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ISSUE 112
FREE

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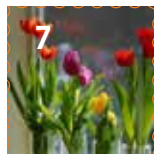


Golden Oak



Anthracite Gray

LOCAL LINKS



ISSUE 112

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Dear Readers,

Welcome back after the holidays! We hope you had a lovely time with loved ones and figure you're probably like us and have hit the ground running with 2018. Stepping bleary-eyed into the New Year, we're certainly a little shell shocked.

The start of this year is a little special and begins with a 'Blue Moon' so if you're outside, have a read of our article and be sure to look up if the skies are clear. Our top tip, if you've not looked at the moon with a humble pair of binoculars, give it a go, it's truly mind-blowing the detail that can be seen!

If the grey weather is getting you down, we've got the perfect tonic to add a bright splash of spring into your home early. Have a go at our spring bulb growing article on page 7.

Happy New Year all!

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Bright Blooms

We're still in the midst of winter and it can all be grey and dreary. Why not encourage a little spring into your home early this year. Did you know that you can grow bulbs in a jar of water? A cheerful display of blooming tulips can revive any gardener's spirits during the cold, wet winter months. By planning and preparing your tulip bulbs you can be sure they will begin to make an appearance indoors long before they begin to bloom in your garden.

What you need:

- A jar or a small vase
- Small rocks or pebbles or marbles for decoration
- A tulip bulb
- Water

Method:

Place your marbles, rocks or pebbles of your choice in the bottom of your jar. Ensure that your tulip has enough room to grow.

Place your tulip bulb on top of the rocks, in the centre, with the pointed edge facing upwards.

Once your bulb is in place, you should try to add one or two rocks loosely around it to act as support to the bulb as it begins to grow.

Add water to the jar allowing $\frac{1}{2}$ an inch between the water level and the bulb. It is vital that the tulip bulb is not completely submerged in water as it could rot. While the water should not touch the bulb, it should be close enough so that it will feed the roots as they begin to grow.

Place your jar with the bulb and water in a cool, dark place in your home until it begins to bud. You should notice the roots begin to show in six to eight weeks with the bulb beginning to flower in 12 to 16 weeks.

Ensure you maintain the level of

the water throughout the weeks. However, if your jar becomes full of algae, you should completely change the water.

Once your tulip begins to bloom, you should move the whole jar into a room with sunlight. During this time you should rotate your tulip jar every two days to ensure the entire bulb is getting enough sunlight. Keep the tulip out of direct sunlight though as this can cause its blooms and leaves to die quickly. By ensuring they are in a well sunlit area without direct sunlight, you can be sure your blooms will last the distance.

Tulips that grow inside do not live as long as they do when they are in the soil in the garden so there's no need to panic if you notice it wilting sooner than you thought. When your bulb does begin to wilt, you should discard it and begin again with a fresh new bulb.



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A World of Love

Being in love is one of the best feelings, but it can definitely make you lose all sense of sanity and make you do some really weird things. Ok so giving a card, flowers and some chocolates isn't that odd, but some places have the oddest romantic customs and beliefs!

1. Most people would be a bit sick in their mouth thinking about giving their boss a Valentine's gift (obviously not us here at Local Links, ours is pretty great!) but in Japan it's quite the norm. A tradition called 'giri choco' or 'obligation chocolate' sees women buy chocolate for male co-workers.

2. Not only does South Korea have two holidays for love, one day for men and another for women, it also has Black Day. Black Day falls on April 14, where all singletons have to wear dark colours, eat black food and commiserate with others who aren't in relationships.

3. In Guatemala oldies dress up in feathers

and masks to celebrate 'old love' in a senior citizens' parade through Guatemala City. What a fun way to celebrate lasting relationships!

4. In 17th Century England ladies would put bay leaves on their pillow on the eve of St Valentine's Day. If they did this then they would dream of their future husband.

5. On Dia dos Namorados (June 12th) in Brazil, single ladies write down the names of guys they fancy and draw a name out of a hat. According to tradition, the one they unknowingly pluck from obscurity will be the man they marry.

