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ISSUE 164
FREE

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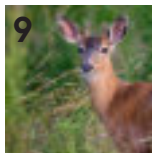
What to look for:

- Urinating more frequently
- Difficulty when you try to urinate
- Blood in your urine.

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LOCAL LINKS



ISSUE 164

Dear Readers,

Summer is in full swing and we've had some gloriously hot weather to get us in the mood for a few weeks off. Whether you're going abroad or enjoying a staycation it pays to be safe in the sun, in this issue we've got some tips to help you stay healthy and enjoy the outdoors!

July brings some super night skies too... it's not all about the sun you know! Why not enjoy a late one and observe one or two of the upcoming astronomical delights over the next few weeks?

Did you know that there's officially a Cheese and Wine Day? All our dreams have come true. If you're a fan, we have the best recipe that combines both... a cheese and wine fondue! So much melty deliciousness and the perfect snacky food... obviously to be enjoyed with more wine!

Enjoy the sunshine!

The **LOCAL LINKS** team



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Next issue deadline:
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Next issue out from:
Weds 17th August

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Safety in the Sunshine

Your skin is the largest organ your body has, it protects you and helps to regulate what's going on inside. Let's face it, during the summer our skin can take quite a battering. With scratches from gardening, mosquito and insect bites and sun exposure it can all get a bit too much. Start taking care of your skin so that it can take care of you.

Vitamins & Food

Olive Oil

Researchers have found that a higher consumption of olive oil (more than 2 teaspoons a day) was associated with 31% fewer signs of ageing compared to people who ate less. About 75% of the fat in olive oil is monounsaturated fatty acids, which may play a role in the youth boost. The antioxidant polyphenols in olive oil could also quench damaging free radicals.

Tomatoes

People who ate 5 tablespoons of tomato paste daily, along with almost a tablespoon of olive oil for 12 weeks, had 33% more protection from sunburn compared to a control group that ate just olive oil, according to a 2008 UK study. The antioxidant lycopene (levels of which are higher in cooked, processed tomatoes) improves skin's natural SPF. Though it's not a replacement for sunscreen!

Sardines

Fatty fish is particularly rich in the type of omega-3 called DHA, an anti-inflammatory. Along with salmon, these little fishies can help keep your skin clear.

Green tea

Research shows that people who drank a beverage containing green tea polyphenols daily for 12 weeks had skin that was more elastic and smooth, and had one-quarter less sun damage when exposed to UV light compared to a control group. The brew's catechins like EGCG (antioxidants) boost blood flow and oxygen to the skin, which delivers key nutrients to keep your complexion healthy, say researchers.

Lotions & Potions

Sunscreen

These are vital for skin health, as they absorb or reflect some of the sun's ultraviolet (UV) radiation and thus help protect against sunburn. Depending on the mode of action, sunscreens can be classified into physical sunscreens (i.e., those that reflect the sunlight) or chemical sunscreens (i.e., those that absorb the UV light). Health organisations recommend the use of sunscreen because it aids in the prevention of skin cancers. Many sunscreens do not block UVA radiation, which does not

primarily cause sunburn but can increase the rate of cancers. The use of broad-spectrum (UVA/UVB) sunscreens can address this concern. Diligent use of sunscreen can also slow or temporarily prevent the development of wrinkles and sagging skin.

Moisturisers

These can play a key role in both adding water to the skin and keeping it hydrated. In order to help keep water in the skin, moisturisers contain substances called humectants. These are substances that are capable of attracting water and help to conserve the water in the skin. One of the oldest and best examples is glycerin, sometimes called glycerol. This has been the standard humectant for many decades based on its excellent safety record.

In the case of dry skin, the skin cells are being shed too fast. Rather than being shed individually these come off in clumps that look like white flakes. Repeated application of moisturiser increases the water content and normalises cell turnover. This is why it is important to continue using a moisturiser on the skin.

So to keep your skin in tip-top health this summer, be sure to keep it hydrated and protected!

BUZZ OFF!



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By The Barn

by Angela Sargent

"There poppies, nodding,
mock the hope of toil,
There the blue bugloss paints
the sterile soil,
Hardy and high, above the
slender sheaf,
The slimy mallow waves her
silky leaf."
Crabbe

July already and with it brings the start of harvest for this year.

The rape will have been dessicated, or swathed. This is because the crop ripens unevenly but needs to be dry for processing. It will be combined to produce a small black, poppy-like seed, which can then be turned into a highly nutritious oil.

Much was grown in Ukraine and exported overseas, but the horrific war there has interfered with that. Our thoughts are with those suffering there still.

