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Dear Readers.

The days are getting longer and soon the spring flowers will start making a push to get out of the ground and pop their cheery heads up. Even though it's getting lighter there's still some opportunities for comforting food and what could be better than Pancake Day! Bored of your usual toppings? We've got some interesting flavours for you to try!

Ever wanted to be a super hero? Well you can be... and no you don't have to jump around rooftops in spandex. We're urging everyone to join the organ donor register, you'll be surprised at just how many people's lives you could make a big difference to! We certainly were!

And after 'Dry January' why not go back in with a bang? Absinthe Day is coming up!

Best wishes to all you heros! The LOCAL LINKS team



Next issue deadline: Tue 5th March

Next issue out from: Wed 13th March

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**ISSUE 125** SALES

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### 4 LOCAL LINKS Issue 125

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# ART CLASS STARTS SOON ABSOLUTE BEGINNERS TO IMPROVERS WILL LOVE THIS COURSE!

GREAT NEWS if you're looking for something fun to do over the next few months! We are now taking enquiries for a NEW 14 week part-time Art Class (once a week for three hours), which starts soon in your area.

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The course is designed to be fun for absolute beginners who have never picked up a brush before, through to improvers.

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### **Wonderful Welsh Words**

You know spring is on the way when the bright daffodils start appearing, sometimes it feels like a Welsh invasion with the flower being the national emblems of our dear neighbours. Good timing for these pretty yellow flowers as St. David's Day, the patron saint of Wales, is on the 1st of March.

Wales has adopted the daffodil as its flower somewhat by mistake! The Welsh for leek (the original national emblem) is Cenhinen, while the Welsh for daffodil is Cenhinen Pedr. Over the years they became confused until the daffodil was adopted as a second emblem of Wales. The welsh language is musical and to the outsider can seem quite unfathomable. So, to help you on your way, here's some words for you to test your self with!

**Hello** - Shwmae (pronounced sh-may) is an informal greeting.

**Peach** - is known as the "eirin gwlanog" (ay-reen glan-og), literally translated as woolly plums, how cute!

**Microwave** - Now, we hate to break it to you, but it isn't 'Popty-ping'. The Welsh word for microwave is "meicrodon" – "meicro" being Welsh for micro, and "don", the mutated word for ton (tohn), literally means wave. And "ffwrn" just means oven.

**Butterfly -** Pili Pala (pilly palla), we love this one but there's another word for butterfly "lar fach yr haf" which means "little summer chicken", so we think we love that one a little bit more!

**Carrot** - Moron (moh ron), no family dinner is complete without them!







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### **Pancake Perfection**

Provide always get caught out by Pancake Day! It's one of those days that just sneaks up on you so this year we're determined to be prepared for Tuesday 5th March. It has occurred to us too that pancakes are far more versatile than eating with a squeeze of lemon and a sprinkle of sugar! Why not make them your whole dinner for Shrove Tuesday? Here are some filling ideas of the savoury kind and some topping ideas for those with a sweet tooth too!

### **Savoury!**

#### Goats cheese, bacon & spinach

Fry bacon in a pan until crispy and put aside. Wilt your spinach in a pan with some garlic and a sprinkle of nutmeg then squeeze out the excess water. Return the bacon and spinach to the pan and crumble in the goats cheese. Season to taste.

#### Ham & cheese

Cut up some ham and chives finely and mix into your pancake batter. When the pancakes are cooking on their second side, sprinkle your pancake with grated cheese so that it melts.

#### Broccoli & smoked salmon

Mix small pieces of cooked broccoli with small ripped up pieces of smoked salmon. Drizzle with sour cream and season to taste.

#### Leek & mushroom

Fry your mushrooms and leeks together in a pan with some garlic. Stir in a couple of tablespoons of soft cheese.

#### Pancake tagliatelle

Cook your pancakes and then cut them with a knife into strips 1cm wide. Use these strips with your favourite pasta sauce or pesto.

### Sweet!

#### Fluffernutters

When you've flipped your pancake sprinkle with mini marshmallows and dot with peanut butter.

#### **Banoffee pancakes**

Slice bananas and top with toffee sauce or salted caramel sauce. Add a generous squirt of whipped cream and chocolate shavings.

#### Mint & mango

Warm some rum and sugar in a pan, heat gently until the sugar is dissolved then remove from the heat and add pieces of fresh mango and lime zest. When cool, add freshly chopped mint and serve on your pancakes with some natural yogurt.

