

# 'ONE NEWTON'

# ISSUE 5 2018

## Hello December ...

Although the long, hot days of summer might by now be a distant memory, the weather has remained incredibly mild and dry, with autumn setting in a little later than usual.

Now we're heading full speed towards the Christmas holidays and very soon, residents of Newton will be putting up their decorations! It doesn't seem right somehow as we're only now starting to see the temperatures really drop!

## Amongst our regular features, we share a few extra Newton highlights from recent months:

- It's been great to see children (and the occasional adult!) enjoying the new Kestrel Play Area since the grand opening back in July
- Two lucky Newton residents who won a hot air balloon ride in this years' StreetFest charity raffle enjoyed their flight at the annual Chatsworth Country Fair back in September
- James and Carole Fisher hosted Rachel's Harvest 2018 in one of their nearby fields and with the support of many, including Newton residents, helped the Clifford family raise an incredible sum of money for the Teenage Cancer Trust charity in memory of their daughter
- Our very own Jules Purcell has opened her Newton-based kitchen and is delivering beautiful authentic homemade Indian food fresh to your door on a Friday night
- Will and Leo Sweeney climbed Ben Nevis and raised money for their local Beaver and Cub colonies (and one of their photos of Ben Nevis was so incredible, we used it for this Newsletter header!)

## Newsletter distribution

If you have an email address, please sign up to receive your newsletter via email, which helps the environment and reduces our printing costs by:

- Email – We just need your email address and the first line of your Newton address (don't forget to add the [newtonnottingham@outlook.com](mailto:newtonnottingham@outlook.com) email address to your safe senders list) or,
- Read the copy published on the Newton Parish Council website at [www.newtonparishcouncil.com](http://www.newtonparishcouncil.com)

## Feedback & content

If you have feedback or would like to contribute content for a future edition, please get in touch as we'd love to hear from you!

**\*\*Deadline for next edition – 15<sup>th</sup> February 2019\*\***

## Here's how to make contact:

**Telephone:** 01949 21133

**Email:** [newtonnottingham@outlook.com](mailto:newtonnottingham@outlook.com)

**Post:** 15 Dakota Road, Newton, NG13 8ZY

**With best wishes, Yvonne Stephenson, Editor**





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## What's happening at Newton House Farm?

All is safely gathered in at Newton House Farm... Well not quite! As I mentioned this time last year, our sugar beet, destined for the Newark sugar factory, has to be harvested on a rota system with all the other growers in the area.

The dry summer has led to reduced yields with the corn and potatoes although the potatoes were irrigated from the River Trent. The dry conditions made harvesting easier than in previous years especially the potatoes where we often have to work between the rain showers.

Back in August, we hosted Rachel's Harvest in one of our fields here in Newton. The Clifford family from East Bridgford organise the annual charity harvest event in memory of their lovely daughter. Many of you attended the event and will hopefully have enjoyed the nostalgic look back to how a harvest was completed in years gone by, alongside some modern day "monster" combine harvesters. The morning started with drizzle and apprehension that the day would be a washout but the weather improved around mid-day and the vintage combine harvesters trundled up and down the field in unison, gathering the wheat and baling the straw.

Prior to the 1950's the crop was simply cut, the straw and grain in the ears bundled up and threshed by a separate machine at a later date. These operations were later "combined" and hence the combine harvester was born. Both methods were displayed at work on the day, only the horse drawn harvester was missing. Most of the vintage harvesters would cut less than 2 metres width and were capable of harvesting perhaps 16 tons a day either in bulk, or in bags.

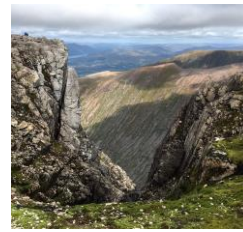
At Rachel's Harvest, we saw a procession of 14 vintage combines cutting up the field and it was a wonderful sight. Along with these combines were several modern-day equivalent machines, each cutting 12 metre widths and capable of harvesting upwards of 600 tons a day. Amazingly, many of today's machines use exactly the same cutting and threshing mechanisms as the earliest harvesters, however the list price for a modern combine machine can easily reach £400,000 with computers, air conditioning and GPS systems built in.

