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Flowers and Bras Mrs J Bartlett & Mr & I Mrs B Noble & M Mrs M Rose &	Mrs J Cooke Mrs S Clarke Irs M Beckitt	29th May 5th & 12th June 19th & 26th June 3rd & 10th June	
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Open	Field) <u>w</u>	ww.openfield.org.uk

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

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 JUNE PLEASE

Cover photo: May Day Sunrise Photo by Jayne Mair, Retford



Letter from the Revd. Chris Levy

Dear Friends,

As June begins I am sure we are all hoping for long, hot summer days. A time to be outdoors enjoying the garden or a walk in the surrounding countryside. We are luckier than many people as we do have some wonderful places near to us which we can enjoy. In its own way the variety of weather is also a blessing that we too often complain about rather than celebrate. When we hear in the news of places where they have not seen any rain for over two years and the people are enduring scorching heat do we not think how lucky we are?

Human beings have that habit of looking for something different, that we think might be better, but more often than not failing to appreciate what we have. We all know the expression. 'The grass is always areener on the other side of the fence.' But is this always the case? How often do people give up on what they have, go off seeking what they consider will be a better life, only to return to where they started out in just a short while? Over the past weeks in the Bible readings set for the Daily Office of Morning Prayer we have been reading about the time that the people of Israel spent in the wilderness. They had been rescued from slavery in Egypt and under the leadership of Moses, God was leading His chosen people to a new life in the Promised Land.

However, as they journeyed and things became difficult the people began to complain to Moses that they had no food, or water and that they would rather be back in Egypt. They may have been slaves, they say, but at least they were not hungry.

On each occasion that they complained God provided. He provided the food to eat each day and water to drink. They were being taught that God wished them to be well. He did not wish the harm as they were His People. Of course it was Moses who was picked upon by the people. It was all his fault. He worked as the go-between seeking to keep the peace, pleading on behalf of the people to God to provide for them but also not to punish them when they did turn their back on Him. On one occasion even the people decided to make and worship a Golden Calf as they decided that God had turned his back on them. The reality was, of course, that it was the other way around. God's Love for them was constant. It was more a case that their love towards Him wavered. Like many other people it was the good times they wanted and not any form of hardships.

We all know, though, this cannot be. Life is not all lived on one level. Just as we appreciate the seasons and changing weather so we need to accept that our lives are made up of times when things seem to be going really well only to be followed by times when things seem less good. We cannot change this but what we can do is the one thing that the people of Israel sometimes forgot to do. We can look towards God as He is our constant. He is unchangeable and goes on loving us at all times. It is a pity that some people will turn to God in prayer when things are not going too well but forget to do the same when things are going along nicely. We enjoy the good weather and we love to

moan when it is lousy. We think we need God in times of need and think we do not in other times. The truth is we need God in our lives at all times. We cannot change the weather. But we can change ourselves and become more like the people God wants us to be and that is people who see Him at the centre of our lives at all times.

Yours

Christopher



Rogation

May 1st was Rogation Sunday and luckily the weather kept fine so we were able to hold our service on the common at

the entrance to the wood, which is the boundary between Kneesall, Wellow and Laxton.

It was lovely walking across the field to the wood, with a carpet of primroses, cowslips, oxlips and violets everywhere.

The service was taken by the Rev. Chris Levy and the lessons were read by lan



Thorne and Stuart Clarke. We were also joined by some members from Ollerton, which was their first experience of our rural Rogation Sunday Service.

Laxton Garden Fête

Friday July 1st is the date of the Annual Church Garden Fête and the PCC would be very grateful for any offers of help to run the stalls or games or for any donations to the cake stall, tombola, plants, books etc.

Thank you

WI Tombola Stall for Laxton Garden Fête

Would anyone who would like to donate a prize this year for the WI tombola stall, at the church garden fête, please deliver them to Pat Naylor during the week prior to the event. This will allow time for processing them. The fete is on 1st of July.

Thank you

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hank You ŵ

Thanks to everyone for the cards, flowers and good wishes after my mishap last month. I am feeling a lot better thanks, and you could say nearly back to normal. Brenda

Thanks



Brenda

Pat

c 🛝



Folk at the Hall

Howden Jones the folk duo who entertained us so well some time ago are coming to Laxton Village Hall again in late September / early October. Plans are in the making, so look out for details of the date and how to get tickets next month.

It will be a evening of folk music and a pie and pea supper.

Price including supper will be £10.00, bring you own drink.

