

# Heads - Up!

*The newsletter for Headdon, Upton, Grove & Stokeham*

*March 2020*

## Headdon Village Hall Presents **Steve Tilston**

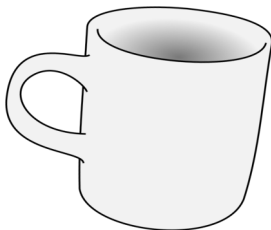
**Saturday 25th April at 7.30pm.  
Tickets £12**



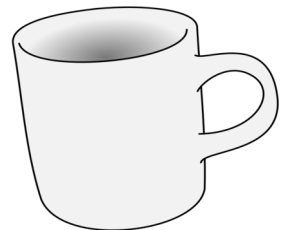
Steve Tilston is one of our most celebrated songsmiths, widely recognised within the world of folk and contemporary music; the words, arrangements and subtle, quite superb guitar playing could be no one else. He is a BBC Radio 2 Folk Award winner and is sure provide a great night's entertainment

### **For tickets contact:**

**Dave Burton on 248085 / jimsdad7@btinternet.com**  
**Paul Palmer 07794839742**  
**Pat Thorpe 01777 248368 / paddythorpe@btinternet.com**  
**headonvillagehall@gmail.com**  
**or through Headdon Village Hall's Facebook page**



## **Chit-Chat**



**Come along for coffee, cake and chat.**

**Just £1.**

**Every Wednesday in March, 10.30-11.30am**  
**Headdon Village Hall**

**Everyone welcome.**

Lifts may be possible from Headdon & Upton.  
Please contact Beatrice or Chris, on 248187.

## **A Day in the Life of....JACK FOSTER**

### **LENGTHSAMN FOR HUGS PARISH COUNCIL**

For anyone that does not know me, my name is Jack, and I work alternate Wednesday mornings in each of the four villages represented by the parish council.

I actually have several jobs, so my days vary quite a lot. I am also lengthsmen in North and South Leverton, as well as Sturton le Steeple. I have several gardening jobs, and I also work at Whitehouses Restaurant on London Road in Retford.

On an average week day, I get up at 7 am and usually start work at 8.30 or 9.00 am, depending on which village I am going to. I have bought a blue van recently, so that I can carry around the various pieces of equipment that I need for my work as a lengthsmen. Things like shears and loppers, strimmer, wheelbarrow, sweeping brush, traffic cones and warning signs. The last two are very important, as I have to warn other road users that I am working, for my own safety as well as theirs.



The tasks I work on in the villages include things like painting, litter clearing, taking back overgrown hedges, sweeping roads and pavements, maintaining access to public footpaths, washing road signs, grass cutting, and generally keeping the villages looking at their best. This mostly happens during the morning.

After lunch I usually do my gardening work, which includes grass and hedge cutting, weeding, trimming, fence painting.

I work at Whitehouses Restaurant, usually in the evening, often a couple of nights per week for five hours. As I write this week, I will be working Friday and Saturday. This is very different from everything else I do, it is indoors for a start, and doesn't involve boots and hi-vis clothing! It does involve washing up and clearing up in the kitchen, and I enjoy it because it is such a change.

I also help out at home with our land and animals. Just now we have six goats, and three ferrets. We often have a cow, and chickens. When the animals have been taken care of, I do similar chores at home to when I am working, like grass cutting, or hedge trimming.

My hobbies include skiing and cycling. In summer, after work, I go out on my bicycle riding, sometimes with my twin brother, but often on my own. I can use my bike indoors during the winter, on a stand, so that I can keep fit when it gets dark too early to ride out. Then, at the weekend, I sometimes cycle as much as sixty miles. I often make sure I go through Doddington, so that I can call at the cyclist's cafe in the yard beside the farm shop at Doddington Hall, where I meet other riders with the same interests as myself.

All my family are very keen skiers, and we have recently been to Breckenridge in the USA, where the snow conditions were good, if a little windy. I have been skiing for about seventeen years, and really enjoy being outdoors and the thrill of taking on the slopes.



All my days seem to be very busy and full, meaning that by 10pm, I am fast asleep.

## **Cinema**

Headon Village Hall commencing at 7.30pm. Entrance £3.50

### **Saturday 7th March — Judy (12A)**

Thirty years after starring in "The Wizard of Oz," legendary performer Judy Garland arrives in London in 1968 to perform sold-out shows at the Talk of the Town nightclub. Here, she reminisces with friends and fans and begins a whirlwind romance with musician Mickey Deans, her soon-to-be fifth husband. Starring Renée Zellweger who won the Oscar for Best Actress for her portrayal of Judy in this film.

**Next Date: Saturday 4th April - Knives Out (12A)**

Contact Pat - [paddythorpe@btinternet.com](mailto:paddythorpe@btinternet.com) or on 248368

## Chef Paolo of Headon: - Recipe Idea

### Cornflake Chicken

This recipe for cornflake chicken is strips of chicken breast coated in seasoned crushed cornflakes and baked to crispy perfection. These chicken fingers are easy to make and are a big hit with both kids and adults!

