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## Hello From The Editor

### Welcome to the December edition of the Gazette.

As the song goes, it's beginning to feel a lot like Christmas! In spite of the Omicron variant and mask mandate, it still looks as if we're determined to make up for last year's damp squib of a Yule.

This month, the little monument commemorating the Hinckley Road explosion that took five lives in February 2018 was unveiled, a local councillor gets herself suspended, a twelve year old from New College completed an 80k cycling fundraiser and, on a similar theme, 22 year old local para-athlete Morgan Newbery is about to hit the big time in professional cycling.

Helen Knott has a seasonal warning for women out on their own, and safety in general, Carey Tunstall digs out her December garden, Shauna Ashton has an update from the Fosse policing team, and we look at the long history of stuffing... coz Christmas...

There's also a great competition giving you the chance to win four tickets to Sleeping Beauty at DMH in January and don't forget the Bigly Crossword sitting like Santa on his sleigh on the inside pack page.

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## Events Diary

**Free Thurs Club:** 2pm. **Meet & Eat:** Weds 5pm. Robert Hall, 147 Narborough Rd.

**Hall @ St Anne's, Letchworth Rd: Knit & Natter:** 1.30pm, 4th Tues. **Weds Club:** 2.30pm, 1st Weds.

**Musical Memory Box:** 1st & 3rd Tues 10.15am

**Pram Club:** Weds 9.30-11.00am. **Fri Coffee Morns:** 10.00am.

**Free Tea/Coffee @ St Paul's Worship Ctr / Community Hub, Kirby Rd** Weds, 2- 4pm. T-Top sale. 2nd Sat.

**Family Friends:** Term time 4th Mon. St Paul's & St Augustine's Ctr, Kirby Rd. 2nd Sat at New Parks Methodist Ch. Contact Sarah on 07465 431 585.

**Free drop-in Coffee Morns:** Tues. 10-12 noon. St. Andrew's Methodist Church, Glenfield Rd East.

**Perfectly Edible UK's Community Shop.** Fri & Sat. Fri 11-2/3pm. West End Centre, Andrewes Street.

**A Christmas Carol w/ Gerald Dickens:** 23 Dec.

Guildhall. 1pm & 7pm. Details at – [visitleicester.info](http://visitleicester.info)

**Curve: A Chorus Line till 31st Dec. Smeds & the Smoods - till 31 Dec Rocky Horror - 10-15 Jan.**

**@DM Hall: Sleeping Beauty** – till 3 Jan, **Leic Comedy Fest Preview** - 7 Jan, **Prof Brian Cox** - 24 Jan,

**Y Theatre: Wrestling Resurgence** - 15 Jan.

**Little Theatre: Cinderella** - Until 2 Jan.

**Upstairs@ The Western: Roti Moon Until 2nd Jan, Comedy Workshop** 10th Jan.

**Humpty Dumpty: New College.** 27-29 Jan. Glenfield Drama Group: 07704 991 334

**Snowman & The Snowdog:** Newark Houses till 20 Feb.



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# EXPLOSION MEMORIAL

Temporary floral tributes near the site of the Hinckley Road explosion, which took the lives of five people and destroyed several buildings, has made way for a permanent memorial.

Situated at the corner of Westcotes Drive and Hinckley Road, a plaque and small wooden bench have replaced the flowers that were regularly tended by friends and family of Mary, Shane and Sean Ragoobee, and Shane's girlfriend Leah Reek.

The community was torn apart by the events of Feb 25th 2018. Fosse Councillor Ted Cassidy who has been campaigning for the memorial says that the site was chosen because this is where friends and families of those who died would gather to remember them. He said: "The memorial, a place for reflection and peace for the families, friends and the community, will ensure that Mary, Shane, Sean and Leah will never be forgotten.

"Thanks to the police, the fire service, the City Council and Fosse Ward Community for funding the works."

The fifth person who died was Viktorija Ijevleva who was the girlfriend of one of the three men jailed for a total of 109 years for murder. She was left to die as she knew too much about a £300,000 insurance scam to blow up the shop.



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# KNOTT'S LANDING

I don't want to be an angry woman. It can be exhausting being cross all the time but dear Lord there is just so much \*gestures wildly\* stuff to be cross about.

There is local stuff, national stuff, global stuff, personal stuff, and the random inequities that knock you sideways on a Friday morning and make you rage. The trouble is that sometimes you have to get mad to make change. At the minute my biggest emotional bonfire is related to violence against women and girls. Every three days a woman in the UK is killed by a man. Jess Phillips, MP, recently told a group of women that the problem of domestic violence was so great in the UK that if every woman it happens to report it, the criminal justice system would crash under the volume of cases. Rape is barely prosecuted, and a recent study showed that three in four girls have been sent sexual images via apps.

