

# LOCAL LINKS



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ISSUE 128  
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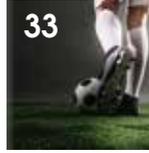
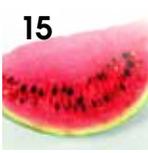
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# LOCAL LINKS



Dear Readers,

*We've burst into spring with a spell of glorious weather over the Easter break and it has properly put us in the summertime mood! Roll on longer evenings, dining al fresco and a cheeky glass of wine of an evening!*

*We're not to focussed on cultivating a 'bikini-bod' anytime soon... not with Doughnut Day on the horizon! That day is too good an opportunity to miss quite frankly!*

*The milder weather means the countryside buzz is in full swing with all the little critters waking up. Soon we'll start seeing butterflies dipping through the hedgerows and our gardens, going about their business. Read our article on butterflies to learn some fun facts about these pretty creatures!*

Enjoy the sunshine!

The **LOCAL LINKS** team

## ISSUE 128

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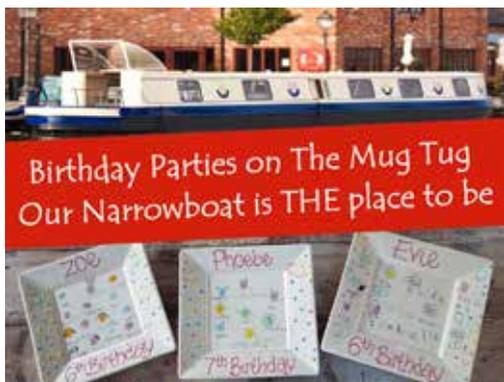
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# Beautiful Butterflies

As the weather warms up we start to see more creatures emerging and buzzing around us. The 1st of June is Butterfly day! Here's some interesting things you may not know about these beautiful mini-beasts!

*Butterfly wings are transparent...*

A butterfly's wings are made layers of chitin, the same protein that makes up an insect's exoskeleton. These layers are so thin you can see right through them. These wings are covered by thousands of tiny scales that reflect light in different colours.

*Butterflies taste with their feet...*

Butterflies have taste receptors on their feet to help them find their host plants and locate food. A female butterfly lands on different plants, drumming the leaves with her feet until the plant releases its juices. Spines on the back of her legs have chemoreceptors that detect the right match of plant chemicals. When she identifies the right plant, she lays her eggs.

*Butterflies live on an all-liquid diet...*

Adult butterflies only feed on liquids, usually nectar. Their mouthparts are modified to enable them to drink, but they can't chew solids. A proboscis, which functions as a drinking straw, stays curled up under the butterfly's chin until it finds a source of nectar or other liquid nutrition. It then unfurls the long, tubular structure and sips up a meal.

*A butterfly must assemble its mouth as soon as it emerges from the chrysalis...*

One of its first jobs as an adult butterfly is to assemble its mouthparts. When a new adult emerges from the pupal case or chrysalis, its mouth is in two pieces. Using palpi located adjacent to the proboscis, the butterfly begins working the two parts together to form a single, tubular proboscis. You may see a newly emerged butterfly curling and uncurling the proboscis over and over, testing it out.

*Butterflies drink from mud puddles...*

A butterfly cannot live on sugar alone; it needs minerals, too. To supplement its diet of nectar, a butterfly will occasionally sip from mud puddles, which are rich in minerals and salts.

*Butterflies can't fly if they're cold...*

Butterflies need an ideal body temperature of about 30°C to fly. Since they're cold-blooded animals, they can't regulate their own body temperatures. The surrounding air temperature has a big impact on their ability to function. If the air temperature falls below 12°C, butterflies are rendered immobile, unable to flee from predators or feed. Cooler days require a butterfly to warm up its flight muscles, either by shivering or basking in the sun. Even sun-loving butterflies can get overheated when temperatures soar above 37°C and may seek shade to cool down.



