks and glasses.

Kate Howden and Paul Jones are professional singer songwriters based in the north west of England. Skilled musicians, they write all their own material and between them play guitar, mandolin, fiddle, banjo and bodhran.

Their music reflects the ups and downs of life, some humorous some poignant and their observations of village life, travel, nature and the seasons. Delivered in a relaxed and endearing style, it is music for all ages.

Come along and join us and bring along a group of friends for an evening of music, friendship and good food. Numbers are limited because of the size of the hall so buy your tickets early.

Tickets are available from Mike Manning 870844 and Pat Naylor 870601

We look forward to seeing you there.



2nd Stuart Shepherd Memorial Football Match



On Saturday 20th August we held the second Stuart Shepherd Memorial Football Match in Laxton.

Sadly Stuart passed away two years ago from a brain tumour. He was my best friend and he loved football. We both played for Laxton. I run the Football Club and Stuart's two sons, Andrew and Matthew, play football so I decided to organise a memorial match. Last year was the first year we held it and it was a success, so here we were holding the second match.

Coffee Morning

This month will be on **13th October** at Corner Farm, last house at the bottom of the village on the right, from 10.30am - 11.30am.



Everyone is welcome to this informal group.

You don't have to commit to monthly attendance and are welcome to pop in to enjoy some friendly, cheerful company.

Plenty of tea, cakes, chatter and warm welcomes for newcomers.





On the Saturday the sun shone down, which it always did on Stuart. On the day we had a great turn out once again. We held a tombola and our raffle had 30 prizes. These were all donated and included tickets for Sheffield Wednesday, Sheffield United, Leicester City and Mansfield Town. There

was a bouncy castle for the kids donated by Egmonton Plant Hire and a bar and food run by Christine's Cuisine.

Before the kick off we had a minute's silence to remember Stuart. The teams were made up of new players and old players. Andrew and Matthew drew the names for their teams, The oldest player on the pitch was 57 and the youngest was 14. Our Laxton's old goalkeeper Tony Allen used to play with Stuart and me. He had travelled from Wales to be with us and he was made to work hard.

It was a great game and on the final whistle the score stood at 4 - 4 so Andrew and Matthew had a penalty shoot out. Andrew came out the winner for the second year running.

I would like to thank Stuart's family for supporting me and I couldn't have done it if it wasn't for Deb, Evie and Gavin.

I would like to thank everyone who donated prizes and supported us on the day. We raised £314.50 for the Brain Tumour Society.



The Dovecote Inn at Laxton

Your Local Village Pub



Now open all day on a Saturday

Friday 7th October

OktoberFest - 6.00pm to 9.00pm

Join us for beer and sausages at Laxton's answer to Oktoberfest
All served with creamy mash and peas plus a pint or glass of wine
£15 per person including drink.

Monday 31st October

'Stake' Night with a Halloween Twist - 6.00pm 9.00pm

Our normal steak night, but with a Halloween Twist!
Cut to size at the butcher's block in the restaurant and cooked to
your liking. Price dependent on size of steak.

Friday 11th November

Game Season Gourmet Night

A celebration of local game from in and around Laxton. A delightful
4 course meal with wine accompaniment at each course.
£35 per person including wine

**Bookings now being taken on all these events. For further
information of our events or to book a table, please call us on
01777 871586, visit the Website www.dovecoteinn.co.uk or find
us on Facebook.**

**All events can now be booked and paid for on line using
PayPal**



Laxton Harvest Competition

Saturday 15th October

Laxton Church

**Entries to be in church between 2pm
and 4pm please.**

Please see schedule inside



**Harvest Auction
Sunday 16th October
5.00pm**

**Presentation of awards followed by
auction of prizewinning competition
entries.**

**All proceeds of the auction will be
divided between the church and a local
charity.**

Parish Council News

New Clerk

Following a short recruitment process, we have a new Parish Clerk, Catherine Millward who started with us on 1/9/16. She has been a Clerk for a number of years and currently Clerks for Caunton, Norwell and Upton Parishes. She brings with her a large knowledge and experience which, as several Councillors have said, will be invaluable in helping us move forward.

Our first meeting was on WEDNESDAY 22/9/16 at the Visitor Centre and there will be a report of that meeting in the November issue.

Please remember, any member of the Parish is very welcome to attend the meetings which are published on the web site

www.laxtonandmoorhouseparishcouncil.co.uk

and in the Parish Notice boards.