T	nings to Do this Month
May 30 th	Wellow Maypole Celebrations, Wellow Green
June 3 rd	Moorhouse Garden Fête, 6.30pm
June 18 th	WI Afternoon Tea for HM the Queen's 90th Birthday, Village Hall, 3 - 5pm
June 24 th	History Group Booklet Launch Exhibition Crosshill Farm, 2.45pm - 4.30pm
June 25 th	History Group Booklet Launch Exhibition Crosshill Farm, 11am - 3.00pm
June 26 th	Egmanton , Village Hall, Garden Party @ 5pm followed by evening entertainment
June 27 th	Mothers' Union - talk on day to day life at Southwell Minster. Details from Members

DOVECOTE INN AT LAXTON SUMMER BABLE FRIDAY 8TH JULY 2016

Champagne Reception followed by an evening of live music and dancing to our live band Samson 65: Plus disco, bar and our own hog roast, all in the Big Dovecote Marquee

7pm till late

£10.00 per person inclusive of reception fizz and hog roast

Smart Dress Code: Cocktail dresses for the ladies, jacket and tie for the gents

TICKET ONLY EVENT!

Strictly over 18's On sale now from The Dovecote Inn,

01777 871586.

thedovecoteinn.com Cross Hill, Laxton, Newark, Nottinghamshire NG22 OSX

You are Invited to Laxton History Group's Booklet Launch & Exhibition Friday 24th & Saturday 25th June at Crosshill Farm.

2.45pm - 4.30pm on 24th & 11am - 3pm on 25th

The project has turned the spotlight on Laxton during the period 1900 - 1920 to give a 'Snapshot in Time' of life for those living and working in the village then both in peace and in war. We have written four booklets looking at Agriculture, Education, Life in Laxton and WWI as well as educational materials for use in primary schools.

All villagers, friends and family are warmly welcomed to join us when they are able during this period to see the results of our efforts.

Light refreshments will be available throughout this **free** event. We hope to see you there.

Strawberry Tea for Hospital Helipads



This year's Strawberry tea is on Sunday 17th July at Corner Farm and tickets are selling fast. Donations for the cake stall, raffle or tombola would be much appreciated along with simple fund raising ideas that suitable for a garden setting? All suggestions welcome to make this a very successful afternoon for to help to provide helipads for hospitals. These facilities on hospital premises to enable Air Ambulances to land on site, saving patients the delay and discomfort of a

transfer by land ambulance from the nearest landing point into the safe hands of doctors awaiting them in the Accident and Emergency departments.

The tea consists of ham and salmon salad, strawberries and cream, cakes and a cuppa. Tickets cost \pounds 7 each from Jean on 01777 870276. The fences at Corner Farm aren't elastic even if your waist band is in the presence of strawberries, so if you want to come for a delicious Sunday tea, call soon.





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advertising@openfield.org.uk or call 01777 871506 for details and info on web pages / links.

Sherwood Forest Rotary

Supporting the Local Community

07711 802683 Meeting most Wednesdays at South Forest Leisure Robin Hood Crossroads, Edwinstowe Visitors always welcome www.rotary.org/1220





The archive doors remain closed again this month as Marian Cooper has once again been able to shed some light on the figures from Laxton's past.

She has identified two of her relatives in the photographs published in April. Many thanks to Marian for taking the trouble to let us know what she found.

On looking at my April copy of Open Field, on the second photograph of Lady Manvers planting the tree on Crosshill (below) I recognised my great, great grandfather, Thomas Bennett. He is the gentleman with the full white beard wearing the light waistcoat and porkpie hat and carrying a stick.

He came to Laxton from Lincolnshire as a farm labourer and later farmed at Church Farm. His wife, Frances is to his left in her usual black bonnet and cape. They had six children. On son died in infancy and two daughters, Fanny Newbold and Florence Bennett remained in the village until their demise.

I have a photograph of Fanny and Arthur Newbold's wedding taken at Church farm. Thomas is still wearing his pork pie hat and has a full white beard. In John Beckett's book 'A History of Laxton'. The Thoresby Estate Agent, Mr Wordsworth, referred to Thomas as 'Old Tom Bennett, one of the very old order'.