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# Local Community Love

**V**olunteers' Week is a chance to celebrate and say thank you for the fantastic contribution millions of volunteers make across the UK.

It takes place 1-7 June every year and is an opportunity to celebrate volunteering in all its diversity. The week also raises awareness about the benefits of becoming a volunteer.

As well as helping others, Volunteering has been shown to have a positive impact on the lives of those who volunteer, assisting volunteers in gaining new skills and boosting self-esteem. There are many voluntary organisations in the UK that rely on volunteers to help others.

First established in 1984 by Volunteering England, the event is now coordinated by NCVO (the National Council for Voluntary Organisations). During the week stories about volunteering are shared on social media and hundreds of celebrations and events take place. Volunteers can come from all communities and all walks of life, carrying out a diverse range of roles.

If you've never thought about volunteering in your community then now is a great time to consider it! Your contribution can be diverse! From driving vans, getting creative with children and adults, being a friend and running errands or even undertaking more formal volunteering roles such as helping charities with finance, retail and administration! You'll be surprised at what you might find yourself doing!

There are a variety of websites where you can easily look up volunteering opportunities in your area! Here are a few:

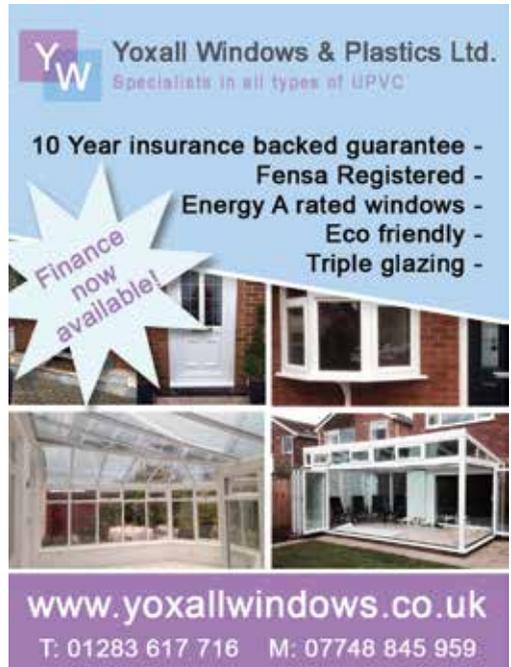
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If you're interested in volunteering in a less formal capacity, perhaps you might like to volunteer to help a neighbour in need, perhaps elderly or with a disability, once in a while? You could offer to do small errands or to cut their lawn, cook an extra portion for dinner and drop it around or offer to look after pets when they go on holiday or visit friends and family.

There are also a lot of registered charities based in and around Burton-on-Trent that might surprise you. Many village halls and Scout groups are registered charities and could also be in need of volunteers! If you're interested in finding out about locally based charities, you can find them here:

[www.charitycheckout.co.uk](http://www.charitycheckout.co.uk)

Further information about Volunteers Week and information about becoming a volunteer can be found at [www.volunteersweek.org](http://www.volunteersweek.org)