6. In Slovenia, Saint Valentine, spends February 14 'waking' all the crops and flowers so they can grow in spring – and farmers can start work in the fields.

7. In Thailand, women head to a shrine where they lay red roses, candles and incense for the Hindu gods and pray for a husband.

8. Iraqi Kurds celebrate Valentine's by decorating red apples to represent the original love story – Adam and Eve. The decorated red apple is said to bring prosperity and long-term love.

9. In Wales it is tradition on St Dwynwen's Day (January 25th, Welsh Valentine's Day) to give ornately carved love-spoons to show your affection.

10. In Estonia Valentine's Day is dedicated to friendships so presents and cards are exchanged all round.



Steve Frost

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By The Barn *by Angela Sargent*



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than they cost - enough to pay for their keep over the last few months.

The fields have been sown and we have to sit and wait to see how they perform. The agronomist will walk in them occasionally to check what pests and disease are showing signs and then will recommend a plan, which we may or may not follow!

The foxes will be mating and this upsets Ted as they call to each other at night, the young cubs appearing later in spring and scent is strong as we walk down the farm drive and pass through where they have travelled across in their nightly excursions.

Follow Angela on Twitter [@bythebarn](#)



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Foodie Trends



Every year there's always a new food fad. We've had cupcakes and probiotic yogurts, coconut oil, nut milks, the list is endless. So if you want to keep your kitchen cupboards on trend, then keep an eye out for these things hitting the supermarket shelves!...

Plant proteins

As more and more people adopt flexitarian diets (more than a third of the UK population now identify as part-time vegetarians, according to research), people are looking to replace meat proteins with plant proteins.

Turmeric

This is a spice associated with Indian cuisine, particularly certain kinds of curry. But it's now being recognised as much more than a curry ingredient. It helps your digestive system because it contains bioactive compounds. According to Cancer Research UK, Curcumin (the compound that gives turmeric its bright yellow colour) has anticancer effects. It seems to be able to kill cancer cells and prevent more from growing. It has the best effects on breast cancer, bowel cancer, stomach cancer and skin cancer cells.

Fermented Foods

These foods are noted for being able to give you an energy boost, and they can improve your digestive system. Miso (used for the delicious Miso soup) is made from fermented soybeans, and it's growing in popularity. Tempeh, natto and kimchi are also great examples of fermented foods. All foods for boosting your good gut bacteria!

Korean Food

Anyone who is a fan of Asian food but hasn't eaten much Korean food yet, this is set to be a very welcome change. It remains to be seen what kind of creative things can be done with Korean food. Seaweed and tofu soup is one recipe that many restaurants are starting to try out, and the same is true of grilled squid salad.

Poke

This is a type of raw fish salad. It's not widely known to most people just yet. But interest in this salad is certainly on the rise and this year it might be the major trend. It's a Hawaiian dish, and that's where it's served best. So, next time you're on a Hawaiian island, be sure to check it out.

Cassava Flour

If you're looking for a new and healthier type of flour to use in your cooking and baking, look no further than cassava flour. It's used a lot in some parts of Asia and South America. It's perfect for people in need of gluten-free ingredients, and it's also grain-free as well. Even if you don't have any allergies to contend with, this is a super-healthy ingredient and one that lots of people will be using more of in 2018. It's a source of carbohydrate, and it doesn't contain any nuts either.

Seaweed

Seaweed is a fantastic food for anyone who wants to get their fill of protein without eating too much meat. It's a type of food that has been popular among vegetarians for a long time. And there is no reason why other people won't start to eat it too. Its health properties are stunning, and there are no negative properties. It can be cooked in all kinds of ways; just look at what the Japanese do with it. It's a massively important food in Japan, and that's a country with one of the highest life expectancy rates in the world, so they must know what they're talking about!