Below, and on the next page are a selection of great photos taken on the day, courtesy of professional Photographer, Andrew Hallsworth of Marlow Photography.



Regards, **Farmer Fisher**





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## A heartfelt 'Thank You' from Rachel's Harvest ...

To everyone who donated, helped and attended Rachel's Harvest 2018 back in August, the Clifford Family would like to say thank you for helping them to raise a massive **£14,000** for the Teenage Cancer Trust.

All credit to Andrew Hallsworth of Marlow Photography for sharing some fantastic shots of the day!



**Right:** Alex Shouler (future farmer in the making), models John Deere overalls and far right with big brother, Sam and Pebbles!



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## Are you mindful or is your mind full?

You've probably noticed the word 'mindfulness' seems to be popping up everywhere these days – Mindfulness Training, Mindful Eating, Mindful Movement – Read on to learn what it's all about...

I am often asked if Mindfulness is the same as meditation... The answer is no, but it has many of the same benefits, plus many more that meditation doesn't. Mindfulness is for anyone who wants to improve their life and let's banish a few myths... You don't have to do yoga, be a hippy, spiritual or religious to practice it and you don't have to sit crossed-legged or be in a quiet place to do it either! In fact, you can do it pretty much anywhere as you go about your daily business!

## What is mindfulness?

I call it my PJs... Three Ps and a J! So whatever task you are doing, even if you're just sitting, it's about Paying attention on Purpose in the Present moment, without being Judgmental.

**Paying Attention:** This is key to mindfulness. Often we think we are paying attention, but really our mind has wandered off onto work, an earlier conversation or what to have for tea. This is what our minds do. However, some of this 'wandering' can create anxiety as we fret about the future or have regrets about the past. When we are more mindful, paying attention on purpose, we can choose where our attention goes.

**Being Present:** If our attention is constantly in the past or future then it means that we are not really here now, living in this present moment. That's a lot of life you are missing so mindfulness trains you to live in the now, right now! People often say they find this difficult as thoughts pull them in different directions. Recognise that thoughts are just like watching cars or buses go past – You don't have to stop each one and jump in! Maybe you like to sit in your favourite café – Well, next time you do, really pay attention to your drink: Think about the aroma, the temperature of the cup in your hands, the taste... Do this with food too – Notice the flavours, the texture, eat slowly, savour every bite and you will enjoy it more, eat less and probably lose weight too!

**Being Non-Judgmental:** When we can let things be as they are (good or bad), we can let go of all the emotional strain. When we have a negative emotion to a thought, it closes down the possibilities to be open-hearted, both with ourselves and the people around us. What is the point in berating yourself about something you said or did in the past? The 'should haves', the 'could haves' – they are gone, so let go of judgement and you will feel more contented.

## Here are 10 ways that mindfulness will help you...

1. It will teach you that your thoughts are just that, thoughts. They are not real life, they are just mental activities in your mind that you are noticing. You will learn to be aware of them without immersing yourself in them
2. You will learn how to respond (rather than react) to thoughts and situations
3. It will help you to be more focused and alert
4. Research shows it is great for managing chronic pain
5. Mindfulness will give you a greater understanding and awareness of your own mind
6. You will have fewer negative thoughts and learn how to let them go more easily
7. It will help you realise your potential and reach personal goals, thereby gaining more confidence
8. It will help you to communicate more effectively, enhancing your relationships with family, friends and colleagues
9. You'll experience improved wellbeing and feel more satisfied with life
10. It will help you manage your emotions such as fear, sadness, anger, frustration, low self-worth and bitterness, more effectively

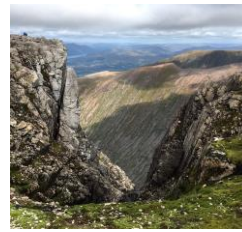
If you'd like to introduce mindfulness to your life, I run a Movement & Mindfulness class in Gunthorpe on a Thursday morning and invite One Newton readers to join me for their first class absolutely **FREE!**

Contact **Karen** to book your first class on **01949 829311** or email on **[info@mabconsultants.co.uk](mailto:info@mabconsultants.co.uk)**.



