

# Worlaby Views



Autumn 2011



Welcome to the Autumn issue of *Worlab Views* – and thanks, as ever, to all those who have contributed articles, ideas, diary dates and photos, and to the dedicated and eagle-eyed band of proofreaders.

I hope you are all ready and eager to get your glad rags and dancing shoes on over the next few months! It looks like Worlab is going to be a whirlwind of social activity this Autumn and Winter, with a quiz evening, a theatre production *Return to the Land Girls*, and the new 'Village Hall' pub night, Worlab's 'Got Talent Open Mic Night' in St Clement's Church, live group Springfox Too, the always spectacular Bonfire Night and a Lindyhop evening. Then at Christmas we've got a party night with live band, Christmas Fayre and the traditional Christmas Eve Service. All this in addition to the regular events such as Sunday lunches, weekly zumba and aerobic classes and the launch of the Worlab Crew.

So have a wonderful time at all the events that have been organised for us – and spare a thought for the magazine – it would be great to include photos and write-ups of all that's been going on in future issues of the magazine.

**STOP PRESS – MAURICE AND HILARY'S HAT TRICK**

Congratulations to Maurice and Hilary Ashton whose wonderful flower-filled garden has deservedly won the Container and Hanging Basket Category in the North Lincolnshire Homes Competition for the third year in a row. Do have a walk down to Grangefield to admire the magnificent display.

**Contributions to the November/December issue**

The deadline for the November/December magazine is 28<sup>th</sup> September Please email articles, diary dates, notices, family news and so on to [lucy@englishandmedia.co.uk](mailto:lucy@englishandmedia.co.uk)

Welcome!

**S.T Leaning**  
**GAS FITTING, PLUMBING, HEATING**  
 Gas Safe Reg No. 20160  
**NEW INSTALLATIONS/REPAIRS/SERVICE/ POWERFLUSH SYSTEMS**  
 Condensing Boilers by  
**FERROLI**  
 Over 1500 fitted – 5 year guarantee  
**Tel: 01652 635619 Mobile: 07767 690136**

***D.T Painting Services***  
 Domestic & Commercial Services  
***Danny Thraves***  
 Painter and Decorator  
 Tel: 07590985729  
 01472 870275  
 38 Church Lane, Laceby,  
 Grimsby, DN37 7BW

**DNC** All aspects of electrical work undertaken.  
 electrical 20 years of experience in the trade.  
 Reliable qualified electricians.  
*All work carried out to 17th edition regulations.*

- Full & partial rewires • Fire & security alarms
- Inspection & testing • Aerial installations
- Industrial & domestic fault finding • New builds

No job too small – free quotations given.  
 Call Dave/Chris on tel: 01724 762706 or 07786 934419  
 or 07795 210256 mobiles

**COOKE'S PLUMBING SERVICES**

Bathroom installations  
 Repairs  
 Radiators/Pipework  
 Tiling  
 No call out charge

Call Neil on 01652 618963/07988420883

## WORLABY WI

On Monday September 12<sup>th</sup> Mrs Sandra Clark will give a flower demonstration and on October 10<sup>th</sup> it is Members' Night, when the Committee relax and are entertained by the rest of the group.

We are a small but friendly bunch so if you would like to join us we would be very pleased to welcome you. Our Secretary is Maureen Rickwood and she can provide further details (tel 01652 618142).



Liz Andrews

## THURSDAY GROUP

Our July outing was the annual trip to Cleethorpes for fish and chips and the slot machines, which, as always, was great fun. But it is June's meeting that will live longest in the memory.

There was no need to worry how we were going to get to Ascot this year as Ascot came to Worlabby Village Hall. On the 16<sup>th</sup> June 18 ladies dressed in their best finery and fanciest hats descended on the Village Hall to enjoy a night at the races.

Judith organised the evening and we were all given £1,000 to bet with on the three races. Most of us (me included) wasted no time in losing our riches on the three races.

The evening's programme started with a Buck's Fizz Reception and was followed by a hat parade and a competition for the best dressed lady (with the twist that the outfits were all created on the night ... out of newspaper!). After enjoying light refreshments and the races themselves, the evening concluded with the presentation to the Prize Winners.



