

MARCH

SWATON NEWSLETTER – MARCH 2016

MARCH DATES FOR YOUR DIARY . . .

PARISH COUNCIL MEETING

The next PC meeting is **7.30pm Tuesday 15th March**. Everyone is welcome to attend a PC as its your chance to ask questions, make suggestions or raise a concern that affects your village. The first 15 minutes of any Parish Council meeting is open to the public, after which the PC meeting officially starts but members of the public are permitted to stay and listen.



QUIZ NIGHT – SATURDAY MARCH 19TH



Swaton Village quiz night is a twice yearly highlight in our social calendar. For the price of a ticket you'll enjoy a fabulous two course meal (lasagne followed by a choice of delicious deserts).

The bar is open all evening with a range of spirits, wines and soft drinks. The main quiz will run through the evening with 3 rounds either side of dinner, there will also be a raffle and a fun 'Heads & Tails' game to win a bottle plus some fun table picture quizzes to ponder throughout the evening. Don't worry if you want to come along but can't make numbers up for a larger team – you'll join fellow village quizzers on a table to make up the team numbers - it's great fun, a fabulous social gathering & a great way to catch up with your neighbours. Maximum team numbers per table is 6. Tickets are £7 per person.

*******RAFFLE PRIZE DONATIONS GLADLY RECEIVED*******

TO BOOK TICKETS PLEASE CONTACT JEAN ON 01529 421 317 or LIZ ON 01529 421 217.

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REGULAR DATES FOR YOUR DIARY . . .

CINEMA CLUBS – SATURDAY MARCH 6TH

KIDS CINEMA – 3pm. Have a break Kids from your homework or tidying your bedroom and enjoy some down time – you're welcome to bring a few friends too. Tickets priced at £2.50 are great value & include entrance to the film, a hot dog, some sweets and a drink. Ice creams are also available. Doors open at 3pm and the film starts at 3.30pm. Kids cinema is run by Saff Murphy-Mann - for more information, please contact Saff on 421 487.



- **ADULTS CINEMA - 7pm for 7.30pm**

The films start promptly at 7.30. The bar will be open from 7pm with its usual range of red & white wines, beers, spirits and cold drinks. Hot dogs, hot drinks & ice creams will be available during in the interval.

Membership £10 for the year or £2 on the night. Contact Nicola Arnold re membership for 2016 (07905 155 359). **Details of films for 2016 are listed in The Hut (on the bar doors) as well as displayed on the village notice board.**

CINEMA CLUB IS ALWAYS THE FIRST SATURDAY OF EACH MONTH FROM FEBRUARY TO NOVEMBER – FOR MEMBERSHIP PLEASE CONTACT NICOLA ARNOLD ON 01529 421 566

SATURDAY MORNING CAFE - 9.30AM TO 12PM



A popular weekly village event – as always there will be freshly made bacon rolls (eat in or take away), as well as tea, coffee & hot chocolate to accompany delicious homemade cake – it's a lovely way to start your weekend as well as catch up with friends and neighbours! You can also collect your Saturday newspaper (which must be ordered in advance from Liz Harborow – 01529 421 217).

WANTED: If anyone has an unwanted baby's high-chair they can donate to The Hut it would be much appreciated – we often have visitors on a Saturday morning with young children and it would be nice if the babies had a chair of their own and free mum up to enjoy a cuppa.

PLEASE REMEMBER TO SUPPORT YOUR VILLAGE HUT . . . IT'S A VITAL PART OF OUR VILLAGE - USE IT OR LOSE IT !

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SOUP KITCHEN - MONDAY 14TH MARCH

12 TO 1.30PM - 2nd Monday of every month.

You'll find a choice of soups as a starter or main course as well as freshly baked jacket potatoes with beans &/or cheese and side salad. Excellent value – a bowl of soup & bread is £1.50 or two bowls for £2.50, Jacket spud with fillings and salad also £2.50.



EVERYONE IS WELCOME – NO NEED TO BOOK . . .

