



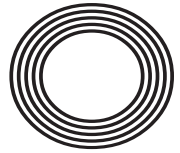
HARRY
KANE
REACHES
NEW
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DOUBLE
BABY JOY
*for Hollywood
couple*

The fall and rise
OF RATNER

OUR PIPPA

The million pound wedding



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CONTACT US

billericay@visionmag.co.uk | 01277 554045

@visionmagessex @visionmagessex

EDITOR | Nik Allen DESIGN EDITOR | Misha Mistry
CO-ORDINATORS | Rebecca Fryer, Kim Plater
CONTRIBUTORS | Charles Rae, Tim Green, Tom Dyson

Editor's notes...



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** Billericay. The sun has certainly had its hat on the last few weeks, as we have been having some record-breaking temperatures and I'm sure you will agree with me in saying I hope it lasts all summer.

In Home/DIY this month we get some tips from Michelle Ogundehin, whilst most of us have been spending a lot of time in the garden recently we focus on how to save our hogs in Gardening.

In Food & Drink we get some shaken and stirred cocktail ideas and in Travel we get down and dirty and hear from Bear Grylls.

In this month's Local News, a Billericay charity which supports children with disabilities has been working with students from The Endeavour School in Brentwood.

The Billericay and Brentwood Street Pastors rushed to lend a hand following the Grenfell Tower tragedy, and thousands of cannabis plants have been seized by police from a warehouse in the town.

Local news is important to us so if you have any stories to share, please email them to editorial@visionmag.co.uk

As always we encourage our readers to get in touch with feedback on this month's edition.

Let us know your thoughts and enjoy reading.

Nik

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BRITAIN'S TROJAN HORSE OF TERROR

Years ago, an ex-IRA member explained that a terrorist only had to be lucky once – but that the British Authorities had to be lucky every time.

Now with the IRA long out of the way, his words are still very much true today, as the UK tries to deal with a different terror group – Muslim jihadists.

They are in effect a Trojan horse of terror, as in most cases they are British-born.

Another group joins them - immigrants who come to the UK with the avowed intention or turning Britain into an Islamic State.

However the vast majority of Muslims who live in the UK are peace loving and want to live within the laws and rules that exist.

There have been three terror attacks in the UK in as many months: Westminster, Manchester, and now London again.

And it is disaffected young European Muslims who are increasingly conducting the Islamic State's murderous revenge on the streets of European cities.

Staggeringly since 2005 with the 7/7 bombings in London there have been 94 people murdered in the UK and 926 injured, many with life changing injuries as a result of terror attacks.

They have all been carried out by jihadists- except one - Thomas Mair an extreme right wing terrorist who killed Labour MP Jo Cox.

The rest have been carried out by British-born Muslims or those who have come to this country as refugees.

Since 2013 security forces have stopped 18 other jihadi attacks – five of them alone around the latest three atrocities.

But realistically the UK's security services have a nigh on impossible job on keeping track of all those who potentially could carry out a terrorist jihadi act.

Roughly 850 British Muslims have joined the Islamic State in Syria and Iraq, around half of whom may already have returned. That is around 400 known ISIS sympathisers walking our streets – and for all we know plotting another atrocity here on our streets.

The more frightening figure is that Britain now contains 23,000 potential jihadist terrorists, while the state only has the resources to monitor 3,000 at any one time.

The Manchester attacker Salman Abedi was reported to security services at least five times by the local Muslim community but was not monitored due to lack of resources.

One of the London Bridge terrorists, Pakistani Khuram Butt, was reported at least twice.

If anything, the Westminster, Manchester, and London Bridge attacks offer a dark glimpse of Europe's future.