Lord Nelson

Following Tessa's' house move, Lord Nelson has appeared!! He was made by our dear friend Iris and her friends for the Trafalgar Celebrations on 21/10/2005.

It seems such a shame to throw him away but we are not sure what to do with him!!! If anyone has room and would like him, please let me know.



Village Signs

We are very pleased to be able to announce that The Crown is willing to fund most of the cost of new village name signs.

The Parish Council in conjunction with the Visitor Centre has been in talks with The Crown's representatives at Carter Jonas and following a meeting on 29/6/16 at The Dovecote, Ian Mills from The Crown was asked (by David Brown our Landlord) if any funding could be made available for new Village Name Signs and the refurbishment of the Interpretation Boards around the Estate. They said it might be possible

so we have furnished Carter Jonas full details of what we intend to do and what we need to be able to do it, and on 30/8/16 we received confirmation that they would fund both, three village name signs and the refurbishment of the Interpretation Boards.

We now need to have a get together of villagers to discuss the style etc. of the village name signs and we have booked the Village Hall for **WEDNESDAY 5th OCTOBER 2016 at 7:30pm** for an open meeting. Please come along.

What great news!!

Dog Fouling

Following the article from the PCC last month, it appears we still have a problem.

The poster above/below/? Will appear shortly in various places in the village to try and remind people that it is not only illegal but potentially dangerous!!

Michael Manning

Laxton

DOG OWNERS!

You are putting the health of children at risk by letting your dog foul here. The law requires you to clean up after your dog fouls.

YOU ARE WARNED!

THIS AREA IS BEING WATCHED:

ALL KNOWN OFFENDERS WILL BE PROSECUTED

If you need advice, or have a problem with any of these matters, please call



01636 655571



Laxton History Group Trip to Newstead Abbey's Christmas Decorations Saturday December 3rd

The Group are planning a visit to see the beautiful decorations in Newstead Abbey this Christmas. Anyone who is interested is welcome to join us.

Will members and others wishing to go please contact Jean on **870276** for details and to book their place



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Laxton History Group

Christmas Fayre
Saturday 19th November
11.30am - 3.30pm
£1 admission inc. cup of tea

- ☆ Lots of crafts for those tricky Christmas presents
- ☆ Start your Christmas shopping at the stalls
- ☆ Home made soup & cobs
- ☆ Traditional cakes with your tea
- ☆ Cake stall for cakes of all sorts to take home

**Learn the art of fusing and slumping glass into
beautiful designs.**

By popular demand the Dukeries Community Workshop in New Ollerton is running another 4 session course in this creative and relaxing craft at the workshop.

Thursdays 10am - 2pm on:

November 3rd, 10th, 17th & 24th, £15 per session

Tutor Ann Haynes will guide you through glass cutting, fusing, design, technique and jewellery making. This highly decorative art form is limited only by your imagination. You'll be amazed by what you achieve!

There will be lots of examples and patterns to give you ideas, so why not come along and have a go?

For more information or to reserve your place:

call **01623 860545** or

email **communityworkshop@dukeries.attrust.org.uk**

Check out our website:

thedukeriescommunityworkshop.weebly.com

Laxton History Group



We were very sorry to hear that our proposed speaker for September, Trevor Frecknall, had been diagnosed with a serious illness and was unable to be with us for our meeting.

We had already planned a celebratory cruise on the River Trent as a fitting end to the two and a half years we have spent working hard on our research, booklets and educational materials about 1900 - 1920. Finding ourselves without a speaker, we decided that this would be activity enough for September and we didn't try to find a replacement.

Regrettably we find ourselves in the same position next month as Matt Beresford is unable to bring us his talk on Roman Southwell. We have managed to arrange for Nick Brown, manager of Thoresby estate, to come and speak about Thoresby now and then and its involvement with Laxton. It will be interesting to hear about the relationship from the other side.

Back to the Books

When we finished our four booklets in the summer, we thought that was the project completed. At our Launch event we met some new people who came with information, photos and stories. We were pleased to receive them as we always are. Since then others have realised that what they have might be of interest and we have spoken to them.

Unusually we found ourselves with money to spare in the grant fund and plenty of information which had not found its way into the first four volumes.

