

March/April 2013

Into the Vale magazine

Linking Local Businesses with Local People

**Win theatre tickets
to see James & the
Giant Peach!**

Also inside this issue

**EVENTS AROUND THE VALE • LIFE OF KING RICHARD III
GARDEN SHOW TICKET OFFER • LATEST BOOKS
LUNCH AT THE PLOUGH IN HICKLING
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On arrival in Rotterdam we disembark and travel to Steenburg where we visit the graves of Jim Warwick and Guy Gibson and the Propeller Monument. During the tour we will also visit Mohne, Sorpe and Eder Dams before travelling on to Schmallenberg.

Also visits to Reichswald Forest and Rheinberg Cemeteries, Arnhem and the Airbourne Museum Hartenstein before boarding our ferry back to Hull. On our return we travel to RAF Scampton for a guided tour with the curator of Scampton Historical Museum. Full itinerary available on request.

Tour costs from: £425.00 per person

Supplements: Single cabin £65.00

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Deposit: £60.00 per person

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or any of our tours and excursions

Welcome to ...

Into the Vale!

Did you know that there's such a thing as National Library Day? Well, according to Charlie Stayt on the BBC Breakfast News it's today (as in 9th February when I'm writing this). Apparently libraries are doing well despite government cut-backs and the vast array of electronic information available today - and I'm really pleased to hear it. There's nothing better than losing yourself in a good book, and libraries allow us to experiment with different writers and storylines.

A favourite author from my childhood has to be Raoul Dahl and so I'm delighted to be running a competition in this issue to win tickets to see James & the Giant Peach performed at the Royal Theatre. If you've got young kids why not enter for your chance to win a family ticket?

For those who prefer to concentrate on their garden now the weather's improving we've got discounted tickets to the Newark & Notts Garden Show as well as the first garden article of the year, with advice from Greener Gardens on how to control those common garden pests.

Enjoy the start of spring, and enjoy this issue!

Sophie

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DEADLINE FOR NEXT ISSUE

The copy deadline for the May/June issue is Thursday 11th April

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The last time I wrote for this page I was on the way to New Zealand with high hopes for some quality family time. Well, you will be pleased to hear that it didn't end in divorce and, surprisingly, four weeks in a motorhome turned out to be a life-changing event. It made us realise that it's not *where* you live it's *how* you live. Many of our friends have asked if we are going to move to NZ permanently but the answer is always no. It's not that the sunshine would be unwelcome or the slower pace of life unacceptable but once you've got the mortgage, the bills, the job stresses and the schooling issues you're back to square one. So good old Blighty it is - but with a renewed sense of purpose.



While we were away we did as many activities as we could: quad biking, go-carting, jet boating, fishing, swimming with dolphins and sea kayaking to name but a few. So now I'm home I think I need a hobby. Apparently drinking with the girls is considered neither a hobby nor regular exercise - unreasonable if you ask me. My daughter has just learnt to knit. Taught by her grandmother not me because, although my own mother tried valiantly, my knitting skills are somewhat unrefined. It's not lack of effort - it's just a negative force that plays against me whenever I am in possession of a needle. Sewing is similarly affected. When the children started school I ordered embroidered name tags that I painstakingly stitched to each item of clothing before I mopped up the blood from the numerous stabbings. Needless to say the novelty has worn off and I resort to Biro when identification is required now. Apparently, amongst the beautiful people (and we all know how I feel about them) sewing is the 'in' thing but I am not sure the personal injury risk is worth it.

Risk is not an element I want to entertain in my new hobby either. I have neither the bottle nor the self-control for unnecessary risk. In the past, roller coaster or water slide events have always been accompanied with a large amount of screaming, much to my children's despair. On a slower note I did try Tai Chi which I loved but am prone to uncontrollable giggles, and embarrassingly yoga makes me trump. I had a brief interest in Zumba but aside from the fitness issue I have two left feet and am likely to take out the whole class domino-style. So that leaves low impact, tool-less, singular activities - walking it is then.

Perfect - I can walk to the girls for the weekly sauvignon tasting and feel like I truly deserve the refreshment. Well done me!