Lis Owen

Our thanks go to Judith for planning and running such a fantastic evening which we all thoroughly enjoyed.

Fiona, Jan, Julie and Jo joined us and we hope they will come again to one of our ventures, held on the third Thursday of each month.

Lis Owen



### **Streaky Windows and Mirrors**

Cut out and wash the pockets from a pair of old jeans then use your normal window cleaner. Just put your hand in the pocket and use one side to wipe, turn the pocket around and dry up with this side.

### **Cleaning Crayon off Walls**

Simply use a hairdryer on a low heat and wipe off marks with a soapy wet cloth.

### **Microwave Ovens**

Clean your microwave the easy way. Cut a lemon into quarters, put this and one cup of water into a Pyrex jug or similar and put on high for five minutes. The steam and lemon just melt away odours and cooking residues. You just need to wipe dry with a paper towel. Result – spotless oven!

### **Clean your Jewellery**

With a toothbrush and plain toothpaste. It is slightly abrasive, but not enough to do any damage and will make your gems sparkle!

### **Stainless Steel Appliances**

Use baby oil to get finger prints and marks off stainless steel – works like a charm.

### **And now One for the Musicians**

To clean inside your guitar, fill it with uncooked rice and give it a good shake, it will gather the dust and just fall out.

## **VIRGO – AUGUST 24<sup>TH</sup> TO SEPTEMBER 22<sup>ND</sup> BIRTHSTONE: SAPPHIRE**

Virgo is an Earth sign and has an affinity with harvest time; this sign is often depicted by a woman carrying a sheaf of corn.

Virgos are often intensely curious, precise and practical, organised and fastidious. As children they are neat and clean and, although shy, are very willing workers at school because they love to be busy.

Unsurprisingly for a star sign ruled by the fast-moving, shape-shifting planet Mercury, Virgos are hot wired to process information. They have a sharp intellect which constantly needs to analyse their environment and those around them. Unfortunately for some Virgos this can easily turn into endless worrying.

Here we have the perfectionist whose high standards cause a great deal of inner self-doubt. Modest, reliable and diligent, Virgos would rather not take the lead and do not enjoy responsibility. They welcome supervision and excel at organising and caring for others within a structured framework.

Virgos are above all industrious, loyal, loving; it is one of the most deeply caring signs in the zodiac. You are fortunate indeed to have a Virgo as a friend.

Tamaris

## FATHER'S DAY TREASURE HUNT

The Father's Day Treasure Hunt was a great success. Despite the uncertain weather 14 teams of aspiring 'hunters' turned up to wrestle with the clues. The Treasure Hunt encompassed a pleasant walk around the village with 35 mindboggling clues to solve. This definitely brought out the competitive nature of our participants. There were cries of: 'That's just not fair', 'It's too hard', 'That can't be right', and 'Can we bribe the judges, then?'

Everyone had a thoroughly good time. On their return to the Village Hall the teams had a nailbiting wait for their scores. However, the hot dogs and burgers on offer at the BBQ managed to alleviate some of the tension. It was lovely to see the hall full of people having a good time. One team even remarked on how pleasant the village looked on a Sunday afternoon with people actually out on the streets walking, chatting and comparing notes with each other.

The final result went to a tie break between two contending teams: The Andrews and The Hassalls – even the tie breaker couldn't separate them, so they were each given a prize. A consolation lollipop was awarded to the other participants.

The funds raised were in aid of *Worlaby Views* and the Village Hall. A big thank to Gill Odlin, Christine and Paul Edwards, Sue Webster, George Watson and Lucy Webster for all their hard work and organisation.

Pauline Watson

On behalf of the *Worlaby Views Magazine* team I'd like to add a huge thank you to Pauline herself for setting such a terrific Treasure Hunt. We have a few spare copies of the Treasure Hunt left, so if anyone fancies a village walk with a twist, then please get in touch.

Lucy

## COFFEE MORNING AT FOUNTAIN LODGE

The first Saturday in August saw many of those who'd started the weekend with an hour's aerobics hotfooting it to Tim and Lesley's coffee morning for a restorative drink and slice of cake ... or two! And, thanks to all those who'd made the delicious cakes, they had plenty of choice.