**MIND & BODY  
CONSULTANTS**





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## Greetings from Jules' Kitchen – Your local curry corner!

So, a little about me... I was born in Chennai (originally Madras), Tamil Nadu on the Coromandel Coast in Southern India, where I lived with my parents and 2 older brothers.

My first home cooking experience was at the age of 13 and I vividly remember being designated Head Chef in the kitchen, cooking my favourite Indian-Chinese food, Chilli Garlic Noodles and Chicken Manchurian. Ever since, cooking for my family and friends has always been fun and very rewarding.

My brothers moved overseas to pursue higher studies, so I had the opportunity to live and cook with them in various exotic cities around the world, including Singapore, Kuala Lumpur, Tokyo, Dubai, Chicago and Paris. This experience also meant that I sampled many different cuisines before arriving in Nottingham in 2005. I became terribly homesick, so started to recreate my Mum's recipes and the soul food that I grew up on to provide some of those home comforts.

The journey so far from Chennai to here has been eventful and adventurous and, after 13 years, I now live with my husband Ben (technical brain behind Jules' Kitchen and also a bespoke software developer) and our three daughters. Once a week, I make simple home-cooked meals using regional ingredients such as coconut, lentils, fenugreek, curry leaves, turmeric, cardamom, asafoetida and black pepper so that you can experience the taste of Southern India, with its' focus on spicy and fragrant dishes, delivered direct to your door on Friday evenings. I'd like to share with you a simple and nutritious recipe for Spinach Dhal (pictured below) and hope that you feel inspired to try it!

If you'd like to sample our changing weekly menu, please follow **Jules' Kitchen** on Facebook, see our website at [www.jules-kitchen.co.uk](http://www.jules-kitchen.co.uk) or call me on **07980 184016**.

### **\*\* New Year Unlimited Special Offer for Newton Residents\*\***

We're running a special offer of free breads, rice or mint raita to accompany your order in the New Year between 4<sup>th</sup> January and 15<sup>th</sup> February. Just add your choice from the free options in the comments section when ordering online or call with your order on the number above – **Order deadline 7pm every Thursday**.

Please note that we won't be cooking during the Christmas holiday period as we'll be enjoying family time!



## Spinach Dhal

### Ingredients:

Yellow mung dal (½ cup)  
Turmeric (¼ tsp)  
Garlic (2 cloves)  
Shallots (3)  
Spinach (500g)  
Grated Coconut (2 tbsp)  
Jeera cumin seeds (½ tsp)  
Black pepper (¼ tsp) or 1 green chilli  
Coconut oil, butter or ghee (1 tbsp)

### Method:

Wash and drain the spinach  
Heat the coconut oil, ghee or butter in a heavy bottomed pan and sauté the shallots, turmeric and garlic until soft  
Add mung dal to the mixture and stir fry for a minute  
Add 2 cups of water and cook for 20 minutes with the lid on  
Add salt to taste (the dhal is ready)  
In a small blender, blitz the coconut, cumin seeds and black pepper (or chilli) to form a paste  
Add the spinach and paste to the dhal and simmer for another 5 minutes  
Serve hot with rice or bread or, on its own like a soup



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## **The school year is off to a great start at St Peter's C of E Academy Pre School**

We have welcomed back some familiar children after the summer break and as always, are pleased to introduce some new members to our Pre School. We have spent the last half-term getting to know them, helping to familiarise them with our routines, the environment, the other children and the teachers. They have all done really well and are making us incredibly proud.

Each child has done a piece of 'writing' for us. It may only be a picture but they have been able to tell us about it and this is a fantastic first step towards writing and creative storytelling. We have also created some amazing self-portraits for display, made a start on our 'Bee Proud' board and made a dingle dangle scarecrow so that we can practise our rhyming!

**Merry Christmas  
Newton!**  
**With best wishes from  
the Teachers &  
Children of St Peter's  
C of E Pre School!**



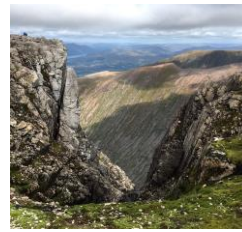
Just after the summer, we moved into our new room as we have swapped places with Reception class. It's great as we now have much easier access to the outdoor space and can operate more of a free flow system for playing outside. We have also changed our routines a little, using the door between our classrooms to open up more often, allowing better freedom between us and Reception class. The idea behind this is to give all the children access to equipment they need at this age and help with transition for both classes. Reception is set up as more of a classroom for slightly more structured learning when needed. It's working really well so far with much more room for both classes to explore and learn.

