

# The Diseworth Dialogue



50p

ISSUE No 132  
Delivered free to households  
in Diseworth  
<http://www.diseworth.org>

# The Diseworth Dialogue

## COMMITTEE

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*Details of our committee meetings can be found in the diary section of the magazine. We extend an open invitation to members of the village to come to our meetings.*

## CONTRIBUTIONS

Please let us have your items for publication (this includes advertising) by the 7th of the month for the following month's issue. Remember that we produce 2 double issues (July/August and December/January). **All contributions will be considered for publication.** They can be delivered to any committee member or emailed to [peggy.tudor@btinternet.com](mailto:peggy.tudor@btinternet.com) and/or to [ruth@airnig.co.uk](mailto:ruth@airnig.co.uk) and to [sue@cbrompton.fsnet.co.uk](mailto:sue@cbrompton.fsnet.co.uk) or via our village web site at <http://www.diseworth.org>

Contributions for our dispatches page are most welcome. Share your news with the village - birthdays, weddings, anniversaries, congratulations etc. When contributing, please **include your name**. We do need your name, but we won't publish it if that's your wish. If you're a child, our readers appreciate seeing your age too!

## ADVERTISING

Advertisements in our Yellow Pages can be placed yearly or monthly according to your needs. Please contact **Victoria Britton, 01332 850184** for details.

## DISCLAIMER

Any views or opinions expressed within the pages of the *Diseworth Dialogue* are not necessarily those of the Editorial Team or Committee. All advertisements are accepted in good faith.

## OUR PRICING POLICY

We aim to be able to deliver one copy of the *Diseworth Dialogue* to each household in Diseworth. Our objective is to fund production through advertising, fund raising and voluntary contributions. We aim to deliver a quality publication which enriches village life and encourages such voluntary contributions, these we invite annually. Additional copies are available for purchase at 50p. If you know somebody living outside the village who would like to have a copy mailed on a subscription basis, please let us know. Mail subscription is £10 per year, including postage.

Designed & produced by Ruth Smith, Telephone 01332 811538

Printed by The OfficeWay.com Telephone 0800 068 4666

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# DISEWORTH DIARY

## DECEMBER

Sunday	2 <sup>nd</sup>	Messy Church 4pm in Long Whatton Parish Church.
Monday	10 <sup>th</sup>	Discussion Group. Bring your Wedding Photographs, 12 Lady Gate. 2pm.
Monday	10 <sup>th</sup>	Women's Group Christmas Dinner. Clock Warehouse, Shardlow. Details page 40
Tuesday	11 <sup>th</sup>	Bookworms. DVD of the film "Becoming Jane".10 Lady Gate 2pm.
Thursday	13 <sup>th</sup>	Retired Residents Christmas Lunch. 1pm. Village Hall.
Wednesday	19 <sup>th</sup>	Hathern "B" Band Concert. 7.30pm. In Church. £5.
Sunday	23 <sup>rd</sup>	9 Lessons & Carols 6.15pm. In Church.
Monday	24 <sup>th</sup>	4pm Crib Service in Church. 10.00pm. Holy Communion in Church.
Wednesday	26 <sup>th</sup>	Fun Run.

## JANUARY 2008

Monday	7 <sup>th</sup>	Women's Discussion Group. "Dreams for This Year." Venue Liz Jarrom. Lady Gate Farm. 2pm.
Monday	14 <sup>th</sup>	Women's Group. Village Hall. 8pm. "Identifying your own Behavioural styles."
Tuesday	22 <sup>nd</sup>	Bookworms. Venue & book to be advised.
Saturday	26 <sup>th</sup>	Charnwood Community Theatre. "Jesus' Birthday Party ". 7.30pm. Village Hall.
Saturday	26 <sup>th</sup>	Coffee Morning. In Church. 10am – 12noon.

## FEBRUARY

Tuesday	22 <sup>nd</sup>	Bookworms. 10 Lady Gate. 2pm. (book to be advised)
Friday	29 <sup>th</sup>	Diseworth Church Leap Year Special. 7.30pm. Village Hall

## JUNE

Sat/Sun	14 <sup>th</sup> /15 <sup>th</sup>	Scarecrow Festival & Open Gardens.
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# *Welcome*

## *to the December/January double issue*

*Firstly, may I take this opportunity to thank the committee for making me feel so welcome. In particular I would like to say a big 'thank you' to Sue for her guidance and support over the last few months and although she steps down as editor I hope Sue will continue to nudge me in the right direction at future editorial meetings! I would also like to thank Ruth for showing me just how the magazine comes together on the computer, and Steve, for all his fantastic illustrations.*

*This special double issue is full of interesting articles; communication between divers, childhood memories of Diseworth and because we are approaching Christmas, we thought it would be nice to have an item on babies born this year. Some were born in the village and some have parents who used to live in Diseworth and grandparents who still do!*

*The centre pages are dedicated to a review of the year and although the farming community might understandably disagree with me, I think, all in all, Diseworth has had a good year. Despite an awful summer, the scarecrow festival/open gardens weekend and the flower show were a huge success. Whilst the village itself achieved its success in the Best Village Competition, individual villagers accomplished their own goals such as climbing Ben Nevis and cycling the JOGLE*

*Earlier in the year Grumpy Old Diseworth was introduced in the Dialogue. It would be lovely to have more contributions for this page and there is a special Grumpy Old Christmas in this month's edition.*

*David Griffith's festive poem is very funny and brought back memories of my Christmas just last year when both my son and I suffered from chickenpox. My son did just manage to be in his Christmas play but I ended up in bed for most of Christmas Day and Boxing Day!*

*On that note, it just remains for me to say that on behalf of The Diseworth Dialogue, have a very*

**MERRY CHRISTMAS & A HAPPY NEW YEAR**

*Peggy Taylor.*



# *St Michael and All Angels Parish Church*

## **Advent is Coming**

No I haven't got it wrong; I really do mean Advent rather than Christmas. If we could only make use of this invaluable time of preparation we might escape some of the more bizarre extremes of commercialised Christmas.



photograph Julia Sillitoe

I am passionate about the seasons of the church's year, just as I am passionate about Advent. For many, however, it is merely a name given to the time before Christmas and as such it is rather drab.

For me Advent is a time of mystery and a time of discovery. One of my "heroes", Oscar Romero, the great South American martyr of the last century, put it this way:-

"Advent should admonish us to discover  
In each brother or sister that we greet,  
In each friend whose hand we shake,  
In each beggar who asks for bread,  
In each worker who wants to use the right to join a union,  
In each peasant who looks for work in the coffee groves,  
The face of Christ.

Then it would not be possible to rob them,  
To cheat them,  
To deny them their rights.

They are Christ,  
And whatever is done to them  
Christ will take as done to him.  
This is what Advent is:  
Christ living among us."

From the 1<sup>st</sup> of December we can all take a second look at the bus driver, shop assistant, the policeman on the beat, the carol singers, the unemployed and ask to see Christ in their faces. We can all watch the news about far-away places where

# *St Michael and All Angels Parish Church*

## **TEAM VICAR**

Revd. Alison Prince                      The Rectory, Belton                      01530 223447  
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### **For all Baptism, Wedding and Funeral Arrangements**

please contact Revd. Alison Prince, 01530 223447.

Please note that Alison takes Friday as her day off.

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there is slave trade, child abuse, no protective labour laws and query whether we are robbing, cheating and denying them. It only takes a moment to discover that Advent is Christ living amongst us.

For you and for me that is the only thing of worth during the hectic countdown to the 25<sup>th</sup>. We are asking that Christ of the cosmos comes from the depth of eternity and the dawn of time to unfold his purposes to us. He can be found incognito in our streets, beneath the concrete, between the cracks. In his quiet hidden way we find him behind curtains, within our dreams, in ageing memories, in childhood wonder, in secret ponds, in broken hearts, and in the Bethlehem stable. Mystery and discovery. Don't let's miss him.



