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ISSUE 142
FREE

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HOW LOCKDOWN HAS CHANGED OUR RELATIONSHIP WITH TECHNOLOGY

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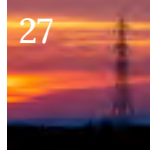
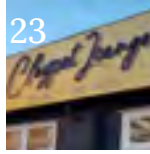
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Dear Readers,

Welcome to our September edition!

The days are getting shorter and it's getting a bit chillier, but Autumn also provides the perfect opportunity to witness some beautiful sunsets. So, for all the photography enthusiasts out there, we have some useful tips on page 27 on how best to capture them. We have an interesting article by Barton-under-Needwood local, Jacqui Hollyhead, who discusses how our relationship with technology has changed due to the lockdown. She also reviews an outdoor theatrical performance of *Lord of the Flies* - check it out on page 15!

Our recipe this month is the classic French dessert, Tarte Tatin, and we have a great competition courtesy of Burton Indian restaurant *Claypot Lounge*, who are offering 4 readers the chance to win a £50 voucher to spend on a dine-in experience.

Enjoy!

The **LOCAL LINKS** team

ISSUE 142

SALES

Heather Digby
Sarah Deakin

DESIGN

Rebecca Whitehurst

ACCOUNTS

Jan Evans

01283 564608

local@locallinksmedia.co.uk

Local Links Media
PO Box 8049
Burton-on-Trent
DE14 9NQ

www.locallinksmedia.co.uk

facebook.com/
locallinks magazine 

CONTRIBUTORS

Including: Angela Sargent,
Jacqui Hollyhead, Eve
Hollingworth/Me Time,
Claypot Lounge & Scarsdale
Vets



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Tues 6th October

Next issue out from:
Wed 14th October

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ARE YOU HAPPY?



It's an interesting question, with an interesting answer.

It turns out that happiness is not a destination; it isn't something to be achieved. Happiness is something that resides inside you. You can be happy wherever you are, right now.

DEFINE HAPPINESS FOR YOU

Happiness isn't the same as pleasure. It isn't a single emotion. Happiness requires you to go through the pain and struggles of life and deal with them like everyone else. How you react to pain and struggle defines your happiness. As you deal with and solve your own problems and those of

others, you actually become happier.

MORE DOESN'T MEAN HAPPIER

More money, a faster car and a bigger house won't make you happier because happiness comes from within. Beyond the financial security we need to provide a place to live, pay for essential services and food to eat, we don't need a whole lot more. More is nice, but not essential for happiness.

FIND YOUR THING

You're not going to excel at most things in life but all of us have at least one thing we're great at. It could be knitting, playing the piano, or making wooden bird

houses, but find it, enjoy it, and make it yours. You don't have to be world class, just good enough to give you pleasure.

FIND YOUR VALUES

Consciously think about your thoughts and feelings. Don't stay in a job you hate to buy things you don't need. Don't hang out with the group of friends who drag you down when you can spend time with one or two who lift you up, and definitely don't keep saying yes to things you don't want to do.

This isn't a magic formula for happiness, but it's a start. Happiness, like anything worthwhile, takes practice. Be happy.



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Summer is drawing to a close and fat, grain-fed wood pigeons leave it until the last minute before heaving themselves out of the way of the tractors. We made plenty of grass silage but we are short of own-grown straw, although our oat crop did better than we'd hoped.

As the nights lengthen and the temperature cools, all the field work begins again for the coming year - the ploughing, harrowing,

sowing and rolling. The seagulls and buzzards love to hang around to pick up a fat, juicy worm. Long days, often working well into the night until all is sown that has to be! Dairy cattle will start to spend the nights indoors and autumn calving will begin. Markets have managed to operate throughout Covid-19 lockdown with strict distancing practised.

Red meat (and dairy products) has often received a bad press, but it actually forms part of a balanced diet being rich in iron, zinc, B vitamins and protein. It contains all the amino acids and vitamins the body needs

in all the correct ratios. Milk consumption helps bone health, especially in children and teenagers. Remember 'Derbyshire neck?' Result of a shortage of iodine which is found in milk (a 200ml glass of semi-skimmed contains 41% of the recommended intake of iodine - just don't over-indulge!)