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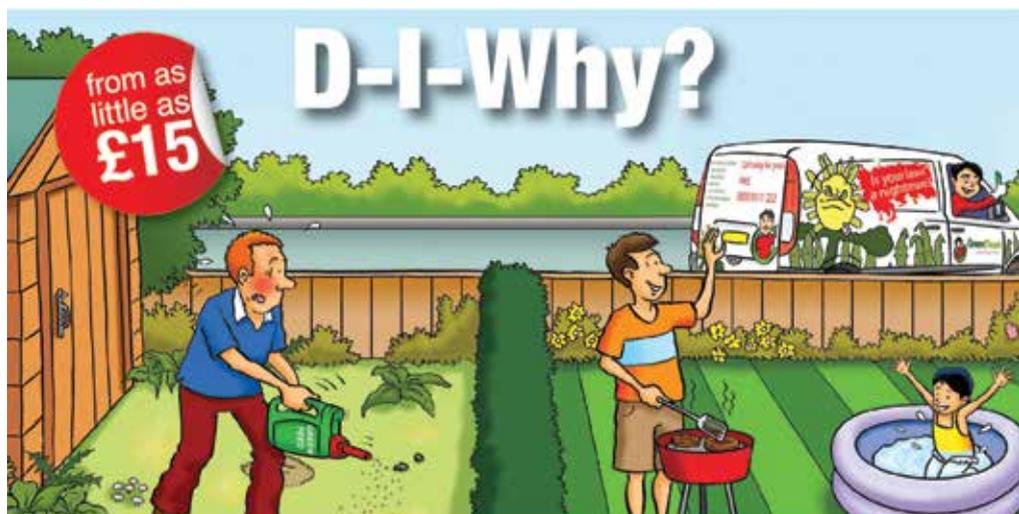
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# By The Barn *by Angela Sargent*



This month you'll start to see large farm machinery moving around the roads and tractors zipping up and down and round the fields cutting silage, often late into the night if the weather isn't promising. After one cut is taken, the field may be fertilised again and allowed to grow another crop.

Now you might see Fumitory growing on the edges of cultivated ground, especially more in eastern parts, as it prefers lighter soils. It has feathery foliage and tender, pink flowers and was used to treat eczema at one time. As the weather warms up (hopefully!) it brings the butterflies out in force and a common one is the Meadow Brown, a lover of pasture fields, as it feeds on grasses when a larva.

Follow Angela for all things farming on Twitter @bythebarn.

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# Hidden Hydration

We all know we should do our best to stay hydrated but it's often all too easy to forget to reach for that water bottle. Well, if you hadn't considered it, you can also get water from some of the things you eat!

For optimal health and organ function water is important. The food you eat plays a considerable role in providing your body with its daily water requirements. In fact, many fruits and vegetables are up to 90 percent water. You still need to drink fluids to provide all the hydration your body requires, but many of the most hydrating foods also contain essential electrolytes and minerals such as magnesium, potassium and sodium, as well as vitamins and amino acids. Summer is the perfect time to explore some of the best foods to help you stay hydrated and feeling and performing well. Add these foods to your shopping list.

- Watermelon is a favourite! At 92 percent water and with potassium, magnesium, calcium and sodium, it has shown in some studies to be more effective at rehydrating

than water or even sports drinks.

- Strawberries and melon, at 92 percent water, and peaches, at 88 percent water, are also good sources of potassium.
- Blueberries, cranberries, raspberries and blackberries are all more than 85 percent water and are high in antioxidants and other essential vitamins.
- Cucumber is a good source of vitamin C, and the flesh is 96 percent water.
- Celery is 95 percent water and rich in vitamins and minerals.
- Lettuce is 96 percent water and spinach is 92 percent—and both pack a nutritional punch: They're each high in vitamins A, K and C, fiber and folate. Spinach, which also contains a significant amount of calcium, is one of the most nutrient-dense foods you can add to your plate.
- Cabbage, cauliflower and broccoli are rich in antioxidants as well as vitamins, minerals and fibre. These cruciferous vegetables are all more

than 92 percent water.

- Did you know? Cooking meat and some fruit and vegetables reduces water content, depending on the cooking method. But cooking other foods using milk or water, such as soups, stews and oatmeal, means liquids are absorbed, which boosts water content.
- For a cooling post-workout treat or hot summer's night dessert, try this guilt-free banana, berry and coconut "ice cream." Peel and roughly chop a banana before freezing for at least five hours. Combine frozen banana with a half-cup of frozen berries of choice in a blender or food processor. Pulse until they become smooth and creamy. Add a spoonful of coconut butter (or almond butter if you prefer) and pulse until combined. Serve immediately.