Nikki

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in & around the Vale

Saturday 2nd March, from 7.30pm

Best of British Prom Concert

Royal Concert Hall

Julian Lloyd Webber returns to Nottingham to play Elgar's Cello Concerto at the Royal Concert Hall, hosted by the Nottingham Youth Orchestra. This performance features classics such as Perfect Fool, Knightsbridge March and Greensleeves. Tickets available at Royal Concert Hall Box Office: 0115 9895555 or www.trch.co.uk. Ticket prices from £12.50.

Sunday 3rd March, 10.30am

Rushcliffe 10k and 2k fun run

Rushcliffe Country Park

Runners of all ages and experience will be running round the country park, so why not come and cheer them on? In aid of the charity Cerebral Palsy Sport. Visit www.rushcliffe.gov.org for details.

Friday 8th March, 7.00pm onwards

Pamper evening

Hair Razr, High Street, Bottesford

Entry tickets £1.00 including a free glass of wine on arrival. A range of mini treatments on offer during the course of the evening at £5.00 per treatment. Profits from this evening are being donated to Dove Cottage Day Hospice.

Sunday 10th March, 10am to 4pm

Antiques & Collectors Fair

Lowdham Village Hall

Why not have some tea and a cake, or a bacon or sausage cob after you've looked round the large number of stalls offering a variety of antiques, jewellery, silver, pottery and porcelain, pictures, books and

a variety of curiosities. Adults £1 entry, accompanied children free. Refreshments available.

Friday 15th March

Red Nose Day

It's been 25 years since Red Nose Day first burst onto our screens and this year, once again, the nation is gearing up to put on its noses, pull out all the stops and get fundraising. So look out for all the local fun, join in and donate to a great cause where the money raised helps transform the lives of countless people, both here at home in the UK and across Africa.

Sunday 24th March

Plant Fair

Holmepierrepoint Hall

This is one of the earliest shows in the area and visitors are guaranteed a warm welcome from specialists who will be selling quality, unusual, quirky and colourful plants ready for your garden. Hardy, locally grown plants and shrubs, colourful bulbs, herbs, woodland plants and a huge selection of herbaceous plants will be available to buy. Admission £3.00 to the gardens and plant fair. For details visit www.holmpierrepointhall.com.

Friday, 29th March, 1pm

Egg Decorating

Nottingham Castle

Come and decorate your own special egg. For 4+ years. Children must be accompanied by an adult. Cost: £2 per person. Normal admission prices apply. Visit www.nottinghamcity.gov.uk for more details.

Sunday 14th April, 1pm-5pm

Open Garden for NGS

Capability Barn, Hoveringham

This large country garden continues to evolve with new features and plantings. Enjoy colourful displays of spring bulb within a framework of mature trees and wonderful countryside views. Admission £3, children free. Telephone: 0115 966 4322. www.ngs.org.uk.

Fri 19th, Sat 20th & Sun 21st April

Newark & Notts Garden Show

Newark Showground

A great day out for all the family, you'll find hundreds of garden stands as well as food, home craft and a barbeque cookery

demonstration by Jean-Christophe Novelli on the Sunday. Garden Show ticket holders have free entry to the All About Dogs Show on the Saturday and Sunday too. Visit www.aztecevents.co.uk or turn to page 26 for details on how to purchase half-price tickets to the Show.

Until 30th April, 11am

Super Hero Trail

Wollaton Park

Pick up the trail from Hall Reception for £1. There is a mystery to solve! Find our animals super powers and claim your reward! Car park charges apply, children must be accompanied by an adult. For details visit www.nottinghamcity.gov.uk.

Please check times, dates and entry prices with individual event organisers to avoid disappointment. Deadline for receiving entries for the May/June issue is Thursday 11th April. Send to sophie@writing-desk.co.uk.

Country Walks with the Vale of Belvoir Ramblers

Here are a selection of our planned walks for March & April. Walks up to around 6 miles finish before lunch; for longer walks bring your picnic! For full details, or how to join your local Ramblers group, call 0115 9825600 or visit www.ramblers.org.uk.