The Dovecote Inn at Laxton Your Local Village Pub



Friday June 10th 7.30pm Cheese & Wine

A selection of wines to taste and try, matched to regional cheeses and cheeses from further afield. £15 per person

Sunday June 19th noon through to 7.00pm Father's Day

Traditional home cooked lunch Book early to secure your preferred time 2 courses £17.95, 3 courses £19.95

Monday 27th June 6.00pm to 9.00pm Steak Night

Whole joints of Nottinghamshire beef brought to you by family butcher 'Doncaster's' of Newark. Cut to size at the butcher's block in the restaurant the cooked to your liking in our kitchen. Price dependent on size of steak.

Friday July 8th 7.00pm **Summer Ball** Ticket Only event - see separate advert for details

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 <u>www.dovecoteinn.co.uk</u> or find us on Facebook.

We look forward to seeing you all soon at your local pub, The Dovecote Inn at Laxton

Tuxford Young Farmers



Tuxford Young Farmers at 85

Many people living in the area will have attended Tuxford Young Farmers events over the years. This year they are planning to celebrate their 85th birthday with a party at **Egmanton Village Hall** on Saturday July 2nd 7.30pm. Everyone is invited to enjoy a hog roast followed by strawberries and cream and music / disco. Tickets price £10.

If you have any photos of Tuxford Young Farmers they would love to borrow them to copy to make a display for the event.

Please contact **jessicaruthrose@hotmailco.uk** for tickets or if you can help.

Sunday May 29th - Change to Rota

Please note that because the Rogation Service was held here on Sunday May 1st, our Holy Communion Service will be held in church on Sunday 29th May at 10.30am. This is a change to our usual rota of services.

Laxton Charity Show Needs Your Help!

The Laxton Charity Gymkhana is to be held on Saturday 9th July 2016. This will be our 14th show and over the years we have donated £17,800 to the Lincs & Notts Air Ambulance and made donations to local organisations and charities.

The current committee are well practiced in the organisation leading up to the event, however it would be greatly appreciated if extra volunteers where available to help set up the day before and/or help on show day. I am sure you will agree that the Air Ambulance is a very worthy cause which any one of us could need at some time.

If you are able to help us or would like some more information then please contact:

Debbie Dawson 07977 666584 Tracey Leech 07900 178344 or Julia Banks 07971 627591.

Many Thanks



Villagers will probably have noticed that Pat Naylor has set out her plant stall again. The plants are sold in aid of the charity selected by the president of the Inner Wheel Club of Sherwood Forest, which this year is the Helipads for Hospitals Appeal.

*



Pat would be grateful for any donations of plants she can sell, so if you are splitting clumps or redesigning your garden and need to dispose of perfectly good plants, please drop them up to Pat.

Of course, if you need plants, please have a look to see if Pat has what you want first. There is a wide variety of flowering plants, bedding, vegetables and herbs. Please go prepared with change as if Pat is not there she asks that you drop the money for what you take through the door. Last year the

Laxton History Group AGM



As usual the Village Hall was full for our AGM and Historical Tasting Supper. This year the theme was matched fairly closely to the period 1900 - 1920,

which we have been studying for the last two years. We used recipes from Mrs Beeton's cookery books of the 1930s and they produced



some tasty dishes as always.

John Chambers welcomed members and our guests. We were pleased to have our Honorary president, Prof. John Beckett with us and he was joined by Prof. David Stocker, a member of the East Midlands HLF Committee and his friend Prof. Paul Everson. Both have expressed great interest in Laxton and in our activities and were delighted to be able to join us.

The AGM reflected on another successful year, dominated by our HLF project work, which is now nearing its conclusion. That had not stopped us from holding some enjoyable



meetings with a wide variety of speakers and topics.

The Committee were re-elected. This year John Chambers was elected as Chair with Joan Cottee as Vice Chair. In his review of the year, John thanked everyone for their help and support, giving particular mention to Jo Godson who has a lot of extra work keeping track of our HLF finances as well as our general account. John Smith of Egmanton was thanked for once again for inspecting our accounts and he was re-elected to do so again in the coming year.

With the business done, the food was brought out and members and guests enjoyed three tasty courses. Early estimates indicate that the evening raised around £300.

May Visit to Lotherton Hall

We decided to have a trip out in May to compensate for having to spend the meeting night undertaking some of the admin tasks needed to stage the Booklet Launch at the end of June.

Jean chose Lotherton Hall, an old





house owned by Leeds City Council, about an hour north of Laxton.

We travelled there in cars and met up in the coffee shop. A decent coffee shop is always a 'must' for us. After planning to meet for lunch we split up to explore. There is a large bird garden with many unusual species in individual aviaries. There is a large, walk-through aviary



built to resemble an African wadi. This is a great opportunity to see the birds at close quarters in fairly natural surroundings. They are very used to people so it was easy to get close up photos of them.