*Alison*

# *St Michael and All Angels Parish Church*

## Services & Locations for December 2007

	<b>Time</b>	<b>Service</b>	<b>Location</b>
December 2nd	8.00am	BCP Holy Communion	Hathern & Kegworth
	<b>10.30am</b>	<b>CW Holy Communion</b>	<b>Diseworth</b> & Belton
		Christingle Service	Hathern
		Family Service	Kegworth & Osgathorpe
	4.00pm	All Age Worship	Long Whatton CC
	6.15pm	Messy Church	Long Whatton
		BCP Evensong	Belton & Kegworth
December 6 <sup>th</sup>	<b>9.00am</b>	<b>School Assembly</b>	<b>Diseworth</b>
December 9 <sup>th</sup>	8.00am	BCP Holy Communion	Belton & Kegworth
	10.30am	CW Holy Communion	Hathern Kegworth, Long Whatton & Osgathorpe
	<b>4.00pm</b>	<b>Christingle Service</b>	<b>Diseworth</b> & Belton
	5.00pm	Christingle Service	Kegworth
	<b>6.30pm</b>	<b>United Songs of Christmas Praise</b>	<b>Hathern</b>
December 16 <sup>th</sup>	8.00am	BCP Holy Communion	Kegworth
	<b>9.00am</b>	<b>CW Holy Communion</b>	<b>Diseworth</b>
	10.30am	CW Holy Communion	Long Whatton
		Family Service	Kegworth
		CW Morning Prayer	Belton
		New Beginnings	Hathern
	4.00pm	Christingle Service	Osgathorpe
6.15pm	BCP Holy Communion	Hathern	
		BCP Evensong	Belton & Kegworth
December 22 <sup>nd</sup>	1.00pm	Wedding	Diseworth
December 23 <sup>rd</sup>	8.00am	BCP Holy Communion	Kegworth
	10.30am	CW Holy Communion	Hathern & Kegworth
	3.00pm	9 Lessons & Carols	Osgathorpe
	<b>6.15pm</b>	<b>9 Lessons &amp; Carols</b>	<b>Diseworth, Belton, Long Whatton, Hathern, Kegworth</b>
December 24 <sup>th</sup> <b>Christmas Eve</b>	3.00pm	Crib Service	Belton
	<b>4.00pm</b>	<b>Crib Service</b>	<b>Diseworth</b> & L. Whatton
	5.00pm	Crib Service	Kegworth
	6.00pm	Crib Service	Hathern
	<b>10.00pm</b>	<b>CW Holy Communion</b>	<b>Diseworth</b>
	11.30pm	CW Holy Communion	Belton, Hathern, Long Whatton & Kegworth





# St Michael and All Angels Parish Church



	<b>Time</b>	<b>Service</b>	<b>Location</b>
December 25 <sup>th</sup>	9.00am	CW Holy Communion	Osgathorpe
<b>Christmas Day</b>	10.30am	Family Service	Kegworth
December 30 <sup>th</sup>	8.00am	BCP Holy Communion	Kegworth
	10.30am	CW Holy Communion	Hathern & Kegworth
	4.00pm	Christingle Service	Long Whatton
	<b>6.15pm</b>	<b>BCP Holy Communion</b>	<b>Diseworth</b>
		Special Cantata	Kegworth

## Services & Locations for January 2008

	<b>Time</b>	<b>Service</b>	<b>Location</b>
January 6 <sup>th</sup>	8.00am	BCP Holy Communion	Hathern & Kegworth
	<b>10.30am</b>	<b>CW Holy Communion</b>	<b>Diseworth &amp; Belton</b>
		Family Service	Hathern, Kegworth & Osgathorpe
	4.00pm	Messy Church	Long Whatton
	6.15pm	BCP Evensong	Belton & Kegworth
January 13 <sup>th</sup>	8.00am	BCP Holy Communion	Belton & Kegworth
	9.00am	BCP Holy Communion	Osgathorpe
	<b>10.30am</b>	<b>Family Service</b>	<b>Diseworth</b>
		CW Holy Communion	L. Whatton, Hathern & Kegworth
	6.15pm	BCP Evensong	Kegworth
	<b>7.00pm</b>	<b>Plough Service</b>	<b>Osgathorpe</b>
January 20 <sup>th</sup>	8.00am	BCP Holy Communion	Kegworth
	<b>9.00am</b>	<b>CW Holy Communion</b>	<b>Diseworth &amp; Osgathorpe</b>
	10.30am	CW Morning Prayer	Belton
		CW Holy Communion	Long Whatton
		New Beginnings	Hathern
		Family Service	Kegworth
	4.00pm	Messy Church	Osgathorpe
	6.15pm	BCP Holy Communion	Hathern
		BCP Evensong	Belton & Kegworth
January 23 <sup>rd</sup>	7.30pm	Benefice Praise Service	Belton
January 27 <sup>th</sup>	<b>8.00am</b>	<b>BCP Holy Communion</b>	<b>Diseworth &amp; Kegworth</b>
	10.30am	CW Holy Communion	Hathern & Kegworth
		CW Morning Prayer	Osgathorpe
	4.00pm	Messy Church	Kegworth
	6.15pm	BCP Evensong	Belton, Hathern & Kegworth

## Week Day Services

Tuesday	12.30pm	CW Holy Communion	Belton
Wednesday	9.30am	BCP Holy Communion	Kegworth

# *St Michael and All Angels Parish Church*

## Lessons and Readers for December 2007

	<b>Time</b>	<b>Reader</b>	<b>Sidesman</b>
December 2nd Advent 1	First Reading: Isaiah 2.1-5 Second Reading: Romans 13.11-end Gospel: Matthew 24.36-44	10.30am S Bird S Brompton A Stone	M Howe
December 16 <sup>th</sup> Advent 3	First Reading: Isaiah 35.1-10 Second Reading: James 5.7-10 Gospel: Matthew 11.2-11	9.00am M Howe D Cherry D Blenkinsopp	G Stone
December 24 <sup>th</sup> Christmas Eve	First Reading: Isaiah 52.7-10 Second Reading: Hebrews 1.1-4 Gospel: John 1.1-14	10.00pm D Bird M Gidlow S Bird	T Griffin
December 30 <sup>th</sup> Christmas 1	First Reading: Isaiah 63.7-9 Second Reading: Hebrews 2.10-end Gospel: Matthew 2.13-end	6.15pm R Edwards M Gidlow	F Hill

## Lessons and Readers for January 2008

	<b>Time</b>	<b>Reader</b>	<b>Sidesman</b>
January 6 <sup>th</sup> Epiphany	First Reading: Isaiah 60.1-6 Second Reading: Ephesians 3.1-12 Gospel: Matthew 2.1-12	10.30am M Howe R Harris D Blenkinsopp	G Stone
January 20 <sup>th</sup> Epiphany 3	First Reading: Isaiah 49.1-7 Second Reading: 1 Corinthians 1.1-9 Gospel: John 1.29-42	9.00am S Brompton A Stone M Gidlow	D Cherry
January 27 <sup>th</sup> Epiphany 4	First Reading: Isaiah 9.1-4 Second Reading: 1 Corinthians 1.10-18 Gospel: Matthew 4.12-23	8.00am D Griffin S Bird	M Cowley

*If you are unable to read on the date shown please arrange for someone else to do so.*

### Flowers and Church Brasses

	<b>Flowers</b>	<b>Brasses</b>
December 2nd	Advent	Mrs M Linthwaite
December 23 <sup>rd</sup>	Christmas – Help from everyone	welcome
January 6 <sup>th</sup> /13 <sup>th</sup>	Mrs A Brooks	Mrs D Blenkinsopp
January 20 <sup>th</sup> /27 <sup>th</sup>	Mrs S Bird	Mrs M Linthwaite