March Walks

Sunday 10th

Kirkby in Ashfield, Notts 8 miles
Portland Park, undulating paths, some steep ascents

Sunday 17th

Eyam, Derbys 11 miles
Generally easy walking, a few hills

Sunday 24th

Market Bosworth, Leics 9 miles
Canal, open country, woods and maybe steam trains

Sunday 31st

Rowsley, Derbys 9 miles
Wonderful variety of scenery and River Derwent

April Walks

Sunday 7th

Ropsley, Lincs 10 miles
Easy walking over gentle Lincolnshire farmland

Sunday 14th

Tilton on the Hill, Leics 7.5 miles
Undulating with lovely views and the Twyford Viaduct

Wednesday 17th

Hose, Leics 8 miles
Spring in the Vale - lambs and views of the Wolds

Sunday 28th

Southwell, Notts 8 miles
Southwell & Morton, good views of the Minster

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Garden Pests – Prevention or Cure?

As spring approaches and soil temperature rises, it's time to think about controlling garden pests, and in particular the Slug.

Slugs will have prospered from the damp conditions in 2012, and whilst we probably only worry about the ones we actually see, beneath the surface there are around 200 more slugs for every cubic metre of soil! They're hermaphrodite and each one lays about 300 eggs, adding up to an awful lot of the slimy creatures eating away in our gardens.

As soil temperatures begin to rise, now is a great time to consider preventative control of these garden pests. Two types of slug control available are slug killers (e.g. pellets) and natural nematodes. Slug pellets are poisoned pellets which are effective in killing slugs but, to be safe to pets and wildlife, it is important they are applied in the right quantity and re-applied at the appropriate intervals. They will only affect the slugs coming to the surface.

A safe alternative are nematodes; these organisms (eel worms) are already present in our soil. They are a natural form of pest control that gets working early in the spring right down into the soil, hunting out and entering slugs through a hole in their back and poisoning them so they die within a few days, underground and out of sight. They are applied as a solution directly onto the soil. Nematodes are environmentally

friendly and safe for children, pets and wildlife with the added benefit that they will last whilst slugs and moisture remain in the soil.

For so long as the British weather remains true to its rather 'damp' reputation, slugs will continue to have an unwelcome yet permanent presence in the English garden. Rather than attempt a complete 'wipe-out', it makes more sense to take a 'reduce and control' approach to the slimy bugs using natural means in the form of nematodes.

Written by John Draper of Greener Gardens

TIPS TO GET THE BEST FROM YOUR NEMATODES

- Plan to control slugs from early in the season when they are young and before they start to do the damage.
- Apply the nematode solution to moist soil.
- It is best to do this during your evening watering as the soil won't dry out so quickly, giving the nematodes time to go beneath the soil.

All the nematodes in Nemaslug and the Nemasys range are naturally found in UK soil. They are available on-line through Amazon or other retailers and delivered direct to your door.

Check www.nemasysinfo.com for your nearest stockist.

For help and advice on lawn and general garden care, call Greener Gardens.



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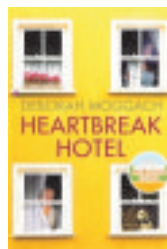
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King Richard III

Richard III was born into the Plantagenet dynasty on 2nd October 1452. Younger brother to Edward IV, he was sent at the age of nine to live with his cousin Richard Neville, Earl of Warwick. The Earl was head of one of England's most powerful families and was known as the 'kingmaker', helping Edward to claim the throne in 1461 from Henry VI and turning Richard into a skilful and ruthless warrior, although with little of his brother's popularity.

When Edward died of a fever in April 1483 Richard was named Lord Protector of the realm for Edward's son and successor, the 12-year-old King Edward V.

With a deep hatred for this late brother's wife, Elizabeth Woodville, Richard was determined that her family's name should not be given elevated status within the English kingdom. He hatched a plan with the help of the Duke of Buckingham and, as the young King was travelling from Ludlow (where he had been placed under the care of his Woodville uncle, Earl Rivers) to his mother in London, the two men met and escorted him to lodgings in the Tower of London. Edward's younger brother joined him in the tower shortly afterwards and the two were held virtual prisoners.