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Colour You Beautiful

What does 2018 hold in store for your home and wardrobe? Colour pros Pantone have gathered together the key colour trends from all the catwalks and have compiled a forecast of all the big hitters for this year. A big surprise is

the main colour trend will be 'Ultra Violet'. Purple is a love it or hate it colour so it will be interesting to see how this manifests on the highstreet.

If throwing all these punchy colours together sends you into a mild panic. Pantone have also forecast a palette of neutrals (below) for you to play around with. Ranging from dark navy to greys and pale beiges, you'll have plenty of options to update your look by using them with just a splash of the more vibrant choices.

We're loving a Sailor Blue, Harbor Mist, Ash Rose and Blooming Dahlia combination! Or go for Lime punch and Nile green if you're feeling more adventurous.



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Grand Prix *by Perry Deakin*

As we clear away the Christmas decorations for another year, join a gym in order to 'lose that holiday excess' (but let's face it, most of us will have cancelled our gym membership long before Easter!) and try to find ways of avoiding the humiliation of watching England Cricket's pathetic attempt to take on the Aussies over what is left of their tour, sports fans thoughts will begin to turn towards March and the return of F1 racing!

The calendar for the 2018 FIA Formula One World Championship has been approved during a meeting of the FIA World Motor Sport Council, held last month in Geneva, Switzerland. The season will consist of 21 Grands Prix, thus equalling the record for the greatest number of races in a year, established in 2016.

There are two important new dates, with the return of Formula 1 Grosser Preis von Deutschland and that of the Formula 1 Grand Prix de France, which has been missing from the calendar since 2008.

Jean Todt, President of the FIA commented:

"Alongside our partners in Formula 1 and across the FIA's major championships we have been working hard in recent months to achieve greater harmony among the various sporting calendars and reaching an early agreement on the 2018 Formula 1 schedule is part of this ongoing process.

As usual, the 2018 season will get underway in Australia on 25th March in Melbourne and will end exactly eight months later on 25th November at Yas Marina, home to the Formula 1 Abu Dhabi Grand Prix. Eleven of the 21 races will take place in Europe, five in Asia, four in the Americas and one in Australia. The need to maintain more or less unchanged the length of the winter and summer breaks means the schedule is more intensive than the current one during the middle part of the season, with five Grands Prix, all of them in Europe, taking place over a six-week period (listen out for F1 Team Principles and drivers to start complaining about the schedule soon!).

So, who do we want to end the season as world champion?

Unusually for Brits, we are divided about our all-conquering 4 time world champ, Lewis Hamilton. There is almost a grudging respect for his talent and ability to win races and championships but I think it is fair to say that as a nation we don't like the man!

His general demeanor and regular sulking seems to grind with the British public and I am always astounded at just how many Brits root for his competitors during races!

There are new owners of F1 since the incredible Bernie Ecclestone sold his shares in the business and the American owners will desperately want any team other than Mercedes winning races. The sport has been dominated by the German team for some time now and audiences are just beginning to dwindle.

Personally, I am hoping for an ultra-competitive season with Mercedes, Ferrari and Red Bull battling for the title.. and a more humble Lewis!





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Start Your Success

Ever wonder how some people are just so successful? Their trick? Working smarter, not harder. If you're constantly 'busy' but not really accomplishing anything, you're on a frustrating track.

Drink Water

Make sure to start your day with a glass of water as soon as you wake up. It helps to wake up your brain and boost your metabolism, helping you to feel brighter, quicker.

Two Minute Rule

If you get a task that will take less than two minutes to complete, then do it immediately. It will stop your to-do list growing and growing and it will also force you to make a quick decision on completing the task.

Turn Off Notifications

Quite often we're distracted by text and email alerts when we're in mid flow of a task. Even the quickest peek can sidetrack your focus and derail the prospect of getting things done quickly.

Go Offline

If what you're doing doesn't require the internet, then turn off your wifi. As with notifications, getting distracted by checking the news can become a rabbit warren and a minute can easily turn into 30!

Set a Time Frame

Parkinson's Law states that work expands to fill the time available. So setting yourself generous deadlines could mean that you're just wasting time and taking longer than the task really needs. By limiting how long you spend doing something you'll get things done faster.