#### **Raspberry cheesecake**

Add a squeeze of lemon and some sugar to some raspberries and wait for them to break down a little. Sweeten some soft cheese with icing sugar and vanilla extract to taste. Drain the raspberries and gently fold into the sweet cheese mixture. Use to fill your pancakes.

#### Cinnamon & apple

Add some cinnamon and a pinch of allspice to your pancake mix. In a pan put some peeled and chopped apple pieces and a squeeze of lemon and sugar to taste. Serve with a drizzle of cream.



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### By The Barn by Angela Sargent

A ccording to hubby, "January's a foul month and February's worse!", but at least the days are starting to draw out now and it's a short month with Spring on the other side.

This winter so far has been very mild and dry and, following on after a dry summer and autumn, means the potential for a dry/hot summer like in 1975/76 seems possible and maybe shortages of grass and fodder again - who knows? The reservoir levels seem quite low too.

This month sees the national farmland bird count again - a bit like the RSPB garden bird count, although it's usually cold, wet and blowing a gale when I decide to do ours.

It's also "Februdairy", a response to "veganuary" and a chance to repudiate some of the claims made against the dairy and farming industry.For instance, there is a whole world of difference between the cattle industry in this country and that of the US feedlot ranch style.



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### **The Green Fairy**

elebrated by artists and aristocrats alike for centuries, absinthe has long been the drink of choice for the creative type; also known as The Green Goddess, The Green Lady or The Green Fairy (possible inspiration for Tinkerbell?), the drink used to be a favourite among artists and writers due to it supposedly helping their creative flow.

Orignally formulated with wormwood, a substance that is highly poisonous, the small amount in absinthe is what gave the drink its hallucenogenic properties. Rightly so, wormwood is banned in modern incarnations of this taboo drink.

So to celebrate this exotic drink on Absinthe Day, the 5th March, here's a more gentle cocktail you might like to try!

### **The Green Beast**

30 ml Absinthe 30 ml Fresh lime juice 30 ml Simple syrup 120 ml Water Cucumber slices to garnish Mix and serve!



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### **Be A Superhero**

ften look at we the and news see marvellous feats of bravery where a stranger will put their life on the line to save another, but did vou know that we all have the power to save many lives without sacrificing anything at all? That's right. If you donate your organs after your death, you can save up to nine lives. Furthermore, you can enhance up to 50 more lives. These are people with names: children, sisters, brothers, mothers, fathers, uncles, aunts... The most special thing is that, in a way, if you donate your organs, you continue living even after you pass away.

Sometimes it is not possible to accept organs from donors due to health reasons. Having an illness or medical condition doesn't necessarily prevent a person from becoming an organ or tissue donor, but the decision about whether some or all organs or tissue are suitable for transplant is made by a medical specialist at the time of donation, taking into account your medical, travel and social history.

There are very few conditions where organ donation is ruled out completely. A person cannot become an organ donor if they have or are suspected of having:

Creutzfeldt-Jakob Disease (CJD) Ebola virus disease Active cancer HIV or hepatitis C

Someone with current active cancer cannot become an organ donor. However, it may be possible for people with certain types of cancers to donate after three years of treatment. It may also be possible to donate eyes and some tissue in these circumstances.

In rare cases, the organs of donors with HIV or hepatitis C have been used to help others with the same conditions.

If you want to be a superhero, then we would recommend taking good care of yourself and your body throughout your life by living as healthily as possible to leave some top notch organs! But if kebabs are your thing, not to worry, your organs are just as useful too!

More donors from black, Asian and minority ethnic groups are urgently needed to address an increase in patients from the same communities dying whilst waiting for an organ transplant.

One in five people who died on the Transplant Waiting List last year were from a black, Asian or ethnic minority background. But why does ethnicity matter in organ donation? People from black and Asian communities are more likely to develop conditions such as high blood pressure, diabetes and certain forms of hepatitis than white people. This makes them more likely to need a transplant.

Blood and tissue types need to match for a successful transplant.

Although many black and Asian patients are able to receive a transplant from a white donor, for many the best match will come from a donor from the same ethnic background.

While some people with a black or Asian background go on to donate when they die each year, this is not enough to meet the needs of all patients waiting for a transplant from those communities.

Most importantly you need to register. So why not register now and be a superhero: www.organdonation. nhs.uk





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Sarah Southall

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### **Multiple Personalities**

Sixteen types to be exact! Did you know that one of the most widely used personality tests is the Myers-Briggs Type Indicator? If you're curious to find out which of these 16 types you are, you can check out the full test here: www.16personalities.com

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Imaginative and strategic thinkers with a plan for everything.