It seemed like a good idea to try to produce another volume before an extended deadline at the end of the year. This is a very tight time scale but this time a group of people are working on the content. We continue to be grateful to people who are still finding new photographs and memorabilia which we have not seen or used and telling us tales. These are helping us bring out the characters of the people here in those days as we compile their stories from the letters we have found in the archives, parish magazines and newspaper cuttings of the day. We are really grateful to everyone for their help and have enjoyed hearing from them.

We will let everyone know how we are getting on through the magazine. Meanwhile, if you now realise you have a tale to tell or photo which has not been used in the booklets, there is still time to let us know in the next couple of weeks. We hope to hear from you.

Group Oil Order

The next group order will be placed towards the end of November / early December depending on the weather and prices. As always it would be helpful to have your requirements as soon as possible, regardless of the reminder email, so that collecting details is as quick as possible if prices are moving.



If you need oil from the next order and would like to be included, please confirm your name, full address and contact numbers with the amount you need (not 'fill it up' as they will not accept an order with no number of litres).

Please remember to send any new email addresses or contact numbers as otherwise you will not be contacted. You are welcome to send updated information at any time.

New members of the group in the area bounded by Kneesall, Tuxford and Carlton-on-Trent are welcome.

Please email oil@openfield.org.uk or call 871506.

Things to Do this Month

Sign up to learn to make glass Christmas decorations

- | | |
|-----------------------------|---|
| Sept 24th | Southwell Ploughing Match, Farnsfield |
| Oct 5th | Parish Meeting
re Village Sign Design VH, 7.30pm |
| Oct 8th | French Evening, Kneesall Community Centre |
| Oct 12th | WI Talk on the RNLI, VH 7.30pm |
| Oct 19th | History Group, 7.30pm, VH |
| Oct 29th | Folk Evening, 7.30pm, VH |

VH = Village Hall VC = Visitor Centre

Bus Timetables

The following bus timetables commenced 1/8/16.

**IF ANYONE IS HAVING PROBLEMS WITH THEM
PLEASE LET ME KNOW.**

Wellow - New Ollerton - Newark

Wednesday and Friday

WELLOW Maypole Road	08:57
Ollerton Hop Pole	09:02
New Ollerton Briar Road	09:07
NEW OLLERTON Rufford Avenue	09:12
Laxton	09:15
Egmanton	09:18
Moorhouse	09:24
Ossington	09:29
Norwell	09:35
Bathley	09:42
Little Carlton	09:47
NEWARK Bus Station	09:57

NEWARK Bus Station	12:15
Little Carlton	12:25
Bathley	12:30
Norwell	12:36
Ossington	12:43
Moorhouse	12:48
Egmanton	12:54
Laxton	12:57
NEW OLLERTON Rufford Avenue	13:00
New Ollerton Briar Road	13:05
Ollerton Hop Pole	13:10
WELLOW Maypole Road	13:15

Michael Manning (870844)



Supper Dance

Friday 18th November

7.30 pm

Laxton Village Hall

Tickets **£7** from Jean, Brenda or Margaret

Supper included

Please bring your own drink and glasses

All proceeds to Laxton Church



Remembrance Group Service

Laxton Church

Sunday November 13th

10.30am

Everyone Welcome



St Michael the Archangel, Laxton

Harvest Produce Show and Competition, 2016

Only Home Produce to be entered



Rules

- Entries to be in Church **between 2 pm and 4 pm** on **Saturday 15th October**
NB PLEASE NOTE TIME FOR ENTRIES TO BE RECEIVED
- Each competitor will be given a number in each class entered.
- Each entry must be the competitor's own work.
- Entries in Class 4 must have twist top, or wax disc and cellophane cover.
- Please note, no meat or fresh cream can be accepted in any class**
- Prizes will be presented in each section - First 30p, Second 20p, Third 15p

We welcome additional donations of produce, preserves or home baking for auction. These can be left in church on Saturday, or Sunday from 3:30pm when the winning entries may also be viewed.