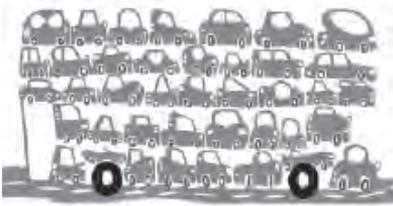
Coffee mornings are always a nice chance to catch up with people and this was a lovely relaxed and friendly event, with a wonderful tombola run by Pam and Richard. There was much talk of how enjoyable (and exhausting!) the keep fit class had been and discussion of what talents we might see on display at the Open Mic night in September. (See the back cover for details of how you get your ticket to this must-see evening – or take part.)

Thanks to Lesley and Tim for organising and hosting the morning which raised £100 for *Worlaby Views*.





# On the Buses



SOMETIMES YOU CAN'T BEAT THE BUS >>>

Waiting for buses in inclement weather can be a dreary business, and through Worlab they are few and far between. Why is this? You would think that in a country as small and as populous as ours there would be plenty of demand for public transport. Sadly, the truth is that there just aren't enough passengers to maintain a more frequent service through the low villages and so the 450 Barton to Brigg service has been curtailed twice in the last few years. The problem is

it's a chicken and egg situation: without a good, frequent bus service, no-one is going to dare to rely on public transport and, without an increase in numbers, we're never going to get the sort of service that provides a realistic alternative to the car.

But for those of us who do dare to leave the comfort and convenience of our cars, there are great benefits to be had. The bright side to bus travel comes in the encounters with your fellow travellers: wiling away the journey with a good natter about bread baking with a lady from Scunthorpe; an account of T.E. Lawrence's (Lawrence of Arabia) fatal accident from a man brought up in the Dorset village where Lawrence resided. Also, this man, revisiting his Dorset birthplace after many years, was surprised and moved to be recognised by an elderly local because he so resembled his father.

Another fellow traveller explained how, after his stroke, he had been allowed eventually to drive again but his experience of bus travel had proved relaxing and he had gained lots of acquaintances, so now he often leaves the car at home.

So, all you motorists, don't pass up the chance to enjoy such encounters, sealed in your car, belting out fumes and burning up your money. Take notice of the poster designed by a primary school pupil, currently displayed on the buses: Not going far? Don't use your car.

A regular bus user



**HELP FOR HEROES**  
Over £75 raised so far!

Pop your drinks cans into the bin at the gate at 2, Top Road and help Michael and Angela Holmes raise much-needed funds for the 'Help for Heroes' charity.

## AN IMMORTAL LIFE AND ICELANDIC CRIME

The Book Group met on Tuesday July 26<sup>th</sup> when a discussion took place on *The Immortal Life of Henrietta Lacks*, an award-winning non-fiction book recounting how one woman's cancerous cells were used to advance knowledge and develop treatments. What a subject to cover and it certainly gave us heated discussions on the rights and wrongs of this practice. As usual we had a very entertaining meeting with as many views as persons present. One point we did agree on was that the first couple of hundred pages were by far the best and that a much shorter book would have been a better read.

Something rather different for August's meeting – an Icelandic crime novel – which we look forward to getting our teeth into.

We were very pleased to welcome two new members to our group in July – if anyone else would like to join our lively and varied discussions, please get in touch.

Anne (618391)

## FIRST OPEN GARDENS MEETING

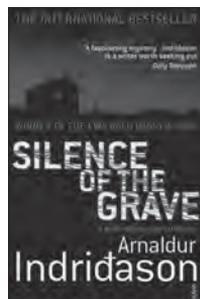
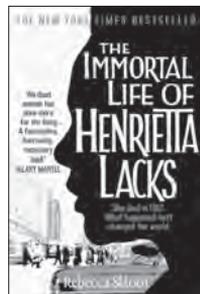
Following the wonderful Hidden Gardens of Worlaby in 2009, we're once again going to open our gardens, award-winning Churchyard and Woodland Walk to visitors from far and wide. We're delighted that in addition to the gardens opened last time, we already have a further four villagers who have generously agreed to welcome visitors into their gardens. Our first Open Gardens meeting will be held on Tuesday 4<sup>th</sup> October Village Hall 8pm. If there is anyone else who would like to open their garden or help in any other way either on the day or in advance (perhaps with publicity, teas, ideas and so on), do get in touch – or just join us at the meeting.