#### Logician:

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

The closing date for entries is the 12th of March, and the winners will be announced in our April edition.

Good luck to everyone who enters!



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### What Will Happen? by Simon Richardson

here is so much to worry about in the world nowadays, isn't there - for us, for our families and our businesses. There is a maxim "control the controllables" though, and springtime is an ideal time to do something that will guarantee to remove certain worries that you may have.

Do any of these ring a bell? We are a close family but I'm worried about my child's choice of partner. If I leave my inheritance to my child it may be lost to the partner. I've worked so hard to build a nice family home but am worried that I may lose my home to pay care fees. I have step children, so if I die with my spouse without making a will, my own children will get no inheritance from me. I have a child who I haven't seen for years, I don't think he should get anything when I have died. The easy, cheap, failsafe way of controlling these controllable worries is ....I think you guessed it a while ago - make a will.



Often heard - " can I change my deeds to save care fees?" - YESI

Over 30 years' experience in all areas of the law, latterly specialising in:-

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\*Discount applied to VOSA recommended retail price £54.85 class 4 passenger vehicles up to 8 seats. Offer valid until 31st March 2019.

### What's On Guide

#### TUESDAY 19TH FEBRUARY

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, Burtonon-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

#### Painting for Pleasure

Every Tuesday from 1pm to 3.30pm. Painting for Pleasure is a meeting place for artists to practise their skills in a friendly group. The cost is £12 per month, for the room hire. There are occasional visits and demonstrations from visiting artists, and an annual Christmas lunch. New members are welcome to come along and see for themselves. For more information contact Dave Jones: 07429 074758

#### WEDNESDAY 20TH FEBRUARY

Burton Amateur Radio Club

Burton Amateur Radio Club meets every Wednesday evening at 7-30pm for nights on the air, construction projects, licence exams at all three levels with one to one tuition if required. New members are very welcome and we meet at Stapenhill Institute 23 Main St, Burton-on-Trent DE15 9AP Contact Bob 07812 146333 www.g3nfc.co.uk or club@burton-arc. co.uk

#### Shopping for Memories

A talk given by a Burtonian prestigious Author and Historian : Richard J Stone. This talk is to be held at Burton Library on 20th February 2019, doors open at 7:00pm for a 7:15pm start. Tea/Coffee/ squash/water available (no additional charge). A small charge of £3 for non Society members or £2 for members is made to cover the costs of room hire and speakers fees (non profit making event). Accessible venue (Disabled parking, ramp to entrance, and lift available).

#### Fradley Needlework & Craft Group

Every Wednesday from 1.30pm - 4.00pm at Fradley Village Hall. For anyone who enjoys patchwork, knitting, crochet, cross stitch or any type of craft. Beginners and experts welcome. Instruction available. Contact: 01283 791467

#### THURSDAY 21ST FEBRUARY New Beginnings

Mature Singles Friendship Group (55yrs+). If you enjoy the theatre, meals out, walks, cinema, activities, holidays/ outings and general socialising but don't want to do it on your own, then New Beginnings is for you. Come and join us to make new friends. Meeting each Thursday 8pm at Fradley Arms (on A38) - feel free to just come along or contact Sue for further details Tel No: 07742 801681

#### Rangemore & Tatenhill WI

Meeting at Henhurst and District Recreational Club on 3rd Thursday of every month, starting at 7.30 p.m. Lively and friendly group of ladies meet to enjoy good company, an interesting and entertaining programme of events and refreshments. New members and visitors of all ages welcome. For more information contact Marian on 07752160996

#### FRIDAY 22ND FEBRUARY 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 Classes

Dance the cha cha, salsa, mambo, rumba etc. NO PARTNERS REQUIRED Intermediate £4.00 followed by NEW BEGINNER'S CLASS 11.15am-12.00pm at the Priory Centre, Church Road, Stretton DE13 0HE. Ring 07598159744 or email: larhiney@hotmail.com for more details

#### SATURDAY 23RD FEBRUARY

Claymills Victorian Pumping Station Steaming Days Saturday & Sunday. 10am until 5pm. Guided tours given around one of Britain's largest Victorian steam pumping stations. Magificent Victorian workshop where you can see steam restoration in action. Videos of the station in steam in the visitor centre. Contact: 01283 50929

#### SUNDAY 24TH 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

#### Rapper Sword Dance Workshops

Come along and try Rapper Sword Dancing, this is the fastest and most spectacular of all the traditional English dances. We are running a series of beginners workshops. Kings Bromley Village Hall, Alrewas Road, Kings Bromley DE13 7HW from 10 am to 11 am. For more information call Nigel Moss 01283 790088.