As part of the move, we needed to recreate our Reflection Area. We inherited a rather large brown wooden tree and with a bit of work, the tree looks much more welcoming and, with the addition of the children's handmade kites, we are now excited to see how it will change over the seasons. There is a nice wooden bench underneath the tree with some cosy cushions and our book trolley for quiet times. The rainbow is back, along with the cloud which hangs in front of a window so the 'raindrops' sparkle beautifully in the sun. 'Suzy Sun' sits just above the cloud. The children made some colourful umbrellas to hang across the room and finished it with some mirror painting which we turned into butterflies.

Now, we have all the fun of Christmas celebrations to enjoy. We are doing a tree for St Peters Church again this year so be sure to look out for it if you visit during the Christmas Tree festival.

Pre school places are available, so if you'd like to find out more, please see our advert on the back cover of this newsletter for details on how to get in touch. We look forward to welcoming you!





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### **Will & Leo trekked to the summit of Ben Nevis...**

Back in August, Will Sweeney (age 9) and his brother, Leo (age 7) climbed Ben Nevis (1345m high) to raise money for their local Beaver and Cub colonies in East Bridgford.

The day started a little misty, but the weather remained fair and when the boys reached the top, the mist cleared and the views were stunning. The surrounding mountains seemed tiny from the top of Ben Nevis and to know that we were standing at the highest point in the UK was an awesome feeling!

### **... and received their Personal Challenge Award!**

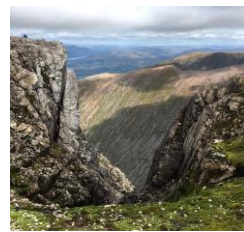
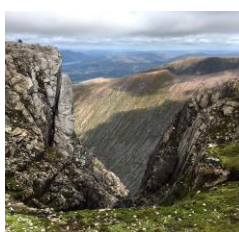
It took Will and Leo eight hours, 32,000 steps and over ten miles in tough walking conditions, to complete the task and they raised over £200.

When presenting the boys with their award, Steve Cumberland, Cub Leader, praised them for such a wonderful achievement and said that the money raised would go towards new craft equipment for the Beavers and Cubs.

On behalf of all the Leaders at 1st Shelford & East Bridgford Scout Group, Steve expressed his thanks and admiration for the boys' efforts, recognising all the training they put in before the trek. Will and Leo have most certainly fulfilled their Cub & Beaver Promises by doing their best and thinking of others and they really are amazing ambassadors for the Scouting movement. They have since applied for and received their Blue Peter badges and went on to climb Snowden in October!

**WOW - Fantastic achievement boys!**





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### **The Shelford Women's Institute welcomes newcomers!**

Monthly meetings take place on the 1<sup>st</sup> Thursday in the month,  
starting at 7.30pm

Venue: Shelford Village Hall, Church Street, Shelford, NG12 1EN

Please join us for a taster session!

Website: [www.shelfordwi.weebly.com](http://www.shelfordwi.weebly.com)

Email: [shelfordwinotts@gmail.com](mailto:shelfordwinotts@gmail.com)

### **Provisional List of Events & Speakers for 2019**

<b>Date</b>	<b>Event</b>	<b>Speaker</b>
January 10 <sup>th</sup>	Annual Meeting	
February 7 <sup>th</sup>	The History of Boots the Chemist	Thomas Bell
March 7 <sup>th</sup>	My Ruby Slippers Style Academy	Lisa Newport
April 4 <sup>th</sup>	My Life in Stronsay	Barbara Deavin
May 9 <sup>th</sup>	Resolution Meeting	
June 6 <sup>th</sup>	Plants in Literature	Patsy Rayner
July 4 <sup>th</sup>	Mercy Ships	
September 5 <sup>th</sup>	Life as a Spook	Keith Appleyard
October 3 <sup>rd</sup>	The Farming Year	Carole Fisher

Additional activities are still to be confirmed.

