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ISSUE 149
FREE

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ST GEORGE
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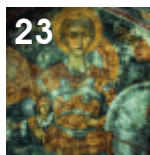
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9-5

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10-2

LOCAL LINKS



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Dear Readers,

Hello lovely people! We're excited this month and filled with the optimism of spring and the easing of lockdown restrictions! We need to remember to be vigilant and remind ourselves that the vaccinations many have received aren't a bullet-proof solution but they will help the most vulnerable. We can still do our part by being sensible. The more we are, the brighter the future will look! So, remain safe folks!

This month we're chuffed to let you know we're now getting notifications of real-world Covid-safe outdoor events. If you're hosting a local event, don't forget to let us know!

In the spirit of this hint of giddiness, this month we have a silly recipe to amuse you, after all, we only have to be grown-up when it matters. We also take a look at the quintessentially English St. George's Day and May Day... or are they? How suspenseful!

We guess you're just going to have to read on!

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Tues 4th May

Next issue out from:

Wed 12th May

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Fradley, Yoxall

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Contributors' names or any other details will not be included in any posts.



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Spring Spruce Up

Cutting back the trees in your garden can be a satisfying and beneficial job, but you need to know what you're doing. It's a matter of knowing what to cut, how much to simply trim and when to take to the saw.

Benefits of Trimming

There are a number of benefits to properly trimming the trees in your garden. Proper pruning improves the health of your trees by removing dead or dying branches. It also protects the branch structure and reduces hazards such as falling limbs or low-hanging branches. On fruit trees, it can improve the size and quantity of the crop. In a garden, a lone tree can develop a broad or weak structure and die prematurely.

How To Prune

All cuts on live branches should be as close to the trunk or parent limb as possible. Also, the bark at the edge of all pruning cuts should remain firmly attached. Any branch that is too large to support with one hand should be cut in stages to avoid splitting or tearing of bark. Ropes should be used to lower large branches to the ground.

Timing

Different trees should be pruned at different times of the year. For example, pruning summer blooming trees in early spring before they get their new growth, while fruit

trees should be pruned in late winter for shape and to expose the centre of trees to light. Trees and shrubs that should be pruned now include:

- Witch Hazels
- Forsythia - All types right after flowering.
- Jasminum nudiflorum - the Yellow Winter flowering type. Kerria japonica - right after flowering, and cut some of the branches down to near ground level.
- Pieris. Especially if there was frost damage to the new foliage.
- Quince - As soon as flowering finished.
- Salix caprea and others that are grown for their pussy willow catkins.
- Fatsia japonica - is best pruned in late April - May once frosts are over.
- Deciduous Winter Flowering Viburnums.

Safety

There are some basic rules when trimming your own trees.

- Never trim trees from a ladder. Instead, secure yourself to the tree from at least two points.
- Never climb with cutting tools in hand.
- Always wear a hardhat

and safety glasses.

- Most of all, leave the difficult or hard-to-reach work to the professionals.

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Standard Pruning:

Slightly heavier cutting more devoted to enhancing the tree's branch structure.

Hazard Pruning:

Recommended when there are safety considerations. This usually involves the removal of branches two inches or greater in diameter.

Crown Reduction:

The reduction of the tops and sides of a tree, when there is storm damage or when branches are interfering with lines.



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By The Barn *by Angela Sargent*

April arrives and we're creeping slowly back to some sort of normality, at last! The hedges and trees are beginning to come into leaf.

The grass fields are greening up, being fertilised (whether by natural means or by the addition of artificial) and rolled to encourage growth and the crop fields are growing strongly. Farmers are busy tending to the foods they are cultivating, making decisions based on advice, or experience.

We are lambing this month - outside during the day and inside at night, the ewes soon get into the routine. It also means we can keep them

inside if the weather takes a turn for the worst(which it can still easily do).

Any lambs born outside are brought into an individual pen, where they can be kept an eye on, before being turned out again into the nursery paddock.

