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ISSUE 163

FREE

HOLIDAY PLANNING

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SUMMERTIME READS

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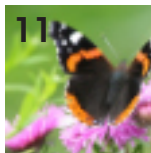
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ISSUE 163

Dear Readers,

Hello there peeps! We've enjoyed a good few sunny days recently and we're betting that like us, you're starting to turn your thoughts to the summer. Be it a foreign summer get-away or a brilliant British staycation we've got some fab book suggestions for you to escape with. We've even got a list of super beaches nearest to Burton to visit for the day or a longer stay.

This month we've also got tips on growing veggies and a brilliant vegan summer coleslaw recipe to turn them into! A perfect side for the warmer weather.

This Armed Forces Day, we'll be paying respect to all those that serve and have served and tell you where to go to celebrate the men and women of our Army, Navy and Airforce!

Have a fabulous June friends!

The **LOCAL LINKS** team

FOR GENERAL ENQUIRIES CONTACT:

Heather or Rhian at
local@locallinksmedia.co.uk

FOR ARTWORK ENQUIRIES CONTACT:

Liona at
graphics@locallinksmedia.co.uk

01283 564608

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

www.locallinksmedia.co.uk



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CONTRIBUTORS

Including:

Angela Sargent, Tim Brooks,
Derby Cats Protection, Rhian
Warriner, The Middle Bell



T. J. Parry & Family
Funeral Directors
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Next issue out from:

Weds 13th July

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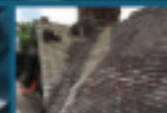
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Armed Forces Day

Armed Forces Day is a chance to show your support for the men and women who make up the Armed Forces community: from currently serving troops to Service families, veterans and cadets. There are many ways for people, communities and organisations across the country to show their support.

Armed Forces Day takes place on the last Saturday each June. Armed Forces Day celebrations begin on Monday 20 June when the Armed Forces Day flag is raised on buildings and famous landmarks around the country. Reserves Day also provides an opportunity for the country to recognise our Reserve Forces.

Showing support for the Armed Forces provides a much valued morale boost for the troops and their families. You can find out more about what they are doing at home and around the world by visiting the official sites of the Royal Navy, British Army and Royal Air Force.

Armed Forces Day recognises and celebrates many members past and present and the extended communities of the Armed Forces:

Veterans

A veteran is anyone who has served in the HM Armed

Forces at any time (including National Servicemen, Regulars and Reserves). Armed Forces Day celebrates their continued role within the military community.

Reservists

Reservists give up their spare time to serve in the Reserve Forces, balancing their civilian life with a military career to ensure that should their country require them, they would be ready to serve.

An annual Reserves Day celebrates their contribution to the Armed Forces. Reserves Day is the Wednesday ahead of Armed Forces Day – 22 June.

Cadets

The Cadet Forces (Sea Cadets, Army Cadets, Air Cadets and the Combined Cadet Force) currently support over 130,000 young people in more than 3,000 locations across the UK. Cadets learn life and career building skills as well as gaining valuable vocational qualifications.

Families

Our Armed Forces couldn't do their job without the incredible support of their family and friends.

Charities

Although Armed Forces Day is not a charitable event, the

Armed Forces have the support of several UK charities and many local events offer opportunities to support them. Here is the event taking place nearest to Burton:

25th – 26th June 2022
ARMED FORCES WEEKEND
10:00 am to 5:00 pm

The National Memorial Arboretum, part of The Royal British Legion, has supported Armed Forces Day since 2009. With nearly 12,000 participants this is the second biggest event after the main national event, makes a major contribution to the Armed Forces Day national programme.

The event will begin with a service of tribute in the amphitheatre to recognise the work of UK Armed Forces, and come together in thanking them for their hard work.

There will be a broad spectrum of activities for the whole family to enjoy including a WWII assault course, climbing wall, free drop air bag, and much more. Across the weekend two military bands will be performing to join in the celebrations, playing a host of live music for visitors. There will also be a 'Food and Craft Fair' with stalls from a range of local sellers and small businesses for all visitors to peruse.



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Chicken Wing Day

With the summer approaching, what better treat to enjoy on the BBQ than homemade chicken wings? In honour of International Chicken Wing Day on 1st July here are a few marinades for you to try.