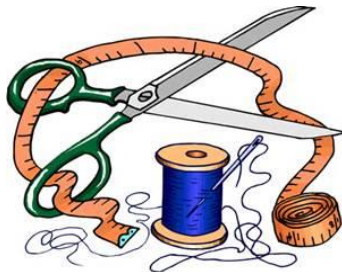
SWIGGERS BAR – 8.30PM TIL WE CLOSE



Drink without the drive - the bar is open every **Friday evening from 8.30pm** so come along, bring friends and support YOUR VILLAGE HUT. The bar has a selection of soft drinks, bottled / local beers & chilled lagers as well as red & white wines and a variety of spirits. Crisps, chocolate and snacks are also available - all offered at competitive prices.

CRAFT GROUP - EVERY TUESDAY 9.30AM IN THE HUT

If you're creative and enjoy any form of art or craft why not come along and work on your creative project amongst friends, have a chat, enjoy a cuppa and share, exchange or improve skills . . . so if its Crochet or Tatting, Beadwork or Cross Stitch, Lace or Patchwork or you're simply a dab hand with a pair of knitting needles or a paint brush and canvas then don't be shy – after all you'll be amongst friends.



Contact Liz Harborow for more info – 01529 421 217



A GREAT VENUE FOR A PARTY OR MEETING

The HUT is an ideal location for a get-together, group activity, kids party, play group or business meeting.

To book 'The Hut' please **contact Elaine or Peter Penketh on 421769 / 0785 222 3535.**

. . . discount given to Swaton residents.

IF ANYONE HAS ANY IDEAS FOR A VILLAGE SOCIAL EVENT PLEASE DO CONTACT ONE OF THE COMMITTEE MEMBERS (SOME OF WHICH ARE DETAILED THROUGHOUT THE NEWSLETTER)

COFFEE BREAK SUDOKU – Solutions on page 12

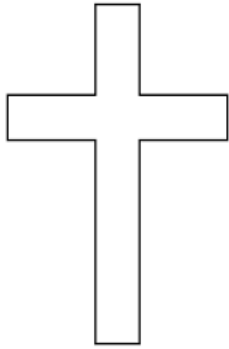
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AN EASTER MESSAGE FROM OUR REV - CHRIS HARRINGTON

The coming referendum is being billed as one of the most important opportunities



we have been given to decide the course of our country's history. We will of course have to wait until June 24th to discover the result of that. Will it be an anti-climax of no change, or will it be a step into a future where everything has to change?

At Easter we celebrate a moment that changed not just this county's history, but the history of the whole human race.

Easter might seem like just another opportunity to have a few days away on holiday to visit relatives or friends, or to do some DIY or gardening, or to simply put your feet up and over indulge in chocolate and hot cross buns, but 2000 years ago something happened that really did change everything.

That something was the Resurrection of Jesus of Nazareth, the man who came back from the dead three days after being cruelly put to death on a Roman cross. Not as a ghost, but as a new kind of human being who could eat and drink and be touched by his friends, who was the same person, who carried the scars of his death and yet was also strangely different.

This was an event that changed history because Jesus became the first of a new creation that God has been bringing into being since that day.

Come and ponder and celebrate the mystery of the death and Resurrection of Jesus at our Easter service at St Michael's Church here in Swaton on 27th March at 9.30am. We would love to see you.

Enjoy your Holy days.