Class 1

- A 3 potatoes
- B 3 onions
- C 3 beetroot
- D 3 leeks
- E 3 carrots
- F 1 marrow
- G 1 pumpkin
- H 3 tomatoes
- I 3 runner beans
- J Any other produce

Class 2

- A 3 eating apples
- B 3 cooking apples
- C 3 pears

Class 3

- A Jar of chutney
- E Jar of jam
- F Jar of jelly
- H Jar of lemon curd

Class 4

- A Victoria sandwich cake (no cream)
- B Decorated sandwich cake (any flavour)
- C Fruit cake
- D Plate fruit pie
- E 4 small cakes (buns)
- F 4 small sweet pastries
- G 4 fruit scones
- H 4 cheese scones
- I 4 tray bakes

Class 5 - Photograph

- A A Country Street Scene
- B Plant or floral study
- C A living creature
- E Picture suitable for the cover of 'Open Field'

Class 6

Flower Arrangement

- A Hydrangea head in a vase
- B Single stem rose in a vase
- C Bowl of floating flowers
- D One bloom, one veg
- E Longest weed

CRAFT

Class 7

Craft item, any medium, made in the last year

CHILDREN'S COMPETITIONS:

Class 8 (up to 6 years)

- A Collage of Harvest
- B Vegetable and/or fruit sculpture
- C Painted stone
- D Jar of flowers

Class 9 (7 to 11 years)

- A Collage of Harvest
- B Vegetable and/or fruit sculpture
- C Decorated buns
- D Hand made craft item
- E Hand made scarecrow, approx. 60cm tall

Auction - all entries will be auctioned in Church on **Sunday 16th October at 5.00pm**
Proceeds of the auction towards general Church funds and to charity

Flu Clinics

Last month we gave details of the 'flu clinics being offered at Tuxford Surgery. This month we have details for Sutton on Trent and Ollerton as well - see below.



If you are unable to attend on one of the dates given by your own surgery, please phone them to book in at a general appointment.

Please note that Tuxford operate a drop in service while Sutton on Trent and Ollerton ask you to book an appointment for the clinic.

Tuxford Surgery

will be repeating the popular open house 'Flu Fayre'

- 5th October - afternoon
- 18th October - afternoon
- 27th October - afternoon

Sutton on Trent ,Hounsfield Surgery

8th October 9.15 - 11.15 - **Please ring for appointment**

Ollerton, Middleton Lodge Surgery

Please ring for appointment on any of the dates below

- | | | | |
|--------------|---------|---|---------|
| 5th October | 11:10am | - | 12:50pm |
| 7th October | 8:30am | - | 4:50pm |
| 14th October | 9:00am | - | 4:50pm |
| 19th October | 8:30 am | - | 12:50pm |
| 20th October | 1:30pm | - | 5:15pm |
| 21st October | 8:30am | - | 6:40pm |
| 26th October | 11:00am | - | 12:20pm |
| 28th October | 9:00am | - | 12:40pm |
| 3rd November | 1:30pm | - | 4:45pm |
| 4th November | 1:30pm | - | 4.45pm |



**CHURCH SERVICES FOR OUR GROUP
OCTOBER 2016**

2nd OCTOBER

Kirton	9.00am	Holy Communion
Moorhouse	9.00am	Holy Communion
Kneesall	10.30am	Harvest
Old Ollerton	10.30am	Holy Communion
Ollerton	4.00pm	Messy Church

9th OCTOBER

Walesby	9.00am	Harvest
Laxton	10.30am	Holy Communion
New Ollerton	10.30am	Holy Communion
Wellow	4.00pm	Evening Prayer
Egmanton	6.00pm	Harvest

16th OCTOBER

Walesby	8.00am	Holy Communion
Egmanton	9.00am	Holy Communion
Boughton	10.30am	Holy Communion
Laxton	4.00pm	Family Harvest

23rd OCTOBER

Wellow	9.00am	Holy Communion B.C.P
New Ollerton	10.30am	Worship For All Group

30th OCTOBER

Egmanton	8.00am	Holy Communion B.C.P
Walesby	9.00am	Holy Communion
New Ollerton	10.30am	Holy Communion
Kirton	10.30am	Memorial
New Ollerton	6.00pm	Memorial



DATES FOR YOUR DIARY



2016

- Sept 27th History Group Trent Cruise
- Sept 28th Parish Council Meeting
- Oct 5th Parish Meeting re Village Sign Design***
- Oct 12th WI***
- Oct 13th Coffee Morning***
- Oct 19th History Group***
- Oct 29th Folk at the Hall

Forward Planning

- Nov 18th Church Dance
- Nov 19th History Group Christmas Fayre
- Dec 2nd Quiz Night
- Dec 3rd History Group Newstead Abbey Trip
- Dec 6th WI River Group Carol Concert

NB New entries appear in ***bold italics*** for the first month.