Aisan Sesame Marinade

1/2 cup soy sauce
1 tablespoon minced ginger
1 tablespoon minced garlic
1 tablespoon Asian chili paste
1/2 cup honey
1 1/2 teaspoons hoisin sauce
2 tablespoons toasted sesame

seeds
1 pring onion, trimmed and chopped

Mix the wet ingredients with the ginger and garlic and marinade chicken wings in this sauce overnight. When ready, cook under a grill or on a BBQ until cooked through. Then sprinkle with sesame seeds and spring onion to garnish.

Greek Style Marinade

Juice and zest of 1 large lemon, plus more lemon wedges for serving
3 cloves of garlic, peeled
1 small shallot peeled and roughly chopped
3 tablespoons olive oil
3 tablespoons red wine

vinegar
1 teaspoon paprika
1 1/2 tablespoons dried oregano
Salt and pepper to taste

Mix ingredients and marinade wings overnight. When ready, cook under a grill or on a BBQ until cooked through. Sprinkle with fresh herbs of your choice and serve with lemon wedges. These wings are great to dip into Tzatziki or Hoummous.





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By The Barn *by Angela Sargent*

Is it just me (or my age) but don't the years seem to fly by, never mind the seasons! Suddenly we are half-way through the year, summer is here and farming is in high production mode!

I've spent many an hour (after he had mowed, then retreated to the house to recover) turning, then rowing up the grass, over a few days. Hubby would bale it and then we would both load the hundreds of small bales onto trailers-eight 'courses' high (approx. 300 bales) and then unload and fill the Dutch barns, between eleven and fourteen courses high, throwing them up, to be caught and ricked.

Soft fruit farmers will be

picking the myriad berries produced and sending them to the retailers. Arable growers will be using fuel to tend their field crops.

Potato growers will be irrigating theirs to enable the spud to fill out and the Dairymen will be continuing to milk- all high energy users and with the spiralling costs of our energy, no wonder food prices will grow too.

In past years there were government strategies to keep food prices low (the farmers being compensated if costs got too great), but, as the pursuit of free trade intensified, market forces affect prices over here and if not right now, certainly next years costs will rise.

Will farmers be able to continue to produce as they have?

The dawn chorus reaches optimum this month and numerous butterflies and moths are to be seen along the ditches and hedgerows, in woods and flitting along the upland walls. Take an early morning walk, just as the sun rises and see and hear for yourself.



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Beaches Near Burton

As we near the summer, many of us are feeling the pinch and might be opting for a good ol' Blighty staycation. This doesn't mean that you have to forgo the sand between your toes! Here are a list of the nearest seaside locations that you reach this summer and dip your feet in the water!



Blackpool

Distance: 112mi (2hr 15mins)
Blackpool is a seaside resort on the Irish Sea coast of England. It's known for Blackpool Pleasure Beach, an old-school amusement park with vintage wooden roller coasters. Built in 1894, the landmark Blackpool Tower houses a circus, a glass viewing platform and the Tower Ballroom, where dancers twirl to the music of a Wurlitzer organ. Blackpool Illuminations is an annual light show along the Promenade.



Formby

Distance: 95 mi (2hr)
The National Trust's Formby, Merseyside, is a glorious beach with dramatic sand

dunes, surrounded by sweeping coastal pinewoods. You're welcome to bring a picnic but BBQs and fires are not permitted at Formby's nature haven. Please bring a bag for your litter.



Cleethorpes

Distance: 110 mi (2hr)
With breath-taking scenery, fabulous beaches with exciting watersports available, mouth-watering food, top attractions and fascinating history. Cleethorpes has something for everyone, where else do you have award-winning beaches, Areas of Outstanding Natural Beauty and first-class visitor attractions.



Skegness

Distance: 110 mi (2hr 30mins)
Walk along the front at Skegness and it's a wonderland of family friendly attractions – go-karting, ten-pin bowling, funfairs and crazy golf are just some of the fun things that you can do!



Scarborough

Distance: 130 mi (2hr 30mins)
As Britain's original seaside resort, holidays to Scarborough offer something for everyone with two beaches, exciting attractions and a rich history.



Southport

Distance: 100 mi (2hr 15mins)
Boasting a beautiful and expansive coastline, Southport is surrounded by natural beauty, making it a great place to escape. Starting your journey along the coast, at Crosby beach you can experience the artist Anthony Gormley's 'Another Place' sculpture installation of 100 iron men looking out to sea.