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Since March 23rd when lockdown was enforced and it felt like someone pressed the pause button on normal life, it is safe to say that our relationship with technology as a society has changed. Our dependence on technology, especially in digital formats, encompasses all aspects of 21st century existence. From personal lives to education and work, from access to information to our sources of entertainment, it is baffling to imagine how many systems would simply collapse without it. The point here is not to panic at this possibility, but rather to step back and appreciate the power it holds as a tool for communication and consequently, reflect on how it has altered our experience throughout the pandemic.

Consider for a second how different these past few months would have been if we had none of the modern technology we have access to nowadays. Feelings of loneliness and worry would have intensified had we not been able to FaceTime our relatives half way across the country

for reassurance or follow the constant updates from TV, news apps and websites. For those reliant on the internet for their job, there would be no option to work from home. You can only imagine how different it would be; and in so many ways, how much worse it could've been.

As a student, the final 4 months of my second year at university were transferred online. Though naturally I would've preferred to continue my lectures in real life, moving university online was an easy transition and that comes down to privilege. I have grown up with Wi-Fi being a consistent feature of the family home - something I have never had to worry about. With this, comes instant access to information, education, means of communication and entertainment. It is only when faced with a situation like lockdown that I realise

how much I have taken that for granted and furthermore, how not having these things could be devastating. It's alright moving education or work onto online spaces, but this is bound to exclude those who do not have the technology readily available.

The concept of the 'digital divide' is increasingly relevant when we consider the ways working life will undoubtedly change post-Covid in terms of office environments and flexible hours. It is therefore crucial that moving forward this is taken into account because now, more than ever, we have to prioritise the safety and wellbeing of those around us.

For the vulnerable communities who have had to remain sheltered during this time, access to the internet has been a lifeline. I have seen cases of grandparents using Skype to call their young grandchildren, often to read them a bedtime story through the screen. Though this still feels slightly dystopian, I'm glad modern technology can offer that option because such interactions are invaluable. It has been a way of maintaining a sense of normality even if the world outside feels like it is falling apart, and for that I am truly grateful.





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On Friday 14th August I went to Woodhouse Farm in Whittington to watch local events company *Let Me In* present a stage adaptation of William Golding's iconic novel, *Lord of the Flies*. Though I was aware of the general plot, this show was pretty new to me and made the experience even more exciting.

Lord of the Flies follows the aftermath of a plane crash where a group of British boys are marooned on an island with no adults to enforce rules or civility. As you can imagine, tensions around power heighten as some of the children desire structure and others, freedom, which quickly curdles into savagery when the game goes too far.

Admission for this performance was free of charge with the option to donate if possible, which I would describe as very generous considering the current economic climate. It emphasised this company's genuine enthusiasm for making the arts accessible which is refreshing and a pleasure to see.

The venue itself was simply a field behind a working farm, the noises from which provided a fitting backdrop to the outdoor setting of the show. This allowed for



an immersive and absorbing experience as the audience felt like they too were on the island.

We were encouraged to bring our own seating and with the venue having a capacity of 80 people, it was possible for seating to be arranged in a socially distanced manner, in accordance with government guidelines.

This production, which was *Let Me In*'s fastest-selling production to date, was made up of an all-female cast. I am a massive cheerleader for female talent and this diversion from the original story facilitated a new and exciting dynamic. It is without bias or exaggeration that I say all of these women were unbelievable.

Charlie Ayres, who played Jack Merridew, stood out as an intimidating character that the audience watched go from an arrogant student to a primitive 'chief.' Another

outstanding performance came from Grace Willis who took on the notorious character of Piggy, who, despite her pleas for morality and order, comes to an unfortunate end at the hands of the bullies of the story. The performance was captivating throughout, albeit morally disturbing at times, and I feel privileged to have witnessed their talent.

As if the acting wasn't enough, my ears were blessed by several moments of musical interlude which powerfully represented changes in mood or the passing of time. This included cast members harmonising as well as playing instruments such as the piano, guitar and harp - a fantastically effective directorial decision.

For information on future performances, visit their website at letmeinpresents.co.uk. I can't recommend them enough.

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RECIPE: TARTE TATIN

I think of tarte tatin as grown-up toffee apples, and like the pizza last month it's another recipe that can be cooked in a cast-iron pan.

PREPARATION TIME

15 minutes

COOKING TIME

20 minutes, plus cooling time, plus 30 minutes in the oven.