Early combining of barley may also begin, if the weather is kind.

Silaging will be continuing until the farm has enough to cover the winter need- dairy farmers will need many 'cuts', but the nutrition of the grass will be dropping now. If we are lucky with the weather then some farmers will make hay, needing at least three good days, preferably more, to make good hay that keeps.

Shearing will be finishing, but we may be spraying the lambs to protect them from fly strike. Any lame ones(including ewes) will be treated and their growth assessed. Fit ones will be marketed and the rest will be wormed.

From mid month, our conservation field margins can be grazed or cut and ground beetles are plentiful, particularly where there are 'beetle banks' in mid field. They hide under stones during the day and hunt caterpillars and worms at night.

Redshank, also known as Redleg, can be found on the bare Earth at the edges of fields. It has a red stem and narrow, pointed leaves with an oblong of tight knit pink flowers erect at the top and it is part of the dock family.

Along our drive we often see such plants, the occasional orchid or plentiful yarrow, eye bright, mousewort and self heal, along with those we

don't want, such as thistles and ragwort. In fact we've noticed where our cattle graze we get a good crop of buttercups and where the sheep graze we tend to get more thistles. These will be topped now to stop them spreading.

We've also seen a Roe deer on occasion, crossing our drive- an unusual occurrence for us, as we are not that far from civilisation.

Summer is a great time for agricultural shows and we should be in full swing by now, everyone being pleased to re start after the last couple of years. Let's hope they are successful as they are one of the few places farmers tend to socialise.

Maybe we will be able to take time out from clearing out the sheds, some of which we have never really gone into for many years. It will be interesting to see what we find!





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Summer Skies

If you're a night owl, the summertime night skies can often offer you some of the best things to see, all you have to do is look up! Here are some of the summer's top astronomical events heading your way...

See the Perseid meteor shower

Mid-August will see the reappearance of the perseid meteor shower, caused by the debris stream from the comet Swift-Tuttle. The shower will radiate between the constellations Perseus and Camelopardalis, and you may see activity from mid-July. Best seen in the pre-dawn hours, it takes a bit of dedication, but it's worth it!

Get ready for the elongation of Mercury

Mercury is visible to the naked eye, but it is a bit of a challenge. It's so close to the Sun that the separation between the two isn't particularly large as seen from Earth. During the moment of greatest Eastern Elongation on 27 August, we'll have our best chance to spot it, low towards the west as the Sun is setting.

See a planet at opposition

Saturn moves into opposition on 14 August: its face will be fully illuminated by the Sun, so it will be at its brightest.

Neptune and Jupiter do the same on 16 September and 26 September respectively. These moments are potentially great opportunities for astrophotography, but it may be worth trying your techniques out on Saturn first, because Neptune will be a real challenge.

However, even with the naked eye Jupiter and Saturn will be easy to see.



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Avoid Those Tentse Moments!

Many of us have a tent languishing in the loft or at the back of the garage. Camping can be a really fun and cheap way to have a summer get-away. If you're tempted to get outdoors, here's some tips to set up your temporary home in a super easy jiffy!

Read the instructions...

If you're like us, it's probably been a while since you set up that tent, so familiarise yourself with the 'How To', it'll save your sanity in the long-run.

No instructions!

Do an internet search. Many manufacturers' instructions are available online.

Put up the tent at least once...

Don't wait until your camping trip to learn about pitching a tent! Try it in the privacy of your garden. If you don't have a garden, visit the nearest playground or park. Here's what to do:

Unpack your tent...

- Spread all of the pieces on the ground.
- Make sure you know which piece is which.

- Read through the instructions again (really!) and make sure you have a solid understanding of the whole process.

- Okay. Now you can begin! Follow the manufacturer's instructions exactly, in the order they are given.

At camp...

- Remember to bring along the instructions - and use them!
- Arrange to arrive at your camping spot early in the day. You don't want to be setting up a tent when you (and the kids!) are tired and hungry. You definitely don't want to be pitching a tent in the dark. (Remember, though, life does happen - and you probably will find yourself setting up camp in the dark someday. That's why you did all that practising at home! You now know your tent so well that you can pitch it in the dark!)

Whether you're camping on a camp site or braving it in the wilds of Scotland (Scotland is the only place in the UK it is legal to wild camp) there are a couple of important things you should remember to bring with you!

Don't forget to pack...

A torch, lantern or head lamp

If you need to locate an item within your tent or visit the loo during the night, a portable, battery-powered light is invaluable. Many campers tout headlamps as the best option because of their hands-free functionality.