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Insect Week

The UK will be buzzing and crawling with hundreds of events during National Insect Week 2022. From 20th to 26th June there will be opportunities to join minibeast safaris, field trips and moth nights from Cornwall to the Scottish Highlands, from County Fermanagh to Suffolk. Each event will celebrate insects and the entomologists who study them, bringing people closer to the little things that run the world.

Insect Week encourages people of all ages to learn more about insects. Every two years, the Royal Entomological Society organises the week,

supported by a large number of partner organisations with interests in the science, natural history and conservation of insects.

Did you know that most cultures, except those originating from North West Europe, eat insects such as deep fried cockroaches and midge paté?

This year The Great Bug Hunt is here! It's been a long winter, but the little creatures will shortly be making their way out of hibernation into the warm spring sunshine – and then what will you find?

Encourage your children to get

outside to learn more about living things and their habitats and to use the outdoor classroom – with this fabulous competition. Simply identify a local habitat, explore and discover the minibeasts (bugs) that live there, draw them and record their findings – it's that easy! For more information visit: www.insectweek.co.uk

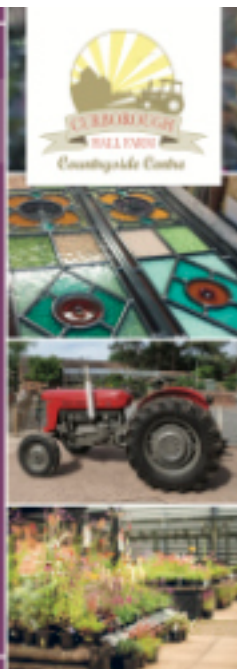


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Biscuit Tour for Ministers *by Ross Playle*



Local Member of Parliament, Kate Griffiths welcomed Jacob Rees-Mogg MP, to Uttoxeter on Thursday 12th May for a visit to Elkes Biscuits.

The two Members of Parliament toured the local factory and were able to see the manufacturing process themselves as well as take part in the opportunity to help make some biscuits

themselves and meet factory workers and discuss their roles.

The Minister and Ms Griffiths also held discussions with the factory's senior leadership team about the site's business operations and trade opportunities that might be open to them following Brexit.

The factory was recently sold to Boparan Holdings, new investors who saved the site from a risk of closure and the loss of over 500 jobs.

Commenting, Kate Griffiths MP said: "Uttoxeter is proud to make many of the nation's favourite biscuits and I was delighted to be able to

welcome Jacob to Uttoxeter on his visit to Elkes Biscuits to see for himself the operation of one of our largest local employers.

"In recent months this site has faced a lot of uncertainty but speaking today with the new leadership team they have bold plans for its future and to ensure its place in our town."

Minister Jacob Rees-Mogg added: "It was a delight to accompany Kate Griffiths to Elkes Biscuits in Uttoxeter and discover a British business which is thriving following the pandemic. Elkes is investing in automation and selling classic British biscuits far and wide."

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Creating Special Cuisine

by Paul Shum Family Butchers

Paul is conscious of the current pressures on the family budget and very keen to stress that you don't need to spend a lot of money to make beautiful dinners. With locally sourced and fresh ingredients you can make something quite special for any night of the week. Here is a recipe for a midweek dish that will be popular with all the family...

Lamb Keema Shepherd's Pie

You can vary the spice levels according to your audience but this makes a nice change from the usual shepherd's pie!

1. Cook a large chopped onion until soft, add 500g lamb mince and start to brown.
2. Add in a small piece of grated ginger, 2-3 crushed

garlic cloves, 1 tbsp tomato purée and a mix of curry spices (curry powder, turmeric) to taste.

3. Instead of the spice mix, you could use a ready mix or jar of your favourite lamb curry flavour.

4. Stir together, add lamb stock and a pinch of sugar (if you're not using a ready mix) - simmer for 30-40 minutes, stirring occasionally. Peel and chop 3 large sweet potatoes and 3 large potatoes and boil until soft.

5. Once cooked, drain and mash with some grated, mature cheddar cheese, salt and pepper.

6. Put the lamb mix into a deep baking dish and stir in some frozen peas.

7. Top with the potato mixture. You could also add some

crushed poppadoms to the top for extra crunch.

8. Drizzle with a little oil and bake for 45 minutes until browned and bubbling.

Visit our website for inspirational recipes including side dishes and accompaniments. It's a question of taking good quality ingredients and elevating them with a few additional herbs, spices and a touch of imagination!



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Prostate cancer is the most common cancer in men in the UK



Think you might have symptoms of prostate cancer? It can be daunting but above all, it's important to get things checked out.

