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ISSUE 142  
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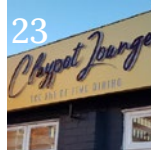
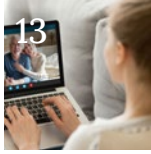
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Dear Readers,

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 6 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 14!

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

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I fell in love with gin when I went to a gin tasting event a few years ago. These events are a bit thin on the ground right now for social distancing reasons, so if you are gin-curious and wondering where to start, I'm going to try to be your guide.

Gin is a flavoured alcohol, with juniper as the predominant botanical. Juniper is a fragrant shrub and its aroma and taste should be the signature note in any gin. Even the name 'gin' is derived from either the French *genièvre* or the Dutch *jenever*, which both mean juniper. You can add other botanical ingredients, but juniper should always be the primary one. There is actually a legal EU definition of gin: it must be a juniper-dominated spirit, with an agricultural origin and a 37.5% ABV. This means that as well as the main botanical being juniper, the base alcohol must be made from something natural such as wheat, barley, rye, molasses, potatoes or grapes, and there must be at least 37.5% of pure alcohol in the total volume of liquid.

## LONDON DRY GIN

This doesn't have to be made in London, it can be made anywhere in the world but it is important to know that it is the highest quality gin you can produce. It has

to be made with all-natural ingredients (no artificial flavourings), high-quality alcohol and only contain 0.01g of sugar per litre of alcohol. Crucially, you can't add any other flavourings after distillation. It is the purest form of gin and is a good place to start your gin journey. I would say No. 3 London Dry Gin is one of the best places to start. It has won the World's Best Gin award 4 times and is a beautiful smooth gin which won't disappoint.

## REGULAR DISTILLED GIN

This is made in a similar way to London Dry Gin but may have flavourings, essences and sugar added to it after the distillation process. Craft distillers have been producing more variety and exciting new flavours recently. Broadly, there are herbal gins (less sweet), floral gins (light and fragrant), fruity gins (sweeter) and citrusy gins (light and fresh). Look at the list of botanicals to see which appeal.

## GEOGRAPHICAL GINS

Just as champagne has to come from a specific region in France, so certain gins have to come from a particular geographical area. Mahón Gin can only come from Menorca. It is a sweeter style of gin which comes in various flavours. Vilnius Gin, from Lithuania,

is quite smooth and has a citrusy/pine flavour. The UK used to have a geographical gin - Plymouth gin - but it lost its protected status in 2014.

## SLOE GIN

This is actually a gin liqueur. It contains more sugar and its ABV is between 20-25% which is below the minimum requirement of a spirit.

## OLD TOM GINS

An older style of gin. These gins are sweeter because in the 18th Century, when gin was also very popular sugar or honey was added to disguise the poor quality gin that they used. Nowadays, Old Tom gins are made to a high standard and are the gin you would use in a Tom Collins cocktail, which should be made with soda water rather than tonic, because tonic would add too much sweetness to an already sweet alcohol.





**A**utumn 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/](http://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*



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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.



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 with trailers bringing in the remaining harvest. Yields, although never expected to be brilliant after the last year's weather, are variable but generally low.

We made plenty of grass silage and could have made more but we are short of own-grown straw, although our oat crop did better than we'd hoped even though it was sown late and was late to germinate. So, at least we have some grain to feed our livestock.

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, getting quite close to the moving tractor at times. 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 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, vitamins and minerals 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!)

The grass is losing it's feed value and maybe some judicious supplementary

feeding will be needed. Our year old young stock will be brought inside, having been wormed over the summer period and will get used to the new routine before being sold. Non kept to make up herd numbers this time!

We suffered a lightning strike during one thunderstorm, killing a six month old calf - a very frightening experience, but cattle are particularly prone to electric shocks. It could have been worse - it could have killed the whole lot as they were sheltering together under the Ash trees.

No summer shows and socially-distanced sales make for an unusual summer/autumn but we cope the best we can, buying store lambs and rams, selling the home-bred finished lambs, and yay, another btb test for all our cattle!

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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.



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



Credit: Dom White Photography

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](http://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.

## '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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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](http://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:

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Competition  
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Alternatively, you can e-mail your details to: [local@locallinksmedia.co.uk](mailto: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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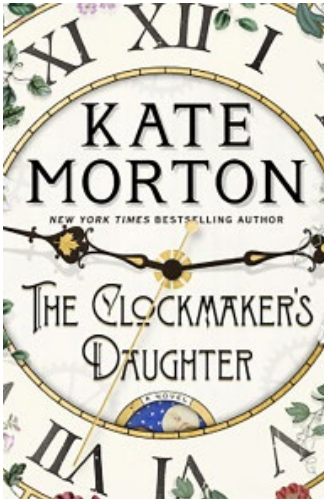
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## THE CLOCKMAKER'S DAUGHTER

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

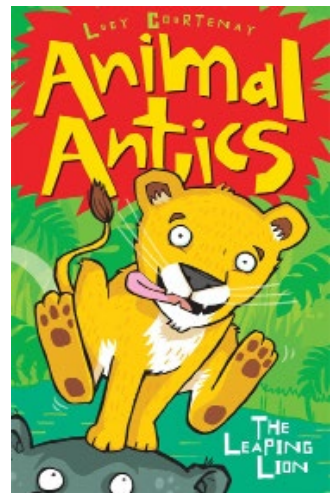
BY LUCY COURTENAY

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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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."

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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.

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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**

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

### COMPETITION WINNER

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