# *St Michael and All Angels Parish Church*

## **Other Benefice Services, Meetings and Social Events in December & January**

December 1 <sup>st</sup>	Saturday	Hathern Church Coffee Morning 10am-12noon
December 2 <sup>nd</sup>	Sunday	Hathern Church Music Café 6.00-8.00pm
December 4 <sup>th</sup>	Tuesday	Kegworth House Group 7.30pm
December 5 <sup>th</sup>	Wednesday	Hathern House Group 7.30pm
December 7 <sup>th</sup> /8 <sup>th</sup>	Fri/Sat	Hathern Church Christmas Tree Festival 10am-8pm
December 8 <sup>th</sup>	Saturday	Kegworth Church Coffee Morning 10am-12noon
December 9 <sup>th</sup>	Sunday	Hathern Church Christmas Tree Festival 1pm-5.30pm
December 9 <sup>th</sup>	Sunday	Hathern Church Songs of Christmas Praised 6.30pm
December 11 <sup>th</sup>	Tuesday	Belton House Group 7.30pm
December 18 <sup>th</sup>	Tuesday	Kegworth House Group 7.30pm
<b>December 19<sup>th</sup></b>	<b>Wednesday</b>	<b>Diseworth Church Hathern 'B' Band Concert 7.30pm</b>
December 30 <sup>th</sup>	Sunday	Kegworth Church 'The Wonder of Christmas' with The Sutton Bonington United Choir
January 2 <sup>nd</sup>	Wednesday	Hathern House Group 7.30pm
January 5 <sup>th</sup>	Saturday	Hathern Church Coffee Morning 10am-12noon
January 6 <sup>th</sup>	Sunday	Hathern Church Music Café 6.00-8.00pm
January 8 <sup>th</sup>	Tuesday	Belton House Group 7.30pm
January 12 <sup>th</sup>	Saturday	Kegworth Church Coffee Morning 10am-12noon
January 13 <sup>th</sup>	Sunday	United Plough Service, Osgathorpe 7pm
January 15 <sup>th</sup>	Tuesday	Kegworth House Group 7.30pm
January 16 <sup>th</sup>	Wednesday	Benefice Representatives Meeting, Belton 7.30pm
<b>January 22<sup>nd</sup></b>	<b>Tuesday</b>	<b>Diseworth Church Fund Raising Meeting 7.30pm</b> <b>Wartoft Grange</b>
January 23 <sup>rd</sup>	Wednesday	Benefice Praise Evening, Belton
<b>January 26<sup>th</sup></b>	<b>Saturday</b>	<b>Diseworth Church Coffee Morning with Fair Trade Stall 10am-12noon</b>
January 28 <sup>th</sup>	Monday	Benefice Bible Study, 33 Green Hill, Hathern 7.30pm

Every Saturday

Kegworth Church Informal Prayer 9.00-9.30am

There are also meetings of the Mothers Union throughout the Benefice and Kegworth Wives Group, to which all women are invited. Kegworth Men's Group is open to all men.



Bell Ringing at Diseworth Mondays 8pm

## *St Michael and All Angels Parish Church*

**Do join us for our Benefice  
PRAISE EVENINGS  
OF WORSHIP & LIVELY SONGS IN 2008**



Belton 23<sup>rd</sup> January  
Diseworth 27<sup>th</sup> February  
Hathern 26<sup>th</sup> March  
Long Whatton 23<sup>rd</sup> April

**The Praise Evenings are held on a  
Wednesday and start at 7.30pm  
Followed by Refreshments  
and a time for fellowship**

# MESSY CHURCH

continues at 4.00pm

Sunday 2nd December - Long Whatton

Sunday 6th January - Long Whatton

Sunday 20th January - Osgathorpe

This is aimed at all the family and is *FUN*  
Messy Church lasts about an hour and includes

**Crafts    Stories    Music    Singing    Imaginative Play**



Parents and Guardians stay with their  
children throughout  
Messy Church

***Tel: Revd Alison  
Prince, Team Vicar  
on 01530 223447***

# *St Michael and All Angels Parish Church*

## *News From The Belton Rectory*



*At this time life seems particularly busy with planning - mainly for the New Year. As I share these plans I want you to get behind them in prayer and support. They have all been organised to strengthen our local churches. Please put the dates in your diary so you don't miss out.*

### **Benefice Social Evening, Saturday 16th February, at Belton Village Hall.**

If you came to and enjoyed the Italian Soiree in the summer, you won't want to miss this. A chance to meet friends in the other churches and eat well

### **A PCC Evening with ReSource, Wednesday 30<sup>th</sup> January, 7.30pm Oaks in Charnwood**

It is really important that all members of each PCC are present. Please put the date in your diary. The evening is designed to increase the effectiveness of each PCC and to help us in discerning God's will. Two things which are especially important during this time of interregnum

### **New Team Rector**

There were no applicants after the last advertisement. The archdeacon will approach personally those looking for a new post and the Benefice will re-advertise in the new year. Please pray for the 6 elected members who are responsible for the Parish Profile and advertising, along with the archdeacon. The existing Kegworth Rectory is to be refurbished

### **Back to Church Sunday**

All the churches in the Benefice have been asked to support a Back to Church Sunday in their village, either in January or February. This is an opportunity for any member of the community to come to church again or for the first time. They will be welcomed warmly. Others there will be in the same "boat". Look out for details in your local shops etc.

### **Hope '08**

This is a nationwide initiative to spread the hope of the Christian Gospel in 2008. A group of Christians in Loughborough are working hard to make this happen in our area. Please make sure that everyone knows about it. Regular updates and information [www.loveloughborough.org](http://www.loveloughborough.org)

### **Harvest Basket**

*Just a little note to say:  
thank you for my harvest  
basket.*

**Many thanks  
to everyone  
involved.  
Madeleine**



### **Day-time Alpha coming to Long Whatton**

Starting on Thursday 10<sup>th</sup> January, we will be running a daytime Alpha in Long Whatton in conjunction with the Baptist Church. This will be from 1.30pm to 3.00pm. A chance to find out what you think about the big questions of life. Inquiries to Ali Boston (01509 415647) or Alison Prince (01530 223447)

*Catholic Church of the Risen Lord.*

Hillside, Castle Donington  
Mass every Sunday 9am



*Kegworth Methodist Church*

High St. Kegworth



**Sunday Services**

Morning Worship - 10.30am

Praise Worship – 6.15pm (First Sunday each month)

Minister – Rev. Manville Wiles. Tel. No. 01509 672479



*Kegworth Baptist Church*

High St. Kegworth



**Sunday Services**

Morning Worship & Sunday School – 10.30am

Evening Worship – 6.15pm (2<sup>nd</sup> Sunday each month)

Lead Deacon: Paul Phillips 01509-551464

Diseworth Parish Church

**CHRISTMAS  
CONCERT**

*Featuring*  
**HATHERN 'B' BAND**

Wednesday, 19<sup>th</sup> December

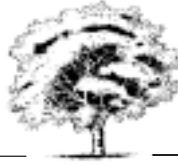
7.30pm

Admission £5

inc. glass of wine & mince pie



# ***COUNTRY MATTERS***



***by Liz  
Jarrom***

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## ***DESPITE A TOUGH YEAR STILL LOTS TO BE POSITIVE ABOUT***

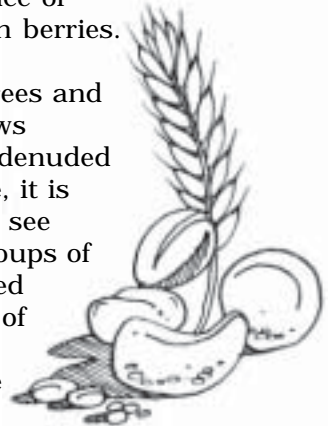
As we come to the end of what has been an extremely difficult year for farming, I felt it was time to reflect on some of the advantages of farming for us all.