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WIN!

A £25 Voucher From The Middle Bell in Barton!



For this month's competition, Eight lucky readers can win a £25 Voucher from **The Middle Bell**.

In the heart of Barton-under-Needwood, The Middle Bell is Derby Brewing Company's newest pub. Serving delicious food and a great selection of drinks - including real ales.

Their menu combines small, tapas-style plates, main dishes and stone-baked pizzas and their Sunday Lunch menu is complete with Topside of Derbyshire Beef and a Cauliflower Cheese Wellington.

The Middle Bell in Barton is a family friendly venue, and has a dedicated children's menu - please bring your own crayons for the activities!

They also run a Quiz Night every Monday at 7.30pm and participants receive 20% off food so assemble your team and don't forget your £1 entry!

A pint or 2 after work? We've got you covered with our "After

Works" drinks offer that runs Monday-Friday, 4pm to 7pm!

Take advantage of selected draught products, DBC ales, wines and spirits being at a reduced price. Just ask staff for details!

You can find more information at: **www.middlebell-dbc.co.uk**

To enter this month's competition, all you have to do is email your name, address and daytime telephone contact number to:

local@locallinksmedia.co.uk

Alternatively, you can post your details to:

**Local Links Media
The Middle Bell Competition
PO Box 8049
Burton-on-Trent
DE14 9NQ**

The closing date for entries is the 12th of July and the winners will be announced in our August edition.

Good luck to everyone who enters!

The Middle Bell
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UEFA Women's Euros *by Rhian Warriner*

UEFA Women's EURO 2022 is coming to England this summer and promises to be the biggest women's sporting event in Europe.

The Netherlands won the previous UEFA Women's Championship back in 2017, triumphing on home soil for the first time but a lot has changed since then. Can the Dutch defend their crown? Or will we see a different winner this year?

Current favourites are Spain with England a close second and have a fantastic chance of bringing the trophy home. Let's hope that it won't come to penalties!

The team will be led by 25 year old Leah Williamson who has said "This is an incredibly proud moment for me and my family and I'm honoured to be asked to lead us at the EUROs". "Although I will be wearing the armband, I know we have a squad full of leaders who share my pride and passion in playing for our country. Whether I'm captain or not, I will never take anything for granted and will always do my best for England every time I pull on the shirt."

The tournament is scheduled to take place from 6-31 July and will see the pinnacle of women's football compete for Europe's biggest prize. 16 teams will be in action at 10

different venues in 9 cities across the country with Old Trafford hosting the opening match and Wembley Stadium staging the final, marking a unique moment of hosting back-to-back men's and women's EURO final events.

Tickets are available for the tournament starting from just £5 with matches taking place across England in Brighton & Hove, Brentford, Manchester, Milton Keynes, Rotherham, Sheffield, Southampton, and Wigan & Leigh.

England's tournament kicks off on the 6th of July against Austria at Old Trafford at 8pm. Let's dust off those flags from last year and support our Women's team to victory.

Nadine Kessler, UEFA's chief of women's football, said: "This UEFA Women's EURO 2022 will be groundbreaking from start to finish.

"The biggest women's sports event in Europe will provide an unprecedented opportunity for us to inspire the next generation of players and fans. "Our host cities, clubs and local authorities are up to the challenge of providing more opportunities for women and girls than ever before and knowing The FA's long-term commitment to the women's game, we have no doubt that together we will set a new European benchmark."

There will be a family and

local community-focused UEFA and EURO's Roadshow that will travel 800 miles, making 10 stops across 43 days, finishing on 2 July in London – just a few days before the tournament's opening match at Old Trafford.

As the Women's EUROs draws closer, organisers are aiming to inspire more communities, particularly young people and families, to encourage them to get involved in the biggest European women's sport event in history.

Group Draws are:

Group A: England (hosts), Austria, Norway, Northern Ireland

Group B: Germany, Denmark, Spain, Finland

Group C: Netherlands (holders), Sweden, Portugal*, Switzerland

*Portugal replace Russia

Group D: France, Italy, Belgium, Iceland



What's On Guide

MONDAY 20TH JUNE

Beginners Watercolour - Tutbury

Every Monday at Tutbury Village Hall from 10am - 12 noon. Ideal for anyone who has never painted before. For details or to enrol contact Ann on 07816 118776. Admission by prior registration only. www.artmoves.co.uk

