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ISSUE 129

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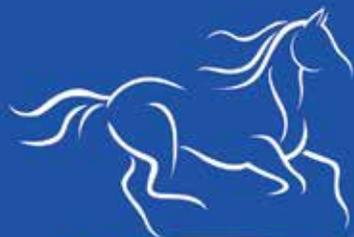
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LOCAL LINKS



Dear Readers,

Welcome to our June issue! This month we've got a helpful 'How To' on how to make beeswax food wraps. They'll keep your sandwiches together for lunch, help the environment and keep bees in jobs! What's not to love!

We've also got a head's up for July coming your way, it's Britain's 'Festival of Archaeology'! Some of the best in British heritage has been painstakingly tickled out of the dirt with a paintbrush so getting yourself along to an archaeological site will really help history come to life!

If like us, you suffer a little fogginess in the old noodle, we've got some fab tips on getting your brain in training!

The **LOCAL LINKS** team

ISSUE 129

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Tue 9th July

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Wonderful Wimbledon

We near that time of year when bright red strawberries get blanketed in a good dollop of smooth white cream and washed down with an equally fruity and lightly boozy glass of Pimms! Yes! Wimbledon is upon us!

Wimbledon is steeped in tradition, the inaugural Wimbledon Championship was held in 1877, making it the oldest tennis tournament in the world. Over the years the tournament has amassed a plethora of traditions, quirks and fun facts, so here's a few!...

Almost a quarter of a million glasses of Pimms are drunk each year at the tournament. By just the spectators we assume!

28,000kg of strawberries and 7,000 litres of cream are consumed by peckish fans.

Every year 700 children apply to be ball kids but only 250 are chosen.

A staggering 54,250 tennis balls are used during the tournament. Afterwards they don't go to waste, they're sold to tennis clubs and spectators.

Speaking of the humble tennis ball, did you know that they were traditionally white but were replaced with a yellow version in 1986 to be more visible to TV cameras!

Wimbledon is the only Grand Slam tennis

tournament to be played on grass and during the event is cut to a height of 8mm!

A Harris' Hawk called Rufus flies over the courts every morning of the tournament to scare off pesky pigeons that might otherwise ruin people's day out.

The winners of both the Men's and Women's finals each take away a prize of £2.25m.

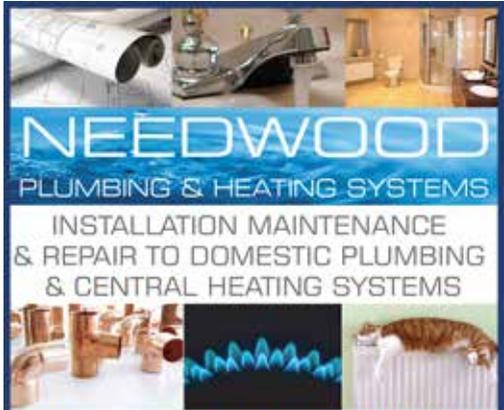


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Growth Spurt!

by Alan Parsons

Suddenly everything is growing! - After a slow start everything in the garden has started to burst into life. Green shoots are everywhere, buds are opening up and the birds are working overtime to feed their chicks. So it is important to get on top of things before it all gets out of hand.

Even though plants in the ground and pots are shooting up it is well worth giving everything a feed to keep them healthy. Pot plants will need some extra nourishment if they are to flower well, using a good quality feed watered in. For open beds chicken pellets spread around will do the job, and these provide nourishment for quite a time. Whether you are feeding pot plants or those in the ground do use the correct dosage, as too much can cause damage. Plant feed is like wine, one glass is very nice but a whole bottle, not so good. DIY stores and nurseries have a very good range of feeds that are not too expensive.

If you wanted to grow some plant, vegetable or herb from

seed but never got around to it, do not despair. Although we started some sweet peas, tomatoes and sunflowers from seed, keeping them in our conservatory during the cold spells, we have also bought some very healthy herbs and vegetable plants from our local DIY shop. This saved us space and meant we got just the right amount of healthy plants to put into pots or the ground.



You should still be able to get a wide range of plants that you could replot or put in the flower beds straight away. For herbs such as basil we often buy living herbs in pots from the supermarket. We then put them in bigger pots with additional compost and they last very well. We use a lot of

fresh mint and chives when cooking so these are kept on the herb ladder outside.

If we are going to have a summer as hot and dry as last year then regular watering is essential. Plants growing in pots dry out very quickly, especially if it is windy, so a daily water should be part of the routine.