This is not acceptable and it's not the job of women and girls to fix it. Men of the world you need to step up and call out the dreadful attitudes that some men hold. If you hear it, don't shuffle your feet, and let it slide, imagine it's been said about your Mum or your daughter and make it clear it is not welcome. A friend of mine and her beautiful teenage daughter were walking down Narborough Road together recently

and ran the gauntlet of cat calls. If you see that happening, then step-up men, it's your turn.



Women are tired. Tired of doing all the legwork to make society better. Tired of worrying about how they will get home safely from a night out. Tired of being disadvantaged in the workplace because they have children. Tired of taking on the brunt of cuts to health, social care and council services. Tired of doing the lion's share of childcare and household chores.

If we get angry about it, we aren't being kind. We are uppity, bolshy, angry, unreasonable, hysterical or any of a thousand other names men use for women who challenge them. But challenge them we must. There's a saying in Scotland – Women won't Wheesht. This angry woman isn't planning on shutting up and playing nice any time soon.

*Helen Knott*

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## THE HISTORY OF STUFFING

Christmas is a time of great feasting, be it the traditional turkey, goose or even nut roast. But it would all be for nothing if it wasn't for a good stuffing!

Historically speaking, whoever originally thought up the idea of ramming an animal carcass with a mixture of nuts, herbs, vegetables and offal is lost in the depths of time. However a cookbook called 'De Re Coquinaria' which was compiled around 2000 years ago and is attributed to the Roman chef Marcus Gavius Apicius, includes recipes for stuffing a pig, rabbit, chicken and for some reason a dormouse. Romans were not massive vegetarians.

Stuffing was around a long time before the Roman Empire too. 5000 year old Sumerian clay tablets, written in cuneiform script, include recipes for 21 types of meat dishes and 4 kinds of vegetable ones. Most of these were heavily seasoned meat and vegetable stews, similar to Middle Eastern cuisine today, but this is the first time there is a record of Babylonian stuffing. This was a highly spiced meat mixture, probably containing seasonal grains, garlic, truffles and other ingredients which was squeezed into a sheep's intestine. Yes, the Babylonians seem to have invented or, more likely rediscovered sausages too. An enterprising chef would easily have used the same ingredients as a side dish.



The history of stuffing could be as old as civilisation. This would push the date back another 7000 years to the end of the Ice Age. The mysterious Gobekli Tepi, in Southern Turkey, is the world's oldest temple dating back to 10,000 BCE and is surrounded by a complex series of stone buildings and intricate carvings - all way ahead of their time. If the unknown builders and artisans were using advanced techniques when mammoths were still wandering around, it's a fair bet the cooks of the day had worked out how to make a decent stuffing, even if they had to chase down a mammoth and hit it with a stick. Gobekli Tepi is part of the fertile crescent; the same area as ancient Babylon and Sumeria. It seems nothing is forgotten, only rediscovered.

After 12,000 years stuffing, or if you're American, 'dressing', is still pretty much the same as it would have been in the ice age. There's been a few regional changes over the millennia, but our taste buds are the same. We still like vegetables, herbs, spices, grains and fruit - all the contents of a good stuffing. The only difference is we have better, or at least different, alternatives to meat and animal fats.

The only hunting we do is to choose a packet from the supermarket... No mammoths available.

Have a wonderful Christmas feast! **Richard Perry**



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## Student's 80km Fundraiser

**A student at New College has completed a challenge that saw him walk and cycle 80 kilometres throughout November.**

Jayden Seaton, aged 12, completed the distance by walking or riding around the school's dedicated cycle track. Jayden was inspired by the campaigns and discussions around COP 26, including New College's student-led energy saving initiative, "The Big Switch off", which challenges teachers and students to save as much energy as possible throughout the month.

After learning more about the climate crisis and the devastating impacts of climate change, Jayden asked his teaching assistant how he could get involved in supporting positive action. Following initial research, they chose Tree Aid, a charity working with communities in the drylands of Africa to tackle poverty and the effects of the climate crisis.

Jayden set himself the challenge of walking or cycling 80km in a month. He aimed to do at least 8km per day and fitted in his daily challenge before or after school, during lunchtimes or at the weekends. He tracked activity and distance with apps on his



phone and regularly posted progress updates on his fundraising page to encourage donations.