#### MONDAY 25TH FEBRUARY Burton Art Club

Meets at Stretton Methodist Chapel Main Street, Stretton. Monday evening 7.00pm to 9.00pm We are a lively group who share an interest in art and all abilities are welcome.

#### TUESDAY 26TH FEBRUARY Art Classes

1-3pm at Anslow Village Hall. Discover how to paint and draw what you see, use colour with confidence and create beautiful art in a friendly group with a supportive tutor. Beginners welcome. Fees: £11 per class on the day or £9 per class for 6 weeks. For details and to book your place phone 07791 228 881, or email helentarr2002@vahoo.co.uk

#### WEDNESDAY 27TH FEBRUARY

#### 1st Burton Guides

Every Wednesday Evening. A fantastic unit for girls aged 10-14. They will make friends, grow in confidence and learn lots of new skills. To make it better, all this is done through a wide range of activities, from ice skating to canceing, and craft to cooking, there is something for every girl! Call: 07794 759608

#### THURSDAY 28TH FEBRUARY

#### New Beginnings - Mature Singles

Come and join us to make new friends. Meeting each Thursday 8pm at Fradley Arms (on A38) - feel free to just come along or contact Sue for further details Tel No: 07742 801681

#### FRIDAY 1ST MARCH

#### Crib Club

Every Friday at 7.30pm. We are a small friendly club who meet at the Wyggeston Pub, Calais Road, for a game of Crib (or some may know this as Cribbage) and an enjoyable social evening. We are looking for new members either male or female who can already play Crib or anyone who would like to learn how to play.

#### Tots, Pots & Tales

Fridays at The Mug Tug, Barton Marina. Listen to a story and paint a pot related to the tale. Juice and biscuit for the Tots, Grown-ups welcome to bring their own hot drinks. 1.30pm to 2.30pm -See our website for more details. Call 01283 711341 to book.

#### SATURDAY 2ND MARCH

#### Barton Bowls Social Club

Now open every evening! Darts, pool, dominoes, crib and crown green bowls during bowling season. Members, members guests and new members always welcome

#### SUNDAY 3RD MARCH

#### Lichfield & District Ramblers

Various routes If you would like to walk with a friendly, organised group, why not join the Lichfield & District Ramblers? We walk every Sunday throughout the year. 01543 491469

### Find more events on our website

#### MONDAY 4TH MARCH

Meditation Class

Weekly Classes of Meditation on Mondays 1pm to 2.30pm and 7.30pm to 9.30pm we are a friendly group who meet for discussion and to meditate with a guided meditation. To join us Contact Kim 07580 551979

#### **TUESDAY 5TH MARCH**

#### Art Classes

Weekly classes at The Horseshoe, Tatenhill. 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

#### WEDNESDAY 6TH MARCH

#### Burton Abbey W

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 The Village Hall, Crowberry Lane. 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 7TH MARCH

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 Christine - 01283 543813.

#### **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

#### Burton lazz Club

Every Thursday, at Marstons' Sports and Social Club, Shobnall Road, we present some of the best Jazz Bands in Britain, and occasionally Europe. We book as wide a variety of jazz as possible, but are mostly Iraditional, Swing and Mainstream. Admission £9 on door from 7.30pm, for 8:30pm start, no membership, all welcome.

#### **FRIDAY 8TH MARCH**

Changes Support Meeting A 12 Step Recovery Programme for Mental Distress, meetings held at Burton twice a week, please contact 01827 311006 for further information. Prior booking only. Peer Support Meeting Peel Croft Surgery, Lichfield Street, Burton 1-30-3-30pm. Wellness Workshops, Wednesdays & Fridays: 9-45-11-45 am Burton Fire Station, Moor Street, Burton,

#### Bingo at Barton Bowls Club

On the 2nd Friday of every month. Members guests and new members always welcome . Eyes down at 8pm followed by Kids Chocolate Bingo. Come and have a laugh! The more there are, the bigger the prize!