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# Helpful Food Hacks

There's nothing more disappointing than planning a meal only to find that one of your ingredients is a little lack-lustre. Here are a couple of handy hints we've found that are sure to revolutionise your time in the kitchen!

## Fix floppy lettuce!

Empty 1 or 2 trays of ice into a large bowl and fill the bowl with cold water. Put your lettuce (washed or not) into the bowl, keeping the lettuce as fully submerged as possible. Wait 15-20 minutes.

Remove the lettuce from the water and dry it in a salad spinner. Make salad and serve immediately.

## Stop potatoes from sprouting!

It's best to take them out of the plastic bag and put them in a basket or breathable cotton sack and make sure they are totally dry before storing long-term. Damp potatoes will rot or sprout faster. Keep them in a cool, dark place and never store them near onions, bananas, or other fruit — this will encourage them to sprout faster. The best place to store potatoes is in the fridge in the vegetable drawer lined with kitchen paper, it's both cool and dark!

## Brighten up bread!

Bear in mind, this trick only works with more rustic loaves that turn hard not mouldy. Never use mouldy bread!

This might seem terrifying at first, but stay with us. Turn on a tap of running water—either hot or cold will do—and stick

that loaf of bread right under it. Try to position it so the exposed or cut-side is facing away from the water, but if the loaf's interior gets wet, fear not. Don't be timid; get the crust good and wet before proceeding.

If your oven has a "warm" setting and you've been waiting to use it, this is your moment. If not, just set it to 150-160 degrees celsius and pop the bread in the oven, directly on the rack. Set a timer for 6-7 minutes, depending on the size of the loaf—or 10-12 for a super wet loaf (like one whose interior has gotten drenched). What emerges will be a good-as-new loaf: Moist on the inside, crackly-crust on the outside.

## Tenderize meat!

Whether you're grilling or stir-frying, ending up with tender, mouth-watering meat is always the goal. Achieving said texture isn't always so easy. Here's a trick for tenderizing meat that you may never have heard before:

Use bicarbonate of soda to tenderize meat.

This may sound weird, but bicarbonate of soda alkalizes the meat's surface, making it harder for the proteins to bond and thereby keeping the meat more tender when cooked.

Here's what to do with a large piece of meat you might grill or pan-sear:

- Rub the meat with bicarbonate of soda.
- Let it rest in the refrigerator for 3 to 5 hours.
- Rinse all the meat thoroughly to remove all the bicarbonate of soda.
- Cook as desired, then bite into a seriously tender piece of meat.

Here's what to do with smaller cuts or slices you might stir-fry:

- Dissolve bicarbonate of soda in water (for every 350g of meat, use 1 teaspoon of baking soda and ½ cup of water).
- Soak the meat in the solution for at least 15 minutes.
- Remove and rinse.
- Cook as desired, then bite into a seriously tender piece of meat.

This technique works particularly well with smaller cuts of meat, since the bicarbonate of soda has a lot of surface area to penetrate. You can use it with chicken, pork and beef.



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*Hannah Jones*

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# Cask Cake

Burton-upon-Trent is largely regarded as Britain's home of beer and brewing. With Father's day on the horizon, what better way to treat Burtonian Dads by baking a cake with the area's most local of ingredients? Beer! Yes, you did read that correctly...so here goes!

## Chocolate Beer Cake

### Ingredients:

220g plain flour  
400g granulated sugar  
50g cocoa powder  
2 tsp. bicarbonate of soda  
1 tsp. baking powder  
1 tsp. salt  
175ml sour cream  
110ml vegetable oil  
3 large eggs  
240ml your favourite beer

### Beer glaze:

570g icing sugar  
2 tablespoons beer

### Method:

Preheat the oven to 175°C.

Prepare (butter & flour or spray with non-stick spray) two 8-inch cake pans.

Sift together the flour, sugar, cocoa, baking soda, baking powder and salt in a large bowl. Set aside.

In a mixer add in the sour cream, vegetable oil and eggs. On low speed mix the ingredients together.