SERVES: 6

INGREDIENTS

7-9 medium apples: Cox are my favourite for this, but other varieties work well

200g white sugar

50g butter

225g plain flour

2 tbsp caster sugar

120g cold diced butter

1 medium egg, beaten

INSTRUCTIONS

1. Peel, halve and core the apples, then place in the fridge, uncovered, for a few hours or overnight. It doesn't matter if they turn a little brown, the idea is for them to dry out a little so there's less juice and less chance of soggy pastry.
2. Place the sugar into



- a 20-24cm cast iron frying pan along with 50ml water and let the sugar soak up the water. Cook over a medium heat until it turns golden and fudgy. Try not to stir the sugar until it's mostly liquid as it might recrystallise. Remove from the heat and stir in the butter and a pinch of salt.
3. Carefully arrange the apples in the pan, round-side down. Be careful as the caramel stays hot for a long time! Place it back on the heat and cook gently for 5 minutes. Then remove and allow to cool completely.
4. Sieve the flour into a large mixing bowl, add the diced butter and rub together until the mixture resembles breadcrumbs. Stir in the sugar and a pinch of salt. Add the beaten egg and combine into

- a dough. Add a little water if required but keep the dough fairly dry. Wrap it in cling film and refrigerate for 30 minutes.
5. Pre-heat the oven to 200C/Gas Mark 6. Roll out the pastry to about 5mm/¼ inch thick and cut out a circle slightly larger than your pan. Place the pastry on top of the pan and tuck the edges around the fruit. If your pan has a detachable wooden handle, now is the time to detach it! Bake for about 30 minutes until the pastry is golden, then remove from the oven. Allow to cool for 5 minutes, then place a plate which should be slightly larger than the pan, on top and carefully invert the tart on to the plate. Serve warm with crème fraiche, natural yoghurt, or vanilla ice cream.

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Eve Hollingworth, MD says: "You choose an area of concern. We recommend a treatment to help heal aches and pains, posture, neck, back, arms, wrists,

deep tissue sports massage, rehabilitation or recurring injury - any age or gender." Eve continues, "Therapists use spa quality products used within the UK's most prestigious spas and are Barbicide COVID-19 Certified. Full protocol is explained, with a lifestyle consultation to maximise results."



Eve Hollingworth, MD of Me Time

Eve also says: "Me Time has been created to focus on wellbeing, mind and body rejuvenation - 'me time' for anyone too busy or unable to visit a spa. There is no travel or fear of walking into a busy environment. No client is the same, no treatment is the same."

Lockdown has been stressful, mental health awareness increased. A therapeutic massage increases localised blood flow, helping increase

tissue elasticity. Within this blood flow are positive hormones, endorphins, serotonin and dopamine. These positive hormones give a sense of wellbeing, increase relaxation and reduce stress.

Me Time attracts professionals from the world's most prestigious spas, who are passionate about wellbeing.

Investment in certified training, product knowledge, flexibility and staff support are a priority. Professional equipment, massage tables and everything necessary for a treatment is provided.

From 2021, massage/beauty therapy will be available certified for use on cancer patients undergoing treatment.

Eve believes that "For the price of a meal it is worth it - we are all worth it! We want to make people feel better and an hour each month can really help."

***Free massage offer (fully audited) by call or text on 07513 062055 or email via code: METIME20**

For further information please call 0121 809 3530 or visit their website at www.metimeuk.co.uk.

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'REMEMBER ME THURSDAY'



It seems that every day of the year has its own significance nowadays, but there's a really special event on the 24th September called 'Remember Me Thursday.'

On this day, people all over the world raise awareness of animals who are living in shelters. This includes all of the animals still waiting to be adopted, as well as those who will live in the shelter for the rest of their lives due to health or behavioural complications. It is a day where we celebrate all of the volunteers and shelter workers who do everything they can to give animals a chance at a better life, and help them get the word out about all of the furry friends still waiting for their forever homes.

It all started in 2012, when the Helen Woodward Animal Center in San Diego created their campaign to join together the voices of animal rescue organisations

and people who had already adopted animals. The plan was that they could use social media to spread the word together of the joys of adopting pets, and show the amazing work that rescue centres do. Eight years on, the movement has spread across the world - 190 countries now take part!

Joining in can be as simple as sharing a post with the hashtag #RememberMeThursday, and there are lots of creative ideas for the kinds of things you can share. If you are already the proud parent of an adopted animal, lots of people take this opportunity to share the ups and downs of their relationship with their pet. If you're someone who shares lots of pictures of your pets, people may not realise that they're adopted; so it's a great chance to tell their story. Some people also take a moment to light a candle to remember those animals who unfortunately never found homes outside

of the shelter, reminding us that there are still so many waiting to find their new families. You can also check in with your local rescue organisation to see if they have their own candlelight vigil or something else planned, and help them get the word out.