Give Yourself a Uniform

Ever wonder why Steve Jobs was only ever seen in that black polo-neck? Likewise Mark Zuckerberg (founder of Facebook) is more often than not seen in a grey top and jeans. By doing this you are removing one extra decision from your day, leaving your mind and time more free to deal with more productive things.

Chill Out Plans

Love having a free weekend to be spontaneous? Well this usually backfires. By making plans for your leisure time you'll feel more productive and happier, rather than feeling like that weekend was wasted.

Keep it Short

Working long hours is massively counter-productive. Aim to work only 35 hours per week. Longer than this and you'll start making mistakes and bad decisions. In the long-run, you'll spend more time correcting them!

Take a Break

Have a chocolate bar of choice! Well, not necessarily a chocolate bar but do take an opportunity to take a step away from your work every 25 minutes. By getting up and stretching your legs or looking out of the window for a minute, you'll refresh your mind before it starts wandering. Be sure not to do anything else during the break though otherwise you could get sidetracked!

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The experience and expertise at Delhi Divan means that the menu is deliciously traditional with contemporary options for the adventurous.

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To enter this month's competition, all you have to do is put your *name, address and daytime telephone contact number* on a postcard and send it to:

Local Links Delhi Divan Competition
Suite 29, Anglesey Business Park,
Anglesey Road,
Burton-on-Trent,
DE14 3NT

Alternatively, you can e-mail your details to:
local@locallinksmedia.co.uk

The closing date for entries is the 13th of February, and the winners will be announced in our March edition. Good luck to everyone who enters!



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Sunday 5th August 2018 for 5 days. £377 pp.

BEST OF IRELAND: Wild Atlantic Way, Wicklow Mountains, The Burren, Cliffs of Moher, Foynes Flying Boat Museum, Irish National Stud & Japanese Gardens

DBB at the Falls Hotel in Ennistymon, plus two overnights.
Saturday 1st September 2018 for 6 days. £499 pp.

SCOTLAND; BLAIRGOWRIE

Visits to Blair Castle, Blair Athol Distillery, Loch Tay, Killin
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Monday 10th September 2018 for 5 days. £350 pp.

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What's On Guide

TUESDAY 23RD JANUARY

Art Classes

Weekly classes at The Horseshoe, Tatenhill following a programme of skills development with a focus on drawing and observation, then we will be drawing with colour and using water colour paints and mixed media. Lessons will cost £10, or £8 if paid a half-term in advance. Please email or phone for further details or to reserve your place. Contact: Helen Tarr Tel: 07791 228 881

Ladies Badminton Club

Meet every Tuesday afternoon from 2 'til 4pm at Tutbury Village Hall. All abilities welcome. Ring Prim on 01283 327591 to arrange free visit.

WEDNESDAY 24TH JANUARY

Priory Art Group

We are a small friendly group of artists meeting at the Priory Centre, Church Road, Stretton, every Wednesday morning, 9.30 to 12. New members are always welcome, whatever your level of experience, so why not come and have a chat to see what we have to offer. Contact: Sandra: 01283 329743

THURSDAY 25TH JANUARY

Dementia Walking for Health

Every Thursday, meeting at 10:45am at Oaklands village in Swadlincote for an 11am start. All participants must be accompanied by a carer/dementia friend on this walk. For more information on any of our Health Walks call Judi Whileman on 01283 563483

FRIDAY 26TH JANUARY

Alrewas Bridge Club

Meets at 2pm each Monday, Tuesday, Wednesday and Friday at the Royal British Legion Club. All welcome. Contact: David Hall Tel: 01283 792 464

Latin-In-Line Dancing Class

Cha-cha, salsa, mambo, rumba, merengue etc. NO PARTNERS REQUIRED! 10.30-11.30am £4.00pp at the Priory Centre, Church Road, Stretton DE13 0HE. Ring Lorraine on 01332518161