Gradually add the dry ingredients into the wet ingredients.

Beat on low until just combined, scraping down the edges as necessary. Be careful not to over mix.

Remove bowl from mixer and fold in the beer.

Divide the batter between the prepared pans and bake for 30 to 35 minutes, or until a cake tester comes out clean.

Cool the cakes in their pans for 10 minutes before carefully

turning them out onto a cooling rack.

### Beer glaze:

In a medium bowl add all the confectioners sugar and whisk to remove all lumps. One tablespoon at a time, add in the beer. (A fuller bodied beer will typically add more flavour and colour.)

Stir until you reach desired consistency, one that is similar to pancake batter.

### To assemble:

Place one cool layer of cake on cake stand.

Drizzle one third of the Beer Glaze over cake, allowing it to spill over sides.

Place other layer of cooled cake on top and drizzle with remaining glaze.

Cake can be served immediately or refrigerated for 24 hours. Glaze will harden but cake will remain quite moist.



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# WIN!

**A studio portrait session  
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**F**or this month's competition, one lucky reader can win £200 worth of photography at **Lucinda Smith Photography**, with studio session prizes for Runner-Ups, too.

Lucinda Smith has been bringing a sense of fun and spontaneity to family, baby, newborn, cake smash and lifestyle portrait photography for over a decade. Lucinda offers a wonderful portrait experience followed by beautiful photographs that you will always treasure.

The studio is based in the

beautiful village of Tatenhill, Burton on Trent which is surrounded by magnificent countryside, making the perfect location for relaxed outdoor lifestyle images.

Our lucky First Prize winner will receive a complementary studio photo session, plus £200 worth of product vouchers, while our Runner-Ups will receive not only a studio photo session, but also a complementary 7" by 5" print.

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 Media,  
Suite 29,  
Anglesey Business Park,  
Anglesey Road,  
Burton-upon-Trent  
DE14 3NT**

Alternatively, you can e-mail your details to:

**local@locallinksmedia.co.uk**

The closing date for entries is the 11th June and the winners will be announced in our July edition. Good luck to everyone who enters!

*No cash alternative is available to vouchers. One entry per person.*



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# Spring Has Sprung! *by Deb Walker*



'Spring has sprung!' is a mixed exhibition, featuring resident watercolour artist Deborah Walker RI RSMA, with jewellery by Lynn Kendall, stunning ceramics by John Stroemer from Australia and glass by Kim Bramley from France. Deb welcomes visitors to her studio gallery Thursday

to Saturday, 10am to 4pm, throughout the year.

Deb Walker is an elected Member of the Royal Institute of Painters in Water Colours and also a Member of the Royal Society of Marine Artists, both of which are based at the Mall Galleries, just off Trafalgar Square in London. She also exhibits in galleries throughout the country. Visiting 'the gallery @ Ridware Arts', which is also Deb's studio, is an opportunity to see where the work is done! To view paintings by Deb prior to visiting 'the gallery' please visit: [www.walker-art.co.uk](http://www.walker-art.co.uk)

Workshops at Ridware Arts fill up fast, but you can view the current workshop programme by visiting the website's Workshop page. Alternatively

you can call 'the gallery' for details of remaining places on 01889 504102.

For further information about the current exhibition, please contact Deb at 'the gallery' by telephone or by email at [deb@walker-art.co.uk](mailto:deb@walker-art.co.uk)

The gallery is situated just 5 miles from Lichfield at the edge of the historic village of Hamstall Ridware, at Blythe House Farm, where we have ample FREE parking.

For directions to 'the gallery' from the A515 Kings Bromley to Yoxall road, turn left at the roundabout to Hamstall Ridware and continue to turn or bear left to Blythe House Farm.