Sue Webster (618762)

### WANTED: HOUSE FOR RENT

Friendly and welcoming villagers, excellent school ... and grandparents to help with the childcare have tempted Pam and Richard Beeforth's daughter and family to move to Worlaby. They are looking for a three-bedroomed house with garage and would like to hear about any suitable properties coming up for long term rental in the next few months.

If you can help in their search, please give Pam and Richard a ring on 618832





# Worlabu Recreation Committee

## Hundred Club Winners

Ruth and Brian Empson won June's £15 first prize, with Gill and Terry Odlin winning the 2nd prize of £10. Gill and Terry also won second prize in July with Colette and Dave taking first prize.

## Pub Night at the Village Hall – Friday September 30<sup>th</sup> 7.30-10.30pm

Are you 18 years or over? Do you enjoy a game of pool, fancy your chances at darts, cards or dominoes, or perhaps you want to catch up with friends around the village? If so, then you might want to come on down to the Village Hall on Friday nights. You just bring your own drinks and pay £2 on the door towards village funds. If the evening proves popular, the Recreation Committee will run a pub night, fortnightly or monthly, depending on what you want.

## Wanted: Lawnmower

The Recreation Committee is looking for a secondhand petrol rotary lawnmower. If you have one you're keen to sell, please contact Sheridan on 618627.

# Worlabu's 1st Dog Show

**Dog Show \* Bouncy Castle \* Archery \* Games \* Face painting \* Afternoon teas \***

A fun afternoon in Worlabu for dog owners and spectators will be held on Sunday 4<sup>th</sup> September from 2 to 4pm.

The Show will begin with a Grand Parade of all entrants and will end with the Best in Show class, starring the winning dogs from the individual classes.

It promises to be a great afternoon for all the family, with plenty to do in addition to the Dog Show, from bouncy castles to archery and games, and delicious refreshments laid on in the Village Hall.

**Competitors enter in advance or on the day, between 1 and 1.45pm**

Best large dog

Best small dog

Most obedient dog

Most talented dog

Waggiest tail

Children's dog class

For an entry form or more information, text or phone Kirsty on 07834545558 or email her at [kirstysquires@O2email.co.uk](mailto:kirstysquires@O2email.co.uk)

Take a look around the village and you'll see lots of new projects taking place as a result of the work of not just the Parish Council but many other groups in the village. As the nights draw in, the impressive lighting to St Clement's Church tower is visible again for all to see and if you go inside you'll see the interesting display boards and restored medieval incised stone.

It quite often takes some time to bring projects to fruition. Over the Summer we installed the interpretation boards in the Woodland Glade and Hollows. This began many months ago as a suggestion from residents. The Parish Council set about agreeing funding, researching the wildlife, bringing in a designer ... and now the boards in these areas are in place for villagers and visitors to enjoy.

Sadly Worlabby is not without vandalism. We are looking to find the money to replace the stolen brass plates from Clio and within the Glade but we remain hopeful that they might 'turn up'.

The hard work and dedication of the Green Team is also clear to see as the planted beds all around the village have been a riot of colour over the Summer. We are also hopeful that the Markie Path (between Low Road and New Road) might be resurfaced in the near future.

Some eighteen months ago the Parish Council decided to purchase the telephone box. BT had declared it redundant and, for the price of £1, we thought that it should stay in the village.

The classic red telephone kiosk is a thoroughly British architectural icon. Known as the 'K6' Jubilee Kiosk, it was designed by Giles Gilbert Scott (whose work also included Battersea Power Station) to celebrate the silver jubilee of King George V in 1935. The K6 cast iron kiosk became the first standard telephone box and was used throughout the country. Do you have fond memories of ringing home from one of these whilst on a school trip or seeing how many of your mates you could get in at the same time?