Toilet Paper

Hardcore survivalists may view toilet paper as an unnecessary luxury in the outdoors, but many campers swear to its necessity. Bark and leaves make poor substitutes for latrine duty in both comfort and hygiene, and a chapped backside can make sitting painful. Also, campgrounds with bathroom facilities have been known to run out of paper on occasion. If you're camping in the deep woods and concerned about the environmental impact of using toilet paper, purchase some that's biodegradable and use a trowel to bury it or take a refuse bag for disposal!

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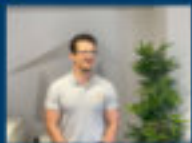
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Why July?

Have you ever wondered where the months get their names? July is the second month of summer and, generally, is the warmest month of the year in the Northern hemisphere, whilst also being the coldest in the Southern hemisphere.

Why is it called July?

July was originally the fifth month of the year in the ten-month Roman calendar and was named Quintilis, which is simply latin for 'Fifth'. Original and clever...not much.

It was changed in honour of Julius Caesar (who, contrary to

popular belief, was never actually a Roman Emperor, (though he had been proclaimed 'Dictator in Perpetuity') when he was named as one of the Roman Gods two years after his assassination. This was done by the first Roman Emperor, Augustus Caesar, who was also Julius' adopted son.

Julius Caesar's Legacy

Julius Caesar's name, too, became a title in itself. 'Caesar' became a shorthand for Emperor in the Roman Empire that followed. This was popularised even in the Bible, with the verse "Render unto Caesar the things which are

Caesar's, and unto God the things that are God's". For two thousand years after his assassination, there was at least one head of state bearing his name, whether as a Kaiser in Germany, or as a Tsar (or Czar) in Russia. The last Tsar in power was Simeon II of Bulgaria, whose reign ended in 1946; a lasting legacy.



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There's something for everyone, with prize classes for farm animals and horses, and competitions in cookery, horticulture, arts and crafts, as well as children's craft competitions. The best of local artisan produce is on sale in our Food Hall and around the ground, while classic cars and tractors are on display alongside some truly huge agricultural machines.

There's plenty to keep the youngsters entertained, including soft plays areas - and they'll love coming in to the ring to meet the hunt dogs. If you're a dog owner you can enter your pet in the Fun Dog Show and dog agility classes.

The Show takes place annually on the third Saturday in July and this year takes place on Saturday 16th July, at the Show Field on Daisy Lane just outside Alrewas. There's plenty of free parking, but we recommend turning up early to avoid the queues. The Show Field is generally accessible for wheelchair and mobility scooter users, and disabled parking

is available next to the pay gates for easy access.

Admission:

Adults: £7.00 | Children & Concessions £5.00 | Family Ticket (2 Adults, 2 Children) £20.00. Gates open to the public at 10:00 and the Show ends at 5pm.

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For this month's competition, FIVE lucky readers can win a £40 FOOD & DRINK VOUCHER* from Dovecliff Hall.

Dovecliff Hall is an elegant Grade II listed Georgian Manor House, between Rolleston and Stretton, situated in stunning grounds overlooking the River Dove. They are the perfect location for any occasion – from an intimate dinner for two to a large celebration. They also host events run throughout the year which include:

Saturday 23rd July - Dovecliff Summer Party

Join us for an action packed summer party with live music, rides, children's entertainment, exotic animals, bird display and much more!

Friday 29th July - Comedy Night

We will be joined by PIE Entertainment, providing some of the finest and funniest acts on the UK comedy circuit today! Get buckled up and get ready for a rip roaring fun night of big laughs from the professional laughter makers.

Sunday 28th August - Prosecco & Gin Festival

Join us for a fun and lively event of artisan Gin and Prosecco in a garden party atmosphere with live music!

For more information visit: dovecliffhallhotel.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
Dovecliff Hall Competition
PO Box 8049
Burton-on-Trent
DE14 9NQ

The closing date for entries is the 16th of August and the winners will be announced in our September edition. Good luck to everyone who enters!

* Vouchers not valid in conjunction with any offer. No change given. Not refundable. Booking essential. Subject to availability. Vouchers valid for 6 months.