By mid day the deer in the deer park had moved close to the entrance and gave the impression of having settled in comfortably to watch the visitors arriving, or possibly of looking at the vintage Lagonda cars in the car park. Lunch was a chance to compare notes and discuss what to see in the afternoon. By then the sun was out and it was a glorious afternoon.





There was a delightful chapel, one of the remaining parts of the old house recorded in 963AD. It was restored in WWI when Lotherton Hall was a military hospital, so that

soldiers could worship there. It remains consecrated and is still used as a family chapel. The wooden chairs looked hard and uncomfortable. We can only hope that the congregation don't have to sit through too many long sermons.

The house was quite plain from the outside and unfortunately the formal gardens were between seasons and quite bare. There was a touch of colour in the orchard with a wide variety of apple trees in various colours and stages of blossom.

Inside the house is richly decorated, with many ornaments from Asia. The family clearly liked pietra dura and inlaid work. One bedroom was furnished entirely with black pieces inlaid in the most intricate patterns with mother of pearl. Our visit coincided with an exhibition entitled 'Our Cousin Florence' detailing the relationship of the family to Florence Nightingale.

By the end of our visit the plant stall was seriously depleted as members stocked up with beautiful plants to bring home on their way back to the coffee shop for tea and cakes to keep them going on the way home.

Running for Beaumond House Hospice

It is still not too late to add your name to the list of people sponsoring Amanda Hennell for taking part in, and hopefully completing, the to 'Chase the Rainbow' 5 kilometre run on 15th June for Beaumond House Hospice.

If anyone would like to donate or sponsor her, please can you contact Amanda or Jean Hennell.

Laxton Sport and Recreation Field Annual General Meeting

The AGM of the Sport Field Committee will be on

MONDAY 13/6/16 @ 7:30pm

in the Visitor Centre.

Laxton Visitor Centre Trust Annual General Meeting

The AGM of the Visitor Centre Trust will be on

MONDAY 27/6/16 @ 7:30pm

in the Visitor Centre.

Vickers Wellington Bomber Find Update

Thanks to Colin Savill for this further information adding to what we reported last month.

Following on from the article by Mr. Mick Manning in the May issue, I would like to inform people of the progress since.

One vital bit of evidence was on the item that Stuart Rose had found the part code for the item. 440 the first part of the code refers to a Vickers Wellington Mk.X, the type of aircraft that crashed on that January day in 1945. A good start!

After discussing the item and its identification with fellow Museum members, an aviation forum was contacted and also Brooklands Museum, the home of the Vickers aircraft factory in the war.

A discussion was started and after some time a consensus was reached as to which bit of the aircraft it was, whilst conclusive proof is not, as yet, forthcoming we have enough evidence to say where the part was located on the aircraft.

The Wellington was powered by two Bristol Hercules engines and one of its successors is the Vickers Varsity also powered by Hercules engines although a later model. On having a close look at the Varsity at Newark Air Museum a similar size and shape panel was noted on

the underside of the engine nacelles. This led to several Museum people agreeing with this and on relaying the information to the Brooklands Museum they also agreed. So as you can see in the photograph the part is the lighter coloured panel



which is just behind the oil cooler which is the part below the main engine nacelle.

It seems strange that a piece of aircraft LP841 has reappeared after so many years but it will serve as a reminder, along with the memorials, of the young men who gave their lives for our freedom.



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Rattlejag May Day at Laxton Castle and Dawn Chorus Walk



This year 1st May was as nice a day as we have had for some years for the nowtraditional event at Laxton castle. A cool, clear morning gave an excellent view of the sun rising, and when it peeped over the horizon it was quite dazzling.

A good crowd had gathered to watch and enjoy the entertainment. This seems to

be expanding as not only did Rattlejag Morris from Retford perform their traditional dances, there was a young man clog dancing, a visiting Morris dancer who performed a solo and another who played a pipe and the drums at the same time while dressed in a ribbon-covered suit. To add to the interest, one visitor carried a pair of antlers on a stick and another appeared to be filming with a small camera on a 'selfie stick' the length of a fishing rod! You never know what you will see on Laxton Castle at 5.30am!

Fourteen or fifteen people joined the dawn chorus walk lead by Stuart Rose accompanied by Lynda Milner from Notts Wildlife Trust. They took a different route this year, going across to Egmanton Wood, but the hoped for extra birds were all in the hedges and again the total was around 30 species.