SATURDAY 27TH JANUARY

Burton Ramblers

Walks most Saturdays, Sundays and every other Wednesday. All walkers welcome to join this friendly local group, walking in Staffs, Derbys and Leics. Please visit our website for more information. www.burtonramblers.org.uk Contact: Burton Ramblers Tel: 07724 352529

SUNDAY 28TH JANUARY

Beginner's Ballroom Dancing

Ballroom and sequence class 2-3.30pm £5.00pp Barrow-on-Trent Village Hall, Twyford Road, Barrow-on-Trent DE73 7HA. Ring 01332 518161 or larhiney@hotmail.com for more details.

MONDAY 29TH JANUARY

Red & Ginger's Lindy Hop Dance Class

Monday nights during term time 8-9pm. Learn to Lindy hop, Charleston and swing dance at Tutbury Castle! Our relaxed, friendly and welcoming lessons are suitable for all ages and abilities, for those with a partner or without. Monday nights, 8-9pm term time at Tutbury Castle. www.dancewithredandginger.com Contact: Red & Ginger by email at hello@dancewithredandginger.com

TUESDAY 30TH JANUARY

Burton Dance & Social Club

We invite and welcome anyone over 18 years of age. We meet every Tuesday Evening 8-11pm at Marstons Sports and Social Club, Shobnall Road, Burton-on-Trent. Activities include sequence, ballroom and line dancing to professional live music, bingo, raffles and food nights. Come along and join us and meet new friends. For more information contact Pauline: 01283 519159

Improvers' Ballroom Class

From 7.15pm - 8.15pm, £3.50. Followed by Social Dancing - a mix of ballroom and sequence 8.15 - 9.45pm £2.50. At the Priory Centre, Church Road, Stretton DE13 0HE. Call Lorraine if more information required on 01332 518161

WEDNESDAY 31ST JANUARY

Priory Art Group

We are a small friendly group of artists meeting at the Priory Centre, Church Road, Stretton, every Wednesday morning, 9.30 to 12 noon. New members are always welcome, whatever your level of experience, so why not come and have a chat to see what we have to offer. Contact Sandra: 01283 329743

Kraftiz

Rosliston Forestry Centre - 10am-12noon - Join Julie for a craft activity including stamping and card making. Adults and children welcome. Please call 01283 480272/ 07971 268943 for more details.

THURSDAY 1ST FEBRUARY

Burton Friendship Club

Meets the 1st Thursday in every month 10am for 10.30am in the Rolleston Club. Join us for speakers, quizzes, games, lunches, coffee mornings, day trips and holidays. Phone Stuart and Penny 01283 716626

Friendship Circle

Meets at 7.30 pm on the first and third Thursday of every month in the schoolroom at the rear of Stretton Methodist Church. We meet for activities, speakers, trips and friendship. All are most welcome. For further information contact Iris on 01283 546909.

FRIDAY 2ND FEBRUARY

Burton Flower Club

Burton Flower Club meets at The Priory Centre, Church Road, Stretton on the first Friday of most months at 7.30pm. Enjoy flower arranging demonstrations, workshops, flower themed outings and more with our welcoming, friendly club. Visitors £4. Find us at www.flowersnorthmidlands.co.uk / phone 01283 704180

Art & Craft Drop In

Every Friday during term time only. Clays Lane Sports Pavilion. 10 to 12 noon. Admission £1.

SATURDAY 3RD FEBRUARY

Disco & Street Dance Classes

Fun classes and expert tuition for 3 - 8 years in Branston Village Hall every Saturday. Call Pat Miller for more information: 07973 478444

SUNDAY 4TH FEBRUARY

Burton Ramblers

Walks most Saturdays, Sundays and every other Wednesday. All walkers welcome to join this friendly local group, walking in Staffs, Derbys and Leics. Please visit our website for more information. www.burtonramblers.org.uk Contact: Burton Ramblers Tel: 07724 352529

Beginner's Ballroom Dancing

Ballroom and sequence class 2-3.30pm £5.00pp Barrow-on-Trent Village Hall, Twyford Road, Barrow-on-Trent DE73 7HA. Ring 01332 518161 or larhiney@hotmail.com for more details.