First is the obvious one of having a plentiful supply of food. Even though a lot of food is now imported, a great deal of food is still produced here. Then there is the shape of our countryside. Without farming, the hills would be covered in bracken instead of sheep, and the lowlands would be a wasteland of thistles and nettles instead of a patchwork of cereals and cattle pastures. I love to see the changing seasons, and now it is autumn and the brown and apparently lifeless fields have been drilled with corn.

Slowly, as the days shorten, these fields become clothed with green as the seeds sprout and push that first precious blade of green skywards. Hares can be seen running across these fields during this time. The short succulent shoots of corn are ideal food for them this time of

year, we just hope they don't nibble too much and leave bare patches in the crop. Pheasants, the males in their magnificent plumage, roam abundantly across the fields. I know some of them will end up in the pot but the survivors may breed successfully next spring, likewise the partridges. Even the ones that sadly end up as roadkill will feed the buzzards through the winter. Hedges and the now obligatory field margins, supply valuable corridors and habitats for many types of wildlife. The fieldfares have now arrived, chattering amongst the trees and dining on the abundance of hawthorn berries.

As the trees and hedgerows become denuded of foliage, it is easier to see many groups of long tailed tits, one of my favourite birds,





flitting about in groups. A less obvious type of wildlife thrives on the pastures where cattle graze. Cowpats support certain types of fungi and beetles, and as these cowpats slowly break down, the worms incorporate their goodness back into the soil. Ants apparently need the grass to be a certain length for their survival. Grazing cattle help to keep the grass at an ideal length for them.

Each year has its shortages and abundances; this year has been disastrous for potatoes and cereal crops, but excellent for all types of fruit. I have had a bumper year for apples and one of my biggest pleasures this

autumn has been picking wild blackberries. Living close to nature and farming has made me acutely aware that nature has a way of balancing things out. Lean years are often followed by abundant years so we are looking forward to next year with hope, especially as all our cereal crops have gone in well. So if next year proves to be a good year for cereals and a poor one for fruit, nature will have redressed the balance.

Hopefully, farming will continue here far into the future, and we shall all reap the benefits of its positive effects on nature.



## Diseworth Wildlife

It was very sad to see the snail hunter one night, looking down the situations vacant column in the paper. She is really depressed and has no get-up-and-go anymore. If her little enemies don't come out of hiding soon she will have to sign on the dole.

Either this global warming we've all heard about is really starting to make itself felt, or the snail hunter has killed them off with the melons. She was only trying to be kind.

Honest!

*from Les Brown*



# *She is Mary*



*In the school at Christmas  
There's talent all galore  
Especially in the village  
Of Normanton on Soar.*

*There's roles for everybody  
As cattle or as sheep,  
For shepherds and for wise men  
And fowls that just go "cheep!"*

*There is a pecking order  
For those who would be Star.  
It's not quite friendly rivalry  
It's not quite open war.*

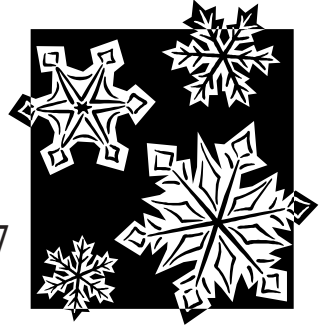
*To look at them impartially  
They all look much the same.  
It's not the fault of little ones.  
Their mothers are to blame.*

*But then there can be chicken pox  
And then there can be 'flu'  
So some can rise up through the ranks  
That's Show Business for you!*

*There's little Leah Griffiths  
Stands up to take her bow  
Nursing Baby Jesus  
A halo round her brow,  
She set out as a turkey  
But she is Mary now.*

*David Griffiths*

Diseworth  
Retired Residents



Christmas Lunch  
Thursday 13<sup>th</sup> December 2007

1pm

Village Hall

Welcome to our usual  
Festive Fare and Fun  
contact – Nikki 853647

***Junction 24***

*A spiritual service station*

*The Whitehouse Hotel*

*Kegworth*

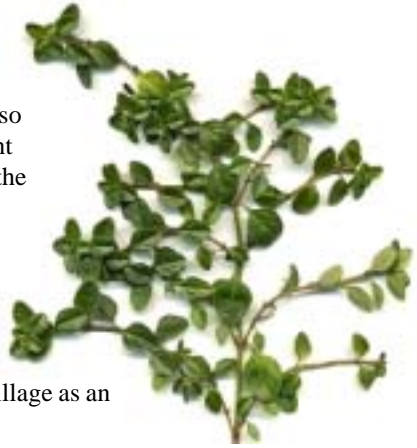
*Every Sunday at 8pm*

*A united Christian project*

# Jasmine and Thyme

Childhood memories are so precious, none more so than mine of my birthplace, Diseworth. The recent report of the Heritage Trust's success in funding the restoration of the Baptist Chapel brought many memories flooding back for me.

I was born at 59 The Green on 5<sup>th</sup> June 1943, home of my maternal grandmother, Mrs. Hilda Hickling. My mother, Hilda (nee Winfield), met my father Sidney when he was stationed in the village as an RAF member of the village Decoy Station.



Returning to my father's home in Norfolk after the war, Diseworth has continued to hold a special affection in my life. During the 1950's I spent most of my summer school holidays staying with my grandmother, Uncle Jack and Cousin Josie. Cricket matches on Town End and chalk arrow chases through the village and over the disused aerodrome stick especially in my mind. Many idyllic summer days were spent in the harvest fields of Mr. Mills with my uncle, concluded by the milking of the cows and taking home the milk. Sometime in between I would have to find time to fetch 20 Woodbines for my Aunt Dot! Barry Lakin became a close friend and has remained so ever since even though he now lives in Cardiff.

Childhood is a formative time of life and my grandmother's hard work and family commitment made a lasting impression on me; whether she was working for Wheildon's coach company in Castle Donington, Cotton's farm at the top of Grimes Gate or cleaning the Baptist Chapel every Saturday afternoon. The sight of jasmine and the smell of thyme, both of which grew profusely around the front door of No. 59, still evoke childhood memories of Diseworth.

I shall follow with interest the restoration of the Baptist Chapel, where I attended every Sunday afternoon service when staying in Diseworth. Several of the congregation had known me since my birth, especially Mrs. G Jarrom who was an elder of the church. She would always greet me with a half-crown at the end of the service from the time I was a small child to the time I took my future wife Mary to a service. That, however, was not the reason for my regular attendance!!

Reading the Diseworth Dialogue has brought back many happy memories and I wish the Diseworthians every success in the future.

*Barry Coleman.*  
*Leader of Great Yarmouth Borough Council.*

# A Review of the Year Diseworth 2007



'My Village'. Bethan Henry's winning entry at the Annual Flower Show



Geoff Brookes on his way to the summit of Ben Nevis



'When Flowers are Scarce'  
Sheila Dakin's prize  
winning arrangement at  
the annual flower show



Paul Taylor and Magdalen (Meg)  
Galley, of Primrose Cottage in  
Hall Gate, celebrated their  
marriage on Saturday 12th May



All set for the Fun Run



Our new Editor, Peggy Tudor (left) with Sue Brompton at the Best Village Award Ceremony. 17th November



A little drop of what you fancy does you good - the scare'crow' at West View



Sheltering from the rain - Open Gardens at 14 Lady Gate

Congratulations to Heidi, Baz and Toby Hollis of Clements gate on the birth of their daughter/sister Fern Olivia born on 5th November at Leicester General Hospital weighing 7lbs 12 1/2 oz. Many thanks for all the good wishes cards flowers and presents.



Edward George Melling, born on 4th October in Yarm, North Yorkshire to Vicky (nee Smith, formerly of 4 Brookside) and Paul Melling.