If you know the date of a meeting or an event, please pass it on so

Copy Date for November: 16th October.

We cannot guarantee to include items received after this date.

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Laxton WI



Our 'River Group' autumn joint meeting in October will see 'Ladies in Pigs' entertain. Members were making cryptic comments about a paper maché pig. More anon ... It is our turn to cater this year and after comments that there was too much cake (is there such a thing?) last time, our selection includes sandwiches too.

The day-long WI 'Apple Day' in Southwell celebrates the Bramley apple. There is a WI group competition for 'Tea for the Speaker'. Elizabeth Banks and Mavis Beckitt have volunteered to produce our entry, so it should be tasty.

Jeff Naylor was thanked for looking after our 'Sow and Grow' effort this summer when we raised £87 to help the County Federation.

Our speaker, Shirley Whitfield, spoke on 'Hats in the Theatre'. It was a thoroughly fascinating evening. Any ideas of cheap materials and thrown together garments were soon dispelled.

Shirley attended Art College from the age of 13, then studied dress design. Of all the elements it was the millinery that she liked least.



Her first job was with a London theatrical costumier founded in 1790. They made costumes for big shows and did alterations for provincial theatres. Her first millinery job, after periods in other departments including wig making, was to make 90 shakos - plumed military hats. We didn't know the name but everyone in the room knew the soldier and his lady on tins of Quality Street. He wore a shako and she a bonnet - both made by Shirley.

Shirley's most prestigious job was working on the Queen's Coronation. She made the riding hats worn by the postillions and many of the tricorne hats worn by the pages. She was also involved in replacing the ermine on the peers' coronets. Until Andrew Marr's book was published nobody knew that the replacement was shorn rabbit!



This task was more involved than it sounds as the red velvet lining onto which the ermine is fixed also had to be replaced. as well. To her mother's



astonishment, an 18 year old, Shirley, excited at working on the project, took a coronet home to show her. It travelled on the train wrapped in a brown paper bag. Fortunately she got it there and back without mishap.

Life changed when Shirley's father moved the family to Nottingham for work. Briefly she worked freelance. She married and did no millinery for 11 years until seeing an advert for a wardrobe assistant at the Nottingham

Playhouse which was a production theatre - making all its costumes from scratch. Over the years the permanent staff reduced but, when big shows and pantomimes were put on, former colleagues were called back. Shirley had retired on the basis that she would return if required. She told us that aged 81, it was only five years ago that she last worked.

The hours were punishing. Their working hours were defined as 9am - 11pm, but were really as long as it took. Her closest shave was working at home on a dame's outrageous hat for the grand finale. She was still working as the show began and counted the intervals. She arrived with it at the side of the stage as he was ready to take it and go on.

Shirley developed a way of building a frame into the hat which could be covered with cut up tights to match any hair colour and hold it securely in place. This avoids the need for hat pins, which over a long run, would ruin a hat.

Shirley showed us a selection of her hats from films and shows and she ended with hats made for her grandchildren. We learned that foam is a great material for creating the basic shape of hats for school plays.

Shirley judged our competition for a hat pin. The winner was Heather Storton with Doreen Hayes second and Elizabeth Banks third.

Next month we have a change of speaker. We will welcome Dr Geoff Cutts who will be speaking about the RNLI. He will be accompanied by his wife who gives talks to schools about the dangers of water. The **competition is for 'Sea Shells'**. If you have any ideas for speakers or topics for next year, please bring them or speak to Brenda.

Everyone is welcome to join us in the Village Hall at 7.30pm on 12th October.



Dukeries Singers

Although we are experiencing an Indian Summer as I write, I do feel we are moving quickly into Autumn. Harvests are gathered and the nights are quickly drawing in.



A guarantee to lift the spirits is singing, a really therapeutic activity. We sing every Wednesday evening from 7-30pm. until 9-30pm. in or above the Concert Hall at the Dukeries Academy. This is best accessed via the Leisure Centre Entrance and car park.

We love to encourage new voices and you would be most welcome. All you need is a wish to enjoy singing with a like minded group of people.

Our events programme, so far up to Christmas.

Fri 28th Oct A joint Concert with "Les Baladins des Bords de L'Indre" from Tours, France, East Drayton church.