#### SATURDAY 9TH MARCH

#### French With Songs

French with songs, games and fun for children nearly 4 - 9 years, Saturday morning classes in Lichfield at the Tesco community room. Baby and toddler class too - learn to sing 'Wind the Bobbin up' in French! Email juliesfrenchclasses@gmail.com.

#### SUNDAY 10TH MARCH

East Staffordshire Ramblers Walkers of all abilities are welcome to join us on Wednesdays, Fridays & weekends for walks in Staffs, Derbys & Leics. Visit www.eaststaffsramblers.org. uk or contact 01283 713209.

#### MONDAY 11TH MARCH

Red & Ginger's Lindy Hop Dance Class Learn to Lindy Hop, Charleston and swing dance. Suitable for all ages and abilities, for those with a partner or without. Monday nights, 8-opm term time at St Mary's Church Hall, Hillfield Lane, Stretton, DE13 0BW. hello@dancewithredandginger.com

#### TUFSDAY 12TH MARCH

#### Branston Womens' Institute

Held the 2nd Tuesday of each month. We are a friendly group and try to mix our meetings with interesting talks, craft, trips and social events. It is for ladies of any age. Visitors are most welcome. Contact Mrs Barbara Reeves, President, Tel. 01283 546536

#### Walton-on-Trent WI

Every 2nd Tuesday of the month at 7.15pm Walton-on-Trent WI. We are a small friendly group who meet in Walton Village Hall. Come and join us for fun, friendship, learning and sharing. For more information contact loan on 01283 713380

#### WEDNESDAY 13TH MARCH

Stretton & Claymills Women's Institute Meeting in the back room of the Priory Centre, Church Road, Stretton at 7.15pm on the second Wednesday of every month and new members are very welcome. For info www. strettonandclaymillswi.wordpress.com or strettonandćlaymillswi@gmail.com

#### 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. Contract Sandra: 01283 329743

#### Lichfield U3A

2nd Wednesday of each month. These start at 2pm in the city's Guildhall and we are always pleased to welcome new or prospective members. Please see our website u3asites.org.uk/lichfield or call our enquiry desk on 07510 634476.

#### Ouiz

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 Tĕl: 01283 812072

#### THURSDAY 14TH MARCH

#### 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. £4 a month or £41 a year. Come along, make new friends, try something new and have fun. Contact: Wendy Plant Tel: 07772 548230

#### FRIDAY 15TH MARCH

#### Barton Bowls Social Club

Now open every evening! Darts, pool, dominoes, crib and crown green bowls during bowling season. Members, members guests and new members always welcome

#### **COMPETITION WINNERS**

Congratulations to our Fireplace Gallery competition winner, who has won a £200 Voucher:

#### Ella Middlemiss, Burton-on-Trent

Look out elsewhere in LOCAL LINKS this month to win a £250 Voucher from Top Furniture

#### LAST MONTH'S SUDOKU **PUZZLE SOLUTION**

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



### Calypso-Calapso by Perry Deakin

winter tour is certainly a long time in the world of test cricket, that's for sure!

Joe Root's boys – the world's number three test side - arrived in the Caribbean having despatched world number one, India, during the English summer and completing a 3 – 0 victory in a rare away series win on 'spin-laden' Sri-Lankan wickets.

Every pundit predicted a comfortable England win against a politically volatile West Indies Team who were having to play youngsters in their test side with a number of their more experienced and destructive players going for the 'hired-gun' life around the world in various T20 franchise teams.

A good sized proportion of these 'expert' pundits predicted a 3 - 0 England victory as we began the build up to this years Ashes series against the old enemy, Australia – 'just a warm up for the big event in late summer UK' they said!

Well – here we are, two tests of the three completed, only seven days cricket actually played and the series already lost – clearly not the stroll everyone was predicting!

The Windies haven't just beaten England comfortably in two test matches, they have completely outplayed, outfought and, frankly, humiliated a side being heralded as 'soon to be the number one test side in the world', quite honestly England have been an embarrassment to watch.

The sight of a battery of Windies fast bowlers charging in and making English Batsmen hop around the wicket has resulted in Sky Cricket commentators waxing lyrical about the 'old days' when the Windies were blessed with a truly terrifying group of bowlers who blew away everything before them – this, they said, was looking like a return to those halcyon days of West Indies Cricket.

However, I do not believe that this group of clearly talented bowlers are or ever will be up there with the Holding's, Marshall's. Ambrose's or Walsh's of the 70's and 80's I believe that we have seen an emerging side 'blow-away' an England team who clearly think they are better than they actually are and who, when asked to step-up, failed to show the slightest appetite for a fight once the going got tough and tall fast-bowlers began hurling 90mph deliveries at them.