When asked about his challenge, Jayden said: "I thought it was a great idea to help Africa and other countries to defeat climate crisis."

Bernie Walker, Head of Year at New College Leicester, said: "We're so proud of him and what he is trying to achieve. Everyone at school is getting behind him. He's a lovely young man and for him to take the initiative to set himself this challenge and do something to make a real difference in the world is just brilliant."

"It's great that he is able to use the Leicester Cycle Circuit too. It is available to students and members of the public. We also hire it out to other organisations such as Loughborough University. It provides a safe and dedicated space for Jayden to complete his challenge."

The Leicester Cycle Circuit was a partnership between Leicester City Council, British Cycling and New College Leicester. The 1 million pound facility was opened in the summer of 2017 and is available for the public to use on a daily basis.



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Sleeping Beauty is guaranteed fun for young and old alike and runs until 3rd Jan 2022. To book visit [demontforthall.co.uk](http://demontforthall.co.uk)

## THE COMPETITION

Here's your chance to enter the draw to win 4 tickets for the January 2nd, 1pm performance.

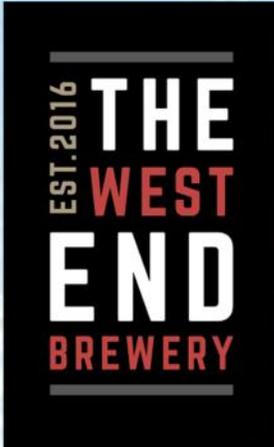
**Which legendary comedy duo appeared in Little Red Riding Hood at the Royal Opera House on Leicester's Silver Street in 1947?**

- 1: Little and Large
- 2: Cannon And Ball
- 3: Reeves and Mortimer
- 4: Morecambe and Wise
- 5: Laurel and Hardy



Email your answer & include your phone number before **December 22nd** to [editor@westernparkgazette.co.uk](mailto:editor@westernparkgazette.co.uk)

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# CHRISTMAS

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# Come & Welcome In Christmas

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## WASTE AND RECYCLING

There are no changes to the waste and recycling collection days over the Christmas and New Year bank holidays.

Collections will take place as usual on all days over the festive season this year.

Bins and orange bags should be put out for collection by 7am on the regular collection day.

Festive items like sweet and biscuit tins and tubs, glass bottles and jars, cardboard boxes, and non-metallic wrapping paper and greetings cards can all be orange bagged for collection as recycling. Real Christmas trees can be composted, and artificial trees disposed of at either of the city council's recycling centres.

Both the Gypsum Close and Freeman's Common sites will be closed on Christmas Day, Boxing Day and New Year's Day. The centres will be open from 8am until 2pm on Christmas Eve (24 Dec) and New Year's Eve (31 Dec), and from 8am until 6pm at all other times.

Details of opening times for the trade recycling centre at Gypsum Close will be available on the council's website [www.leicester.gov.uk/recycling](http://www.leicester.gov.uk/recycling)



## COUNCILLOR SUSPENDED

Westcotes councillor Jacky Nangreave has been suspended from the Labour Party while investigators delve into allegations of anti-Semitism.

The monitoring organisation LAAS, Labour Against anti-Semitism, says that Jacky Nangreave posted claims on social media that Jews were interfering in British politics and were behind a conspiracy against former leader Jeremy Corbyn.

A 16 page report from LAAS, handed to the Labour Party includes allegations that Ms Nangreave accused Sir Keir Starmer of "almost being an agent of Israel". The report alleges that, under the alias Jacquelin Cryar, she re-posted a comment including the words "Zionism is terrorism", hash tagged #HangTheGoddamnBankers.

Speaking to the BBC's Local Democracy Reporting Service, Ms Nangreave said: "I am very sorry for what I see as a misunderstanding with the party and I hope it will be resolved positively soon."

"I continue to be a councillor for Westcotes - residents can contact me about any problems they have with the council or the area."

A Labour Party spokesperson declined to comment on individual cases but explained that they take accusations of anti-Semitism very seriously and they are fully investigated.

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## Food Bank At Christmas

Woodgate Community Food, the local food bank, will be open on Friday 24th December at 11am -1pm for its Christmas session to those who are suffering financial hardship and who need help with top-up food. It will be closed on its usual Saturday slot (Christmas Day). It will also be closed on 1st January 2022 and re-open as normal, 11am on Saturday 8th January 2022.