Please visit our website above soon for more information.





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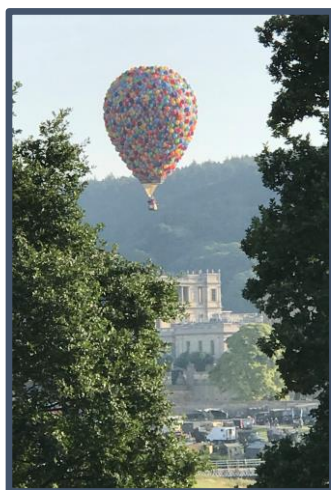
### 2018 StreetFest prize winners take to the skies at the Chatsworth Country Fair!

The Barlow family from Newton were just one of our lucky charity raffle prize winners at this years' StreetFest community event back in June. They were invited to join the University of Nottingham Hot Air Balloon Team at the annual balloon fiesta at Chatsworth in September with the hope that the great British weather would be onside for perfect flying conditions. It really is a beautiful setting for flying and usually around 40-50 hot air balloons take to the skies at this annual event.

Most unusually, every available early morning and evening slot was flyable this year, so Joanne, Mark and their son, Oliver joined the Pilot and Crew on the Saturday evening. They enjoyed a fun launch and, following the pre-flight briefing, had a lovely flight over the Chatsworth estate, finally coming into land right in front of the Devonshire family's Chatsworth home... just before the hot air balloon 'Night Glow' to music started... Then it was time to pack up the balloon ready for the next morning and return to camp with the Barlow's for the obligatory post-flight glass of fizz! Can't ask for more than that!

Here's some pictures from the event and there will be another flight for two on offer at next years' StreetFest for those who buy raffle tickets on the day in aid of our nominated 2019 charity raffle.

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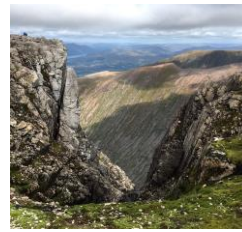
**Left:** The 'Up' balloon flies over Chatsworth House - A fantastic 3D creation of balloons used in the promotion of the 2009 Pixar film 'Up'.

**Below:** Making the news at the Exclusive Cup 'Sky Safari' at Longleat, Somerset in September. One of over 170 hot air balloons, participating

in a mass ascent, a new UK record! Sky Safari photos courtesy of Dave Green.







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## Parish Council News

Draft minutes from the November meeting are available on the Parish Council website at [www.newtonparishcouncil.com](http://www.newtonparishcouncil.com) and are also posted on the village noticeboards.

Residents are welcome to attend these monthly meetings and there is an open session early in the agenda when members of the public are invited to raise matters of interest, so please do come along when you can!

**Next meeting: Tuesday 4<sup>th</sup> December 2018 at 7.30pm**

**(Schedule for 2019 meetings available on the website)**

**Venue: Newton 1936 Squadron, ATC Building, Trenchard Close, Newton, NG13 8HA**



## Great community spirit at the Kestrel play area planting event...

Earlier in the year, Newton Parish Council allocated funds for the supply of a number of large shrubs and trees to soften the view towards the new play area.

A design was agreed and an order placed with Frosts of East Bridgford and, given the very dry summer, the team of Newton volunteers have been waiting for autumn to fully set in as it really is the prime time to undertake the planting with little or no maintenance required whilst the plants are in their dormant phase over the winter months.

The Parish Council would like to express their thanks to Paul Stephenson and all those residents who helped to make the event such a great success and here's hoping that residents and visitors to the play area will enjoy the results for many years to come!



## It's beginning to look a lot like Christmas!

Look out for a lovely new festive addition on the corner of Main Street and Wellington Avenue early in December, requested by a Newton resident who attended the last PC meeting. Kindly supplied by Newton Christmas Trees and funded by the Trenchard Close Residents Company – We hope it brings a smile!