Richard later arrested and executed Earl Rivers and other members of the Woodville family, but it became apparent they were not the only ones he wanted to be rid of. Arrangements were made for Edward's coronation on 22 June 1483, but



before the young king could be crowned, Richard circulated stories that the late King had bigamously married the Queen, making their children illegitimate and ineligible for the throne. On 25 June an assembly of lords and commoners endorsed the claims and the following day Richard III began his reign; he was crowned on 6 July 1483. The young princes were not seen in public after August and accusations circulated that the boys had been murdered on Richard's orders, giving rise to the legend of the Princes in the Tower.

Richard had become King of England, but his two year reign was to become bedevilled by the horror and distrust which the princes' disappearance had aroused and which persisted because of Richard's inability to produce them. The murder of innocent children was something Englishmen couldn't stomach, and Richard faced

increasing resistance both from opposition and within his own ranks. There were two strong rebellions; the first, in October 1483, was led by staunch allies of Edward IV who were later joined by Richard's former conspirator, the Duke of Buckingham. Despite the force of the rebellion Richard proved a formidable warrior, striking down each of his adversaries and executing Buckingham in Salisbury market-place. Richard resumed his position as king for another 20 months but, although a most capable ruler, nothing went right for him, with his only son dying in 1484 and his Queen the following year. In August 1485 another rebellion was led by Henry Tudor, an almost unknown Welshman living in Brittany who had been invited to assume the throne by two of Richard's enemies; the Yorkists and the Lancastrians.

Richard, despite having the larger army and fighting desperately, met his death against Henry Tudor's army on Bosworth Field, while half his army stood idly by or changed sides during the battle because they refused to fight for a man they believed had murdered two helpless children who he had sworn to protect.

Because of the circumstances of his accession and his defeat by Henry VII, Richard III's remains received burial without pomp and ceremony, and were lost for more than five centuries. In 2012, an archaeological excavation was conducted on a car park in Leicester and on 4th February this year the University of Leicester confirmed that a skeleton found in the excavation was, beyond reasonable doubt, that of Richard III.

RICHARD III

Born 1452 - Died 1485
King of England 1483 - 1485

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COMPETITION

Win tickets to see a real ‘peach’ of a show!

Into the Vale and the Theatre Royal Nottingham have teamed up to give one lucky reader the chance to win a family ticket to see Roald Dahl's very first children's book and one of his most popular stories, *James and the Giant Peach*.



This classic book tells the story of James, a lonely young boy who lives with Aunt Sponge and Aunt Spiker, the most revolting Aunts in England. They make him work and slave and never let him play with other children. Then one day he meets a mystical old man who gives him a bag that contains the strongest magic the world has ever known. When James spills the bag near an old peach tree, the most incredible things start to happen and James embarks on the adventure of a lifetime with the most amazing group of characters you could ever meet!

Performed by The Birmingham Stage Company, *James and the Giant Peach* is wonderful entertainment for kids aged 4+ and all the family. So if you're looking for fruit-filled fun and wizz-popping wonders, don't miss this great Dahl show, playing from Wednesday 10th to Sunday 14th April at Theatre Royal Nottingham.

For your chance to win a family ticket (four seats together) to see the Show on Wed 10th April at 7pm, simply answer the question below correctly and send by email or by post, along with your contact details, to:

sophie@writing-desk.co.uk

Theatre Royal Competition, 5 Straws Croft, East Bridgford, Notts, NG13 8PQ.

Q: What do you find inside a peach?

A stone

Lots of small seeds

2 nuts

The first name selected after the closing date of Sunday 31st March will be the winner.
For full production details visit www.birminghamstage.com



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RESTAURANT REVIEW

Julie Whalley visits the Plough at Hickling

Two months into 2013 and I'm still feeling the after-effects of Christmas excess! But you can't hide away pretending to follow a diet forever, so when friends suggested meeting at the Plough at Hickling for lunch I wasn't about to say no! And it seemed we were all thinking along the same lines as we agreed to take in a little exercise before eating – to justify the food!

The Plough is ideally located for walking or cycling along the Grantham Canal or across the Hickling Standard, which is where we were heading to complete a 4½ mile circular walk, starting in the pub car park and ending in the pub restaurant - perfect! The snow had cleared, the rain had stopped and the mud abound. Armed with dogs, wellington boots and a rather vague map we set off, hoping to be able to stick to the route and return for our well-earned meal before closing time!