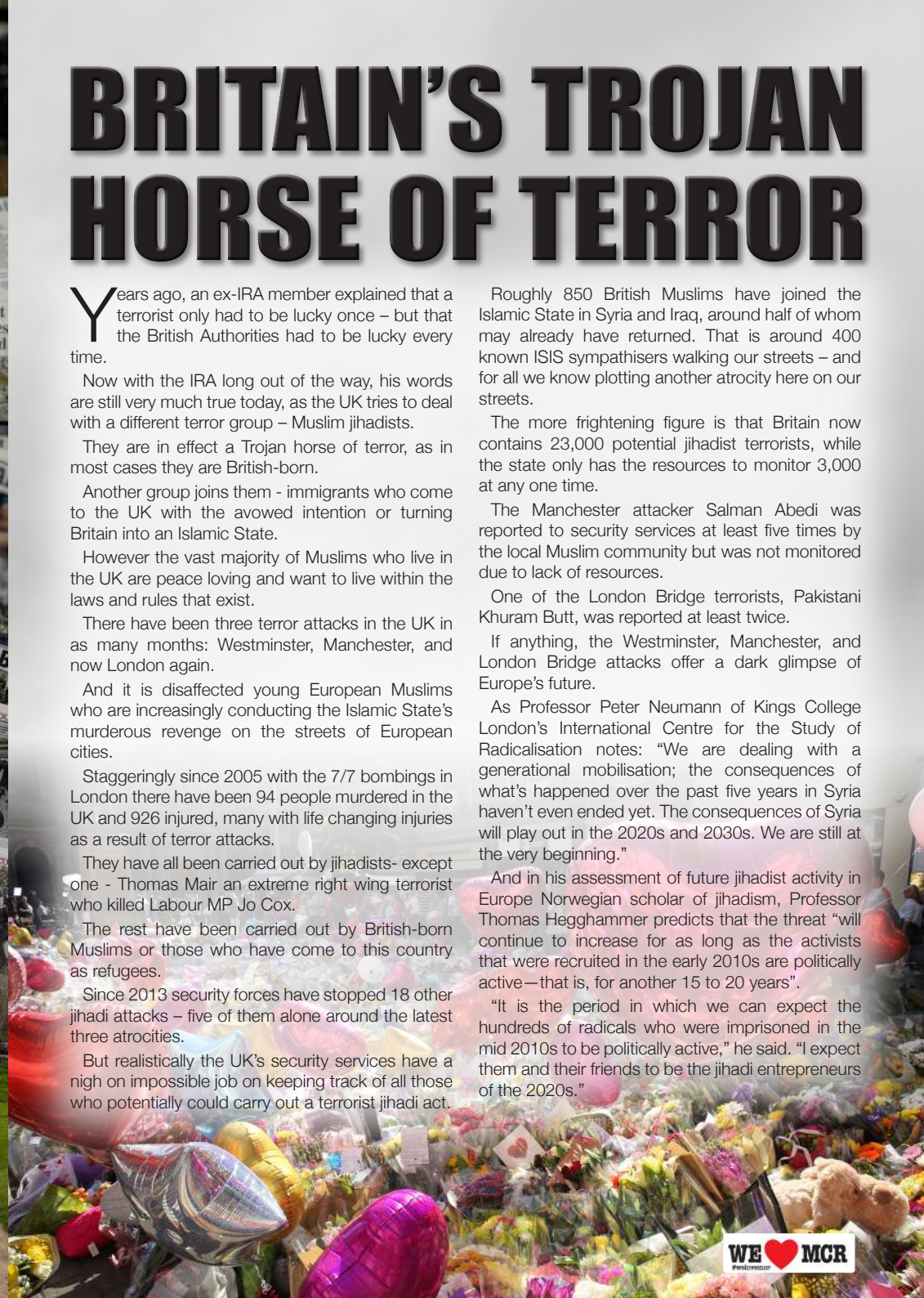
As Professor Peter Neumann of Kings College London's International Centre for the Study of Radicalisation notes: "We are dealing with a generational mobilisation; the consequences of what's happened over the past five years in Syria haven't even ended yet. The consequences of Syria will play out in the 2020s and 2030s. We are still at the very beginning."

And in his assessment of future jihadist activity in Europe Norwegian scholar of jihadism, Professor Thomas Hegghammer predicts that the threat "will continue to increase for as long as the activists that were recruited in the early 2010s are politically active—that is, for another 15 to 20 years".

"It is the period in which we can expect the hundreds of radicals who were imprisoned in the mid 2010s to be politically active," he said. "I expect them and their friends to be the jihadi entrepreneurs of the 2020s."



Memorial in Hyde Park in memory of the victims of the 7th July London Bombings





GEORGE'S DOUBLE JOY

When it was revealed last November that Amal and George Clooney were expecting not one, but two bundles of joy, the internet positively buzzed with delight, and on Tuesday, June 6 the twins finally arrived.

As one might expect from the classiest couple in Hollywood, the announcement of the births was understated and succinct, delivered by publicist Stan Rosenfield in a breezy if

concise statement. "This morning Amal and George welcomed Ella and Alexander Clooney into their lives. Ella, Alexander and Amal are all healthy, happy and doing fine," he wrote, adding cheekily: "George is sedated and should recover in a few days."