Photography Walk

10am until 11:30am. £2.50 per person. Join us at 9:45am for a 10am start for our photography walk around Rosliston Forestry Centre. The walk will be led by a professional photographer who will give you tips on how to get the best from your photos this Winter. Please bring your own camera. Meet at 9:45am at Rosliston Forestry Centre café for 10am start. Call 01283 563483 for more information.

MONDAY 5TH FEBRUARY

Hands on for Home Educators

First Monday of each month at Kedleston Hall. Sessions will be suitable for a mix of ages, but children should be over 5 years old. Please get in contact if your child has any additional needs. Gloves and tools will be provided but please come dressed for the outdoors and expect to get your hands dirty. Please meet at the visitor reception where you will be shown the way to the Game Larder where the event takes place. All children must be accompanied by an adult at all times. From 10.30 - 12.00 noon. Sessions are free but normal charges apply to the Hall. Contact: Kedleston Hall Tel: 01332 843400

Find more events on our website

TUESDAY 6TH FEBRUARY

Burton Hospitals Friends Bingo

First Tuesday of every month. £1.00 admission this includes refreshments at half time. Raffle and Tombola available to add to the fun of the evening. All proceeds are directed to Queens Hospital to provide the extras for patients and staff. Contact: Julie Hammond Tel: 07517126935

WEDNESDAY 7TH FEBRUARY

Burton Abbey WI

Meeting at the Brewhouse on the first Wednesday of the month at 10am to 12 noon. Good Speakers, refreshments, also days out organised. New members welcome. For more information contact Pauline Gaskin 01283 565620

Barton-Under-Needwood WI

1st Wednesday of every month at St James Church Hall. Meeting 7.30-9.30 with good speakers, refreshments and fun. Organised events and trips throughout the year. New members and visitors always welcome.

THURSDAY 8TH FEBRUARY

Burton Belles Women's Institute

From 7.15pm-9.30pm. We meet at the St Chads Centre DE14 2SS on the 2nd Thursday of the month. First timers can visit for free and then you can decide whether to pay £4 a month or £41 a year. The October meeting is a Craft Workshop. There will also be refreshments and a raffle. Come along, make new friends, try something new and have fun. Contact: Wendy Plant Tel: 07772548230

Burton U3A

An organisation with over 30 interest groups catering for retired and semi retired people who wish to keep their minds and body's active. The groups cover a wide range of activities from Spanish - Bridge, Digital Photography - Gardening, to name just a few. We meet at The Dial for coffee in the morning of the 2nd and 4th Tuesdays of the month.

FRIDAY 9TH FEBRUARY

Family History Club

The Club meets on the 2nd Friday of the month in Room 2 at the Burton on Trent Library from 10 am till 12 noon. You may be completely new to exploring your family history or you may have many years of experience - you will be equally welcome. We have speakers on a wide variety of subjects relating to family history.

Friendly Fridays

Friendly Fridays, aimed at those living well with dementia and their carers. Brewhouse's cosy cinema space at 1.30pm. We enjoy music with low lighting and controlled sound levels with tea and biscuits.

Latin in Line Dancing Class

Enjoy all the popular latin dances : Cha-cha, Salsa, Mambo, Rumba etc. NO PARTNERS REQUIRED! From 10.30am-11.30am £4.00. At the Priory Centre, Church Road, Stretton DE13 0HE. Ring Lorraine on 01332 518161 for more details.