**Cook Time** 15 minutes

**Servings** 4 servings

#### Ingredients

- 1 1/4 pounds chicken tenders or boneless skinless chicken breasts cut into strips
- 1/2 cup milk
- 2 eggs
- 4 cups cornflakes
- 1 teaspoon smoked paprika
- 1/4 teaspoon onion powder
- 1 teaspoon sugar
- 1/2 teaspoon salt plus more to taste
- 1/4 teaspoon pepper plus more to taste
- cooking spray
- 1 tablespoon chopped parsley



#### Instructions

- Preheat the oven to 425 degrees F. Line a sheet pan with foil and coat with cooking spray.
- Place the milk and eggs in a bowl; whisk to combine.
- In a food processor pulse together the cornflakes, smoked paprika, onion powder, sugar, salt and pepper until coarse crumbs form.
- Pour the cornflake mixture onto a plate.
- Season the chicken pieces with salt and pepper to taste.
- Dip each chicken piece into the milk mixture, then roll in the cornflakes.
- Place the chicken on the baking sheet in a single layer. Coat the tops of the chicken tenders with cooking spray.
- Bake for 15 minutes or until chicken is cooked through and crispy. Sprinkle with parsley and serve.

## Chris' Beekeeping Year—March

Hopefully we won't have a March like we had two years ago when the 'Beast from the East' caused me to lose several colonies to the severe cold. Monitoring food stores is still important at this time, as the colonies are getting towards the end of their winter stores. Hopefully the weather will be kind and the bees will start to increase their foraging on plants such as hazel, and alder. Trees are often over-looked as good pollinator plants but they can provide huge amounts of pollen and nectar in a small space.



Honeybee collecting pollen from our corkscrew hazel. Note the yellow pollen sack behind her knees.

Towards the end of March I will need to organise my hives for the summer months. A hive is made up of the brood box, (normally at the bottom where the queen lays her eggs) physically separated by a wire excluder to stop the queen wandering into the 'super' boxes, directly above. It is in the supers where the bees put the honey from which with luck I will extract any surplus. However over the winter months I have removed the excluder and the queen will be wandering free around the hive, so I have to try and find her and move her with her attendants into the brood box. It can be like looking for a needle in a haystack, but to help spot her I will look out for a dab of non toxic paint on her thorax which I placed on her last summer. Knowing where the queen is in the hive is very important for most of the tasks the beekeeper will need to do throughout the year, and 'spotting the queen' is a skill beekeepers need to master.

Regular & Forthcoming Events in Headon Village Hall			Headon cum Upton, Grove & Stokeham Parish Council
Wednesdays	10.30am	Chit Chat	<b>Next meeting</b>  <b>Monday 2nd March</b>  <b>7.30pm</b>
Thursdays	6.30pm 7.30pm	Pilates	
Fridays	8.00pm	Social Club	
Saturday 7th Mar	7.30pm	Cinema	
Saturday 4th Apr	7.30pm	Cinema	
Saturday 25th Apr	7.30pm	Steve Tilson	
Saturday 4th Jul	7.30pm	Kick n Rush	

Church Service Times				
	Headon	East Markham	Stokeham	East Drayton
Sunday 1st Mar	Group Holy Communion at Stokeham 10.30am			
Sunday 8th Mar		Holy Communion 8.00am		Holy Communion 10.30am
Sunday 15th Mar	Morning Worship 9.00am	All Age Service 10.30am	Holy Communion 10.30am	
Sunday 22nd Mar	Holy Communion 9.00am		Mothering Sunday Service 9.00am	Mothering Sunday Service 10.30am
Sunday 29th Mar	Group Holy Communion at Grove 10.30am			
Services at other Churches within the Parish are:				
<b>Askham</b> - 15 Mar 10.30am Holy Communion				
<b>Laneham</b> – 8 Mar 9.00am Holy Communion; 22 Mar 10.30am Mothering Sunday Service				
<b>Rampton</b> – 8 Mar 10.30am Holy Communion				
<b>Treswell</b> – 15 Mar 9.00am Holy Communion				



### Re-cycled Cycles

All in very good condition and various sizes available  
 Contact John Parker 07939 412542 (East Drayton)



Home reared pedigree beef  
 Free range woodland pork  
 Available to pre-order



**HOME FARM PRODUCE**  
 From Farm to Fork  
 Tel: 07807 040173

 [@homefarmproduce](https://www.facebook.com/homefarmproduce)  
 Home Farm, Grove

**PASTURE FARM  
HONEY**



**Local raw  
natural honey**

Tel: 01777 248187  
 Pasture Farm, Upton

**The Al Fresco Pizza Co.**

The Al Fresco Pizza Co. is a mobile wood-fired pizzeria based in Refford that caters for events, weddings, parties and corporate functions.  
 We create fresh, authentic, Neapolitan-style pizzas in our converted Land Rover Defender.





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