Sue Webster

We have recently signed the contract to pass the kiosk to the Parish Council. Once the BT equipment has been removed the box will become the responsibility of the village. We will have access to genuine paint and parts suppliers to retain its appearance. Now we have to decide what we should use it for. Suggestions to date include using it as an additional village notice board for increasing numbers of 'What's On' and 'For Sale' notices. We would love to hear from anybody or groups who have ideas for its use –perhaps groups could take it in turns to use it for display or other activities. Elsewhere I have seen old boxes used as book stores, tool sheds and even a giant fish tank. The suggestion of painting it blue and turning it into a model of the TARDIS was not supported!

Paul Edwards, Worlaby Parish Council

## HAVE WE LOST TOUCH WITH NATURE?

I recently read in a magazine that the average Western adult can recognise fewer than 10 wild flower species, but more than 1000 different brand names.

Whilst out walking my Labrador, Harvey, I decided to take a closer look at the plants on the verges up The Hill. I was confident that I could beat the figure of 10.

So, let's discount the obvious: clover, daisies, dandelions and buttercups. In just one short walk I discovered red and white champions, cow parsley, vetch, 'dead nettles', poppies, cornflower ... and so many more that I recognised, but just couldn't name.

It is said that the chalk grassland of the Lincolnshire Wolds can contain over 50 species of flowering plant in just a square metre. Add to that the rich soils of Worlaby Carrs and the often boggy springs along the edge of the Wolds, and it is no surprise that we are surrounded by an abundance of wildflowers and plants.

Why is it then that we fail to notice them? Are we simply too busy with our hectic lives to take time out to 'smell the flowers'?

One of the best places to see wildflowers at the moment has to be in the Hollows and the Woodland Glade. Just 10 minutes spent here and you'll discover more flowers than you thought existed.

I have fond memories of walking with my parents as a child, and dad teaching me to recognise dozens of flowers through the changing seasons. I'm going to get my *Observer's Book of Wildflowers* out and see how many I can remember.

Perhaps we can put a list together for the next edition or even the village notice board!

Christine Edwards

# Worlaby Crew



The members of Worlaby Crew are looking forward to their official opening night on September 15<sup>th</sup> at 6.30pm at the Village Hall. Since May and throughout the Summer the sports evenings have proved very popular. These evenings were initially started in order to find out how much interest there might be from young people living in the area to the idea of a local youth club. Since then, a growing number of youngsters have enjoyed football, tennis, dodge ball, rounders, and cricket in all weathers and in between showers. Indoors we have had just the Connect 4 and giant jenga to keep them occupied.

However, we can now offer a great range of indoor activities as well, just in time for those Autumn and Winter evenings. We have raised enough monies through grants and fundraising to purchase two small pool tables, a full size table tennis table and to provide music and a small comfortable seating area. A big thank you must go to Worlaby Parish Council, Brigg Lions, Brigg Round Table, the good hearted residents of Worlaby, and to the youth leaders and members. Thanks also to Sue and Pete Blaylock for donating a table top football game.

We have the full support of North Lincolnshire Youth and Leisure Services and in preparation for our launch, we have been CRB checked, safety trained ... had a full service, new tyres fitted and passed our MOT. Team members Sheridan and Dawn Jones, Conrad Watson, Rob Waltham, Carl Sherwood, Jean Smithson and myself have never been in such superb physical and mental shape – we're ready and raring to go. So do join us on the 15<sup>th</sup> to meet the 'crew' – we'll even treat you to a sandwich and a bun as you mingle with the great and good!

## CARDS, GAMES, DOMINOES

Do you have packs of playing cards, dominoes, table top games or even a sturdy darts board, in good condition, but that you no longer use? If so, could you donate them to The Recreation Committee? Worlaby Crew would put them to good use!

Tel: 618900 if you can be of any help. Thank you!

Pauline Watson

## WORLABY SCHOOL FAIR

Worlaby School Fair takes place at the school on the 24<sup>th</sup> of September from 1-4pm. There will be a photographer on site to do family portraits which will be available to take home on the same day. Here's hoping for an Indian Summer!



## NEIGHBOURHOOD WATCH

Thanks to all who attended the meeting and to PC Jane Proud and Ken Bates who, as always, contributed most to the meeting.