June 12th *Trinity* 3 **JUNE 2016** July 10th July 3rd June 26th June 19th June 5th Trinity 5 Trinity 4 Trinity 2 Trinity 6 Trinity 7 10.30 am 10.30 am 10.30 am 10.30 am 10.30 am 10.30 am 9.00 am 8.00 am 9.00 am 9.00 am 8.00 am 8.00 am 9.00 am 9.00 am 9.00 am 8.00 am 9.00 am 9.00 am 4.00 pm 4.00 pm Holy Communion Walesby Kirton Kneesall Kirton Wellow Walesby Walesby Kneesall Kirton Walesby Egmanton Boughton Egmanton MOORHOUSE LAXTON MOORHOUSE Walesby Wellow Wellow LAXTON New Ollerton – Songs of Praise New Ollerton – Messy Church New Ollerton – Messy Church WELCOME SERVICE Family services **New Ollerton** 4.00 pm 3.00 pm 6.00 pm 4.00 pm Walesby – Evening Prayer Egmanton – Evening Other Services 6.00 pm 6.00 pm Prayer

UNITED BENEFICE OF KNEESALL, LAXTON with MOORHOUSE, WELLOW with RUFFORD

singing & snacks Baby and Toddler Group ~ Mondays 9.15-11.15 (termtime) ~St Paulinus Community Hall, New Ollerton ~ Play, craft,

<u>Young Followers</u> (children of any age) ~ 2^{nd} , 4th, 5th Sundays during morning service ~ St Paulinus ~ craft, stories and fun

DATES FOR YOUR DIARY

2016		
May 29 th	Maplebeck Children's Film	
May 30 th	Wellow Maypole Celebrations	
June 8 th	WI Outing	THE THE
June 9 th	Coffee Morning	A start
June 18 th	WI Queen's 90th Birthday Tea	
June 24 th & 25 th	History Group Booklet launch	4
June 27 th	MU	
July 1 st	Laxton Church Fete	
July 2 nd	Tuxford Young Farmers' Party	
July 3 rd	Michael Ducksbury Memorial Tra	ctor Run

Forward Planning

July 8 th	Dovecote Summer Ball
July 9 th	Laxton Charity Gymkhana and Dog Show
July 17 th	Strawberry Tea for Helipads for Hospitals
Aug 13 th	Charity Barn Dance
Sept 24 th	Southwell Ploughing Match, Farnsfield
Nov 18 th	Church Dance
Dec 2 nd	Quiz Night

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 that others can take it into account when planning.

Copy Date for July: <u>16th June</u>.

We cannot guarantee to include items received after this date.

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Laxton WI

There was a very good turn out for our May meeting and we were pleased to welcome back President Brenda after her upset last month. May is the occasion when we discuss the resolutions to be



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taken to the national AGM. This is not generally thought to be the most exciting meeting of the year, but after the business we had a discussion of the two motions to be presented in Brighton in June.

One deals with making provision for carers to stay with people with dementia when they are admitted to hospital. While the sentiment behind the motion is excellent, the wording leaves it open for carers to be expected to bring their caring role into the hospital to relieve the staff. Lesley suggested it would have been better phrased to suggest enabling the carer to stay with the person with dementia in order to enable the staff to better care for the patient and members agreed with this view.

The second motion calls for supermarkets to form a voluntary agreement to work with charities to reduce food waste. The briefing meeting about the subject had pointed out that only 1% of food waste is from supermarkets and some have already got arrangements in place to donate this to food banks etc. There is also an agreement already in place to reduce food waste by 10% within 10 years. The feeling was that this resolution would have been more effective if it had related to food waste in the home, where WI could have built on its educational brief to work actively in local communities.

In both cases Joy was given discretion to vote as seems appropriate after listening to the discussion at the AGM.



To round off the evening we enjoyed our now traditional supper of cheese and puddings. Once again these were made by the Committee and they were delicious. They definitely have that job in future. Thanks to Anna for organising the cheese and accompaniments.

Our County Federation has sent each WI a £10 note with a challenge to make it grow. We discussed how we might do this before the September deadline and Pat has come up with a suggestion which we can use in various places, and even better, which doesn't involve a lot

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of work for already-busy members. June will be busy with our special Afternoon Tea to celebrate HM the Queen's 90th Birthday on June 18th – have you booked yet? - and catering the following week for the History Group's launch of their booklets written about Laxton in 1900 - 1920, followed on 1st July by our tombola stall at the church Garden Fête.