Thurs 24th Nov Carol singing at the turning on of the Edwinstowe Christmas Lights. Time to be confirmed.

Sat 17th Dec The Annual Edwinstowe Christmas Concert in Edwinstowe Village Hall at 7-00pm.

Sun 18th Dec A Capella Carol Singing in the afternoon at Sherwood Forest Visitor Centre. Time tbc.

If you would like us to sing for your celebrations or charity events, our Concert Secretary, Phil on 01623 822070, would be delighted to hear from you.

We also have a website with lots of details regarding the Choir.

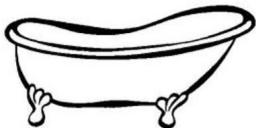
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Bakewell Bird Fair



As always the National Bird Carving Championships at Bakewell drew a good entry and several hundred interested visitors. Once again the work on display was simply stunning. The birds are carved and painted to a very high standard and the judges always have a



very hard job working our where to give the prizes.

First all the work at the different levels is judged to award the rosettes to the class winners. In the Juniors they are awarded gold, silver and bronze.



Similar rules apply to the novice adults, but by the time carvers have more experience and graduate to the Intermediate or Advanced levels on merit a class winner is declared. The rosettes also change to blue for first - deriving



from the American 'Blue Ribband', with red second.

The next award goes to the best in each of these sections and finally the best entry overall is announced. This year, after much deliberation a superb lapwing in flight was awarded the title of British Champion, narrowly beating a glorious starling on a chimney pot. Fortunately the carvers didn't fall out over who won, as they were both by David Clews, a previous winner. The Visitors Choice went to a delightful pair of Garganey ducks.



Recent Bonus Ball Winners

Date	No	Name
20/8/16	17	Ivan and Chris
27/8/16	08	Evie
3/9/16	37	Pat Freer
10/9/16	02	Pat and Bert

Thank you all for your continuing support for our Sports Field. Since the National Lottery increased the number of balls to 59 several of the new numbers have been allocated, but there are still some available. **If you would like to join, you can choose from the numbers 52, 53, 56, 57, 58 and 59. Anyone with a current ball is also invited to take another.**

To take a new ball please contact either Ken Shep on **870605** or myself on **870844**. Thank you.

Michael Manning

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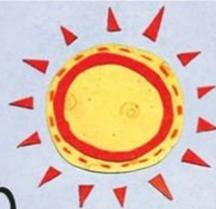
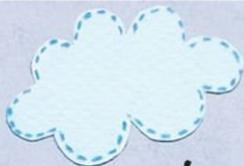
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Health Matters - At Risk of Diabetes

If you have read the papers recently or seen topical television you will not have failed to notice that type 2 diabetes, that is the diabetes related to obesity and increasing age, is getting increasingly common, and as adult obesity becomes an epidemic, is likely to escalate in the future.

Currently of the patients registered with Tuxford Medical Centre, 9% have type 2 diabetes. In the years before diabetes is diagnosed in individuals, their glucose control becomes less tightly controlled and slips from the normal range to a transitional phase between normal and frankly diabetic. This phase is one where patients are considered 'at risk of diabetes', and forms the topic for this month. It is important because if lifestyle changes are made at this stage, the risk of diabetes, and all the implications associated with this diagnosis, from the risks of kidney damage, heart attack, stroke, loss of feeling in fingers and toes, sight-risking retinal changes, and the effect a diagnosis has on life and holiday insurance, will recede.

How does the body normally control glucose levels?

When we eat we break food down into its constituents of sugars, amino acids and lipids. The sugars (mainly glucose) are absorbed by the gut into the blood stream, causing glucose levels to rise. In a normal person the pancreas releases insulin into the bloodstream, which causes tissues to remove glucose from the blood, utilising some of it for energy, and storing the rest away as glycogen, which can be broken down in between meals to stop glucose levels falling too low, and fat. In this way the body can keep glucose levels between 4 and 8 mmol/l. Glucose is transported round our body attached to haemoglobin, and the average sugar levels that one has had over a 3 month period can be assessed by a blood test called HbA1c. This is the blood test used to monitor diabetic control. In a normal individual the HbA1c is ≤ 41 mmol/mol.

What happens in type 2 diabetes and those at risk of diabetes?