This is also the time of course when garden pests such as white fly and slugs, suddenly appear from nowhere to ravage your crops and plants. There are numerous methods of control and as with plant feeds they should be used according to instructions. Slug pellets only need to be put on sparsely and it is also a good idea to pick up as many dead snails as possible and bin them so that the birds do not eat them.

This is a wonderful time of year in the garden, full of promise of flowers and fruit, vegetables and herbs, to come. Most importantly of all take the time to sit in a chair with your drink of choice and enjoy it on a sunny day.



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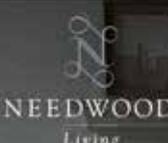


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By The Barn *by Angela Sargent*



Half way through the year already! Lambs and calves are growing fast and crops are thickening and green.

Swallows flit in and out of the old stables or soar and sweep through the air, catching insects to take back to feed to ever open mouths.

Chiff chaffs noisily sing in the trees, having arrived earlier in the year and Yellowhammers chatter along the hedges filled with delicately pink tinged

flowering dog rose. The dawn chorus is at its peak.

You'll notice that tramlines are conspicuous now and are used repetitively to avoid flattening the crop- these are the tractor tyre marks made originally when the crop was first instigated (and a giveaway in historical films as they are relatively modern).

Another disingenuous claim made against farming is that it takes 15,400 litres of water to produce 1kg of beef. But what is not made clear, is that 83% of that water is natural, i.e. rainfall via grass. The intensity and scale of production and type of feed has an impact on the water footprint of animals

and here in the UK it is a totally different system to the feedlots of other countries, a totally low impact and sustainable one.

It's time for an important day in the farming calendar - 'Open Farm Sunday' on June 9th - a day when normal working farms open their gates to allow people to see exactly how food is grown and answer questions about production. www.farmsunday.org

Don't rely on social media stories from groups with their own agendas, find out for yourself!

Follow Angela on Twitter [@bythebarn](https://twitter.com/bythebarn)

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Fifty Years Proud

This year we mark the 50th anniversary of the Stonewall riots that took place in 1969. The riots were a series of spontaneous, violent demonstrations by members of the gay (LGBT) community against a police raid that took place in the early morning hours of 28th June 1969, at the Stonewall Inn in the Greenwich Village neighbourhood of Manhattan, New York City. They are widely considered to constitute the most important event leading to the gay liberation movement and the modern fight for LGBT rights across the world. Gay pride events are held annually across the world to celebrate gay rights. Gay Americans in the 1950s and 1960s faced an anti-gay legal system. Early activist groups in the U.S. sought to prove that gay people could be assimilated into society, and they favoured non-confrontational education for homosexuals and heterosexuals alike. The last years of the 1960s, however, were very contentious, as many social/political movements were active, including the civil rights movement, the counterculture of the 1960s, and the anti-Vietnam War movement. These influences, along with the liberal environment of Greenwich Village, served as catalysts for the Stonewall riots.

Very few establishments welcomed openly gay people in the 1950s and 1960s. Those that did were often bars, although bar owners and managers were rarely gay. At the time, the Stonewall Inn was owned by the Mafia. It catered to an assortment of patrons and was known to be popular among the poorest and most marginalized people in the gay community: drag queens, transgender people, effeminate young men, butch lesbians, male prostitutes, and homeless youth.

Police raids on gay bars were routine in the 1960s, but officers quickly lost control of the situation at the Stonewall Inn. Tensions between New York City police and gay

residents of Greenwich Village erupted into more protests the next evening, and again several nights later. Within weeks, Village residents quickly organized into activist groups to concentrate efforts on establishing places for gays and lesbians to be open about their sexual orientation without fear of being arrested.

After the Stonewall riots, gays and lesbians in New York City faced gender, race, class, and generational obstacles to becoming a

cohesive community. Within six months, two gay activist organizations were formed in New York, concentrating on confrontational tactics, and three newspapers were established to promote rights for gays and lesbians.

Within a few years, gay rights organisations were founded the world over. On June 28, 1970, the first gay pride marches took place in New York, Los Angeles, San Francisco and Chicago commemorating the anniversary of the riots.

50 YEARS



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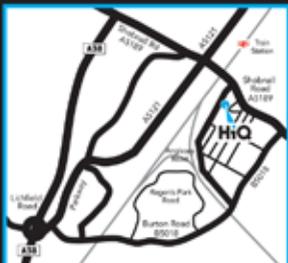
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Digs That Delight

Coming up in July from 13th - 28th is Britain's 'Festival of Archaeology'.

Interestingly, this year we celebrate the 10th anniversary of the discovery of one of our most notable local finds, the Staffordshire Hoard.