Jacob Oliver Smith born in Australia on October 18th to Karen (nee Cheney) and Barry Smith



Another new addition to the Cheney family" Congratulations to Chris and Sharon Cheney on the birth of a son 'William Connor' born 25th October 8lb 5oz. Another new addition to the family, and another Grandson! Loads of love to you all, from Grandma Cheney, Grandpa, and Great Grandma Cheney. Love also from your new cousin Jacob, Auntie Karen and Uncle Barry.



Oliver Frederick Marshall born 3<sup>rd</sup> July 2007 to Helen (nee Dakin) & Dominic Marshall of Marton cum Grafton, North Yorkshire. A first Grandchild for Ian & Sheila Dakin. 7lbs 7oz



Fintan Roderick Edward Weekes was born on Friday the 12th October to Mariann Weekes, (nee Polley, formerly of The Woodcroft) , now living in Essex. 9lbs



# Diseworth Celebrates



## Winner Best Village Competition

It was good to see so many people turn out on a beautiful day to celebrate Diseworth winning Best Village in the 2007 Leicestershire Best Village competition. Refreshments were enjoyed in the church after the unveiling. Thank you to everyone who helped to make this such a successful, warm and friendly event. Diseworth - a village to be proud of.

*Martin Hening*

Unveiling the plaque.  
Baroness Byford and David Taylor MP with Martin Hening at the unveiling ceremony.





Baroness Byford raising a toast to the village accompanied by Martin



Enjoying the refreshments in the church

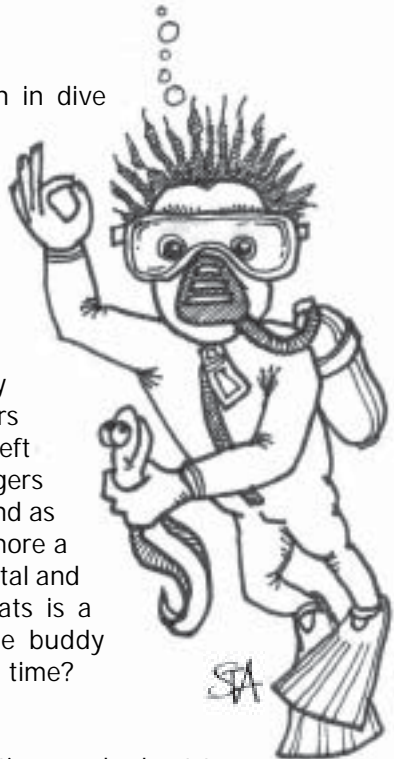
# Communicating Underwater

*by Sue Roberts*

I have written before about our various diving activities both above and under the water and it has occurred to me that you may be asking yourselves (or not) about the way in which we communicate with each other in order to point something out, whether trivial, interesting, wildly exciting or an extreme emergency. Fortunately we haven't had to do the latter.

Obviously all means of verbal communication goes out of the window as once underwater you are very concerned with the preservation of life, your own, and that means keeping the air source, the demand valve, firmly clamped in your mouth. Of course it is possible to remove it, and that is one of the skills we have to learn when diving in case a stray size 12 fin kicks you in the mouth and knocks the demand valve out.

So, what do we do? Again, very early on in dive training, you learn basic hand signals such as the infamous OK signal – thumb and forefinger together to form a circle and the other three fingers held up straight. A thumb pointing up means ascend, and pointing down means descend, nod the head – yes, shake it - no. Simple really. Air consumption has to be monitored and the quantity of air left in the tank is ingeniously conveyed to ones buddy by holding up fingers (1 finger = 10 ats.) The minimum to be left with at the end of a dive is 30 ats so 3 fingers are held up. A tank starts off with 200 ats and as it's a bit difficult holding up 100 fingers or more a T sign is made with both hands, one horizontal and the other vertical indicating 100 ats. 50 ats is a clenched fist – ready to punch your dive buddy perhaps, because he's pestering you all the time?

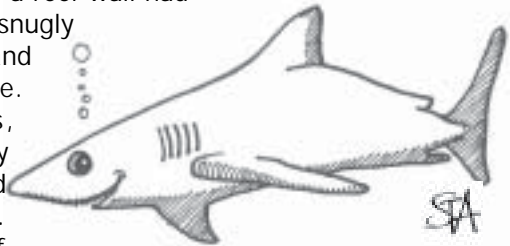


But I digress. Most of the time communication can be kept to the very minimum depending on the type of dive. A wreck dive

consists mainly of pointing in vague directions – look at that, look over there; shall we descend this dark passageway? The latter is accompanied by a quizzical look on the face of the asker, and the response can be varied. A vigorous nod if I'm feeling good, or a scowl and shake of the head which means 'What the heck do you think you're asking me? Go down there? You must be out of your tiny mind.'

If the dive is on a reef that usually means there is a great deal of fish life and this is where it gets really hysterical at times. Years ago when we were diving in Malta Graham did not have prescription lenses in his mask (unheard of) or even snug fitting glasses to go under his mask. His vision was poor and underwater most things were a blur – like an artists palette of all mixed up colours. Three of us drifting along a reef wall had

found a moray eel that was sitting snugly in its hole with its mouth agape and staring at us with its beady eye. Graham swam up behind us, muscled in and put his face very close to the reef to see if he could make out what we were looking at.



Only the quick thinking of one of the divers saved him from losing his nose as the eel shot out of its hole and shut his jaws with a mighty snap inches from Graham. After that incident glasses were found to wear underwater and communication became easier. The sign for an eel, which we should have made clear to him, is to make your fingers and thumb into a 'yakking mouth' (think sock puppet) and then open and shut the fingers and thumb.

Reefs and their associated fish are a delight to behold. Big fish like barracuda or jacks, tiny fish that hide in the coral and fish that are so well disguised it is hard to spot them, all give rise to being able to use various signs to point them out. I remember Fiona pointing out a red spotted wrasse and I just couldn't see it. She was madly pointing and I was just as madly looking. It wasn't until it moved that I saw it. So that is why there are various signs used underwater to give you some indication of what it is you are meant to be seeing. They are universal and most people will know what it is you are trying to tell them. Pointing wildly in a direction is no good if you don't know what to focus on. Barracuda are shown by tapping three fingers of your right hand on your left forearm – this is because they are a long stripy fish. Blue spotted rays are indicated by clenching the left fist and then dotting spots on it in a circle on the

back of your hand with your right index finger. This is because they are round and have blue spots on them. Sharks – if you have the presence of mind and don't just scream down your demand valve – are shown by raising either hand and holding it to your forehead in a vertical position like a sharks fin. For hammerheads – and I have yet to try out this one – both hands are made into fists and held at each side of your head like the eye position on the shark. Sometimes there is no universal sign for a type of fish and that is where imagination comes in. It is possible to cry with laughter underwater and this is what Fiona and I did one holiday when I showed her some anemone fish. I pointed to them and then pulled my left arm in to make it really short and then waggled it around (as in Finding Nemo...). We both got a huge fit of the giggles and this sign has now been passed on to other divers we have met around the world.

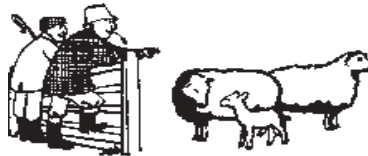


I did buy Graham an underwater slate for Christmas but by the time you've written something down the moment has passed and more than likely the critter has swum away. It can have its uses though, to ask more ponderous and unwieldy questions such as 'There were five of us on this dive and now I can only see four. Who's missing and where are they?'

It is important to be able to communicate underwater successfully and as the years have gone by I think that we have managed to make ourselves understood without resorting to blows and frustrating gestures and shrugs. The environment that you are in means that you have to be effective otherwise that is when things can start to go wrong. But it is mostly about finding a way to 'chat' while diving and to share your finds and observations with those around you.

*\* The answer to this question was no-one. I counted the four other divers but forgot to include myself!*

# LONG WHATTON & DISEWORTH PARISH COUNCIL



## *PARISH COUNCIL NEWS*

A thousand apologies for my omission of 'News' last month. I admit to forgetfulness but ask that the mitigating factors of regulation, rules, recalcitrant banks and so on, demanding priority attention immediately following the meeting, be accepted as sufficient excuse.. No? Quite right. Doing useful things like keeping everyone informed about what the Parish Council is doing should be far more important.