As the body becomes less responsive to the effects of insulin (insulin resistance), there is poorer storage of glucose as glycogen after meals, and consequently higher peaks in glucose levels between meals. This will have in effect of causing the HbA1c to rise. If the HbA1c ≥ 48 mmol/mol then one is diagnosed with diabetes. If the HbA1c falls in the range 42-47 mmol/mol the one is considered 'at risk of diabetes'. There is 1 in 20 risk of patients 'at risk of diabetes' progressing to diabetes every year, and between 25-75% of patients develop diabetes within 10 years. Once diagnosed with diabetes, the condition is lifelong and should be treated with lifelong medication. Without lifestyle changes it is progressive – it is possible to have a honeymoon period off treatment if significant weight loss is achieved, either by diet and exercise, or after bariatric surgery (gastric bypass or banding), but invariably treatment is reintroduced at a later date.

How common is being 'at risk of diabetes' and what are the risk factors?

It is estimated that up to 7 million people in the UK are at risk – that is 11% of the

population. As it causes little or no symptoms most people do not know that they are at risk until they have routine blood tests.

Risk factors are the same as for type 2 diabetes and include:

- Being overweight (BMI 25-30) or obese (BMI>30)
- Having a first degree relative with type 2 diabetes – mother, father, brother, sister
- Eating a diet high in sugar and carbohydrates
- Doing very little exercise
- Having high blood pressure or raised cholesterol levels
- Previous development of diabetes during pregnancy

I've been diagnosed 'at risk of diabetes' – what can I do to reduce the risk?

There is clear evidence that if significant lifestyle changes are made, the risk of diabetes, and the risks of cardiovascular disease, can be dramatically reduced and even prevented. Lifestyle changes include:

- **Eating a healthy balanced diet** – low in processed sugars (added sugar, sweets, biscuits and cakes, non diet soft drinks), moderate in fat, high in fibre and reducing the western reliance on carbohydrates, and choosing options that release sugar more slowly into our system such as wholemeal grains and porridge (low GI –glycaemic index). New research in diabetes now favours low carbohydrate diets – this is likely to become mainstream advice in the near future.
- **Losing weight** – most people at risk of diabetes will be overweight, and whilst reaching your ideal weight may be unrealistic, losing at least 10% of your weight has significant health benefits.
- **Doing regular exercise** – a minimum of moderate physical activity at least 5 times a week – enough to get your heart rate up, and make you a little out of breath, and mildly sweaty! Activities could include brisk walking, cycling, swimming and dancing – if you have not done moderate exercise for a while start with small amounts – perhaps 5 minutes – and build up from there.
- **Stop smoking** – the practice nurse can help you if you need it!
- **Keeping to the recommended alcohol limits** – recently reduced to 14 units per week for men and women. Alcoholic drinks also have significant calorific value.

What follow up should I have now that I have been diagnosed 'at risk of diabetes'?

You should have a HbA1c blood test at least every 12 months, or every 6 months if ³ 45mmol/mol. If, in the meantime, you develop symptoms



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French Food Evening at Kneesall

On Saturday 8th October Kneesall is hosting an Evening of French food, music and history in our Community Centre.

Doors open at 7.00 for 7.30pm and tickets, for advance purchase only, are obtainable from David Roberts 07940 651342 and Clare Whitchurch 07887 605500 (Adults £10.00/Concessions £7.50/Students £5.00)

Music is provided by Barry Binch and his amazing group and Ian Thorne will be giving an illustrated talk on the 1916 Verdun Battle.

Please bring your own drinks.

Milton Mausoleum

We will be having our Christmas Music concert again this year on Saturday 3rd December, as it was so well received last year. But, do remember to bring a blanket if you think you will be cold in a church with no heating! We were amazed though, how much heat all the candles gave out.

For more information or to enquire about a group visit at other than our usual opening times please contact mausoleum1833@gmail.com.

Beryl Venables



Maplebeck Village Hall Talk, 20th Oct.

“Oprah Winfrey touched my elbow....”

Please come and join us as we welcome ex showbiz journalist Graham Keal who has been interviewing TV celebrities for over 30 years. His interviews and columns have been published everywhere from The Daily Telegraph to TV Times to and The Daily Record. Graham has also auditioned for Opportunity Knocks.

Why was Sir David Attenborough making eyes at him? What made Jimmy Tarbuck such a pain – and why *did* Oprah touch Graham's elbow? Come along to Maplebeck Village Hall and find out

The talk starts at 7.30pm and there will be an opportunity to chat to Graham over light refreshments (included in the price) after the presentation. Tickets £3, pay on the door.