## the gallery@*Ridware Arts*

Blythe House Farm, Hamstall Ridware, Staffordshire, WS15 3QQ

T : 01889 504102

E: [deb@walker-art.co.uk](mailto:deb@walker-art.co.uk)

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### Spring has sprung!

a mixed exhibition of paintings, ceramics, jewellery and glass

**Opening Saturday 18th May**

*Gallery open Thursday – Saturday, 10am – 4pm*

*(at other times please call 01889 504102 - if we're in, we're open!)*

On the A515 from Kings Bromley to Yoxall, turn left at the roundabout to Hamstall Ridware. Continue to turn or bear left at every opportunity leading to Ridware Arts at Blythe House Farm.

# What's On Guide

## TUESDAY 21ST MAY

### Burton Dance & Social Club

No 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

### 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 22ND MAY

### 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](http://www.g3nfc.co.uk) or [club@burton-arc.co.uk](mailto:club@burton-arc.co.uk)

### 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 23RD MAY

### 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 24TH MAY

### Latin-in-line Classes

No partners required! Enjoy cha-cha, salsa, mambo, rumba etc. every Friday. Improver level 10.30-11.30am and Beginner level 11.45-12.45pm £4.00 each class at the Priory Centre Church Rd Stretton DE13 0HE. Ring 07598159744 or email [larhiney@hotmail.com](mailto:larhiney@hotmail.com) for more details.

## SATURDAY 25TH MAY

### Escape Room

May 25th, 26th, June 7th, 11th, 15th & 21st. An Escape Room is an adventure game in which you are trapped in a room with other participants and have to use elements of the room to solve a series of puzzles, find clues and escape within the hour. This room is situated in The Old School, Kent's Bridge, Main Street, Alrewas. The cost is £5 per person and there are four people per session. The Escape Room is a fundraiser for the Alrewas Arts Festival and is devised by Laura Jacks and Jana Zielinski. Contact Laura on 01283 790116 to book.

## SUNDAY 26TH MAY

### Charity Family Fun Day & 5-a-side

Being held at Shobnall Sports & Social club. 11.00am to 5.00pm on Sunday 26th May all proceeds going to Birmingham Children's Hospital. Free entry. We have Moo Music, Pet Parties, Phat Magic, Fantastic Faces, Bouncy Castle, Slide, Amber Valley Amusements, Sand Art for the kids plus BBQ, Cake stall, Nabsnaps Art & Henna, Lotus Blossom, Craft stalls, Raffle, Tombolas, Sweet Stall, Ice Cream-van, Bar open all day, Plus 5a side Football tournament through out the day. Please come and join the fun and help raise money for BCH.

### Claymills Victorian Pumping Station

Steaming weekend & guided tours given around one of Britain's largest Victorian steam pumping stations. Magnificent Victorian workshop where you can see steam restoration in action. Videos of the station in steam in the visitor centre. Contact: 01283 509929

## MONDAY 27TH MAY

### Burton Art Club

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

## TUESDAY 28TH MAY

### Carers + Cafes

Carers + cafe meets in the Brewhouse every Tuesday from 10 o'clock to 12.30 pm organised by the Rotary club of Burton upon Trent it is for Carers and the cared for to meet with and make new friends, enjoy a cup of coffee or tea in a safe and friendly environment.

## WEDNESDAY 29TH MAY

### 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 canoeing, and craft to cooking, there is something for every girl! Call: 07794 759608

## THURSDAY 30TH MAY

### Tea Dance

1.30-3.30pm 50/50 Ballroom/Sequence £3.50 including tea, coffee and biscuits. At the Priory Centre, Church Road, Stretton DE13 0HE Ring 07598159744 or email [larhiney@hotmail.com](mailto:larhiney@hotmail.com) for more details.