Councillors have recently undergone training in various ways so that all those 'rules' can be better understood. A schedule of meeting dates for 2008 has been agreed (Council 1<sup>st</sup> Thursday, Planning Group 3<sup>rd</sup> Thursday if required). The meetings will alternate between the villages and there will be a recess in July. The website will soon be updated – go to: [leicestershireparishcouncils.org/longwhattonanddiseworth/](http://leicestershireparishcouncils.org/longwhattonanddiseworth/) for a meetings calendar, agendas, minutes, a list of Parish Councillors, contact details and current news.

At the meeting the District Council's Street Scene Manager, Lindsay Weaver, gave an outline of the work of her department and staff. "Environmental Crime" was the term of the month ... litter, dog control and fouling, parking, fly tipping, abandoned vehicles. When required, the Street Wardens gather evidence and deal appropriately with offences in these categories.

Councillors had collected a great deal of evidence about overgrown hedges, obscured traffic signs, etc. and this had been forwarded to the Highways Department. Still on roads, the Council will make representations after receiving a complaint about speeding buses in Long Whatton. Also in that village, it was heard that the newly painted signs on the road were slippery, with a particular danger to horses and their riders.

Chairman, Martin Hening, reminded everyone about Diseworth's big day on 17<sup>th</sup> November – the unveiling of the Best Village plaque.

Amongst several planning applications, the Council considered very carefully the application to extend Harlow Bros. site in Hathern Road. The value to the local economy and employment opportunities arising from this business were recognised.

However the proximity to houses, together with a variety of specific environmental concerns persuaded the Parish Council that it must support the local residents and strongly object to the development.

“Money” is a major topic now because, early in January, the Council will decide how much of your Council Tax it needs. Next year’s Budget will be decided. This is a good opportunity for Villagers to tell their Parish Councillors if what they pay (roughly £16 per person on average this year) for local services is about right or maybe too much. Or if they would like the Parish Council to spend more ... on what?

On that note, I will leave you with the Council’s very best wishes for a very Happy Christmas and New Year.

*Douglas Maas, Parish Clerk*



Dear readers,

On behalf of the Parish Council, may I wish Long Whatton and Diseworth residents a happy and peaceful Christmas, and a very good New Year. I am minded to make some new year resolutions (the list is entirely personal, not approved by the Council).

*We will initiate Speedwatch, to help make our villages safer*

*We will support the Parish Plan findings in every way we can. I especially hope we can provide something for the 12-18 age group (we do have a cunning plan for a Youth Shelter in Diseworth, which should appear soon).*

*We will try again to get pavements swept by those who determine our Council Tax (one of the highest in the District).*

I daresay one or two of you could add to this list. Let’s hear your suggestions,

*Martin Hening*



# A Grumpy Old Christmas

Spending beyond their income on gifts for Christmas  
Swing doors and crowded lifts and draped jungles  
What shall we buy for our husbands and sons  
Different from last year?

Louis MacNeice

## Children's Toys

Why do children's toys have so much unnecessary packaging which often require a whole tool kit to open?

When that task has finally been achieved after much swearing from Dad, why is it that you then need C batteries to make the toy in question operate?

You have an ample supply of AA batteries and there may even be a couple of D batteries in the drawer somewhere but C batteries? Not a chance!

## *We wish you a P.C. Christmas*

*I heard the other day that one store manager is hiring a thin Father Christmas because a fat one sends out the wrong message to children.*

**POLITICAL CORRECTNESS GONE MAD!**

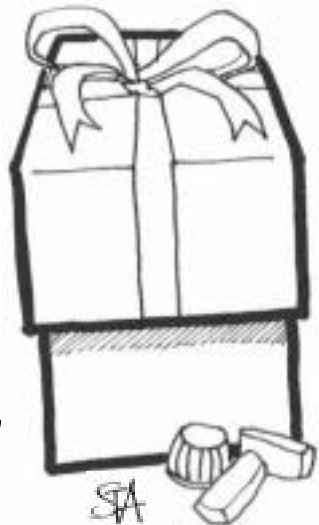
## **“But Mum, I hate sprouts!”**

Which bright spark first decided to serve Brussel sprouts as an accompanying vegetable for Christmas Dinner?

They take forever to prepare, they don't look appetising raw or cooked and considering Christmas Dinner is usually a sociable occasion, the after effects can clear a room in seconds!

So why, oh why do we still buy them at Christmas?

*How do you teach a five year old to say 'Thank you' for a gift he or she really isn't impressed with? No, really I'd love to know, so answers on a postcard please. Last year I tried to teach my child to say "Thank you. It's just what I always wanted." But it just sounded a bit false, especially when accompanied by throwing the gift in question on the floor and starting on the next!*





# Charnwood Community Theatre

invite you to a performance of

## Jesus' Birthday Party

(an alternative Nativity play for all ages)

on

Saturday 26<sup>th</sup> January 2008

at

Diseworth Village Hall

7.30pm



Tickets - £5 and  
£4 (concessions)

To book tickets, ring  
John Hurley on  
01332 810130

# News from the school



We have had a busy term so far, with 11 new children joining us over the term, 8 of them in reception. We were sad to say goodbye to Christian Murray who has moved with his family to Tenerife, he was such a character and will be missed by all the children and the staff.

## **Work in school**

Class 1 children have been doing some work based around popular Nursery rhymes and have been reading, writing and learning Nursery rhymes. They have had fun being Humpty Dumpty and falling off the wall! Being Mary Mary in her garden planting bulbs for the spring, and being Kings and Queens of Hearts making different flavoured jam tarts.

Class 2 have been looking at plants and habitats and have also been planting seeds and bulbs outside – school should look lovely in the spring when all the bulbs flower.

Class 3 have enjoyed finding out about the Tudors and will be having a Tudor Christmas experience in December.

Harvest festival took place in church on 11th October and all the children took part in various activities and brought fruit, vegetables or other food which was distributed to residents in the village. We have our school assembly in church on the first Thursday of each month at 9 o'clock. Village residents are always welcome to attend.

Children in Class 3 took part in our family of school's Tag Rugby tournament. We didn't win this time but the children enjoyed the experience and played really well throughout.

The children had a great afternoon just before half term demonstrating their drumming skills with Mrs Roberts. We had the use of a set of African drums over half term and all the children had sessions to practise their skills. This culminated in a demonstration to parents and friends. We now have several children who are keen to have drums for Christmas!!!!

## **Plea for resources and information**

After Christmas all the children will be working on a topic based around the village and we are using the school as a starting point. If you were a pupil in the school in the past and have any photographs of classes, events, individuals, the building or anything to do with the school we would be very grateful if we could borrow them. Also we will need village volunteers who went to the school to take

part in some interviews with the children. If you are willing to help us out please could you leave your name and address at the school office or on the answer phone, and we will contact you after Christmas. Thank you in anticipation.

### **On a personal note**

Can I say a big thank you to all those ex parents in the village who sent me cards and letters when my Dad died last month, it was very good of you and I am very appreciative of your kindness and support.

### **In Conclusion**

We are having a dress rehearsal of carols by candlelight in the church on the afternoon of Monday 17<sup>th</sup> December at 1-45pm. We look forward to seeing younger brothers and sisters and any village residents who would like to attend.