TUESDAY 21ST JUNE

Barton Arts

Every Tuesday 10 til 12.30 at Barton Village Hall, Casual Arts and crafts, 'Bring your thing', and join our friendly chatty group, all abilities, just bring your thing. £15 per month. Contact Judith Freeman for more information judithmick.f@hotmail.co.uk / 01283 550344

Marstons Club - Over 50s

Over 50s Bingo every Tuesday afternoon. 1 'til 3pm. For more information contact Christine Adams on: 01283 299833

WEDNESDAY 22ND JUNE

Priory Art Group

Every Wednesday morning 9.30 to 12. We are a small friendly group of artists meeting at the Priory Centre, Church Road, Stretton. New members always welcome. Contact Sandra 01283 329743 or call in and see us.

THURSDAY 23RD JUNE

Midlands Bowel Cancer Support Group

10.30am to 12.30pm at Whittington Village Hall WS14 9LR. Any queries Contact 07369 224653

FRIDAY 24TH JUNE

Beginners Solo Latin In-Line Dancing

Every Friday. Solo dancing - No partners required for any class - Dance latin steps in line - learn cha-cha, salsa, mambo, rumba, merengue, samba plus waltz, quickstep etc. 11.00-11.45am £4.00 at the Priory Centre, Church Road, Stretton DE13 0HE Ring 07598159744 or email larhiney@hotmail.com for more details

Cribbage Club

Stretton Bowls Club, every Friday at 7.30pm

SATURDAY 25TH JUNE

Spirit Café

Free event. Every Saturday at 7.30pm. Live Spiritual Readings with our team. A great no pressure way to get insight, healing, and perspective. www.eventbrite.co.uk/e/free-spirit-cafe-online-free-spiritual-readings-more-tickets-134687009471?aff=ebdssbonlinsearch

SUNDAY 26TH JUNE

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=ebdssbonlinsearch

MONDAY 27TH JUNE

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=ebdssbonlinsearch

TUESDAY 28TH JUNE

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=ebdssbonlinsearch

WEDNESDAY 29TH JUNE

A Climate of Change

Free event every Wednesday. Starts 4pm for 8-15yrs, 6pm for 16-24yrs. Everyone has had a different experience of COVID-19 and we want to give young people a unique opportunity to express themselves through music and the creative arts, to explore how the environment and social culture is changing around them. www.eventbrite.co.uk/e/a-climate-of-change-creative-sessions-for-young-people-ages-16-24-yrs-tickets-141594540081?aff=ebdssbonlinsearch

THURSDAY 30TH JUNE

Creative Writing Workshop

Free event every Thursday. Starts 7pm. Flex your creative muscles, let your imagination flow and put your spiralling thoughts to paper in this light and friendly creative writing workshop. All levels and abilities welcome. www.eventbrite.co.uk/e/creative-writing-workshop-tickets-152882023247?aff=ebdssbonlinsearch

FRIDAY 1ST JULY

Pick'n'Mix Craft Session

Free Event every Friday. Starts 10am. Pick'n'Mix is a free weekly arts and crafts session for young children, hosted by Shoe Lane Library. <https://www.eventbrite.co.uk/e/picknmix-tickets-145439957829?aff=ebdssbonlinsearch>

SATURDAY 2ND JULY

Alrewas Open Gardens Weekend

Alrewas Open Gardens weekend is back after a break of 2 years and features around 23 venues with some past favourites and some new gardens to enjoy. Open from 12 noon to 5.00 pm on both Saturday 2nd and Sunday, 3rd July. There will also be plant stalls, musical and craft artists, a free children's treasure hunt and free parking, in addition to the traditional refreshment venue, this year at The Vicarage grounds. Admission is by programme, valid for both days, at £5 per adult, with accompanied children under 16 years free. Alrewas village is located on the A38 between Lichfield and Burton, near the National Memorial Arboretum. Please follow our signs to the free parking area. e mail: alrewasog@aol.com for further details.

SUNDAY 3RD JULY

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=ebdssbonlinsearch

Find more events on our website

MONDAY 4TH JULY

Drink & Draw

Free event. First Monday of the Month. Starts 7pm. Drink&Draw is a casual event, run by London ACM SIGGRAPH hosted online every first Monday of each month. www.eventbrite.co.uk/e/drinkdraw-2021-spring-zoom-edition-tickets-138439567473?aff=ebdssbonlinesearch

TUESDAY 5TH JULY

Tuesdays Art Class

Every Tuesday morning 10am-1pm, during term time. Suitable for beginners and improvers. £18 per session, or £15 per half-term in advance. Newcomers taster session £15. For more info or to book your place please email helentarrat@gmail.com or phone or text 0779122888.