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As the weather warms up one of the first butterflies out and about may be the Comma, it's larva feeding on nettles - looking like it's had its wings crimped and maybe even a little bit moth eaten if it is an over wintered adult.

And, at last, we will see the return of the Swallows and House martins, coming back to the same old nesting sites they were raised in(what becomes of them if their stables and sheds are converted?) and then we know that Spring is well and truly here!



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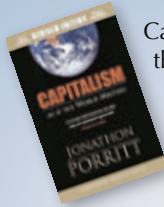
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Earth Day

International Earth Day is celebrated each year on the 22nd April to remind each of us that the Earth provides us with life and sustenance.

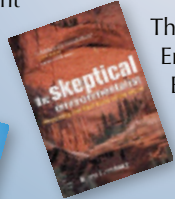
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by David Pearce, Anil Markandya and Edward B. Barbier, 1989



Capitalism as if the World Matters, by Jonathon Porritt, 2005

Heat: How to Stop the Planet from Burning, by George Monbiot, 2006



The Skeptical Environmentalist, by Bjorn Lomborg, 2001

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Jelly in Your Belly!

Did you know that April 22nd is Jelly Bean Day? Jelly beans are rumoured to have appeared during the time of American Civil War. William Schraff, a Boston confectioner, urged his customers to send jelly beans to the soldiers.

Today food historians believe, that the first jelly beans appeared around that time. The very first advertisement of jelly beans appeared on July 5, 1905, in the Chicago Daily News. They were sold for 9 cents per pound. Earlier jelly beans were associated with Easter because of their egg-like shape. However this changed, that is why we can enjoy these candies anytime.

And did you know, that jelly beans were President Reagan's favorite candies and he used them to quit smoking, when he was the governor of California? Each year about 16 billion jelly beans are manufactured in the U.S. just for Easter.

If you line up all jelly beans eaten by folks during Easter holidays, they could circle the Earth for more than 3 times!

If like us and Ronald you're a fan of these tiny sugary delights, why not give these recipes a go!...



Jelly Bean Pop-Tarts

Ingredients:

- Ready-roll pastry
- Jelly beans
- Icing sugar
- Milk
- Rainbow sprinkles

Method:

- Preheat the oven to 230c or 210c in a fan assisted oven.
- Unroll the pastry and cut into 8cm x 12cm making sure you have an even number for tops and bottoms of the tarts.
- Place jelly beans on half the pastry rectangles leaving space at the edges.
- Moisten the edges with milk.
- Place a second pastry rectangle on top of the bean half, press to seal and use a fork to crimp the edges making a firm seal.

- Place each tart on a baking sheet lined with greaseproof paper or baking parchment.

- Cook in the oven for 7 - 8 minutes until the edges are slightly golden.

- Remove from oven and leave to cool slightly.

- Mix one or two tablespoons of milk into a cup of icing sugar, don't use too much or the icing will be too runny.

- Spoon onto the tarts and top with rainbow sprinkles.

Top tip: You can choose a mixture of flavours or if you have time on your hands why not separate out the flavoured beans?

If you are failing at being an adult and starting your day with all that sugar wasn't bad enough, why not try out this boozy bean delight at the end of the day!...

Jelly Bean Vodka

- Separate jelly beans by color and place 4 to 6 jelly beans in the bottom of a medium sized sealable jar.

- Pour in one cup of vodka. Fasten the lid of the jar.

- Allow vodka to infuse for at least 24 hours. Strain the vodka to rid the infused liquor of larger pieces of jelly beans.

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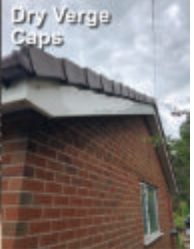
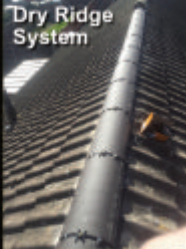
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For this month's competition, **FOUR** lucky readers can win a £50 VOUCHER from **The Shoulder of Mutton in Barton-Under-Needwood.**

The Shoulder of Mutton would like to thank all their customers for the support they have given them and will continue to serve their customers through this most difficult time. Community spirited, the pub has also supported locals who might be running low on essentials by helping out whenever they can.