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What's On Guide

MONDAY 18TH JULY

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 19TH JULY

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

WEDNESDAY 20TH JULY

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 21ST JULY

Tahitian Dance with Hinatea

Free event, every Thursday, starts 6pm. Through this class, there is no worry over performance. The focus is on feeling good about ourselves, being kind with ourselves and having fun with our body. www.eventbrite.co.uk/e/tahitian-dance-with-hinatea-online-tickets-148335865567?aff=ebdssbonlinesearch

FRIDAY 22ND JULY

New Latin-in-Line For Beginners

Every Friday from 11am - 11.45am. Solo dancing so no partners required, just bring your feet. Fun, friendly classes. Learn to dance latin steps in line - learn cha-cha, salsa, mambo, rumba, merengue, samba plus waltz, quickstep etc. £4.00 Venue: Priory Centre, Church Road, Stretton DE13 0HE Ring 07598159744 or email larhiney@hotmail.com for more details

SATURDAY 23RD JULY

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=ebdssbonlinesearch

SUNDAY 24TH JULY

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=ebdssbonlinesearch

MONDAY 25TH JULY

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=ebdssbonlinesearch

TUESDAY 26TH JULY

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=ebdssbonlinesearch

WEDNESDAY 27TH 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 28TH JULY

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=ebdssbonlinesearch

FRIDAY 29TH 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=ebdssbonlinesearch>

SATURDAY 30TH JULY

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=ebdssbonlinesearch

SUNDAY 31ST 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=ebdssbonlinesearch

MONDAY 1ST AUGUST

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 2ND AUGUST

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 helentarrart@gmail.com or phone or text 0779122888.

WEDNESDAY 3RD AUGUST

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=ebdssbonlinesearch

Find more events on our website

THURSDAY 4TH AUGUST

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=ebdssbnonlinearch

FRIDAY 5TH AUGUST

New Latin-in-Line For Beginners

Every Friday from 11am - 11.45am. Solo dancing so no partners required, just bring your feet. Fun, friendly classes. Learn to dance latin steps in line - learn cha-cha, salsa, mambo, rumba, merengue, samba plus waltz, quickstep etc. £4.00 Venue: Priory Centre, Church Road, Stretton DE13 0HE Ring 07598159744 or email larhiney@hotmail.com for more details

SATURDAY 6TH AUGUST

Forest Workshops

Family friendly creative fairy house making, bird house decoration, some over 16 craft workshops with woodburning making gifts and keepsakes. For more information contact Heather on: 07949314777

SUNDAY 7TH AUGUST

Vintage Toy & Model Fair

A celebration of toy styles, fads and classics from a manufacturers and child's perspective of the vintage years! Entrance to the museum included and guided tours available for an additional charge. Brewery Tap Bar & restaurant will be open serving our Sunday Carvery from 12.00pm - 3.00pm, booking recommended by calling 01283 532880 option 3.

MONDAY 8TH AUGUST

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.supportgrp@gmail.com Tele: 07478 88957

The Creative Corner

Free event, every Monday. Starts 7pm. Would you like to dedicate an hour out of your week to make that thing you still haven't made? Do you need a little extra encouragement? www.eventbrite.co.uk/e/the-creative-corner-tickets-139512835647?aff=ebdssbnonlinearch

TUESDAY 9TH AUGUST

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=ebdssbnonlinearch

WEDNESDAY 10TH AUGUST

Photography for Children

Free event, every day. Starts 7pm. Little eyes, Big stories A photography course for children aged 6+ to encourage them to think creatively and use what they have around the house. www.eventbrite.co.uk/e/online-photography-course-for-children-tickets-155498944529?aff=ebdssbnonlinearch

THURSDAY 11TH AUGUST

Brewhouse On Tour

Join us for a taste of The Brewhouse over the summer holidays as we get out and about and visit your local parks. You can expect a wide range of family friendly activities, creative workshops and live theatre suitable for all ages. There's no need to book, just turn up on the day! Free event at Mill Hill Park - Tutbury, 10.30am-3.30pm.

FRIDAY 12TH AUGUST

New Latin-in-Line For Beginners

Every Friday from 11am - 11.45am. Solo dancing so no partners required, just bring your feet. Fun, friendly classes. Learn to dance latin steps in line - learn cha-cha, salsa, mambo, rumba, merengue, samba plus waltz, quickstep etc. £4.00 Venue: Priory Centre, Church Road, Stretton DE13 0HE Ring 07598159744 or email larhiney@hotmail.com for more details

SATURDAY 13TH AUGUST

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, in order to maintain sustainable high performance and consistency towards your business and life goals. www.eventbrite.co.uk/e/how-to-reduce-procrastination-and-sustain-high-performance-tickets-134389696199?aff=ebdssbnonlinearch