The Staffordshire Hoard is the largest hoard of Anglo-Saxon gold and silver metalwork yet found in the UK. It consists of over 3,500 items, amounting to a total of 5.1 kg (11 lb) of gold, 1.4 kg (3 lb) of silver and some 3,500 pieces of garnet enamelled jewellery.

The hoard is of considerable importance in Anglo-Saxon archaeology. The quality of the workmanship is extremely high

and especially remarkable in view of the large number of individual objects, such as swords and a helmet, from which many of the fragments in the hoard came.



If you're interested in visiting an archaeological site, why not pop along to Wall in Staffordshire. This site was an important staging post on Watling Street, the Roman military road to north Wales. The road network was crucial to the Romans' control over their empire. At staging posts like Wall weary Roman

officials, soldiers and imperial messengers could find lodging for the night and change their horses.

At Wall today you can still see the remains of an inn for travellers and the public baths, with its sequence of cold, warm and hot rooms. The museum provides a fascinating insight into life here and displays many excavated finds. You can find more information here: www.english-heritage.org.uk/visit/places/wall-roman-site

The festival of archaeology is coordinated by the Council for British Archaeology, which aims to showcase the very best of archaeology for everyone. To find more events nearby, visit: www.festival.archaeologyuk.org

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Purge the Plastic

Most of us can agree that there are always ways that we can do a little more to help our environment. The build up of single-use plastic in our oceans and landfill is saddening. So, to help you take a positive step, why not have a go at making these plastic free food wraps!

They're a great option because:

- They support the honeybees.
- Beeswax doesn't go rancid – it's entirely safe, so long as you're not allergic, and it is even anti-fungal and anti-bacterial, along with tree resin and jojoba, and helps keep your food safe from fungal growth and contamination.
- They're fairly inexpensive and will save money in the long run – especially if you are able to upkeep them.
- You can cut them to your preferential size.

Remember though...

They can't be used to wrap meat because they can't be cleaned with high heat. Please don't risk it.



WHAT YOU'LL NEED

- beeswax chips
- powdered pine rosin – adds pliability and tackiness, making it easier to adhere with less heat.
- drizzles & splashes of jojoba oil – makes it softer and more pliable.
- 100% cotton fabric scraps, fat quarters, etc
- an iron
- parchment paper

WHAT TO DO

Wash, dry, and cut your fabric to any and all sizes you feel you'll benefit from.

Add 2 parts beeswax to 1 part rosin (or less) and a few drops of jojoba oil into a saucepan

and melt over a low heat. The jojoba isn't necessary but it will help to make the wrap a bit softer.

Place your fabric onto a large piece of parchment paper and brush with your beeswax mixture, make sure that it soaks completely through the fabric but brush out excess.

Being very careful not to burn yourself on the hot wax, peel the fabric off the parchment paper and hold or pin up until set – it'll set within seconds!

To maintain your wraps...

Spot wash dirty areas with a lightly soaped, barely warm kitchen cloth. Also, don't scrub too hard.

When it's obvious your wrap needs some wax re-distribution, pop it into a 200 degree oven on parchment paper for 2 minutes. They'll come back out lovely and smooth.

Tip: In the case of sticky sandwich fillings and other messy foods, it may be worthwhile to wrap them first in a piece of parchment paper over the sandwich edges to prevent the sandwich goo from completely soiling the wrap.

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This month a lucky reader can win a **£200 Voucher from Home of Floors.**

Happy 10th Birthday Home of Floors! Founded in 2009 Home of Floors is celebrating 10 years of being Burton on Trent's best Real Wood, Parquet, Laminate, Cork & Karndean Flooring specialist. Providing great flooring and value.

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Home of Floors also offer free home measuring, free estimates, DIY advice, local & national home delivery, installation service and floor repair. Everything you need to help you get your dream floor!

You can find more information at: www.homeoffloors.co.uk

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
Home Of Floors Competition
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Anglesey Business Centre
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 16th of July, and the winners will be announced in our August edition. Good luck to everyone who enters!

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Buff Brains

Whether you'd like to boost your memory skills or increase your mental health it doesn't sound like the obvious first step, but brain health is reliant on exercise!

There's no doubt about the physical benefits of exercise – but what about the benefits of exercise for your brain and emotions?

1. Stress relief – Exercise can have beneficial effects on stress and anxiety levels, leaving you feel more calm and relaxed.