The Shoulder of Mutton is at the heart of the bustling village of Barton-Under-Needwood. A rural pub with a long history, they aim to provide a relaxed atmosphere for you to enjoy their ales, wines and spirits in.



Their kitchen team pride themselves on the quality of food they produce using local suppliers whilst still offering customers fantastic value for money.

The Shoulder of Mutton has been given a 5* award in food hygiene and also hold the Cask Marque award for their Ales & appear in The Good Beer Guide. So as restrictions ease over the coming months, hopefully you will be able to pay them a visit!

For more information visit:
shoulderofmuttonbarton.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
Shoulder of Mutton 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 11th of May, and the winners will be announced in our June edition.
Good luck to everyone who enters!



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DE13 8AA

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St George's Day

So here it is: another opportunity for red-blooded English people to celebrate their favourite saint, St. George! You might be surprised to learn that 600+ years ago, it was a holiday on par with Christmas in the UK. Known to have defeated a dragon which almost certainly didn't exist, St George was most famously killed for refusing to recant his Christian faith, effectively opening the door to sainthood.

Not just the patron saint of England!...

St George is patron saint not only of England but also of Aragon, Catalonia,

Georgia, Lithuania, Palestine and Portugal amongst others, although he is celebrated on different days. Most mark the date as the English have used since 1222 - April the 23rd - but others such as the Eastern Orthodox Church and Russian Orthodox Church cite the Saint George's Day as May the 6th and November the 23rd respectively. In Georgia, the St George Cross features prominently in the country's flag though contrary to popular belief, the nation wasn't named after the man himself.

St George is also patron

saint of soldiers, archers, cavalry and chivalry, farmers and field workers, riders and saddlers, and he helps those suffering from leprosy, plague and syphilis



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Virtual & Outdoor Events **What's On Guide!**

MONDAY 19TH APRIL

Fire Pit & Beer Garden Evenings

admission will be limited, and visitors will need to pre-book their tickets with gates opening at 6.30pm and closing at 10.30pm. Visitors can book a fire pit for up to 10 people. This includes a seating, a gazebo, bottle of prosecco and marshmallows for toasting. Alternatively, visitors can book a table for the evening for up to 6 people. Food and drink from the bar can be ordered via an app and delivered to the table. All tickets need to be pre-booked online. The event runs on selected dates between 14 April and 2 May 2021. Tickets are available at www.adventurefarm.co.uk and start from £4.00 per person.

TUESDAY 20TH APRIL

Happier Than Before

Free event. Starts 7pm. At this event, author and happiness researcher Gretchen Rubin will discuss how we can effectively put new habits in place, using strategies that play to our natural strengths and mean that we have more brain space for decision making about the things that matter. www.eventbrite.co.uk/e/happier-than-before-with-gretchen-rubin-tickets-145099409239?aff=ebdssbonlineasearch

WEDNESDAY 21ST APRIL

Cuppa & Chat

Free event, every other Wednesday. Starts 8.30pm. An online get together with other SEND parents, carers and professionals who understand. www.eventbrite.co.uk/e/cuppachatonline-tickets-102882187392?aff=ebdssbonlineasearch

THURSDAY 22ND APRIL

Gay Bar: A Dig Beneath the Disco

Free event. Starts 5.30pm. Jeremy Atherton Lin explores queer identities through manufactured objects and the built environment, his book *Gay Bar: Why We Went Out* looks back on venues where he's hung out himself to consider the boundaries of a fixed identity, exclusion within a subculture, the paradox of community within a commercial sphere, and the tension between visibility and secrecy. www.eventbrite.co.uk/e/gay-bar-a-dig-beneath-the-disco-tickets-126566308235?aff=ebdssbonlineasearch