Every Blessing

Rev Chris Harrington

Rector of Heckington & Helpringham Group of Parishes

The Rectory, 10 Cameron Street, Heckington, NG34 9RW

www.heckingtonandhelpringhamgroup.org.uk

Phone No: 01529 460904

Events & services during Holy Week across our Group of Parishes

13th March: 11am

Swaton (Morning praise) Wendy

20th March – Palm Sunday

9.30am Burton Pedwardine (Holy Communion) Rev Peter

10am Great Hale (Messy Church) Christine

10.30am Donkey Procession from Heckington School

11am Heckington (Holy Communion) Rev Chris



21st March – Monday of Holy Week

7pm Wesleyan chapel – Film Night – The Miracle Maker

22nd March – Tuesday of Holy Week

7pm Wesleyan chapel – Film Night – The Last Temptation of Christ

23rd March – Wednesday of Holy Week

7pm Wesleyan chapel – Film Night – The Passion of Christ

24th March – Maundy Thursday

7pm Passover Meal in the Upper Room – Tickets £5 from Rev Chris 460904

25th March – Good Friday

9.30am Great Hale (Stations of the Cross) Rev Chris

10.30am Walk of Witness from Great Hale Church

11.15am Open Air service at Heckington Village Green

7.30pm Heckington (Faure's Requiem & Communion) Rev Chris

27th March – Easter Sunday

6am Heckington (Dawn Eucharist) Rev Chris

9.30am Swaton (Easter Communion) Rev Peter

10am Great Hale (Messy Church Easter Communion) Rev Chris

11am Helpringham (Easter Praise) John West

11am Heckington (Holy Communion) Rev Peter

6pm Screddington (Holy Communion) Rev Chris

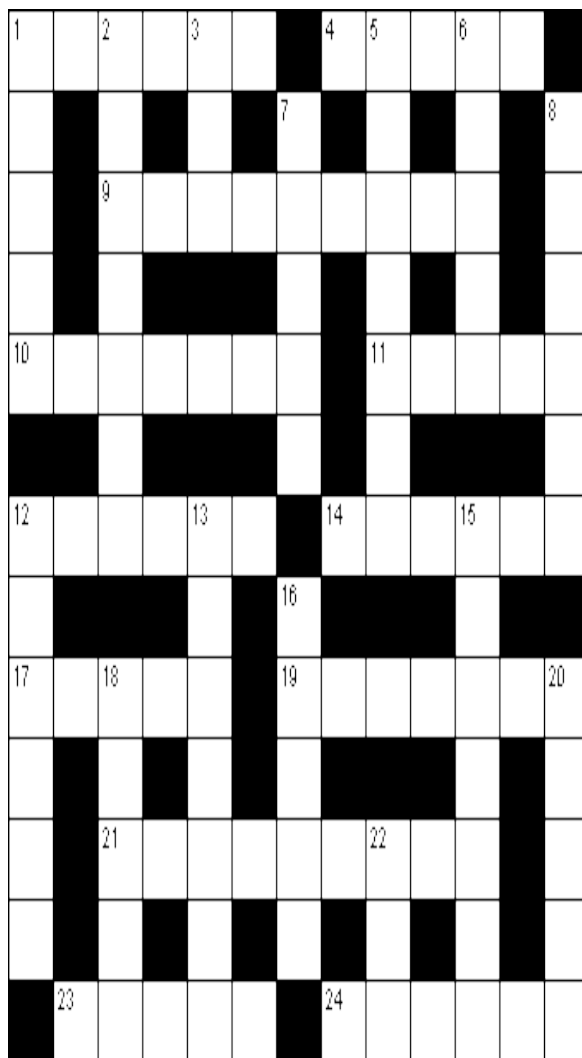
GET YOUR THINKING CAPS ON – THIS ONE IS A CRYPTIC CROSSWORD

ACROSS

1. Bank employee, who can say (6)
4. Balance found in muesli bran (5)
9. Crumbling old places fell down (9)
10. Not as old as that confused Reno guy (7)
11. Plenty of land in tarmac resort (5)
12. Opposed to poetry (6)
14. Purloins duck between beginning and end of shifts (6)
17. Last letter in some game (5)
19. Tolerates some token duress (7)
21. Alter code when moved (9)
23. One of the Earps, sounds interrogative at first (5)
24. Shuffle a paper then come into view (6)

DOWN

1. Sum up tall youth, essentially (5)
2. Let cure become a lesson (7)
3. Find a fish in a wee lake (3)
5. Begins tantrum in a moment (7)
6. Palindrome instrument (5)
7. Found in large scale drama crowd (5)
8. Hesitates to use spa turbulence (6)
12. Committee on a ship (6)
13. Evidence of injury, allow for redness (7)
15. Shorten a river crossing (7)
16. Serenity, sounds like part of something greater (5)
18. Nobleman with ponytail is before his time (5)
20. Grasp earnest weapon, essentially (5)
22. High point found in octopus (3)



TESCO BAGS OF HELP GRANT

Swaton Parish Council is pleased to announce that it has have been successful in an application to Tesco's 'Bags of Help' local grant award.