2. Improved mood – Physical activity triggers endorphins that boost your mood and help you relax.

3. Focus and clear thinking – Physical activity delivers oxygen to the brain and related tissues.

4. Better sleep – Several research studies suggest links between regular exercise and improved sleep.

You don't just have to improve your fitness for a better brain, there are some mental exercises that you can do to make your thinking more agile too...

1. Draw with both hands at the same time, this will challenge both sides of your brain.

2. Read aloud to others or to yourself, it enables you to retain more of the information.

3. Eat with chopsticks. Well, just do anything that you find a natural process in a way that feels difficult for you, this forces your brain to adapt and learn new control skills.

4. Practice meditation. It can give you focus when information overload is getting on top of you!

5. Challenge your brain. make opposing hand gestures and then switch hands, try a peace sign with one hand and an ok sign with the other then try and switch as quickly as you can! It's not easy but you'll get better!



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What's On Guide

SATURDAY 15TH JUNE

Yoxall Village Fete

At the Golden Cup DE13 8NQ. 1.30 to 4.30. Teas, Cakes, Beer, BBQ. St Peter's School Children Dancing. Fun Dog Show. Uttoxeter Town Band. Plant, cushion and curio stalls. Games. Face Painting. Scalextric Grand Prix. Swarbour Duck Race. And the Grand Raffle.

Burton Big Band Summer Concert

At St Mary's Church, Stretton, DE13 0HD, starting at 2pm. The Band will be playing all the classic hits from the swing era. Tickets cost £5 and include a cream tea during the interval. For more details and tickets, please contact 01283 561566.

TUESDAY 18TH JUNE

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 to meet new friends. For more information contact Pauline: 01283 519159

WEDNESDAY 19TH JUNE

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 Staphenhill Institute 23 Main St, Burton-on-Trent DE15 9AP Contact Bob 07812 146333 www.g3nfc.co.uk or club@burton-arc.co.uk

THURSDAY 20TH JUNE

Tea Dance

At the Priory Centre, Church Road, Stretton DE13 0HE - £3.50 including tea, coffee and biscuits. 1.30-3.30pm. Ring 07598159744 or email larhiney@hotmail.com for more information about above events.

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 21ST JUNE

Barton Gardens Festival

Burton on Trent close harmony group Fusion sing Songs from the Shows in St James Church, Barton under Needwood as part of the Barton Gardens Festival. In the church there is also an exhibition of art by Kara Strachan and Barton quilters. The charities supported this year are YMCA Burton, Footprints Orphanage Kenya and Saxon Hill School Lichfield. Tickets for the concert are available from Barton Post Office or on the door at £10.00. tickets include sparkling refreshments.

Doveside WI Rolleston on Dove

Meet at the Rolleston Club, 15 Burnside, 9.30am on the 3rd Friday of every month. We're a large, friendly group with interesting speakers at the meetings and varied, numerous outings you can join in with. Why not come along for free and see what it's all about? Just turn up or email us at dovesidewi@gmail.com

Harp and a Monkey

A storytelling group who specialise in poignant, humorous and melodic short stories (traditional and original) about life, love and remembrance. Their performance will include a new project called 'The Victorians' - featuring folk, music hall, parlour songs and street music of that era and what it can tell us about the people and their lives. A truly stimulating and uplifting evening is assured. 8pm Tickets £14.00

Bookstart Bear Club

4 week course - those who attend all 4 sessions will be given a free pack. Friday 7th, 14th, 21st and 28th FREE Open to children up to 3 years old 10:30 - 11:30 To book a place email jenniferferoper.fss@sctsp.org.uk phone 07741 655709 or pop in to Lichfield Library info desk

SATURDAY 22ND JUNE

Gardens Festival & Teddy Extravaganza

Saturday 22nd & Sunday 23rd in Barton - 8 exciting rides for Teddies in the Churchyard and at the village pond. Teddies get a passport to ride for £5.00 from the passport office and get a tedical to check they are fit to fly. Twelve beautiful gardens will be open to visitors on Saturday and Sunday. Coffee or tea and cake can be purchased in several locations.

SUNDAY 23RD JUNE

Claymills Victorian Pumping Station

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 24TH JUNE

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 25TH JUNE

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.

Shakespeare Group

Interested in Shakespeare? Limited spaces available in Lichfield group. Read and watch Shakespeare's works Tuesdays 10 to 12 noon Call 01543 251556 .