Muddy Boots - Muddy Dog!

It was a glorious morning and an uphill walk across the Hickling Standard - over stiles and muddy fields - rewarded us with superb views of the surrounding countryside before finally taking us round and back towards the pub. The fresh air and exercise had built up our appetites, even the dogs were excited and we were



all ready to kick off our boots, relax and enjoy our lunch; the two-hour walk meant we'd certainly earned it this time.

The Plough, now in the capable hands of Bob and Sue Rooke, is a traditional pub offering good beer and satisfying food. You can rub shoulders at the bar with the locals, find a quiet corner to yourself or enjoy the relaxed atmosphere of the restaurant. Traditional Sunday lunch is highly recommended and there are themed food evenings during the week: Monday is 'Curry Night' when the chef offers a great choice of starters and main courses are all £6 each; Wednesday is 'Pie Night' - all homemade and also priced at £6 each.

Despite dogs being welcome in the pub, our muddy companions chose to happily snooze in the car, while we chose to eat in the restaurant. The menu is traditional, gratifying pub food - nothing fancy or complicated and with a good choice. All the food is homemade and freshly cooked to order but we didn't have to wait long for our meals to arrive. Starters are priced

from £3.50 and looked delicious, but we opted to head straight to the main courses in the hope that we might reach desert!

We made our choice of main from favourites including lasagne (£6.95) and steaks from the grill (8oz sirloin £12.95, 10oz rump steak £12.95), as well as sandwiches (£2.50) and baguettes (£2.95) for a lighter option.

We chose a three egg omelette with mushrooms (£5.95); this was served with a generous helping of chunky chips plus a side salad, and was satisfyingly light and fluffy. The chef's fish pie (£6.95) was a hearty feast of cod, smoked salmon and prawns topped with creamy mash and served with seasonable vegetables. The side order of fries was completely unnecessary but it was a shame not to eat just a few!! Our final choice was salmon

fishcakes with lemon and dill mayonnaise (£4.95); whilst on the menu as a starter these were delightful with a side order of chunky chips and absolutely hit the spot.

Relaxed and refreshed we were just a little disappointed that desert would have to pass us by. But a quick glance at the menu showing puds such as sticky toffee pudding, chocolate fondant and chocolate mint cheesecake left us feeling the need to return another day - walk or no walk!



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by David Hunt



←Lesser Celandine

Celandines are a welcome sight in early spring, especially when the flowers open in the sunshine. The early leaves of the plant are reputed to be rich in Vitamin C and the plant is widely used as a herb in Russia and China. It was referred to in three of Wordsworth's poems and is mentioned frequently in D H Lawrence's *Sons and Lovers*.



↑Bluebell

The bluebell is a bulbous perennial plant which, in spring, produces a nodding, one-sided inflorescence of tubular, sweet-scenting violet-blue flowers. They are often found in deciduous woodland, especially in oak and beech woodlands where for a few weeks each year they can form spectacular carpets of blue.

Canada Goose Chick↓

Canadian Geese were Introduced from North America as long ago as 1665, and now have a winter population of about 200,000 birds. They pair for life and the female produces between 4 & 10 eggs from March to June, turning them over regularly in the nest. Canadian Geese are renowned for their V-shaped flight formation.



David lives near Burton Joyce and has been taking photographs of the local area for many years. These, along with many other images, are available as high quality prints; for details and to view more of his work please visit his website at www.dwhphotography.co.uk.



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READER OFFER

Half price entry to the Newark & Notts Garden Show for *Into the Vale* readers!



With the arrival of spring comes the return of the Newark Garden Show, the spectacular annual event dedicated to your gardening paradise.

Held at the Newark showground, you'll find hundreds of high quality shopping stands selling everything for your garden - from plants, flowers and furniture, to hot-tubs, allotment tools and outdoor structures. The large number of different nurseries and garden companies displaying their goods ensures a fantastic choice of plants, flowers and garden essentials for all Show visitors.