Sheridan, Worlaby's Youth Leader, updated us on the progress so far with the Youth activities and our thanks go to him, Pauline Watson and the Parish Council who pursued the issue with North Lincolnshire Council Youth Services following our last meeting.

Please do all you can to keep your property secure – we are not immune from crime, with a burglary in the village only a few weeks ago. And, as usual, please do inform the police of any suspicious people or vehicles you see on 0845 60 60 222. Thanks to the two residents who did this in recent weeks and to the police who responded to their calls.

Here's to a safe and trouble free Autumn.

Lesley Robinson, Neighbourhood Watch Coordinator  
Lespotamusrob@aol.com 01652 618494

## ST CLEMENT'S CHURCH



### Ploughman's Lunch

If you didn't get to the church on the 18<sup>th</sup> June, you missed a treat. Maureen provided us with a lovely ploughman's lunch and cake and coffee to boost the funds of Christian Aid. You don't have to be a churchgoer to enjoy these occasions. Just come along to meet neighbours and make friends with people you didn't know lived in the village.

Lis Owen

### Vandalism of St Clement's Church

We are very sorry to report that in the late evening of Friday 12<sup>th</sup> August, all the new lights leading to the Church were vandalised. This was a vicious attack which left the lights beyond repair.

The installation of the lights was part of St Clement's major improvement and restoration work completed last year, the lights themselves generously funded by Worlaby Parish Council.

If anyone has any information about what happened, please do get in touch with the police on 0845 60 60 222.



## September

- 4<sup>th</sup>: Worlabby Dog Show 2-4pm, Village Hall and Recreation Ground
- 12<sup>th</sup>: WI 7.15pm, Village Hall
- 15<sup>th</sup>: Worlabby Crew Youth Club Opening Evening 6.30pm, Village Hall Thursday Group
- 24<sup>th</sup>: Worlabby School Fete 1-4pm  
'Has Worlabby got Talent?' Open Mic Night, St Clement's Church £7.50 including hot supper and wine
- 25<sup>th</sup>: Sunday lunch 1pm, Village Hall
- 26<sup>th</sup>: Worlabby Readers
- 27<sup>th</sup>: Toddler singalong 10.30am, St Clement's Church
- 29<sup>th</sup>: Worlabby Crew Youth Club
- 30<sup>th</sup>: Pub Night 7.30-10.30pm, Village Hall

## October

- 1<sup>st</sup>: Join in Macmillan's 'World's Biggest Coffee Morning', hosted by Sue Blaylock 10am, St Clement's Church
- 2<sup>nd</sup>: Harvest Festival service, followed by hot lunch 11.15am, St Clement's Church  
*Back to the Land Girls* production from the Bad Apple Theatre Company 8pm, Village Hall
- 4<sup>th</sup>: Open Gardens meeting 8pm, Village Hall
- 10<sup>th</sup>: WI 7.15pm, Village Hall
- 13<sup>th</sup>: Worlabby Crew Youth Club
- 16<sup>th</sup>: Sunday lunch 1pm, Village Hall
- 20<sup>th</sup>: Thursday Group
- 22<sup>nd</sup>: Springfox Too Live Music from 7.30pm, Village Hall
- 25<sup>th</sup>: Toddler singalong 10.30am, St Clement's Church  
Worlabby Readers
- 27<sup>th</sup>: Worlabby Crew Youth Club
- 29<sup>th</sup>: Family Fun Quiz 7pm, Village Hall

## November

- 5<sup>th</sup>: Bonfire Night Fun, Village Hall and Recreation Ground, bonfire lit at 7pm
- 10<sup>th</sup>: Worlabby Crew Youth Club



- 14<sup>th</sup>: WI 7.15pm, Village Hall
- 17<sup>th</sup>: Thursday Group
- 19<sup>th</sup>: Lindyhop Night, energetic swing dancing at the Village Hall

- 21<sup>st</sup>: Worlaby Readers
- 24<sup>th</sup>: Worlaby Crew Youth Club
- 27<sup>th</sup>: Christmas Lunch 1pm, Village Hall
- 29<sup>th</sup>: Toddler singalong 10.30am, St Clement's Church