The England teams' collective lack of heart isn't the only reason to be genuinely concerned about where our test side is going though (although lets not underestimate just how worrying that lack of heart is from our snowflake generation of batsmen), the decision to leave Stuart Broad out of the team for the first test in Barbados defies belief. A wicket which was clearly going to suit tall, fast bowlers was screaming out for 6'5" Broad

(who lets not forget has taken 436 test wickets), however, somehow we managed to make the ridiculous decision of dropping Broad and playing 5'9" Sam Curran (the smallest player in the squad) on a wicket which quite obviously didn't suit him! Now Curran is clearly a very talented cricketer who is going to have a long and successful International career but really – on this wicket – you couldn't make it up.

Root then compounded the error by refusing to accept it was the wrong decision (although Broad returned for the second test and played extremely well) and began making statements which left most of the supporting public less that impressed – come on Joe; tell us who made the decision and accept it was wrong instead of making silly excuses.

thousands There are of England cricket fans who have made the trip to the Caribbean and they deserve better than players appearing to have inflated opinions of their ability, refusing to admit the obvious and playing shots which quite honestly wouldn't belong in Sunday League village cricket, because they don't have the heart to fight -Not good enough England!



### THE CAT FEEDER

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### Eat The Seasons: Leeks by Rebecca Tucker

Wy ith St David's Day just around the corner, it's time to celebrate the humble leek! Here are just a few reasons to include this versatile vegetable on your shopping list.

#### **Protects Blood Vessels:**

Leeks contain a flavonoid called kaempherol which protects the lining of blood vessels and stimulates the production of nitric oxide. This allows blood vessels to dilate, rest and relax, reducing the risk of high blood pressure.

#### **Detoxifies Your Skin:**

Leeks are a natural diuretic and help detoxify your skin by trapping harmful substances and flushing them out of your body. This cleansing action helps your skin appear radiant.

#### **Protection from Sun Damage:**

Remember to eat the green part of leeks too! The leaves contain 100 times more beta-carotene and twice as much vitamin C as in the white parts. Beta carotene can be converted to vitamin A in the body. This, combined with vitamins C and E as well as the other powerful antioxidants found in leeks, can help protect skin against the harmful ultraviolet rays of the sun.

#### Gut Health:

As a prebiotic, leeks provide food for our friendly gut bacteria helping to promote a healthy gut. They also aid digestion, stimulating and strengthening the stomach, kidneys and gut.

#### Leek and Amaranth Cheesy flapjacks Makes 16

#### INGREDIENTS

75g amaranth seeds 75g butter 1 leek, washed, cut in half and finely sliced 2 sprigs rosemary, leaves picked and finely chopped a pinch of chilli powder (optional, to taste) 175g jumbo oats 200g mature cheddar, grated 2 eggs

#### METHOD

Heat the oven to 180C/ fan 160C and line a shallow 22 x 30cm baking tin with baking paper.

Take a large deep frying pan with a lid, place on a high heat and leave for a few mins to get really hot. Sprinkle just a few seeds of amaranth into the pan and cover with the lid – they should pop in just 2-3 secs. If it takes any longer they will burn before they burst, so leave the pan to heat a little longer.

Once the pan is hot enough, add a heaped tablespoon of the amaranth and cover. Shake the pan back and forth to swirl the seeds about as they pop and after a few seconds tip them into a bowl. Repeat until you have puffed all the amaranth.

Wipe out the pan then add the butter, leek and rosemary, seasoning with a little salt and pepper, and chilli powder, if using. Put back over a low heat and let the leek soften for 5 mins.

Turn off the heat and stir through the popped amaranth, oats, cheese and eggs and mix together thoroughly. Tip the mixture into the prepared tin and press firmly down with the back of a spoon.

Bake in the oven for 25 mins until deep golden brown. Carefully lift the flapjack out of the tin – holding onto the baking paper – onto a chopping board. Cut into 16 pieces and allow to cool.

Rebecca Tucker is a Registered Nutritional Therapist practising at The Natural Healthcare Centre in Burton. For more information visit **www. nourishbalanceglow.com** 

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	8				9	2	6	
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		6						

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 all contain every digit from 1-9. ULS-75-4

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#### 07730 786524 01283 711458 v.co.uk info@ or view our website at: murraywoodjoinery.uk

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