WI Party 2016



Our entertainment was provided by Marti Lee, a singer who performed a variety of songs from the 60s. He clearly adapted his

Our Annual Party was held in the Village Hall on Wednesday 27th April, when members and friends from Weston, Sutton, Egmanton and East Markham sat down to a three course meal catered for by Sally from Norwell. We were pleased that Brenda was well enough to be able to join us for an excellent evening, which was thoroughly enjoyed by us all.



programme to the songs which got the best reaction and we enjoyed his songs and his singing.

We were also entertained by Margaret P and Sue from Sutton who provided a show with several other people getting up to have a dance.



Brenda took the opportunity to present Bridget with the cup for the most points gained in our competitions during 2015. She also presented a small gift to Margaret Noble, last year's winner on handing back the cup.

Thanks to Sandra for organising it and to everyone who helped to make it such a good night.



wilkinschimneysweep.co.uk/ newark **[**]



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Wellow Maypole Celebrations



Don't forget that the late Spring Bank Holiday on 30th May will see the next Wellow Maypole celebrations. This free event begins with a display from Ollerton Town Drum Corps, followed by the official opening at 12 noon.

Hawks of Steele will give two displays, with the first taking place at 12.15pm.

Between 2.30pm and 2.40pm the procession will move from St Swithun's Church to the green, and the crowning of the new May Queen on a flower decked stage at 2.45pm. The Maypole dancing can be seen between 3 and 4pm.

Refreshments are available all day from the Memorial Hall. It is a bright and colourful event livened up more by Morris dancers beside the Red Lion, traditional swing boats and Punch and Judy.

Mothers' Union

On Monday 23 May in the afternoon, some Mothers Union members are visiting Clayworth and Hayton churches. Clayworth church is famous for the stunning wall paintings by the Edinburgh artist Phoebe Anna Traquair, which were painted in 1904-5 as a village memorial for the second Boer War. It is one of only two or three works painted by her in England.

On Monday 27 June, there will be a talk by John Meredith, former verger at Southwell Minster, who will talk about the unseen day to day life at the Minister (and probably including some snippets about trains as well, being a train enthusiast!). One story previously told by him concerned a visitor on a Tower tour who, on coming out of the door from the stairway onto the roof parapet, rushed to the central flagpole which he clutched fervently due to the dramatic viewpoint and his fear of heights. Ultimately, and after much persuasion, he crawled his way back to the doorway and the stairs.

Anyone is welcome to join us (meetings and membership are open to men as well). The Mothers Union supports family life, in all its forms, through various projects both in the UK and abroad.

Recent Bonus Ball Winners

Date	No	Name
23/4/16	24	Derek (Dovey)
30/4/16	31	Mike Manning
7/5/16	28	Pat and Bert
14/5/16	16	Janet Cooke

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 1,52, 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

Laxton Charity Barn Dance

Saturday 13th August

Put it in your diary now. Advance ticket sales will be available soon.

We would very much welcome support from the local community to join our committee to help with this event.



For further details please contact

Georgie on 07904 979361

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Dukeries Singers

Our now ex Musical Director Sarah wrote to the Choir that with deep regret she had made the difficult decision to step down as Musical Director of the Dukeries Singers due to her many commitments. She is a very busy lady and sadly



she felt she was unable to dedicate the time she thought the Choir deserves and needs. She has skilfully led us for six wonderful years and the Choir loves her dearly and understands her decision. We all wish her every success and happiness in all aspects of her life. We shall take a close interest in her future, she was such an inspiration to us.

We are most fortunate that Sarah introduced to us Ashley Williams, an extremely knowledgeable and enthusiastic musician who has agreed - is indeed keen - to be our new Musical Director. I am sure he will keep the Choir moving forward with great skill and energy. We always aim to improve our performances and work hard at rehearsal to achieve this. He has already skilfully steered us through two excellent concerts. We enjoyed singing for the St. George's Day celebrations in Ollerton - complete with patriotic flags! We also performed a most successful joint concert with The Dukeries Community Band led by Malcolm Bevan. It was a pleasure to perform alongside such skillful musicians.

Our June concerts are;

- Sat 18th Edwinstowe Summer Concert, Edwinstowe Village Hall 7pm. This is a very popular event and tickets are available from Choir members or from Jan at 01623 823416
- Sat 25th Milton Mausoleum nr. Walesby at 7pm. Do not be put off by the name of the place, we are looking forward to performing in this new to us venue.