## December

- 1<sup>st</sup>: Worlaby Crew Youth Club
- TBA: Christmas Fayre
- 12<sup>th</sup>: WI 7.15pm, Village Hall
- 15<sup>th</sup>: Thursday Group
- 17<sup>th</sup>: Christmas party night, with dancing to local band Identity Crisis
- 19<sup>th</sup>: Worlaby Readers
- 24<sup>th</sup>: St Clement's traditional Christmas Eve Service

### ONGOING

#### Weekly

- Mondays and Wednesdays: Zumba classes in the Village Hall, 7-8pm £4
- Tuesdays: A short service of communion at 9.30am, St Clement's Church, followed by open church and refreshments  
Exercise class 2pm, Village Hall
- Wednesdays: Green Team – meet 9.30am at the flagpole (weather permitting). Contact Anne Hindle for details (618391)
- Saturdays: Aerobics – exercise to music 9-10am, Village Hall £2.50

#### Fortnightly

- Wednesdays: Good Companions
- Thursdays: Worlaby Street Crew

#### Monthly

- Mondays: WI  
Worlaby Readers (occasionally Tuesdays – please check)
- Thursdays: Thursday Group
- Sundays: Sunday Lunch

## ANYONE FOR TENNIS?

Picture this: it's Summer: Wimbledon is at its peak, the weather for once is benign and the village tennis courts are open and FREE.

What better way to appeal to a Yorkshire man's natural athletic prowess? George and I duly purchased tennis racquets (which I would keep referring to as bats) and sashayed onto centre court. We quickly established the ground rules:

- 1) Attempt to keep the ball moving at all times, even if this means bouncing it off the boundary fence.
- 2) Once all the balls have been played on your court and now lay all over the adjoining court (provided this court is vacant) simply move over and continue the game until you need to move back to the original court once more.
- 3) The ball is only called out if it falls in the Recreation Ground or beyond.
- 4) Ignore injuries sustained by your opponent thinking that they can get to that rather high ball you have just lobbed. Do not offer sympathy; just carry on. Isn't that what they mean by advantage?
- 5) Try and keep verbal abuse to a minimum – it only drains much-needed energy that is absolutely essential for simply moving around.
- 6) If other aspiring tennis players turn up on the next court, try not to get your ball in their game

Ha! Those halcyon Summer days of Pimm's, strawberries and self-inflicted injuries.

Pauline Watson

## EXERCISE IS GOOD FOR YOU?

Fed up of struggling into old clothes that had 'shrunk in the wash', and new ones that proved to be 'skimpy in the making and quite small for their size', we decided to get off the settee, get onto our bikes and get into shape. How hard could it be? We'd limber up with the run down Carr Lane to the railway.

Bikes were found, helmets donned (not a good look) and tyres pumped up – extremely hard work so we had a bun and a cup of tea to fortify us. Off we set ... the heavens opened and my dear partner's brake wire fell off, as did the man himself. Many oaths were uttered and we retired into the greenhouse to dry out and repair said brake. Brake repaired, torrential rain still lashing down, we decided to rest for a while on the ancient bench we keep for sitting on whilst eating buns and looking at the garden.

The bench had other ideas, giving up in despair and throwing us onto the concrete. Nursing injured bottoms, wrists and dignity, we decided to put the bikes away for a 'better day'.

Cup of tea and bun in hand, we agree it would be foolish to risk further exercise and settle back for some (web) surfing for bigger clothes.





## WORLABBY GOES ZUMBA CRAZY

Past memories of walking into an exercise class, largely composed of young, nubile things who really had no reason to be there, of desperately trying to keep up with, and follow the instructors' every move, not to mention of the aching muscles which appeared the next morning and lasted until the day of the next class along with the feeling of dread at the thought of having to go back for the next session, had come flooding back. So, as a dedicated couch potato and the wrong side of 40, it was with some trepidation that I presented myself at the Village Hall for Worlabby's first Zumba class.