Like all retailers, Tesco must charge its customers for carrier bags. 'Bags of Help' is Tesco's charitable project that will see money raised from the 5p per bag charge going directly back into good causes within local communities.

Swaton is one of only three regional projects to be selected. Tesco received around 5,000 applications for the scheme so competition for funding across the country was fierce and only projects with the strongest fit with the programme's criteria and outcomes have been chosen.

The specific amount Swaton Park will be awarded won't be known until mid to late March following a public vote – which is where you, your friends and family can play a part. Our project (along with the two other local projects), is now in the hands of a public vote taking place in Tesco's Sleaford store.

The project with the highest public vote will receive £12,000, the second placed project £10,000 and the third placed getting £8,000

Unfortunately, time is short - voting is taking place between Saturday 27th Feb and Sunday 6th March.

The minimal award of £8,000 will pay for a Zip-Wire to be installed but if we are lucky enough to be awarded one of the two higher amounts then we can add in one or two other pieces of equipment.

When you go shopping please ensure you collect a green token at the counter (or ask for one when you pay at the self-service stations as they aren't automatically given) and pop it in to the Swaton collection box – you'll see the collection box sited between the front doors as you exit the store.

Please do pass this info on to your local friends and family and ask them to vote for our village project – every little bit helps !



THINGS TO DO IN YOUR GARDEN IN MARCH ACCORDING TO THE RHS

1. Protect new spring shoots from slugs
2. Plant shallots, onion sets and early potatoes
3. Plant summer-flowering bulbs
4. Lift and divide overgrown clumps of perennials
5. Top dress containers with fresh compost

Some fruit and veg should have been planted by March including Blueberries, Strawberries, Raspberries, Rhubarb and Asparagus . . .

Rhubarb: Rhubarb (used mainly as a dessert but is actually a vegetable), is a rhizomatous perennial whose leafstalks (technically leaf petioles but often referred to as 'sticks' or 'stems'). Rhubarb crops over a long period, is completely hardy and grows in any garden soil.

Flowering time Early spring to late summer (April until July)

Planting time Winter (November until March)

Height and spread Up to 1m (5ft) high and 1m (5ft) wide. **Aspect** Sun.

Hardiness Fully hardy / **Difficulty** Easy

Asparagus: One of the most sought-after vegetables, asparagus is easy to grow on well-drained soil or in raised beds, as long as it is kept well fed and weed-free

Flowering time Mid- to late summer

Harvesting time Mid-spring to early summer

Height and spread 1.5m (5ft) by 50cm (20in)

Aspect Sun or dappled shade; avoid frost pockets & exposed sites.

Hardiness Hardy / **Difficulty** Moderately easy



GARDENING TIP – DIY FERTILISER - BANANAS

Did you know banana skins is ideal for using in the garden to fertilise your soil? Bananas are rich in minerals including **Potassium** which helps promote general plant vigour; helps build up resistance to pest and disease; necessary in fruit development; is involved in regulating around 50 enzymes in a plant and relates to the turgor (or uprightness of stems and the thickness of cell walls) i.e. plant strength !

This is extremely important for plants like staghorns which literally hang onto tree trunks in nature and vertical vegies like shallots, leeks and fruiting crops.

Phosphorus – strongly influences fruiting and flowering; is essential for good root and shoot growth; pollination; and is very important in seed germination and viability.

Calcium – the most important mineral in the soil and known as the 'Trucker of all minerals;' is the 'ingredient' of cell walls concerned with root development & growing stem points and helps 'open up' soil to allow more oxygen.

With such important roles to play, these macro nutrients are vital for plant health and well-being but there are many others that are needed too, so a balanced slow release organic fertiliser with other trace elements will supplement those not present in **bananas**. These types of fertilisers are usually in a fine powdered or pellet form that quickly dissolve & become plant available. These can be sprinkled directly onto the soil, slightly dug in or sprinkled into the foliage basin in the middle of plants like ferns.