If you would like to book us for your next fund raising or celebratory event please contact our Concert Secretary Phil on **01623 822070** he would be delighted to speak to you.

If you would like to sing with us come to any rehearsal and give us a try. There are no auditions and no necessity to read music. We practise every Wednesday from 7-30pm. until 9-30pm. above the Concert Hall at the Dukeries Academy. This is accessed by the Leisure Centre entrance and car park.

Singing with a group of like minded people is a socially, happy and healthy activity. I don't know if it's one of your 5 a day, but it ought to be! All our details are on our website <u>thedukeriessingers.com</u> Have a lovely early Summer



We have a number of events at the church during this year.

June 25th Dukeries Singers 7pm June 26thMid Summer Tea Party 2 – 4pm Sept 11th Heritage Open Day 2 – 4pm

Speaker, Janet Roberts, author of 'The Clumber Love Story'. December 3rd Winter Music 2pm.



These events are still being planned so please look for more information and posters soon.

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 Events

A Thankful Village Project Launch Gig.

Maplebeck Village Hall, Friday 3rd June, 7.30pm. Tickets £10 from 01636 636421 / 636185 or www.wegottickets.com/event/359947

'Thankful Village' is the name given to a village from which all the soldiers who went the first World War safely returned. There are 54 such villages, of which Maplebeck is one.

This enthralling and ambitious gig, inspired by visits to most of the 54 villages, will comprise original live music and original film including interviews with Thankful Village residents, including Maplebeck.

Maplebeck Garden Fête

You are invited to Maplebeck's annual garden fête on Saturday 25th June, starting 2.30pm. There will be children's fancy dress at 3pm, followed by children's sports at 3.15pm with entertainment from the Mickleborough Men Morris dancing and the usual fun of the fête. In aid of St Ragdegund's Church and the Village Hall.

CHinK Giant Once a Year Sale

Back by popular demand is our Giant sale event. This will take place on the lane at the side of the charity shop, Newcastle Street, Tuxford, and the sale starts at 10.00 am. All manner of items will be for sale so come early so as not to be disappointed. See poster for more details.



You are also invited to attend the fashion Show to be held in Tuxford Methodist Church hall on Friday 17th June starting at 6.30pm. Tickets \pounds 3 each including light refreshments available from our shop.



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Health Matters - Safety in the Sun

With better weather looming, this month we revisit safe sun exposure, and reducing our risk of skin damage and skin cancers.

What are the benefits of safe sun exposure?

We rely on sunshine for the production of vitamin D in the skin. Over 90% of vitamin D is derived from sunlight, and it is only in limited quantities in food, mainly in fortified form, added to bread, cereals and margarine! The sun is not strong enough in the winter months (October to March) to stimulate production, so vitamin D for the year is produced during the summer months. Everyone should have approximately 20 minutes of safe sunshine a day on their face and upper arms in the summer months, avoiding the strong sun between 11 and 3pm. If you are unable to do this then taking a daily over the counter supplement of 25mcg daily of vitamin D (go for the cheapest available) is a safe alternative.

What are the potential dangers of sun exposure?

Sunburn – short term overexposure to the sun can cause burning of the skin, sometimes to more than one layer, and severe enough to cause second degree burns. The skin becomes red, hot and painful, may cause blistering, and inevitably peels off after a few days. Cool showers or baths can help, as can the application of moisturising after sun lotions. If the skin is very inflamed, then 1% hydrocortisone cream, available over the counter, can reduce the inflammation.

Sun light allergy (or Polymorphic Light Eruption (PMLE)) – is an itchy rash that occurs in some people, mainly women, whose skin is not used to sun exposure, and is suddenly exposed to strong sunlight, for example on a summer holiday abroad. PMLE can be limited by making sure you cover up - it's the light not the heat that causes the rash, so stay in the shade until your body becomes gradually used to the strong sunlight; by taking antihistamines such as cetirizine 10mg twice daily to reduce the itch, and by using 1% hydrocortisone cream if there is significant inflammation. The treatment of **prickly heat**, a similar rash thought to be due blocked sweat glands, is identical.

Sunstroke – excessive exposure to the sun can cause headaches, fever, nausea / vomiting and aching muscles, a condition referred to as sunstroke. Keeping well hydrated with plenty of fluid is vital, and the headache and aching can be eased by taking paracetamol or ibuprofen.