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Tuesday 4th October start 7.30pm
The New Village Hall in Maplebeck £5 (Free under 18)
Contact: 01636 636421 / 636185

Jacob Petersen has dedicated his life to helping street children in India. When the orphanage he heads is threatened with closure he receives an unusual offer from a Danish businessman. Not only must he return to Denmark; but he also has to attend a wedding, which proves to be a critical juncture between past and future. A brilliant story, utterly gripping and beautifully told. Spot the actors from Borgen, The Bridge, Wallander etc!"

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ARAPROSDOKIANS are figures of speech in which the latter part of a sentence is unexpected. Winston Churchill loved them.

Some examples:

1. Where there's a will, I want to be in it.
2. Since light travels faster than sound, some people appear bright until you hear them speak.
3. If I agreed with you, we'd both be wrong.
4. War does not determine who is right - only who is left.
5. Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.
6. They begin the evening news with 'Good Evening', then proceed to tell you why it isn't.
7. To steal ideas from someone is plagiarism. To steal from many is called research.
8. I didn't say it was your fault, I said I was blaming you.
9. Behind every successful man is his woman. Behind the fall of a successful man is usually another woman.
10. A clear conscience is the sign of a bad memory.



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Don't leave your pension plans to the last minute

Citizens Advice Sherwood & Newark is encouraging people to plan earlier for a comfortable retirement. The local charity says that many people in Newark and Sherwood find pensions confusing and can be put off by complex language and paperwork, leaving their retirement plans to the last minute.

Previous research from national Citizens Advice shows that one in four people (27%) with a defined contribution pension feel they don't understand their pension plan. The research also finds people aren't checking their pension, with just under a quarter of people (22%) not knowing how much was in their pension pot and almost one in six people (15%) checking their pension value less than every two years.

Following last year's pension freedoms, people who are 55 and over now have more options on how to take money from their defined contribution pension. The changes mean that for the first time you have the option to buy an annuity (a guaranteed income), take an adjustable income, cash in a lump sum or a mixture of these options.

Citizens Advice offers face to face appointments about the government's guidance service, Pension Wise, giving people of 50+ with defined contribution pensions free and impartial information about their options.

To book a face to face or telephone Pension Wise appointment, call **0800 138 8292**. Otherwise, you can visit Citizens Advice Sherwood & Newark to book an appointment.

Lesley Barrick, at Citizens Advice Sherwood & Newark said:

"Pension Awareness Day is a great reminder that it's never too early to start thinking about your retirement finances. Many people don't engage with their pension until it's time to make a decision about their retirement. While retiring from work may seem far away, we're encouraging people to start making plans for their retirement savings. The pension freedoms mean there are more options than ever before. Our Pension Wise team can help get you on the right track to a financially secure retirement."

New Ollerton: (5 Forest Court) NG22 9PL - Monday, Wednesday & Friday:
9:30am – 2:30pm

Newark: (Keepers Cottage, Riverside Park, Great North Road) NG24 1BL -
Tuesday & Thursday: 9:30am – 2:30pm

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www.citizensadvice.org.uk

Maplebeck Village Hall, Race Night.

What: A hot supper and fun filled "Evening at the Races".

Where: The new Village Hall in Maplebeck

When: Saturday 22nd October 2016 starting at 7.30pm

Cost: £10 per ticket including food. (bring your own beverage)

Contact: 01636 636692 / 636185

Everyone very welcome.

Saturday 1st October 2016 - 7:00 pm start

A last minute reminder about the Chink Charity Quiz Night.

It will be in St Nicholas Church, Tuxford at 7.00 with questions from the usual quiz master Brian Bland.

During the break there is a fish and chip supper, included in the ticket price. Please remember you need to buy your ticket in advance so that your supper can be ordered. Just imagine smelling everyone else's and you didn't order any! £7.50 each from the shop

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- ◆ WI - Thursday 20th
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Friday 14th October

7.00pm, St Michael's Church, Laxton

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Everyone welcome**



Harvest Supper
Friday 14th October

8.00pm, Laxton Village Hall

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Sunday 16th October
Harvest Family Service

4.00pm

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and Heather Brown**

Readings, poems and songs
Please come along and bring the family
Everyone welcome

Service followed by tea and cakes