FRIDAY 23RD APRIL

The Shakespeare Birthday Lecture

Tickets £5. Starts 4pm. This year's Shakespeare Birthday Lecture will be presented online for the first time, with new and important research exploring what Shakespeare looked like, and the kind of man he was. www.eventbrite.co.uk/e/the-shakespeare-birthday-lecture-tickets-144400288149?aff=ebdssbonlineasearch

SATURDAY 24TH APRIL

New Life & Critter Village

All tickets need to be pre-booked online. The event runs Saturday 24th April, Sunday 25th April and then Saturday 1st May to Monday 3rd May. Admission will be limited, morning or afternoon time slots available either 9am – 1pm or 2pm – 6pm. The outdoor adventure play area, animal display areas, farmyard safari tractor ride, barrel stampede ride will all be open including the meet and feed animal areas, outdoor go-karts, guinea pig petting, jumping pillows, JCB big dig zone, musical maze, Jurassic sand play and fossil dig and mini quad bikes. Note - the indoor soft play centre and Scarecrow Joe's Restaurant will remain closed until further notice. However, Crumpets takeaway grill, chippy and ice cream parlour will be open for takeaway food with the opportunity to pre-order pizza as well. Tickets are available at www.adventurefarm.co.uk and start from £10.99.

SUNDAY 25TH APRIL

Vinyasa Flow Yoga

Every Sunday 10am. Contribution £5-£15 (pay what you can - contact for reduced rate due to financial circumstances). My yoga is for everyone. www.eventbrite.co.uk/e/sunday-vinyasa-flow-yoga-live-online-tickets-100825465682?aff=ebdssbonlineasearch

MONDAY 26TH APRIL

The Knights Templar & Revisionism

Free event. Starts 6pm. Dr Rory MacLellan presents a lecture on the Templars and how their fame has also led to darker appropriations. www.eventbrite.co.uk/e/the-knights-templar-and-historical-revisionism-in-the-modern-era-tickets-141349025741?aff=ebdssbonlineasearch

TUESDAY 27TH APRIL

The Oedipus Project

Free event. Starts 8.30pm. A dramatic reading of Sophocles' *Oedipus the King* as a catalyst for a powerful, global conversation about environmental justice. Featuring performances by Bill Murray (Lost in Translation), Frances McDormand (Nomadland), Jeffrey Wright (Westworld), Frankie Faison (The Wire), David Strathairn, Marjolaine Goldsmith, and Jumaane Williams, and a Chorus of Nobel Prize-winning scientists. www.eventbrite.co.uk/e/the-oedipus-project-nobel-prize-summit-tickets-145924545243?aff=ebdssbonlineasearch&keep_tld=1

WEDNESDAY 28TH APRIL

GCSE Yr11 Maths Top-Up

Free event every Wednesday. Starts 5pm. Supporting you, as you work your way through the Maths GCSE curriculum towards your exams in 2021. www.eventbrite.co.uk/e/gcse-yr-11-maths-weekly-top-up-tickets-127886695549?aff=ebdssbonlineasearch

THURSDAY 29TH APRIL

Once British, Always British

Free Event. Starts 7pm. Once British, Always British is a collection of two 30-minute audio dramas exploring migration to British port cities by Yemeni and Indian sailors during the 1920s. Each story is inspired by real material uncovered during a writing residency at The National Archives. www.eventbrite.co.uk/e/once-british-always-british-a-live-audio-play-experience-tickets-137912145941?aff=ebdssbonlineasearch

FRIDAY 30TH APRIL

Abstract Art Workshop

Donations welcome. Every Friday. Starts 7pm. This workshop is for everyone who wants to relax, who feels isolated with lockdown and wants to enjoy art and explore new ideas. Children, adults, families, all welcome www.eventbrite.co.uk/e/abstract-art-workshop-tickets-134217729843?aff=ebdssbonlineasearch

SATURDAY 1ST MAY

Electronics Club For Children

Free event. Every Saturday, starts 6pm. 1 hour session every weekend on Electronics during weekends (delivered through Zoom). Each weekly session will have unique content and will build on the knowledge from the previous sessions. www.eventbrite.co.uk/e/electronics-club-for-children-weekend-session-tickets-135845482495?aff=ebdssbonlineasearch

...helping you stay safe.