One hour later, I and more than 20 other ladies, had wriggled, jiggled and giggled our way through what had been a thoroughly enjoyable class. Jo and Kate had made the whole experience huge fun from start to finish but we all knew that we had worked hard and if everyone was red faced and puffing hard (I know I was) at least we all had a smile on our faces.

Having the co-ordination skills of a baby giraffe (probably less if I'm truthful), I had been a little concerned about making a fool of myself in front of everyone else but, as it turned out, everyone had to concentrate so hard on following the moves of each dance that 'people watching' was not an option.

Some of the more unusual moves (or more accurately our attempts to do them) caused the whole class to dissolve into fits of laughter and initially proved a little harder to master (arms going one way, legs going the other) but we were all learning and we soon picked it up. Perfect we weren't, trying we were. The session finished with some cool down stretches and then it was time to go home.

The next morning I woke with the expectation of aching muscles but, to my surprise, I had little or no discomfort at all. I assumed this meant that I hadn't been working as hard as I thought but, after chatting to some of my classmates, I realised that, actually, we were all feeling pretty much the same. Could it be that the mantra 'no pain, no gain' had finally been consigned to the realms of pointless sayings? Only time would tell.

Three sessions in and I'm still waiting for the 'pain' aspect to hit home – it hasn't yet. I'm getting the hang of the choreography of the various dances and I even find myself practising a couple of the co-ordination-based moves at home. The class is still great fun, my confidence is growing and I'm even looking forward to my next session – something previously unheard of where exercise classes are concerned!

For £4 a session, this is a great value, fun way to get fit and enjoy yourself, in the lovely new Village Hall (thank goodness for air-conditioning).

Elaine Otty

## BACK TO WORLABY

Even before schools and colleges broke up for the Summer holidays, I found myself having to pack up my university room in Nottingham and say goodbye to the people I had spent the last nine months living with. Whilst most of my fellow students were moving back to London or big towns (along with my beloved Essex girl flatmates – more about that later), I was slightly apprehensive about coming back to Worlaby.

Norton Court, my 'home from home' since September, houses 360 students, all in their first year of university and all living away from home for the first time. As you can imagine, each weekend is a different party in a different flat – and even on 'school nights', you would be up talking to other students until the early hours of the morning. My flatmates: three Essex girls, one local girl from Melton Mowbray and one from Manchester, were not the type to go to bed early. The first thing I thought when I packed my suitcases was that I might eventually get a good night's sleep.

I did initially think that I would be dying of boredom by my second week in the countryside or constantly on Facebook begging Norton Court to re-open for the Summer. Instead, I'm surprised. The first thing students will say about being at home is the home cooking experience. Luckily, I can cook the essentials to keep me going in a strange city. My Essex girl flatmates, however, were not so privileged. On one instance, a full raw jacket potato was dropped into a pan of water, left to boil for a few minutes and then attacked with a potato masher in an attempt to make sausages and mash. Needless to say, the Essex girl in question did not have mash that night.

The scenery back home in Worlaby is, of course, a world apart from the area that students 'lovingly' nicknamed 'Shottingham'. From our living room window, we could see a gun shop and the flat of the suspected local drug dealer – hardly the Lincolnshire Wolds. I remember pulling up in the car park to move in and Mum begging, 'It can't be here, can it?'

Apart from acting out the unwritten rule that students work for most of the Summer, visiting the people I'll miss and heading off on holiday, I'll be making the most of the countryside until I move back to Nottingham in September. I finally have a garden, my dog back (who is arguably better company than the Essex girls can be at times), and who needs an inner city gym when you can go for a run with the view of endless fields for free? Not to mention having a coffee brought to you in the morning instead of having to fight your way through a student kitchen to find the kettle and a clean mug!

Rachael Edwards



# **Has Worlaby got Talent?**

## **Open Mic Night**

**St Clement's Church, Worlaby**

**Saturday 24<sup>th</sup> September @ 8pm**

**A variety of acts including:**

**Pop**

**Poetry**

**Folk**

**Dance**

**... and more!**

**A great night's entertainment, with hot  
supper and wine to raise money for Worlaby  
Church**

## **New artists welcome on the night**

**Tickets £7.50 including hot supper & wine**

**For tickets, details or to book your slot, contact:**