Dance Exercise Class

Fridays weekly, from 10am - 11am during term time at Barton Village Hall. Exercise Class varying from Ballet, Pop, Pilates to Stretching. All Welcome. £5.00 Call Rachel Pickett for further info: 07419 991225

SATURDAY 10TH FEBRUARY

Burton Ramblers

Walks most Saturdays, Sundays and every other Wednesday. All walkers welcome to join this friendly local group, walking in Staffs, Derbys and Leics. Please visit our website for more information. www.burtonramblers.org.uk Contact: Burton Ramblers Tel: 07724 352529

MONDAY 12TH FEBRUARY

Disco & Street Dance Classes

Fun classes and expert tuition for 8 to 12 year olds in Burton every Monday. Call Pat Miller for more information: 07973 478444

Watercolour Painting for Beginners

Every Monday morning during term times 10am - 12noon. For further information or to reserve a place, please contact Ann Stringer-Paget on 07816 118776 anytime. Admission is by prior registration only.

TUESDAY 13TH FEBRUARY

Ladies Badminton Club

Meet every Tuesday afternoon from 2 'til 4pm at Tutbury Village Hall. All abilities welcome. Ring Prim on 01283 327591 to arrange free visit.

WEDNESDAY 14TH FEBRUARY

Quiz

Every Wednesday evening at Rolleston Club. Weekly free quiz, open to members and non members. Prize is six drinks tokens. There is a play your cards right game for £1 entry. Contact: Claire Tel: 01283 01283 812072

THURSDAY 15TH FEBRUARY

Friendship Circle

Meets at 7.30 pm on the first and third Thursday of every month in the schoolroom at the rear of Stretton Methodist Church. We meet for activities, speakers, trips and friendship. All are most welcome. For further information contact Iris on 01283 546909.

Friendly Whist Drive

Held in the methodist hall Alrewas start 2pm £1 with tea & biscuits half time.

Rangemore & Tatenhill W.I.

Third Thursday monthly, 7.30pm to 9.30pm. Henhurst & District Recreational Club, Henhurst Hill, DE13 9TB. Friendship, refreshments, excellent speakers, trips, events, craft club. Not just for ladies of a certain age, and certainly not just "Jam & Jerusalem"! Visitors most welcome. Contact: Lesley Walker Tel: 01283 561337

Zumba Gold Dance Fitness

A class for mature adults and those that are new to exercise. Anslow Village Hall from 11.30am. For more information call Pat Miller: 07973 478444

FRIDAY 16TH FEBRUARY

Art & Craft Drop In

Every Friday during term time only. Clays Lane Sports Pavilion. 10 to 12 noon. Admission £1.

COMPETITION WINNERS

Congratulations to our **Bambinos & Beyond** competition winners, each winning £100 voucher:

Rachel Norman, Stretton
Rebecca Ellerton, Tatenhill

Look out elsewhere in **LOCAL LINKS** this month to win a £50 voucher from **Delhi Divan**.

LAST MONTH'S SUDOKU PUZZLE SOLUTION

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



This year Chinese New Year, starting on the 16th February, is the year of the Dog! Anyone one born in 1922, 1934, 1946, 1958, 1970, 1982, 1994, 2006 and this year was born in a Dog year.

According to Chinese tradition, these are intelligent

people who hold much of their thought process deep inside, and they are not always known for being able to share these thoughts freely with others. Part of this means that those born under the sign of the Dog live very rich inner lives, emphasizing the more personal aspects of basic human life. They get lost in thought often, appreciate the options that they encounter every single day, and can often entertain themselves for hours on end with puzzles and other brain teasers.

Part of the strong inner lifestyle of the Dog, however, is a relatively restrained

outer lifestyle. More apt to live a serious and careful existence, a Dog is someone who will get the job done but rarely go beyond the scope of what it asked of them. This is because to them, there are more important things to do than spending their time trying to impress others, and they would rather enjoy what they choose to do than sacrifice their freedom for a little monetary gain. Thus, a Dog is a person in charge of their own path, who while they will encounter resistance from time to time will generally hold true to the morals and the lifestyle that seems best to them.

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Neutering FAQs

1. What are the risks?

With any surgical procedure there is a risk of bleeding and infection but this should be closely monitored by an experienced surgeon.

2. From what age should you neuter?

Cats – from 4 months in both males and females.