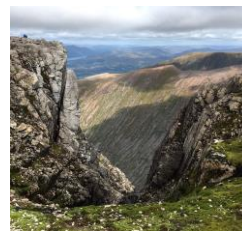
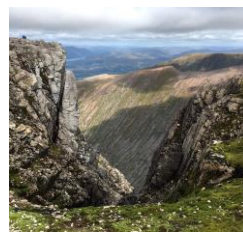
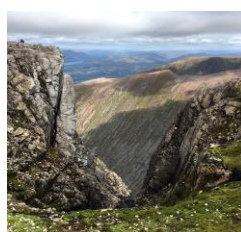
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It does not necessarily reflect the opinion or policies of the Parish Council or its members.

Newton Parish Council is also not responsible for any use made of the information contained herein.





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**Newton**  
**Christmas Trees**

Find us on Facebook

Pick a homegrown tree from our plantation or choose from a selection of freshly cut trees

**OPEN DAILY 9am - 5pm**  
from 1st December

Newton House Farm, Main Street, Newton NG13 8HN  
**Tel: 01949 20235 / 07970 716296**

## **Right up your StreetFest 2019!**

We've set the date for next years' StreetFest at Newton House Farm, so if you have some ideas or can offer your services and support in any way, please make contact with the Editor at the earliest opportunity!

The StreetFest team will be meeting early in the New Year to start making plans for the format, catering and entertainment and, with your help, we hope to make it an even bigger success than this years' event!



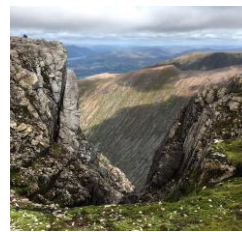
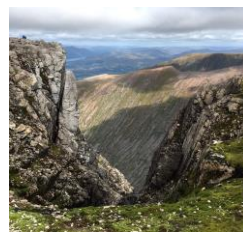
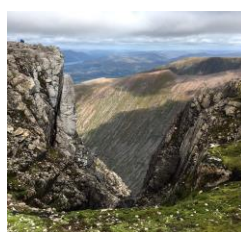
## **Save the Date!**

**Right up your StreetFest – Saturday 22<sup>nd</sup> June 2019**

**EARLY BIRD DISCOUNT\* AVAILABLE UNTIL 31<sup>ST</sup> DECEMBER 2018**

Request your 2019 tickets via the One Newton Editor (contact details on front page)

**\* Early Bird discount £5.00 kids / £12.50 adults – After which 2019 price is £7.50 / £14.00**



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### **East Bridgford St Peter's CE Academy Pre-School**

Kneeton Road, East Bridgford, Notts NG13 8PG

Tel. (01949) 20226. Email [eb.stp.preschool@st-peters.notts.sch.uk](mailto:eb.stp.preschool@st-peters.notts.sch.uk)



Providers of high quality childcare and education for children aged between 3 years to school age in a safe, caring & stimulating environment

#### **Pre-school sessions available (term time)**

8.30am – 11.30am (3hr morning session)

Optional add on 11.30am – 12.30pm (lunch club)

8.30am – 3.30pm (full day including lunch club)

#### **Nursery Education Funding (15 or 30hrs) for 3 & 4 year olds available**

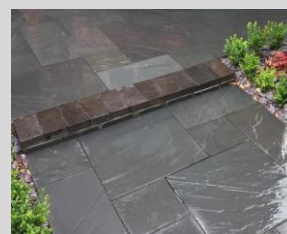
Full day wrap around care (including school holidays/inset days) available in conjunction with onsite Out of School Club

**Contact the Pre-School Leader by telephone or email for more information, to arrange an appointment to look around or to register a place for your child.**

## **Tall Trees Landscapes**

*‘The Art of Garden Design’*

**Established since 1985, Tall Trees Landscapes offer free consultations & advice, a full design service & landscaping to suit all budgets**



**All aspects of garden landscaping, including...**

**Patios & Driveways, Planting, Turfing, Ponds & Water Features, Brick & Stone Walling, Fire Pits, Hard & Softwood Decking, Arbours & Gazebos, Summerhouses & Sheds & all types of Fencing**

*‘Bringing your Garden to Life’*

**Contact Paul on 07977 010766 or [paul.talltrees@hotmail.co.uk](mailto:paul.talltrees@hotmail.co.uk)**