Sun related skin damage – repeated poorly-protected exposure to the sun over a number of years can cause permanent damage to the skin. Effects of this include premature skin aging and wrinkling, brown spots and actinic keratoses (AKs) – unsightly crusty/scabby growths on the skin,

especially the face, scalp, ears and the backs of hands. AKs can be treated with topical gels or using cryotherapy (freezing with liquid carbon dioxide), but up to 10% can undergo malignant change, turning into squamous cell carcinomas.

Skin cancer – all types are unfortunately increasing. Over 90 % of non melanoma skin cancers (squamous cell carcinomas and basal cell carcinomas) and 60 % of melanomas, the most serious form of skin cancer, are thought to be caused by excessive exposure to the sun. In particular, episodes of sunburn greatly increase the risk, and although skin cancer is rare in children, their skin is much more sensitive to sun damage. Indeed, the amount of sun exposure during childhood increases the risk of developing skin cancer later in life – it is therefore vital to take extra care with children. Babies should be kept out of the sun completely.

How can you protect your skin from the sun?

- Avoid the sun when it is at its strongest. In the UK, from May to September, it is best to stay indoors or in the shade from 11am to 3pm. If you travel to hotter countries this may apply to most of the year. It is madness to sunbathe during these hours as it simply will not protect you sufficiently when the sun is at its peak. Keep in the shade of trees, parasols or canopies.
- Keep covered up when you are in the sunshine. Wear wide brimmed hats, which give good protection to your face and neck, the areas most commonly affected by sun damage. Baseball caps give no protection to the lower face, neck or ears. Wear loose baggy clothes, preferably long sleeved, made of tightly woven material, which blocks sunlight. Wear high UV rating sunglasses to protect your eyes from sun damage.
- Use a sunscreen with a SPF (Sun Protection Factor) of at least 15. No sunscreen is 100% effective and even the best provide less protection than clothes or shade. It should be used in addition to the measures above. Ideally you should apply sunscreen 20-30 minutes before going out in the sun, re-apply at least every two hours, and always after swimming or towelling (even if they claim to be waterproof). Use a broad-spectrum sunscreen protecting against UVA and UVB. Ensure you cover all exposed areas, including lips, ears neck, scalp (especially men thinning on top), hands and feet. It should be re-applied on children more frequently than this.

It is worth knowing that sunscreens have a shelf life of 2-3 years, after which their protection cannot be guaranteed, so do not use out of date sunscreens. It is good practice to write their purchase date with a permanent marker on the bottle. Remember, sunscreens only offer **partial** protection to the skin – they do not give you carte blanche to sunbathe for as long as you want. There is no such thing as a healthy



2, Rose Cottage, Newark Road Caunton, Notts, NG23 6AE

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

Bilsthorpe: (The Surgery, 35 Mickledale Lane) - Monday 9.30am-12.30pm

Advice Line: 0344-411-1444

Monday to Friday 10am to 4pm

www.citizensadvice.org.uk

tan - if you tan then you will have done some damage to your skin, as tanning is the body's response to the damaging sun rays.

Do not forget that reflected light can cause damage too – sand, water, concrete and snow are good reflectors. If these are around you, make sure you are protected even if you are out of direct sunlight. The sun's rays are more powerful at altitude so do not forget to cover up on skiing holidays. Remember that most of the UV rays still penetrate thin cloud, so cover up as usual if it is overcast, especially in hot countries. Wet clothes provide much less protection than dry, so make sure you take spare clothes if you expect to get wet.

Summer holidays are the one time of year when the family can get together and unwind. Make sure that your family has a safe time in the sun by keeping to the advice outlined above, but remember that sun exposure does not stop when you board that plane home. This advice should be followed both at home and abroad during the summer, whether on holiday or working out in the sun.

If you are concerned about any area of skin that looks unusual, or about moles that change shape or colour, become itchy or bleed, then please see your doctor for advice.

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Please check the EVH web site or call for latest details.

- Tuxford Young Farmers Wednesday 18th May
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- Computer Problems? Call 01777 871171. If your computer is misbehaving or you need help setting up a new one, please call. Donations to Egmanton Village Hall in lieu of fee.

Useful Contact Details

Police PC Gary Sipson

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PCSO 4741 Keith Crowhurst

07889 702823 or 101 x 8007671 Email: keith.crowhurst4741@nottinghamshire.pnn.police.uk

Web, showing other contacts: www.nottinghamshire.pnn.police.uk

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Parish Council website: www.laxtonandmoorhouseparishcouncil.co.uk