Of course the best part about Remember Me Thursday is that it helps more animals get to their future families. If you've been considering bringing a pet into your home, this is a great time to learn more about the joys of adopting from a shelter. If that's not you, then perhaps you know somebody else who may need a gentle nudge to get in touch with a rescue organisation before going straight to a breeder. Either way, the 24th is the day to share stories and information and see some adorable animal pictures!



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This month's competition will get your taste buds tingling as we are giving away FOUR £50 VOUCHERS* to spend on a delicious Indian meal at **Claypot Lounge**.

Built on the site of the former *Enrico's* Italian restaurant in New Street, Burton, Claypot Lounge celebrates the heritage of Indian cuisine by giving traditional flavours a modern twist. They use fresh and sustainable ingredients which reflect the culinary diversity of India.

Claypot Lounge offers a wide range of starters, mains and side dishes including favourites such as Chicken Tikka Massala, Bhuna and Vindaloo. Or if you fancy something a bit different, why not try their Claypot dish, which consists of tender chicken or lamb garnished and roasted in a clay oven, then cooked in a

special opulent sauce.

They offer a wide variety of vegetarian dishes too, including quorn versions of some of their traditional dishes. There is also a children's menu so the whole family can enjoy a meal together.

Chefs at Claypot Lounge are more than happy to accommodate any special dietary requirements that you may have, and if you have a favourite dish that isn't on the menu, just ask and they will happily recreate it for you!

To accompany your meal, you can choose from a range of alcoholic beverages including wine and cocktails, and if you don't fancy anything alcoholic, they offer a range of mocktails.

Claypot Lounge is open seven days a week from 5.30pm to 11pm.

To view their menu or make

a reservation, please visit www.claypotlounge.co.uk or call 01283 619190. You can also visit their Facebook page @claypotlounge.

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
Claypot Lounge
Competition
PO Box 8049
Burton-on-Trent
DE14 9NQ**

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

The closing date for entries is the 6th October and the winners will be announced in our November edition. Good luck to everyone who enters!

*Vouchers are for dine-in only and include all drinks. Not valid in conjunction with any other offer. No change given and not refundable.

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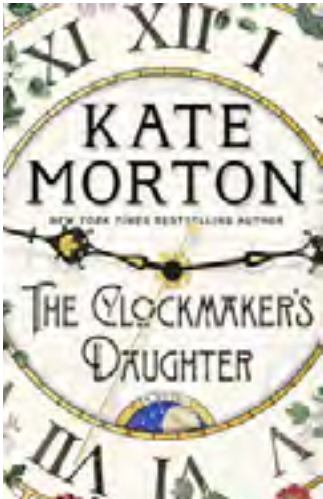
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THE CLOCKMAKER'S DAUGHTER
BY KATE MORTON

Getting married is one of those big events in your life that changes everything. For Elodie, plans for her upcoming wedding are being pulled away from her by her controlling future mother-in-law. Elodie works as an archivist in London and one day discovers an old satchel, an old photo, and an old sketch of a large house that will change everything and lead Elodie on a quest to discover the truth about the house and the lady in the photograph. Was she meant to find these items and how are they ultimately connected to her own past?

Kate Morton is known for epic sagas – and at

nearly 600 pages this is no exception. Told in multiple timelines, the action moves swiftly from the present to the 1880s, the early 1900s, and the 1940s as the story of the house and its inhabitants unfold. With a vast cast of characters this does require some concentration to keep track of who's who, and sometimes the story changes time period just as you were becoming engrossed. However, it is worth persevering.

Part love story, part ghost story, part murder mystery, and part commentary on social class divide in the Victorian era, Morton brings the various stories vividly to life on the page. Who is the clockmaker's daughter and how did she come to linger at Birchwood Manor? And how will this all help Elodie come to terms with the path that her own life is about to take?