WEDNESDAY 6TH JULY

Barton WI

Meeting the 1st Wednesday of every month at 7.30pm at St James's Hall Barton. For more information email pennycarthy@hotmail.co.uk

THURSDAY 7TH JULY

Quiz Night

Hosted by Midlands Bowel Cancer Support Group. At Riverside Hotel Branton DE14 3EP. 7pm for 7.30pm start. Entry price £10 per team of up to 10 people. 1st prize £50 Runners up £25. Contact 07369 224653 to book your table ASAP!

FRIDAY 8TH JULY

Latin-in-Line Dance Class

A new class at a slower pace - Fridays 12.00-12.45pm at the Priory Centre, Church Road, Stretton, Burton on Trent DE13 0HF - £4.00 per class - please book with Lorraine on 07598159744 or for more details about the class.

SATURDAY 9TH JULY

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=ebdssbonlinesearch

MONDAY 11TH JULY

Burton Prostate Cancer Support Group

Every second Monday of each month at the Scout headquarters in Rolleston on Dove DE13 9AB, meetings start at 7pm to 9pm. Everybody is very welcome, Tea, coffee and cake. Contact details email:burton.prostate.cancer.support@gmail.com Tele: 07478 88957

Midlands Bowel Cancer Support Group

6.30pm to 8.30pm at Riverside Hotel Burton DE14 3EP. Any queries Contact 07369 224653

TUESDAY 12TH JULY

Tai Chi Classes

Free event, every day. Starts 10am, 3pm or 7pm. The class starts with warming up exercises, deep breathing or Tao Yin and Kai Men Qigong which opens the energy channels. This takes about twenty minutes, then we have twenty minutes of Tai Chi dance and the beginners class is concentrating on the first ten moves. www.eventbrite.co.uk/e/lockdown-tai-chi-lee-style-online-global-daily-classes-registration-104447912518?aff=ebdssbonlinesearch

WEDNESDAY 13TH JULY

Photography for Children

Free event, every day. Starts 7pm. A photography course for children aged 6+. www.eventbrite.co.uk/e/online-photography-course-for-children-tickets-155498944529?aff=ebdssbonlinesearch

THURSDAY 14TH JULY

Coffee at the Castle

Free event, every Thursday. Starts 11am. A friendly results driven online networking event. www.eventbrite.co.uk/e/virtual-coffee-at-the-castle-tickets-126994992441?aff=ebdssbonlinesearch

FRIDAY 15TH JULY

Beginners Solo Latin In-Line Dancing

Every Friday. Solo dancing - No partners required for any class - Dance latin steps in line - learn cha-cha, salsa, mambo, rumba, merengue, samba plus waltz, quickstep etc. 11.00-11.45am £4.00 at the Priory Centre, Church Road, Stretton DE13 0HE Ring 07598159744 or email larhiney@hotmail.com for more details

Abstract Art Workshop

Donations welcome. Every Friday. Starts 7pm. For everyone who wants to relax 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=ebdssbonlinesearch

SATURDAY 16TH JULY

Reduce Procrastination Workshop

Free event, every day. Starts 7pm. Join this free 1-to-1 workshop to better understand how you can overcome procrastination and fatigue. www.eventbrite.co.uk/e/how-to-reduce-procrastination-and-sustain-high-performance-tickets-134389696199?aff=ebdssbonlinesearch

MONDAY 18TH JULY

Stapenhill WI

Meet every 3rd Monday of the month from 10am-12pm at Emmanuel Church in Stapenhill with speakers' crafts and outings.

COMPETITION WINNERS

Congratulations to our **Lucinda Smith** competition winner, who has won a **Portrait Session and £200 Voucher for Prints & Products:**

Amy Greaves, Barton

Look out elsewhere in **LOCAL LINKS** this month to win a **£25 Voucher from The Middle Bell in Barton-Under-Needwood.**

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3	6	9	1	4	5	8	7	2
1	4	7	3	2	8	5	9	6
5	2	8	9	6	7	3	1	4
8	3	2	7	1	4	9	6	5
7	9	5	2	8	6	1	4	3
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Vegetables in Summer *By Tim Brooks*

Well, summer is finally here and it is always an exciting time on the allotments in June, when the strawberries are ripening and everything has probably been planted until the autumn. Its a case of watering well and weeding now. Feeding wise I use a seaweed fertiliser, either in powdered form or a liquid feed which you dilute. I like also using a natural feed, like putting comfrey leaves in a water butt, allowing them to decompose in the water. It makes a very good high potash feed, but dilute it with more water before using.