SUNDAY 2ND MAY

Intro to Coding Workshop

Free event. Every Sunday. Starts 1pm. This workshop is intended for those who have little or no experience in coding and want to find out if a career in web development is right for them. www.eventbrite.co.uk/e/intro-to-coding-workshop-tickets-103241098906?aff=ebdssbnonlineasrch

MONDAY 3RD MAY

Kundalini Yoga & Gong Bath

Free event. Every Monday. Starts 7pm. Evening yoga class designed to inspire and give you the tools to transform your life and those around you. Open to all levels. www.eventbrite.co.uk/e/kundalini-yoga-and-gong-bath-online-tickets-55890355558?aff=ebdssbnonlineasrch

TUESDAY 4TH MAY

Online Life Drawing

Free event. Donations welcome. Every Tuesday at 7pm and Friday at 10am. Our life drawing sessions are perfect whether you're a complete beginner or the next Picasso! www.eventbrite.co.uk/e/online-life-drawing-with-brixton-life-drawing-tickets-117373428083?aff=ebdssbnonlineasrch

WEDNESDAY 5TH MAY

Mono: A Photography Talk

By Margaret Salisbury. Tickets £3.75. Starts 7pm. This talk will be "pictures in monochrome" - many different genres. The talk will include how she approaches the subject, the choices we have when taking/making pictures, techniques used, Monochrome Prints, choosing the paper and presentation, for the image. Margaret will show and talk about personal feelings about pictures and why she thinks Monochrome is so appealing for so many subjects. www.eventbrite.co.uk/e/photography-talk-mono-by-margaret-salisbury-tickets-138140270267?aff=ebdssbnonlineasrch

THURSDAY 6TH MAY

Puff Pastry 101

Free event. Starts 7pm. Puff pastry is intimidating. We're here to break it down for you - and celebrate the most delectable dough out there! We are going to make Puits d'Amour. Come with your puff pastry dough, chilled and ready! We will confirm the recipe and send instructions closer to each date. www.eventbrite.co.uk/e/puff-pastry-101-tickets-138432700935?aff=ebdssbnonlineasrch&keep_tld=1

FRIDAY 7TH MAY

Knitting Group

Free event. Every Friday. Starts 3.30pm. Knitting with others ensures we are not alone and yet we can be productive as well. Whatever your knitting level is, is irrelevant. We pass on tips, show what we are doing and learn at the same time. www.eventbrite.co.uk/e/knitting-group-tickets-134008140957?aff=ebdssbnonlineasrch

SATURDAY 8TH MAY

Weekly Mandarin Corner

Free event. Every Saturday. Starts 2pm. Informal conversation sessions at two different levels (Beginner - Intermediate and Intermediate - Advanced) that enable you to get together with fellow classmates, make new friends and discuss Chinese language and culture in a relaxed, friendly environment. www.eventbrite.co.uk/e/weekly-mandarin-corner-tickets-135709200873?aff=ebdssbnonlineasrch

SUNDAY 9TH MAY

Knee Pain Corrective Exercise Workshop

For Women Only. Free event. Starts 3pm. Strengthening the muscles around the knee is not the answer to knee pain reduction. If you or a loved one is experiencing hip or knee pain, you won't want to miss this special event. This is an interactive workshop where you will perform the exercises while sitting at your computer. www.eventbrite.co.uk/e/knee-pain-corrective-exercise-workshop-for-women-only-tickets-115151711870?aff=ebdssbnonlineasrch&keep_tld=1