In addition to the outdoor stands, the George Stephenson building will also be open and house many beautiful craft, gift, home and garden stands, as well as food and drink areas for when refreshments are required. And to celebrate the spring's arrival, the Show has arranged an extra special attraction - the celebrity French chef *Jean-Christophe Novelli* will be attending the event on the Sunday, demonstrating to visitors how you can cook the perfect BBQ food at your next garden party!



So why not go and enjoy a fabulous day out with all the family!

If you pre-book your tickets online at www.aztecevents.co.uk you can get **50% off the gate price** when you quote **VALE** at the online checkout.

Ps ... On Saturday 20th and Sunday 21st the All About Dogs Show opens its paws at the Newark Showground and is free for all Garden Show ticket holders – so bring your dog along and enjoy the fun arena shows, entertainment and attractions to get your doggies tail wagging.

Offer ends 31st March. Cannot be used in conjunction with any other offer or pre-booked tickets. Discount code will subtract 38% from online order (50% off gate price). Please ensure code is correctly applied before checkout as no amendments can be made after this stage.

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CRAB AND FRESH PEA RISOTTO



This dish not only looks wholesome and tasty, but it smells wonderful too. It has a rich and velvety texture with just enough give in the rice, an intermittent sweet pop of pea and salty crab undercurrent.

If you have time it's well worth making your own stock.

This recipe has been created by Becky Dewdney-York, who lives in Nottingham and has been writing her own food blog since 2006. She loves to cook with fresh ingredients and all her recipes use seasonal and locally sourced ingredients.

INGREDIENTS

(Makes 2 generous portions)

- 275g risotto rice
- 1 pint of concentrated fish stock mixed with half a pint of water
- 100ml of white wine
- 1 small onion finely chopped
- 1 clove of garlic finely chopped
- 1 tbsp of butter
- Pinch of salt
- 50g of crab meat (brown and white meat)
- Handful of shelled fresh peas

METHOD

1. Fry the onion in the butter to soften, but don't allow it to colour.
2. Add the risotto rice and stir to coat well in the butter for about a minute.
3. Heat the stock until warm but not boiling, then add the brown meat.
4. Add 1/4 of stock to the rice and stir until absorbed.
5. Continue to add the stock, a ladle-full at a time, stirring continuously.
6. When the rice still has a touch of bite and with the final ladle of stock add the peas (which will need a few minutes to cook) and stir in the white crab meat.
7. Taste and season if necessary with salt and pepper.
8. Serve with a garnish of pea shoots.

For more great recipes visit Becky's blog at [Girl Interrupted Eating](#).

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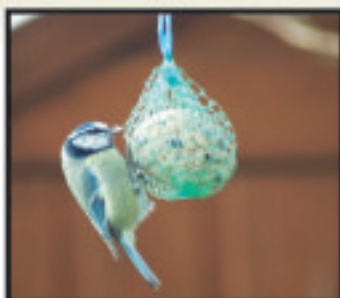
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Find the words hidden in our wordsearch.

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Sudoku

8				6	9	7		1
	6	7	2					8
	1		8					9
7		6	1					8
3		2	9		6	1	5	
			4					6
	2	1		9		8		
5				4		9	7	
6			3		8			5

Complete the sudoku by placing a number in each empty box so that each row, column and 3 x 3 block contains all the numbers from 1 to 9.

General Quiz Questions

1. What is the birthstone for the month of April?
2. Who was the last woman to be hanged in Britain?
3. What city was patrolled by Superman?
4. In 'Scrabble', which two letters are worth 10 points each?
5. Which country is the home of feta cheese?
6. Which is the largest joint in the body?
7. Which river does the Zambezi flow into?
8. Which school did Princess Anne attend?
9. What's measured on the Beaufort scale?
10. Which bird is the international symbol of happiness?
11. Which two colours are on the flag of Poland?

Who is this?



Answers:
 1) Diamond 2) Ruth Ellis 3) Metropolis 4) Q and Z
 5) Greece 6) Knee Joint 7) Indian Ocean 8) Benenden
 9) Wind Velocity 10) Bluebird 11) Red & White
 Picture answer: Spongebob Squarepants



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