The foodbank can be found at Rally House, 125 Bonchurch Street, Leicester LE3 5EG. More info at [woodgatecommunityfood.org.uk](http://woodgatecommunityfood.org.uk)



If you are able to donate to the foodbank to help to give their clients a good Christmas meal this year, please drop off any donations at Rally House on the morning of Dec 23rd. The foodbank always needs long life food such as tinned vegetables, tinned meat, rice, pasta, noodles, pasta sauces, and long-life milk. Any Christmas treats for the children would also be very gratefully received. Please do not donate anything past its 'use by' date.

To donate money to the current winter fundraising, you can do it online through [Crowfunder.co.uk](http://Crowfunder.co.uk) at Woodgate Community Food Winter Fundraiser.

## Volunteers Needed

Are you looking for a good cause to support in the New Year? Woodgate Community Food is always looking for volunteers to help with deliveries, staffing the foodbank, administration tasks and fundraising. Get involved with your local charity! For more information contact [woodgate-communityfood@gmail.com](mailto:woodgate-communityfood@gmail.com)

## Arts & Craft Fun For Children

Pedestrian Arts have been running successful arts and craft activities at Rally House on Bonchurch Street. New activity sessions will be starting in the New Year so watch this space for more information, and also the Woodgate Community Food social media accounts for news of the sessions.

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# RIDING TO SUCCESS

**Morgan Newberry, from Western Park, has graduated from the prestigious ŠKODA DSI Cycling Academy and will ride for Storey Racing in 2022.**

Under Dame Sarah Storey, Academy Principal and the UK's most successful Paralympian, 22 year old Morgan experienced the life of a professional rider that included ride experience at the Women's Tour, Tour of Britain, and Tour Series. Morgan was also educated in the performance, nutrition and media profiles required to be a modern-day pro-cyclist.

Dame Sarah Storey commented on Morgan's success: "I am delighted to have been able to offer Morgan a place on the Storey Racing team for 2022. Her engagement with the programme has been exemplary and the progress she has made has far exceeded my expectations."

Morgan, who is currently studying for a master's



degree in Physiology and Nutrition at Loughborough University, said "I've been on a three-year journey with the Academy, and thanks to Dame Sarah and ŠKODA I've progressed from a novice club rider to joining a major cycling team. My first race in Storey Racing colours will be in January at the National Track Championships in Newport. I'm back training on my turbo and cannot wait for the new season to start.

"The Paris 2024 Paralympics are definitely on my radar and I'm keen to push myself over the next few years. What better mentor to have than Great Britain's greatest ever Paralympian?"

Morgan's parents, Kirsten Davies and John Newberry, say: "We're so proud of what Morgan has achieved during her three years with the ŠKODA Cycling Academy. The whole family was delighted when we heard she will be joining Dame Sarah at Team Storey. Ultimately it is testimony to her hard work and dedication to the sport that she loves. We wish her all the very best of luck and will be supporting her all the way."



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## Dec Police Update

**A man from Bolton Road has been jailed for six months and placed on the sex offenders register for seven years after pleading guilty to sexually assaulting a 16-year-old girl.**

35-year-old Paul Albert Smith stood trial at Leicester Crown Court after originally denying the offence, but changed his plea to guilty.

The victim had confided in a family member following an incident which happened in April.

Detective Constable Kam Kalia said: "We urge anyone who has been the victim of any kind of sexual offence to speak to someone and to report it to us."

Police executed several Drugs Act warrants across the Fosse. On Vaughan Street, a male was arrested and charged with cultivation of cannabis. A search conducted on Bosworth Street resulted in the arrest and charging of a female, again, with the cultivation of cannabis. Another drug search on Fosse Road South failed to locate the occupants.

Sadly, a house fire at 247 Tudor Road was caused by the instillation of yet another cannabis factory. This highlights the dangers of these cultivations. Thankfully, no one was injured and there were no occupants in the property.

Out on the roads, we recovered four vehicles without insurance and on the beat, four males were arrested from Paget Street on a European Arrest Warrant on 25th October. Unfortunately, PC Merola from the beat team suffered a significant facial injury during the arrest but thankfully is now back at work. We also detained three males for immigration offences.

Operation Sceptre – Action to prevent knife crime saw officers conducting two knife sweeps in Rally Park and the knife arch was deployed across the area. A weapon was recovered from nearby bushes.

Safer route patrols have started for the Festive period to run until 30<sup>th</sup> December. Each night two officers from the Fosse and Westcotes ward will be conducting foot patrols from the city onto the beats to improve female safety. This follows concerns being raised by residents. Please can I encourage the public, returning home from the city, to stick to the main roads with street lighting and foot traffic. If you see us out please come and say hello.