I'm growing carrots again this year, these like a fine soil and sowed thinly. Keep well watered until they germinate. Thin out if too close together and planting next to onions will help deter carrot fly. They also don't like freshly manured soil, it affects their tapered roots.

Cabbages and other brassicas can be tricky to grow, especially if your soil has club root. A disease which affects the roots, forming a tough tuber type root. There are resistant varieties of cabbages and cauliflowers available, though I also try adding garden

lime to the soil which helps a bit.

Onions are another invaluable vegetable we grow, started from onion sets in April, the area raked over finely before planting out around 8 inches apart, fed with granular dried seaweed or similar fertiliser. Keep the area weed free and watered until they get established. Onions leaves eventually turn yellow and bend over when ready. Gently fork them out of the soil around August and allow bulbs to dry out on raised netting or hang up to totally dry, before storing in a cool dry place.

Indoor tomatoes will need weekly feeding with a potash liquid feed and tying up as they grow up their supports. As a rule, best to pinch out the growing tip when around six trusses of the yellow flowers are formed. This gives more strength to the vines to develop bigger fruits.

With all these vegetables that will be available through out the summer, why not try this vegan coleslaw recipe to enjoy with your summer salads and on sandwiches!



Vegan Coleslaw

Ingredients:

5 cups cabbage, both green & red –shredded finely
3 cups grated carrots
2 tbsps sugar or maple syrup
2 tbsps apple cider vinegar
1/8 tsp celery seeds
1/4 tsp salt
1/2 cup vegan mayo
e.g. "Veganaise" or other type

Method:

- Cut up and shred finely some red & green cabbage to a bowl add grated carrots and mix together.
- Add the sugar or maple syrup along with the apple cider vinegar, again mixing well to cover all the cabbage and carrots.
- Add the celery seeds and salt, mixing it all together.
- Then finally add the half cup of Vegan mayo and mix well, adding a bit more if you prefer.

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Stretton Bowls Family Fun Day



Stretton Bowls Club is delighted to announce it's Centenary this year and would like to welcome everyone to join in their celebrations on Sunday 10th July.

From 11am onwards we will be organising a huge variety of activities, including novelty games on the bowling greens, such as bowls golf, bottle bowls, skittles, face painting, tombola, bowling for the "Pig" (prize money will be given), demonstrations by the

Stretton Flying Club who are the premier pigeon flying club in the area. In addition there will be numerous stalls, offering goodies such as home-made cakes, jewellery, the Olde Sweet Shoppe, as well as many more.

The bowls club was formed in 1922 after a group of local residents contacted Stretton Parish Council about the availability of a plot of suitable land. 'Stretton in the Fields Bowls Club' began life at Beech Lane on land that was formerly a cricket ground.

In 1979 the Council granted us land at our current location on Bitham Lane after the old clubhouse had been burnt

down by vandals.

Feel free to dress in period costume (prize for the best!).

Live music during the day by a local group.

Refreshments will be provided by staff and students from the The Fountains High School throughout the day. All proceeds on the day from the cafe will be going to selected charities.

The club has a well stocked bar and will also be open until late serving guest ales.

Admission is free, so please come along to Bitham Lane. Free car parking is available (limited spaces).

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Summertime Reads

With beach holidays afoot, here are some good reads to pack into your case and enjoy on the sun lounger whilst poolside.



Single Bald Female
by Laura Price

At the point of turning thirty, Jessica Jackson has everything in place: a job, a great boyfriend and a snug London flat they share with their cat. Then a sudden diagnosis of breast cancer causes Jess's world to implode. As friends move forward with baby scans and weddings, Jess feels alone and left behind. And then she meets Annabel, a mysterious young woman with incurable cancer. Annabel may not have long left to live, but she wants to show Jess how it's possible to make every day meaningful.

A smart, funny, uplifting story about friendship, love and the unexpected twists life can take. Laura Price writes about difficult subjects with the lightest of touches, and managed to make me laugh and sob in the same sentence. This is a beautiful novel you'll want to talk to all your friends about.