*All the children and staff at Diseworth CE primary school wish you all a very peaceful Christmas and happy new year.*

Alison Woffindin



# Hallgate Flowers



**"For a fresh, contemporary & individual style!"**

Christmas Wreaths

Bouquets

Floral Decorations

Telephone Kate on 01332 853678

20 Hallgate, Diseworth

Orders now being taken. Flowers for sale



# DIALOGUE DISPATCHES

If you have items for the FEBRUARY ISSUE of the *Dialogue* please give to a committee member or email to [peggy.tudor@btinternet.com](mailto:peggy.tudor@btinternet.com) [sue@cbrompton.fsnet.co.uk](mailto:sue@cbrompton.fsnet.co.uk) and [ruth@airnig.co.uk](mailto:ruth@airnig.co.uk)

There is **NO CHARGE** to put items into the magazine - (except the yellow pages).

Please share with us your stories and announcements.

**PLEASE MEET THE DEADLINE** of the 7<sup>th</sup> January

## Women's Discussion Group

We have again changed the next discussion group meeting from Tuesday 4th December to Monday 10th December.

### Monday 10th December -

Bring your Wedding photographs.  
Venue: 12 Lady Gate

### Monday 7th January -

Dreams for this year  
Venue: Liz Jarrom's Lady Gate Farm



The Mobile Library visits Disworth fortnightly - 14th December and the 11th and 25th January  
The Bowley 11.55 – 12.15  
Clements Gate 12.20 – 1.20  
The contact number for the mobile library is 01530 835951.

**Disworth Flower Show 2007**  
made £400. This will be distributed between the four chosen charities



Now available from  
Long Whatton Post Office  
Christmas cards with the message  
**“Greetings from Disworth”**

Orders are now being taken for Spencers Mince Pies, Christmas Cakes and Chocolate Logs.

## Diseworth Village Hall 200 Club

The latest winners of the 200 Club are:-

September	October
<b>1<sup>st</sup> (108) P Whitehead - £30</b>	<b>1<sup>st</sup> (33) D Blenkinsopp - £30</b>
<b>2<sup>nd</sup> (36) Z Adkin - £20</b>	<b>2<sup>nd</sup> (16) J Mearns - £20</b>
<b>3<sup>rd</sup> (73) M Dokanian - £10</b>	<b>3<sup>rd</sup> (110) C Smith - £10</b>



# DIALOGUE DISPATCHES

## Part Time Administration Job in Diseworth.

Pennline is looking for a part time administrator to help this growing business.

Duties will include answering the telephone, typing orders and invoices, checking clothing orders and packing, filing, chasing payments and general office duties.

Good telephone manner essential, but training will be given on all other duties.

Please apply with CV and references to Victoria Britton, 8 Clements Gate, Diseworth or on 01332 850184.

## Book Worms

Tuesday 11th December

DVD - 'Becoming Jane'

Venue - 10 Lady Gate

Tuesday 22nd February

Book to be advised but meeting at 10 Lady Gate



*Extra copies of the  
Diseworth Dialogue  
will be on sale in both  
The Plough and The Bull &  
Swan and also in Long Whatton  
Post Office*

## News from our

### Advertisers

See the yellow pages for an updated ad from the **Bull & Swan** with details of their opening times, lunchtime "Sandwich" menu and "Lite Bite" & "A La Carte" menus which are available lunch & evening.

Also Monday – Saturday Take Away food available - home made curries and fish, chips and mushy peas.

Buckle Up Driving School have a "Special Offer"

First 5 Hours  
only £60.00

Gift vouchers available.

**Picture This Gallery and Bespoke Framing in Kegworth** now have a new online shop with 100's of pictures, all styles and prices. [www.picturethisgallery.co.uk](http://www.picturethisgallery.co.uk) More details in the yellow pages



Congratulations to Tony and Pam Tilley on the news that LONG WHATTON POST OFFICE is on the Post Office list to remain open



## Congratulations

*Liz and Will Jarom are delighted to announce the engagement of their daughter Catherine to Carl Pickering.*

# Christmas and New Year at The Plough Inn Diseworth



*We would like to wish all of our customers a very Merry Christmas and a Happy New Year*

**Our opening hours over the festive period are:-**

Christmas Eve	11.30am - 12.00am
Christmas Day	12.00pm – 2.30pm
Boxing Day	10.30am – 10.30pm
Thursday 27 <sup>th</sup> Dec	11.30am – 3.00pm 5.00pm – 11.00pm
Friday 28 <sup>th</sup> Dec	11.30am – 11.00pm
Saturday 29 <sup>th</sup> Dec	11.30am – 11.00pm
Sunday 30 <sup>th</sup> Dec	12.00pm – 10.30pm
New Year's Eve	11.30am – 1.00am
New Year's Day	12.00pm – 10.30pm

The village Fun Run takes place on Boxing Day – then back to The Plough for a much earned drink!

Our **FANCY DRESS** theme for this New Year's Eve is Film or TV Characters. Feel free to dress up. Prizes for the best male and female.

Hot Roast Pork and Stuffing cobs served on New Year's Day.



Manor Organic Farm  
77 Main Street  
Long Whatton  
Loughborough  
LE12 5DF



**CHRISTMAS OPENING TIMES AND COLLECTION OF CHRISTMAS POULTRY**

- ◆ Turkeys, geese and duck will be ready from Thursday 20<sup>th</sup> December
- ◆ Chickens will be ready from Friday 21<sup>st</sup> December
- ◆ Beef, pork and lamb will be ready from Thursday 20<sup>th</sup> December
- ◆ Venison will be ready from Friday 1<sup>st</sup> December
- ◆ Organic Christmas trees with or without roots available to order 4ft upwards.

For shop opening times turn to the yellow pages

ANNUAL  
**BOXING DAY FUN RUN**

In aid of Diseworth's 'Resurface the playground' fund



Wednesday  
26<sup>th</sup> December



Meet at the Cross at 11am

Race starts - 11.30am

Fancy Dress competition  
Decorated trolley/buggy competition  
Prizes awarded to the best

Tickets £2 for adults and £1 for children

In Memory of Malcolm Pass

All donations for the raffle are gratefully received  
Phone Anna on 01332 810014



# Womens' group

## Painting with watercolours.

It was another popular hands-on evening which everyone enjoys. Teacher Carol Woodland brought along all the equipment for us to paint a single colour scenic landscape. The picture base had a slightly textured surface. Carol showed us how to create the sky, the mountains and then the water, we all followed the same techniques and copied the sample picture using different strengths of the brown paint. Already, everybody's picture was taking on its own character. We were then shown how to add bushes and trees with reflections in the water. An hour and a half later we had learnt five different brush strokes and painted really amazing watercolours as it was a first try for most of us. It was so enjoyable, that we have invited Carol to a second session in February or March. Liz Jarrom thanked her on behalf of the group.

### THE CHRISTMAS DINNER

on Monday 10<sup>th</sup> December is our last gathering in 2007. Just a reminder, we shall be leaving the Village Hall at 7.15pm bound for the Clock Warehouse Restaurant at Shardlow. Places should already have been booked!



January 14<sup>th</sup> 2008

Sue Hill has offered to entertain us for the evening with a business linked subject which will be of great interest to us all.

### *' Identifying your own behavioural styles'*

By the end of the evening you will understand your own personal style and also be able to identify other people's style. It will reveal why you get on better with some people than others, why some things irritate you plus much more!

We meet at 8pm in the Village Hall. Guests are welcome to come along, £3 including coffee etc and good company!

Happy Christmas

Sheila Dakin 810858



# HEALTH PAGE

## *STRESS AND WORRY, PUT IT DOWN BEFORE THE END OF THE DAY*



If a person held a small glass of water out at arm's length for a few minutes, it wouldn't really cause much of a problem. Now imagine that this person continued in this position for an hour. Now probably their arm would start to ache and they would feel uncomfortable. If this person continued to hold out the glass for a whole day, their arm would probably go numb, and the muscles would certainly be stressed, in spasm or paralysed. During this time, the weight of the glass hasn't changed, so why has the arm become stressed? The answer is that the arm has constantly been holding the glass with no respite. The only way to relieve the stress on the arm is to put down the glass. Quite quickly, the arm would start to feel better, but may take some time to fully recover. Now imagine if someone attempted to hold a glass of water in this way for days. The damage to the arm could be permanent, it may never fully recover.