## FRIDAY 31ST MAY

### 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 1ST JUNE

### Burton 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 2ND JUNE

### 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

## MONDAY 3RD JUNE

### 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

### Burton Prostate Cancer Support Group

Men suffering, being treated, or recently diagnosed with Prostate Cancer, plus spouses, are invited to join with a dynamic Support Group meeting at Burton Library, Riverside, DE14 1AH. You will be able to talk with fellow PCA sufferers, listen to interesting speakers and will be made most welcome. The BPCSG meet on the first Monday in the month except Bank Holidays. Always call to check meetings: 07478 889577, or email on: [burton.prostate.cancer.suppgrp@gmail.com](mailto:burton.prostate.cancer.suppgrp@gmail.com)

# Find more events on our website

## TUESDAY 4TH JUNE

### 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 5TH JUNE

### 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

### Burton Folk Dance Club

Burton Folk Dance Club meet every Wednesday (except 2nd Wednesday each month) at Rough Hayes Community Centre, Henhurst Hill, DE13 9PX. From 7.30 to 9.30pm. New members welcome. Contact 01283 812645.

### 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 6TH JUNE

### 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 Jazz 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 Traditional, Swing and Mainstream. Admission £9 on door from 7.30pm, for 8:30pm start, no membership, all welcome.

## FRIDAY 7TH JUNE

### 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.

## SATURDAY 8TH JUNE

### 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 9TH JUNE

### East Staffordshire Ramblers

Walkers of all abilities are welcome to join us on Wednesdays, Fridays & weekends for walks in Stafis, Derbys & Leics. Visit [www.eaststaffsramblers.org.uk](http://www.eaststaffsramblers.org.uk) or contact 01283 713209.

## MONDAY 10TH JUNE

### 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, 8-9pm term time at St Mary's Church Hall, Hillfield Lane, Stretton, DE13 0BW. [hello@dancewithredandginger.com](mailto:hello@dancewithredandginger.com)

## TUESDAY 11TH JUNE

### Branston Womens' Institute

Hold 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 Joan on 01283 713380

## WEDNESDAY 12TH JUNE

### 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](http://www.strettonandclaymillswi.wordpress.com) or [strettonandclaymillswi@gmail.com](mailto:strettonandclaymillswi@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

### 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 812072

## THURSDAY 13TH JUNE

### 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

### Holland Tug of War Club

Suitable for all abilities, aged 14 upwards, girls, boys and adults all very welcome. No matter what level of fitness. The team currently trains on Thursday evenings from 8pm to 9.30pm, at the Holland Sports Club off Efflinch Lane, Barton Under Needwood, DE13 8ET. Contact Emily on 07500352329 [hollandtowc@gmail.com](mailto:hollandtowc@gmail.com)

## FRIDAY 14TH JUNE

### Bingo at Barton Bowls Club

On the 2nd Friday of every month. Members guests and new members always welcome. Eyes down at 8pm.

## SUNDAY 16TH JUNE

### Rolleston on Dove Gardens

1 - 6pm. Programme for entry to all gardens £4, available from Starbuck's News early June or participating gardens on the day. Ugly Bug competition in churchyard, craft stall and refreshments. All proceeds to St Mary's church.

## COMPETITION WINNERS

Congratulations to our **Green Thumb** competition winner who has won **12 Months of Lawn Treatments:**

**Kerry Challoner, Barton**

Look out elsewhere in **LOCAL LINKS** this month to win a Photography Session from Lucinda Smith Photography

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2	8	4	5	1	3	9	7	6
9	5	3	2	7	6	4	8	1
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# Doughnut Day!

**D**oughnuts!!! One of the funnest of treats! The first Friday of June (this year Friday 7th June) is National Doughnut Day. Believed to have started in 1938 as a fund raiser for Chicago's The Salvation Army. Their goal was to help those in need during the Great Depression, and to honour The Salvation Army "Lassies" of World War I, who served doughnuts to soldiers.

Doughnuts are a sweet treat that feature across the globe in various forms.

**Balushahi** - Northern India, Pakistan & Nepal  
The flaky-on-the-outside,

creamy-on-the-inside these doughnuts made with yogurt fried in ghee (a type of clarified butter), enjoyed as a traditional dessert or snack.