A new survey has been launched by the Government called Streetsafe and this allows the public to report places where they have, or feel unsafe because of environmental issues such as poor lighting, Anti Social Behaviour, verbal abuse or being followed. Please use it so action can be taken in response to any safety issues raised.

**Sgt Shauna Ashton**

# CAREY'S COMPOST CORNER



**Wow, the first heavy snowfall of the year provided more work in my garden.**

I spent time removing heavy laden snow from bushes and trees gently with a brush. Doing this helps to reduce the risk of breakage and waterlogging, especially on my prized olive and acer trees. It's a good idea to avoid walking on the grass when it's snowed or after a heavy frost as the grass can become easily damaged but if the grass is still growing it's safe to still cut it, albeit with the blades raised higher.

I started decorating my house for Christmas on the 1st of the month. We use an artificial tree that we've had for years but there are some gorgeous real trees available now. Nordmann fir is the best for non-drop needles and a Norway spruce tends to have the lovely triangular shape that we associate with a traditional Christmas tree. Cut trees are not very sustainable, but in the new year you can take them for composting/recycling. Potted trees are more sustainable as you can keep them in their pots or plant in the garden to reuse year after year, but the most sustainable option is to rent your tree! You can



even make sure you have the same tree each year and there are a few companies in Leicestershire that provide this service. Regardless of which option you choose, a real tree needs to be cared for. Very simply, you need to make sure that you don't place them near radiators and that they are watered, which helps to reduce needle drop and keep them looking lovely throughout Christmas.

I've also been harvesting holly with berries and fir tree cuttings to make wreaths and table decorations. Interspersed with small baubles and decorations, they make fantastic decorations. When I buy my poinsettias, I let them dry out between watering and avoid putting them in draughty spots, which keep them going through the festive season.

Furthermore, I've been pruning in the garden, plants such as my Japanese maples, creating a nice shape and removing any damaged or diseased branches. It's best to do this now if needed, as if done too much later they will bleed sap. I've been cutting back any whippy growth on Wisteria sinensis to two or three buds, which makes it look tidier and promotes more flowering next year. I have left spent Hydrangea flowers on the bush as this protects next year's swelling flower buds from frost and snow.

As always, keep bird baths clean, full and free from ice as much as possible and keep feeding the birds over the cold winter months. I hope you all have a wonderful Christmas!

**Carey Tunstall**



# Martin Page

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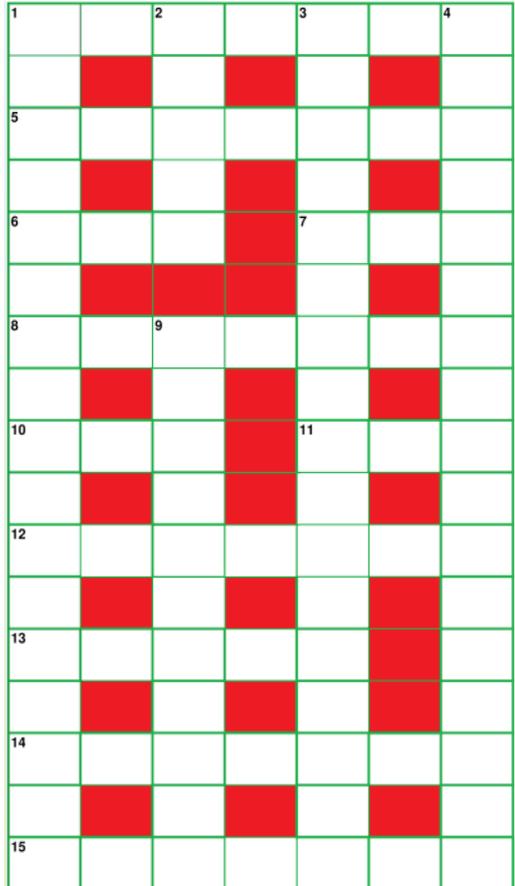
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# BIGLY XWORD



**1 Across:** Fortified wine **1 Down:** Incorrect representation  
**2D:** Liabilities **3D:** Imperceptible **4D:** Against the government  
**5A:** My editor's interference **6A:** Printing/font measurement **7A:** Take legal action  
**8A:** Till prout **9D:** People who give professional advice **10A:** Violation of a moral principal  
**11A:** Lower jaw hook on male salmon **12A:** Multiple US submarines  
**13A:** 8th letter **14A:** Inferior **15A:** Most prying  
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