WEDNESDAY 26TH JUNE

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 27TH JUNE

Barton-under-Needwood Flower Club

In house demonstration "Something to Celebrate" Barton Flower Club is 50 years old we invite you to join in our celebrations, refreshments and raffle 7.30pm at St James Church Hall everyone welcome non members £6.00 for more information ring Fiona Panter on 01283 712174

FRIDAY 28TH JUNE

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 29TH JUNE

Alrewas Open Gardens

Open from 1pm to 6pm each day, featuring 26 venues with 19 interesting gardens to enjoy, including tea and refreshment venues, plant stalls, raffles, musical and craft artists, free children's Treasure Hunt, and free parking! Admission by Programme £5 per adult (valid for both days, accompanied children under 16 free), located on the A38 between Lichfield and Burton, near the National Memorial Arboretum.

Find more events on our website

SUNDAY 30TH 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 1ST JULY

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

TUESDAY 2ND JULY

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 3RD JULY

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 4TH JULY

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.

FRIDAY 5TH JULY

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 6TH JULY

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 7TH JULY

Friends of Fountains Summer Fete

From 11am to 2pm. Cream teas, cakes, refreshments and BBQ. There will also be traditional stalls including tombola, white elephant stall, bouncy castle , dancing, many stalls, Arena entertainment, grand prize draw, envelope game with lots of prizes to be won. Come along and join the fun!

MONDAY 8TH JULY

Fundraising Fashion Show

St Mary's Church in Stretton are hosting a fundraising Fashion Show by SOS Fashions on Monday 8th July starting at 7.30pm. There'll be ladies clothes from major High Street stores eg Top Shop, Dorothy Perkins, Next, plus designer labels The proceeds from the event will go towards the Church Restoration Project for new disabled toilet facilities. Tickets are £5 and are available from Laura Spencer on 01283 561566.

TUESDAY 9TH JULY

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 Joan on 01283 713380

WEDNESDAY 10TH JULY

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 strettonandclaymillswi@gmail.com

THURSDAY 11TH JULY

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

COMPETITION WINNERS

Congratulations to our **Paradise Island Golf** competition winners, each winning an **Unlimited Family Pass** valid for one month:

Kris Crowley, Stretton
Chris Benning, Stretton
Loretta Nicholas, Bradley
Eleanor Parker, Stretton

Look out elsewhere in **LOCAL LINKS** this month to win a **£200 Voucher from Home of Floors.**

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6	5	8	4	9	1	3	7	2
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3	1	9	7	2	6	8	5	4
8	2	7	5	4	3	6	9	1
9	3	5	2	7	4	1	6	8
7	4	2	6	1	8	5	3	9
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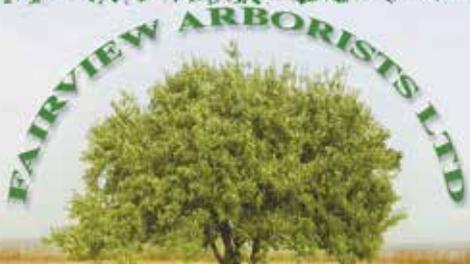
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Beach Body Confidence by Rebecca Tucker

Does the thought of getting into swimwear fill you with dread? Do you spend all your time on the beach covered up and feeling self-conscious instead of relaxing and enjoying your time away? These nutritional tips will help you to throw aside any insecurities and radiate confidence on holiday - and all year round!

Nutritional homework:

Try starting the day with a cleansing cup of fresh ginger and lemon tea (mix peeled and grated ginger and squeezed lemon juice with boiling water) for a couple of weeks before you go away. This will cleanse the digestive system, helping to beat the bloat.

You also need to up your protein intake two weeks before you go away, protein rich fish will make you feel fuller for longer and stop you snacking.

You are what you eat:

Carbs certainly aren't the enemy, but ditching processed (also known as refined) carbs is an effective way to see results. This is because simple carbohydrates like white pasta, white bread and white potatoes are metabolised very quickly into sugar by the body, which can then be turned into fat. Refined carbohydrates also lack the fibre, fats and protein that help you feel full, meaning you're more likely to over-eat. So in the run up to your

holiday, try cutting back and swapping refined carbs for high-fibre foods like beans, brown rice and nuts. Instead of white toast and sugary jam for breakfast, toast some tummy-friendly rye bread (which doesn't spike your blood sugar levels) and eat with a protein-rich poached egg, which will fill you up until lunchtime.

Rebecca Tucker is a registered nutritional therapist practising at the Natural Healthcare Centre. For more beach body confidence tips or to find out about her four week Shape Up for Summer Programme visit www.nourishbalanceglow.com



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

Sudoku is a logic puzzle where you follow one simple rule:
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nine columns, and the nine 3x3 squares
all contain every digit from 1-9.

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