Dogs – Males can be neutered from 6 months old (as long as there are no behavioural problems) but in some cases you should aim to get your dog neutered at 12 months to ensure they have reached sexual maturity.

It is recommend to neuter bitches pre-season, this is usually at 5-6 months (in larger breeds vets would often advise

waiting until 12 months of age).

Rabbits – from 4 months in both males and females

3. Is my pet still fertile for a while after being neutered?

Males – males of all species can remain fertile for up to 6 weeks post castration.

Females – females will no longer be able to have litters as soon as they have been spayed.

4. Is there an age limit?

There is no upper age limit for neutering but the risks of a general anaesthetic do increase as animals get older due to potential underlying problems, but it is advised on each individual case as there are risks in unneutered older

animals i.e. pyometra, womb infections and cancer of the testicles.

5. Are the testes always removed?

Yes, the testes are always removed in a castration as vets want to eliminate the effects of testosterone (male hormone) as well as making them sterile.

6. Is there any visible wound site in a castration?

There will be a small incision just in front of the scrotum in male dogs, cats will have a small incision over each testicle.

For more information and advice, contact Scarsdale Vets!
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Mooning Around

On the 2nd January, if you happened to be outside after dark, you may have spotted the first Full Moon of the year. This moon is called a 'Wolf Moon' named after howling wolves. This full moon was known by early Native American tribes as the Full Wolf Moon because this was the time of year when hungry wolf packs howled outside their camps. In some cultures, it was known as Old Moon, Ice Moon, Snow Moon, and the Moon after Yule.

This January is a lucky month for Moons as there's a lot to see if you dare to venture out:

January 17 - New Moon. The Moon will be located on the same side of the Earth as the Sun and will not be visible in the night sky. Why are you telling us about no moon we hear you ask? Well, this is the best time of the month to observe faint objects such as galaxies and star clusters because there is no moonlight to interfere. A pretty special opportunity!

January 31 - Full Moon, Supermoon, Blue Moon. The Moon will be located on the opposite side of the Earth as the Sun and its face will be fully illuminated. This phase occurs at 13:27 GMT. Since this

is the second full moon in the same month, it is sometimes referred to as a blue moon. This is also the last of two supermoons for 2018. The Moon will be at its closest approach to the Earth and may look slightly larger and brighter than usual.

February - If that wasn't all odd enough, February 2018 will see no complete full moon. This is a rare occurrence and informally dubbed a 'Black Moon'. Creepy! About once every 20 years, February does not have a Full Moon. Instead, January and March have 2 Full Moons each.

The moon is so fascinating that it often appears in songs. Here are a list of our favourite songs to enjoy if you venture out into the cold night air!...

'Moonlight Shadow' by Mike Oldfield featuring Maggie Reilly, peaked at number 4 in the British charts in 1983

'Fly Me to the Moon' a song by Kaye Ballard and made famous by 'Old Blue Eyes' Frank Sinatra. Frank Sinatra's 1964 version was closely

associated with the Apollo missions to the Moon.

'Blue Moon' is a classic popular song written by Richard Rodgers and Lorenz Hart in 1934, and has become a standard ballad and has been covered by various artists including versions by Frank Sinatra, Billie Holiday, Elvis Presley, The Mavericks, Dean Martin, The Supremes and Rod Stewart. It is also the anthem of English Premier League football club Manchester City, who have adapted the song slightly.

'Walking on the Moon' released by The Police in 1979 was written by Sting who explained "I was drunk in a hotel room in Munich, slumped on the bed with the whirling pit when this riff came into my head. I got up and started walking round the room, singing 'Walking round the room, ya, ya, walking round the room'. That was all. In the cool light of morning I remembered what had happened and I wrote the riff down. But 'Walking Round the Room' was a stupid title so I thought of something even more stupid which was 'Walking on the Moon'."



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2	7				4			5

Sudoku is a logic puzzle where you follow one simple rule:
Simply fill in the boxes so that the nine rows, the
nine columns, and the nine 3x3 squares
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LJS-62-15



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