MONDAY 10TH MAY

Virtual Rhyme Time

Free event. Every Monday. Starts 10.30am. Join us via Zoom for a virtual rhyme time. Bring your instruments and play or sing along to your favourite songs and rhymes. www.eventbrite.co.uk/e/virtual-rhyme-time-tickets-133087663785?aff=ebdssbnonlineasrch

TUESDAY 11TH MAY

Discovering Women Sculptors

Tickets £3.50. Starts 5.30pm. Two exciting series of talks on 'Discovering Women Sculptors from the 17th Century to the Present Day'. www.eventbrite.co.uk/e/discovering-women-sculptors-tickets-135926498817?aff=ebdssbnonlineasrch

WEDNESDAY 12TH MAY

Drag Aerobics Online

Tickets £8.14 - £22.15. Starts 7.30pm. Fabulous London drag superstar Dolly Trolley will take you through the campiest workout session live in your living room. Tune in every Wednesday at 7.30pm via Zoom. www.eventbrite.co.uk/e/drag-aerobics-online-tickets-136285580841?aff=ebdssbnonlineasrch

FRIDAY 14TH MAY

Virtual Skincare Masterclass

Tickets £4.99. Starts 8.30pm. Learn how to achieve healthy glowing skin and the best products to use to achieve this. Samples available on request, please send a message. www.eventbrite.co.uk/e/virtual-skincare-masterclass-tickets-137985270659?aff=ebdssbnonlineasrch

SATURDAY 15TH MAY

NOTICE: Etwall Well Dressing Festival

Due on 15 & 16th May 2021 - unfortunately & sadly has been cancelled for the 2nd year due to the current Government Corona Virus Restrictions, guidelines, lockdown and to 'Stay Safe & Stay at Home'. We hope to be able to hold our Festival in 2022 on 21 & 22nd May and to welcome our visitors back for a great festival celebration!

COMPETITION WINNERS

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

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Look out elsewhere in **LOCAL LINKS** this month to win a £50 Voucher from **The Shoulder of Mutton**

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

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Mums & Mental Health

Each May the spotlight is shined on Maternal Mental Health with the whole month dedicated to Maternal Mental Health Month.

In late 2015, a small group of people met to start making plans for the first-ever World Maternal Mental Health campaign. This campaign aims to raise awareness of maternal mental health issues so that more women will get treatment and fewer will suffer.

The key messages are:

- Maternal mental health matters.
- Women, as well as their family and friends, need to know the signs of maternal mental ill-health and that they are not alone!
- You can find help and support for perinatal mental health problems.

Before long the steering committee had grown to include representatives from around the globe, all with a common goal of increasing awareness of maternal mental health issues.

In many countries, as many as 1 in 5 new mothers experience some type of perinatal mood and anxiety disorder (PMD). These illnesses frequently go unnoticed and untreated, often with tragic and long-term

consequences to mothers, children, and fathers alike.

Sometimes motherhood comes with challenges, emotional upheaval and social isolation. These challenges are neither universal nor isolated, each mother's experience is unique, often balancing home, work and educational life, or recognising that women don't stop being mothers when their children start school or leave home. Here are three top messages to show support to struggling mothers.

Don't be judgemental

No parent is perfect and there's no single definition of what a "good mum" is. We can all support each other by sharing challenges and solutions and by starting to talk more candidly about motherhood, accepting both the highs and the lows. Crucially don't judge - every mother is trying her best.

Support mothers to have some 'me' time

Give her the gift of time so she can continue to enjoy her favourite things. We all need some time to invest in things we find relaxing and enjoyable. Mothers with all the pressures upon them, sometimes need more help.

Create supportive groups

Every mother needs to feel part of a community. Some may need encouragement to join new drop-in groups and others may want to stay connected to old friends as well as family. Groups can be formed around shared experiences, interests, cultures or languages.

For more information on supporting mothers, visit:
www.mind.org.uk
and
www.mothersformothers.co.uk



LOCAL LINKS SUDOKU

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

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

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