**Bomboloni** - Italy  
These Tuscan treats are sugar-coated and often custard- or cream-filled thick doughnuts. Unlike other filled doughnuts, they get their fillings piped in from above (instead of the side) and are left with a visible cream top.

**Koeksisters** - South Africa  
These "braided" dough sticks are sticky and crunchy on the outside, and moist and syrupy inside. After they are fried, these treats are soaked in sweet syrup flavoured

with cinnamon, ginger, and lemon.

**Oliebollen** - The Netherlands  
In the Netherlands, ball-shaped and deep-fried oliebollen (literally translated as "oil balls"), are typically filled with raisins, and enjoyed around festivities like New Year's Eve.

**Youtiao** - China  
Youtiao, also known as Chinese oil sticks are lightly salted Chinese doughnuts. Instead of dunking them in hot chocolate like is the tradition with churros, these "oil sticks" are dipped into rice porridge or soy milk for breakfast.

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# Football Frenzy *by Perry Deakin*

**H**ere we are; May 2019 with football still taking centre stage in terms of sporting intrigue, excitement, drama and pure adrenaline rush!

The fast-approaching Cricket World Cup, taking place in the UK very shortly, new Formula 1 season and the looming Ashes series against the old Aussie enemy simply aren't getting a look-in just yet and long may that continue!

Liverpool and Manchester City continue to exchange blows and refuse to 'crack' under unbelievable pressure to win every game – I cannot recall a title-race that even comes close to this one - the levels of performance Pep and Jurgen are extracting from their squads is quite breathtaking.

As we approach the final game of the season, whoever wins The Premier League will deserve to do so but spare a thought for the side who finish second, never will a second-placed team have amassed so many points.

I still believe a Liverpool win would be the choice of the romantics amongst us, with the Anfield massive not having won a title for 29 years but who didn't feel Vincent Kompany's pure joy this week when he 'smashed' a 25 yard screamer into the top corner against Leicester City when it was beginning to get a little 'squeaky' for the boys from The Etihad.

Kompany's goal had that 'romantic' element, without doubt and I for one would be delighted for him if his goal turns out to be the pivotal moment in this fantastic run-in – he is everything English football fans look for in their hero's – loyal, honest and hard-working - he is an absolute leader of men who has endured and come back from serious injuries to once again lead City to the brink of huge success.

Then there is the Champions League!

The ridiculous comeback by Liverpool from a 3 – 0 first-leg deficit against (probably) the best side in the world was quite simply 'stunning'.

It seems that only Anfield can generate that kind of atmosphere and 'comeback' – to see them completely destroy the Catalan side was just wonderful to watch – if you couldn't get excited and misty eyed by the unfolding drama then maybe you have no soul – football at its best!

As I write this we do not know who Liverpool will face in the Champions League final in Madrid, but with my Premier League hat on, I am desperately hoping that Spurs will be able to take inspiration from last night's events at Anfield and come back from a 1-0 deficit against a fabulous Ajax team in Amsterdam.

Liverpool vs Tottenham in the Champions League final and Chelsea vs Arsenal in the Europa League final – how fantastic would that be – fingers crossed!

We also have fabulous looking Championship Play-Off Semi Finals to enjoy Aston Villa, West Brom, Leeds and Derby – all huge clubs who would grace the Premier League – my tip is still for Villa to get it done, but that is as much with my heart as my head!

Whichever way the Premier League, Champions League and Championship Play-Offs end-up, we have been royally entertained!

\*Just a quick note regarding last month's article.

One of our readers wrote in to point out that I had made an error regarding Manchester City's ownership and was quite correct – I had stated that City were owned by Qatar when in fact the club are Abu Dhabi owned – apologies for getting my Gulf States confused. I blame my editor who puts enormous pressure on me to 'hit print deadlines'!



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2	5			7			6
		3	2	1	4		
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