SUNDAY 14TH AUGUST

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=ebdssbnonlinearch

MONDAY 14TH AUGUST

Stapenhill WI

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

TUESDAY 15TH AUGUST

Marstons Club - Over 50s

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

FRIDAY 19TH AUGUST

Cribbage Club

Stretton Bowls Club, every Friday at 7.30pm

COMPETITION WINNERS

Congratulations to our **National Brewery Centre** competition winners, who have won either a Set of Family Tickets or a Set of Four Tickets for the Last Night of the Proms :

Mike Harding, Rolleston

Stephney Hornblow, Barton

Look out elsewhere in **LOCAL LINKS** this month to win a £40 Voucher from Dovecliff Hall

LAST MONTH'S SUDOKU PUZZLE SOLUTION

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

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National Allotments Week *By Tim Brooks*



National Allotments Week started in 2002 as a way of raising awareness of allotments and the role they play in helping people to live healthier lifestyles, grow their own food, develop friendships and bolster communities. The campaign week is still thriving 18 years later and interest in growing your own fruit and vegetables has never been stronger since the WW2 Grow for Victory campaign.

As secretary & treasurer at our own site at Bradmore Gardens Allotment Association in Burton, I'm very aware how important it is to have a thriving allotment. We have 27 plots at our site and it's always great to see folk making the most of their own plots. All are different too, as folk grow various varieties of fruit & veg. My wife and I have three allotments and grow all types

of things, much we freeze for winter and store for the colder months. Never have allotments been so valuable, as food prices rise so much and home grown always tastes much better. Together with working outdoors in the fresh air, its good exercise and a great way for families to spend time together too!



The National Allotments Week theme for 2022 is "Bugs, Bees and Broccoli" and acknowledges the importance of gardening with nature in mind. There is a survey called "Big Bug Survey" that you can

download on the "National Allotment Society" website to monitor which bugs you are getting on your allotment site. They are working alongside "Buglife", to see exactly which species of bugs and other beneficial insects you get. The link is below.

<https://www.nsalg.org.uk/news-events-campaigns/national-allotments-week/>

An allotment plot is a very complex web of plants, micro-organisms, fungi, insects and animals that not only produces food but also supports ecosystem services such as pollination and offers a refuge for wildlife in urban areas. Without all these an allotment would not function correctly. We need to attract animals like hedgehogs to eat the slugs and stop using insecticides and slug pellets. We are seeing the harm done by chemicals in our environment, so time to let nature itself work it's magic.



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Your Cat Home Alone *by Cats Protection Derby*



There is a persistent rumour that cats are solitary loners who mainly only need their humans for short periods of attention and for their food. But now studies show that cats can develop loneliness which can result or behavioural problems like uncleanliness or

destructiveness. If you're off on holidays, planning in advance from an early stage will benefit your cat in the long term. Finding a cat sitter, friend or family member that the four-legged friend or friends already know is ideal.

Cats are creatures of habit, so it is best if they can at least stay in their familiar environment when you are away.

Cats Protection Derby and District Branch can be contacted on: 01332 206956 enquiries@derbybranch.cats.org.uk

www.derbydistrict.cats.org.uk



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Made For Each Other

This 25th July has got to be one of our most favourite days of note. It celebrates two of the things that delight us the most. If like us you're a fan of Cheese & Wine, then this is the day for you! Surely there should be a Hallmark card for such an occasion?! In the absence of one, why not try out this delicious recipe that includes both dreamy ingredients!...

White Wine Fondue

Ingredients:

500g good cheddar cheese
300 ml milk
200 ml white wine
4 whisked egg yolks
10g plain flour
1 clove of garlic, peeled

Accompaniments:

herb roasted potatoes,
toasted croutons, pickles, figs,
apple slices, chorizo chunks,

grapes, thick chunks of ham...
Or anything else you love to eat with cheese!

Equipment:

A Large heatproof shallow dish and a smaller one that will fit inside it but big enough to serve the fondue.

Instructions:

1. Mix the wine and milk together in a jug.
2. Grate the cheese and place in a bowl over a saucepan of simmering water.
3. Add the milk and wine mixture and the whole peeled garlic clove. It should take 10-15 minutes for the cheese to melt. At first, you will see a mass, then slowly the cheese will melt and become more fluid.
4. Once you have reached the desired consistency, whisk the flour into the egg yolks and pour this mixture into the

melted cheese a little at a time, mixing continuously.

5. If the mixture is too thick add a splash more wine to make sure the consistency is smooth and creamy.

6. Stir well and cook for another 10 minutes.

7. Once ready, pour the fondue into your fondue serving pot. Place the pot into your larger dish and fill the outer dish with hot water to keep your fondue warm.

8. Serve the fondue immediately, while it's still hot, with your choice of things to dip into it.



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:
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.

LLB-45-02

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