So what has this got to do with stress and worry?

This is an interesting illustration of how we all sometimes worry and obsess about problems and challenges in our lives. If we focus constantly on a particular problem, our minds become paralysed and we can't deal with the other aspects of our life. It becomes impossible to relax and enjoy ourselves and sleep becomes disrupted as the problem goes round and round in a circle. Obviously, we do need to think about our problems in a constructive way in an attempt to solve them, but even more importantly we need to put them down, especially at the end of the day before sleep.

This is easier said than done, but here are a few tips that might help. Write the problem down and put the piece of paper in a drawer and tell yourself that you will worry about the problem tomorrow. Take the paper out the next day and allow yourself to think about it for a while, then return it to the drawer again and do something else. If you wake in the night, put the problem in an imaginary drawer and try to go to sleep again. If the problem really won't go away, rest your head in your hands, tips of the fingers resting on the forehead halfway between the hairline and the eyes. Breathe quite slowly and deeply while concentrating fully on the problem. Within a few minutes you should find a sense of relief and calmness come over you, and as this happens you will find it difficult to keep the problem in your mind. Sometimes the effect is permanent and the worry will not return. If it does, repeat the exercise as necessary.

*Jarrom*

*Liz*

# Christmas and New Year Greetings ... in aid of Rainbow's Children's Hospice, Loughborough

Season's Greetings from the Doyles!  
Mike, Julie, Matthew & Hannah wish all their  
friends and neighbours a Very Happy Christmas  
and a Peaceful New Year



*Martin & Nikki Hening wish all friends and  
neighbours a very Happy Christmas and a very  
Healthy and Peaceful 2008*

Christmas Greetings to all in Diseworth and very best wishes for a  
Happy and Healthy New Year. Carly and Jim Snee.

*A Very Merry Christmas  
And A Happy New Year To All  
From The Austs.*



Liz and Will Jarrom wish all family and  
friends a very Happy Christmas and a  
prosperous and healthy New Year.



## Directory of Useful Numbers

BBC East Midlands	0115 955 0500 <a href="http://www.bbc.co.uk/england/eastmidlandstoday/">www.bbc.co.uk/england/eastmidlandstoday/</a>
BBC Radio Derby	01332 361111
British Gas - Service	0645 605040
Gas Escape Emergency	0800 111999
Castle Donington Community College	01332 810528 <a href="mailto:postroom@castledonington.leics.sch.uk">postroom@castledonington.leics.sch.uk</a>
Castle Donington Volunteer Bureau	01332 850526
Chemist, Gerald Porter, Castle Donington	01332 810213
Derby City Hospital	01332 340131
Derby Playhouse	01332 363275 <a href="http://www.derbyplayhouse.co.uk">www.derbyplayhouse.co.uk</a>
Derby Royal Infirmary - accident & emerg	01332 347141 ext 2170
Derbyshire Children's Hospital - emergency (health emergencies not caused by injury)	01332 340131 ext. 6808/6809
Diseworth C of E Primary School	01332 810208
Doctor's Surgery - Health Centre, Castle Donington	0844 477 3092
Orchard Surgery, Kegworth	01509 674919
East Midlands Airport	01332 852852 <a href="http://www.nottinghamema.com">www.nottinghamema.com</a>
East Midlands Electricity emergencies customer services	0800 056 8090 0800 363363
Environment Agency	0800 807060
Kinchbus	01509 815637 <a href="http://www.kinchbus.co.uk">www.kinchbus.co.uk</a>
Loughborough Hospital	01509 611600
NHS Direct	08 45 46 47 <a href="http://www.nhsdirect.nhs.uk">www.nhsdirect.nhs.uk</a>
North West Leicester District Council	01530 454545 <a href="http://www.nwleics.gov.uk">www.nwleics.gov.uk</a>
Nottingham Concert Hall	0115 989 5555
Nottingham Playhouse	0115 941 9419
Nottingham Royal Centre	0115 989 5555 <a href="http://www.royalcentre-nottingham.co.uk">www.royalcentre-nottingham.co.uk</a>
Police	0116 222 2222
Post Office - Long Whatton	01509 842264
Queens Medical Centre, Nottingham	0115 924 9924
Radio Trent	0115 952 7000
Reel Cinema Loughborough	01509 212261
Severn Trent Customer Service	08007 834444
Skylink	0115 9506070 <a href="http://www.skylink.co.uk">www.skylink.co.uk</a>
Traveline - for all public transport information	0870 608 2 608 <a href="http://www.traveline.org.uk">www.traveline.org.uk</a>

**If you have any suggestions for useful numbers to be included in this directory, please let any committee member know. *It's your magazine!***

**The Neighbourhood Watch beat officer for Diseworth is Jason Underwood No. 1760. He can be contacted on 0116 248 5675 and then entering his number 1760.**

# Village Directory

<b>Organisation</b>	<b>Contact Person</b>	<b>Telephone No</b>
Book Worms	Sandie Moores	01332 812629
Brownies	Jane Lindley	01332 810796
Diseworth Village Hall	Dave Adcock	01332 850337
Flower Show	Pat Guy	01332 811119
Friends of Diseworth School	Meryl Tait	01332 812952
Guides	Sandie Clark	01332 814939
Heritage Centre	Martin Hening	01332 853647
History Society	Pat Guy	01332 811119
Millennium Meadow	Pat Guy	01332 811119
Neighbourhood Watch	Noel McGough	01332 811362
Scouts & Cubs	Jenny Buckle	01509 842593
Soar Valley Twinning Assoc.	Sheila Hawksworth	01509 568793
W.I.N.G.S.	Erica & Andy Foxall	01332 811689
Womens' Discussion Group	Liz Jarrom	01332 810358
Womens' Group	Sheila Dakin	01332 810858

## **Diseworth Village Hall**

If you would like to book the village hall please contact Dave Adcock.  
He will make arrangements for the provision of keys at the appropriate time.  
9 Page Lane, Diseworth. 01332 850337

## **NEIGHBOURHOOD WATCH CONTACTS**

### **CO-ORDINATORS:**

Noel McGough, 28 Lady Gate. 811362

Barry Smith, 18 Hall Gate. 812600

Sandie Moores, contact person for Lady Gate. 812629

Victoria Britton contact person for Clements Gate. 850184

## **YOUR LOCAL PARISH COUNCIL**

The role of your Parish Council includes safeguarding the amenities of the village, including highways, lighting, drainage, road signs and planning matters. Current planning matters are available for inspection by arrangement with the **Parish Clerk:**

**Douglas Maas, 86 Forest Road, Markfield LE67 9UN. Tel: 01530 242534.**

**Email: [longwhatdisepc@hotmail.com](mailto:longwhatdisepc@hotmail.com).**

Please visit the website at [www.longwhattondiseworth.org.uk](http://www.longwhattondiseworth.org.uk) (being updated).

If you wish to discuss any matters of concern, please contact your Parish Councilors:

Martin Hening, 9 Clements Gate, Diseworth DE74 2QE	01332 853647
Sue Roberts, Chapel Farm, Hall Gate, Diseworth DE74 2QJ	01332 810813
Kevin Brown, 10 Grimes Gate, Diseworth DE74 2QD	01332 850910
Derek Wiggins, Bull & Swan, Grimes Gate, Diseworth DE74 2QD	01332 853960
Andrew Cawdell, 58 The Green, Long Whatton LE12 5DB	01509 843273
Michael Downs, 12 Barnfield Close, Long Whatton LE12 5BZ	
Thomas Wilkins, 1 Hathern Road, Long Whatton LE12 5DD	07971 730499

Parish Council meetings are held at 7.30pm on the first Thursday of each month, alternately at Diseworth and Long Whatton. Please see the Notice Boards or ask the Parish Clerk for current information or to make general enquiries about the Parish Council.