Ways to Use Bananas as a Plant Food Supplement:

* **Banana Water:** Soak a fresh banana peel in water for a day or two – then use the water with the leached nutrients in it to water your staghorn (or other plants). Don't let the peel go to waste though!

* **Add Banana Peels to your Soil or Worm Farm:** Chop up peels and add to your compost, worm farm or dig it into the soil around other plants to build up the organic matter and attract worms. Lift the mulch around your pot plants and side dress as a slow release food, then replace the mulch.

* **Chopped Dried Banana:** If your staghorn is indoors or close to the house and you are worried about the banana peel attracting fruit flies, you can dry out the chopped banana pieces in a slow oven and then use them; or put them out in the sun under a strainer to dry out for a day or two. Scatter dried banana pieces in the centre of the plant and water them in. You can also mix them into the moss if you are replanting or starting out with a new staghorn fern. Each time you water or it rains, they will provide slow release nutrition.

* **Banana Peel on a Trunk or Backboard:** Put a whole banana peel between the staghorn and the backboard or tree trunk it is supported on. By placing it in this position, the banana peel will gradually decay and slowly release nutrients when the plant is watered or it rains.

If you have bananas you won't use up (whole or just the skins), don't waste them –**freeze them!** When you have time to work on your garden, defrost the banana and add to the soil around the base of your plants (*or mash them up for a tasty low fat alternative to banana ice cream – they're delicious*)

Alternatively, **store bananas or peels in a self-seal bag in the fridge** until you are ready to use them. Ideally, **sprinkle some bokashi grains** onto the chopped up peels so the breakdown process is already getting started.

Spray the chopped up banana and/or peel with diluted seaweed or kelp – this provides additional 'food' for the microbes that will help break down the fruit faster so the nutrients can be absorbed by the plant.

Use with other homemade fertilisers such as crushed eggshells and coffee grounds for greater effect. Use bananas (whole/peels) as a soil amendment. They are a rich source of organic matter so they add valuable minerals and the decaying organic material attracts beneficial microorganisms (microbes) and earthworms which help create air pockets in the soil and add their free fertiliser (worm castings).

THANK YOU

Thank you to everyone who attended the various Park Consultation meetings, reviewed the data and gave their input. ALSO a big thanks to those villagers who took the time to print and complete the consultation document with their opinions and ideas – your efforts are very much appreciated.



There is still time to get your comments over to Alan Wilson or Elaine Penketh in regards to the layout and equipment but time is running out as the consultation period must come to a close as formal grant applications need to be made.

Consultation is the way your voice can be heard, it's your village, your park so it is important that everyone's thoughts are heard – if you want to register a formal comment then please contact Elaine (0785 222 3535) or Alan (07949675382)for a form

AND DON'T FORGET TO POP TO TESCO IN SLEAFORD TO VOTE
(TURN TO PAGE 8 FOR MORE INFO)

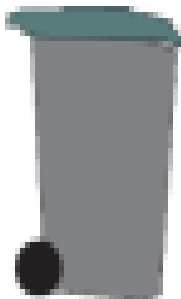
COFFEE TIME SOLUTIONS

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BIN COLLECTION

Due to Easter bank holidays there is some disruption to our bin collection days

HIGH STREET AND WEST END

Monday, 7th, 21st March - Green Lidded Wheeled Bin
 Monday, 14th & Saturday 26th March - Black Wheeled Bin

PARSONS DROVE

Wednesday, 2nd & 16th March 2016 - Black Wheeled Bin
 Wednesday, 9th & 23rd March 2016 - Green Lidded Wheeled Bin

EASTER HOLIDAYS & PHARMACY OPENING HOURS:

March 25th through to March 28th is Good Friday, Easter Sunday & Easter Monday. Most shops & pharmacies will be closed on Easter Sunday including Boots and Tesco but **The Riverside Pharmacy** (47 Boston Road, Sleaford) will be open - 01529 301830.