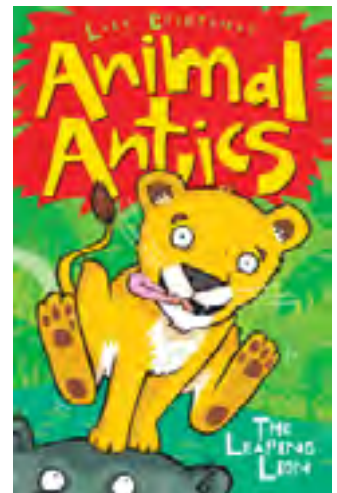
ANIMAL ANTICS: THE LEAPING LION
BY LUCY COURTENAY

Brian is an excitable lion cub. His dad is the King of the Savannah, so a lot is expected of him. He tries to be big and intimidating, like his dad. There is one thing that Brian loves doing more than anything else and that

is playing leapfrog. He is the best in the savannah and is always searching for the next big thing to leapfrog over. So, when he tackles his biggest leapfrog ever and fails, he is mortified when all the other animals laugh at him. Humiliated, he vows to never leapfrog again. That is, until he learns that the Animal Olympics are going to be held in the savannah and leapfrog is one of the events!

Can he pluck up the courage to compete and risk more humiliation? Will he make his dad proud?

This lovely short chapter book (92 pages) is perfect for young animal lovers, combining animal facts – such as the fact that female lions do most of the hunting – with a fun story. Who knows, maybe lions really ARE good at leapfrog?



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Autumn is the best time of year for beautiful sunsets. Have you ever tried to capture one and been disappointed with the result? Sunsets can be devilishly tricky to capture well, but we have a few tips.

CHOOSE THE TIME AND PLACE

If you're serious about sunsets, make a note of places where they are particularly good then head there before the sunset to give you time to set your camera up. There are websites which tell you what time the sun will set on a particular day. Try www.timeanddate.com/sun/

FOREGROUND IS IMPORTANT

The best sunset photos tend to have something of interest in the foreground, generally silhouetted. This provides a focal point. Look for an attractive tree or a wind farm. Even pylons can look impressive in front of a sunset.

PATIENCE IS ALSO IMPORTANT

Sunset actually goes on for quite a long time. As the sun dips beneath the horizon it can produce some spectacular shots, but afterwards the colours of the sky can become even more rich and beautiful, so hang around.

SO IS A TRIPOD!

The best shots are often longer exposures, so they will look shaky unless you secure your camera to a tripod.

IGNORE 'THE RULE OF THIRDS'

The sunset is the star so place your horizon really low down in the shot. This fills the image with colour.

REMEMBER REFLECTIONS

If you are near water take full advantage of doubling the impact of your sunset. In this instance try placing the horizon at exactly halfway or shoot only the reflections. Experiment and have fun!



Credit: zequiao/Adobe Stock



Credit: Aaron Burden



Credit: Sasha Martynov



Credit: Brittany/Pexels

10 STEPS TO CRATE TRAIN YOUR DOG

by Kat Johnson RVN Dip Inst, Scarsdale Vets



1. The crate needs to be big enough for your dog to lie down, stand up and turn around in, with access to food and water.
2. Let your dog have a look around the crate at this stage. Do not approach or attempt to close the crate door even if your dog seems happy inside it.
3. Start to give every meal in the crate but do not close the door at this stage.
4. If during the day your dog goes into the crate, always reward them with a treat.
5. Place food in interactive feeders, such as a Kong, into the crate to encourage your dog to stay inside it between mealtimes.
6. Once your dog is settling into the crate, start to close the door. As soon as they finish eating open the crate door again.
7. Gradually leave the crate door closed for longer after your dog has eaten meals/treats or a stuffed Kong. Start by leaving for one minute and slowly increase the time.
8. When your dog is happy in the crate for 5 minutes with the door closed, start to walk away and go into another room, then come back and open the crate door.
9. Slowly increase the time you are away from your dog by a minute at a time. Once your dog is happy waiting for you to return after a few minutes, you can move onto the last stage.
10. Before you leave your dog in the crate overnight or to go to work, you need to get them use to triggers. These are things like closing doors, turning lights off, putting coats on and picking up keys. Practise doing these things whilst your dog is in the crate for a few days before doing it for real.

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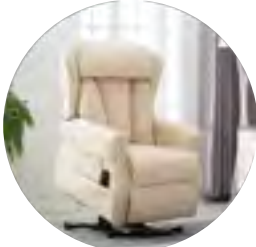
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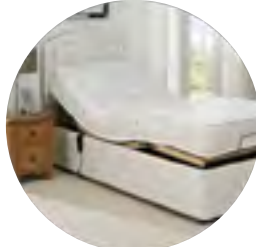
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Simon Moore, Stretton

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