In the Heart of Hidden Things
by Kit Whitfield

Everyone knows that if you fall afoul of the People, you must travel the miles to Gyrford, where uncounted generations of fairy-smiths have protected the county with cold iron, good counsel and unvarnished opinions about your common sense.

But shielding the weak from the strong can make enemies. Ephraim Brady has money and power, and the bitter will to hurt those who cross him. And if he can't touch elder farrier Jedediah Smith, he can harm those the Smiths care about.

As powerfully intelligent as it is entertaining, Whitfield's marvellously assured fantasy debut leads the reader into a mysterious world of fairy-smiths, weaving a gripping tale of trespass, revenge, and responsibility - Waterstones Review



One Good Thing
by Alexandra Potter

Liv Brooks is in shock at the turn her life has taken. She has just got divorced and her

life feels unsteady when she swaps London life for the Yorkshire Dales, trying to start life afresh. But new starts can be tricky, and lonesome Liv adopts Harry, an ageing dog from a local shelter. Walking round the village with Harry, Liv encounters others who need a new start too, from a lonely old man called Valentine to fearful child Stanley and angry teen Maya. This funny, honest and heart-tugging tale is about having the courage to turn life around and find new meanings.

One Good Thing is the new heartwarming, hilarious alternative love story, from the internationally bestselling, Alexandra Potter



How to Save a Life
by Eva Carter
Book cover for How to Save a Life

It's nearly midnight on the eve of the millennium when eighteen-year-old Joel's heart stops. A school friend, performs CPR ultimately saving Joel's life, while her best friend Tim freezes, unable to help. That moment of life and death changes the course of all three lives over the next two decades: each time Kerry, Joel and Tim believe they've found love, discovered their vocation, or simply moved on, their lives collide again.

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When Frankie went missing, his human family search everywhere but couldn't find him. One morning, over four weeks later, Frankie arrived home on his own. He'd lost half his body weight. It's likely poor Frankie had been accidentally shut in someone's shed or garage all this time.

Luckily, he'd had access to water and the odd mouse during this time or he wouldn't have survived and starved to death. As we're now at a time when we are doing lots of gardening, DIY etc, **please check your sheds, greenhouses and garages before you lock up** - particularly if you are going away for a weekend break or a longer holiday. You could save a life and a much loved pet.



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Entertain Your Little Monkeys

Are you looking for a fun summer activity with the kids? Don't want to spend a tonne? Try a Monkey Forest in Staffordshire

Looking for something to do with the kids? In Staffordshire there are 140 free-roaming monkeys that living in total freedom, and you can visit them with your little ones without breaking the bank...

Trentham Monkey Forest is a sanctuary in Stoke where Barbary macaques can simply be themselves in a 60-acre Forest and is the PERFECT place for a family to make memories in.

The woodland is the monkey's tranquil home in Trentham. The primates can go wherever they like as they aren't restricted by any bars or cages, allowing visitors to observe nature in a way that can't be replicated anywhere else in

the UK.

The park is open for visitors to explore the forest and be amazed from February until November.

Guests can see the monkeys' fascinating natural behaviours right in front of their very eyes, making it one of the most unique but affordable days out in the UK.

From young to old, all different age groups can be seen at the magical forest. They can be swinging from trees to babysitting in a flash. The park is great fun for little ones and will also inspire them to learn about animals and conservation.

The monkeys that live in Trentham are Barbary macaques, unfortunately these monkeys today are highly endangered. The population has decreased by more than

50% in the last 30 years and there are now fewer than 8,000 wild Barbary macaques left.

Monkey Forest is strongly committed to the protection of the species by:

- Raising public awareness for the need to protect this endangered species by giving people the opportunity to observe the Barbary macaques in a setting very similar to their natural habitat
- Developing educational information in order to help engage our visitors
- Working with organisations to help protect wild Barbary macaques, such as Barbary macaque Awareness and Conservation (BMAC) *Primate Society of Great Britain (PSGB) *



LOCAL LINKS SUDOKU

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

Sudoku is a logic puzzle where you follow one simple rule:
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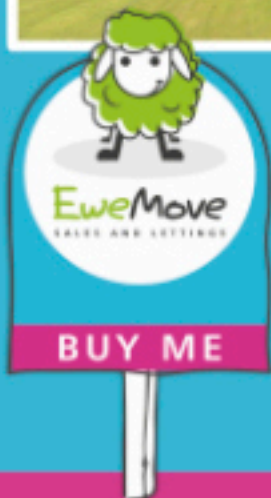
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