Before Clooney married the stunning human rights lawyer in a lavish ceremony in Venice in September 2014, he was LA's most infamous bachelor. No woman could tame him, and on several occasions the silver fox suggested he may not ever have children. But in the fierce and bright Amal Alamuddin he finally met his match, and in February, when discussing parenthood, the movie star told French show *Rencontres de Cinema*: "We are really happy and really excited. It's going to be an adventure. We've sort of embraced it all... with arms wide open."

While we are yet to chance a glimpse of the dazzling duo's offspring, you can bet they will be adorable; and considering the veritable catwalk of fabulous maternity outfits Amal has treated us to these past few months, Ella and Alexander will be Tinseltown-stylish as well.



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DESIGN AND REFINE

DISCOVERING THE IMMACULATE STYLE OF MICHELLE OGUNDEHIN

When series four of The Great Interior Design Challenge aired in its new primetime slot on BBC Two earlier this year, viewers were treated to a new guest judge. Alongside returning favourites Kelly Hoppen, Daniel Hopwood and Tom Dyckhoff came sparky and stylish newcomer Michelle Ogundehin. Though not as recognisable a face as the flame-haired Hoppen, nor as noted as Hopwood – director of the British Institute of Interior Design – the Manchester-born writer, TV presenter and award-winning editor is internationally-renowned as an authority on interiors, style and contemporary design.

Trained as an architect at London's celebrated Bartlett School, Ogundehin spent two years working in architectural offices in both London and New York. Publishing soon beckoned and her first role was the launching of Tate Art Magazine under Tim Marlow, followed by a tenure at Deyan Sudjic's Blueprint Magazine. In 2004, she was appointed editor-in-chief of ELLE Decoration UK, where she remains. Under her helm, the magazine has reached its highest circulation and repeatedly won the coveted Consumer Lifestyle Magazine of the Year Award, and Ogundehin has personally claimed Editor of the Year.

Having tired of life in her Shoreditch loft in the capital, the achingly chic beauty now resides in a Georgian flat in Brighton with her young son and two rambunctious basset hounds. Her style aesthetic has a focus on the classically timeless. She is immune to fads, is a self-confessed clutter-clearing obsessive and believes staunchly that the devil is in the detail.

Having co-presented Grand Designs: RIBA House of the Year alongside Kevin McCloud in 2015, Ogundehin was asked if she might like to one day launch an ELLE Decoration TV show. She hinted that yes, she might. Watch this immaculately curated space...



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MIRROR MIRROR

Make the most of smaller spaces with these ingenious mirror tips.

OPEN SESAME

Desk space built into cupboards may be an ingenious and necessary invention with today's urban living standards, but that doesn't mean it can't feel claustrophobic at times. One solution is to fit the back wall with a mirror so that when you're sat at the desk you can see the room opening up behind you.

GO BIG

Make a mediocre lounge feel like a palatial hall with an enormous freestanding mirror. Go as grand as you can get through the door for maximum magical illusion and don't be afraid to put furniture in front of it to form interesting reflections. Oh, and if you're feeling really flashy, go for a gilt frame.

GO WALL-TO-WALL

Generate an optical illusion that would dazzle Dali himself by mirroring two adjoining walls. Reflective

tiles are arguably the easiest way to achieve this look and will also stop confused guests from wandering into your magnificent mirrored mirage.

MIRROR MIRROR

Give your home the gift of infinite space by placing a smaller mirror on a wall opposite a larger one. This will create depth, space and light, while also giving you an extra spot for getting glammed-up on a Friday night.

FAKE WINDOW

Why reflect a room when you can reflect the whole world? By placing a mirror opposite a window, you can enormously increase the natural light and produce a sense of space and airiness.

REFLECTIVE ART

Forget Warhol and Matisse, the real work of art ought to be you. Make mirrors a central part of your home by hanging them instead of paintings. This works particularly well if you buy three matching frames and hang them as if in a triptych. Simple, stylish and space-creating.



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HOME & DIY



Indoor Outdoors

Make the most of the summer heat by turning your garden into a practical living space.

The nights are long and the sun is high, but here in the UK we still shy away from making the most of our gardens. We host the odd barbecue perhaps, or spend the occasional balmy evening drinking and chatting under the stars, but in general the garden can be a rarely-used refuge... and isn't that a shame?

One of the more frustrating aspects of British summers is our unpredictable weather, so an awning or sturdy umbrella is a worthy investment. Place underneath this a rattan sofa dining set with table, and you've already got the beginnings of a versatile and comfortable outdoor lounging and dining area.

If you've got additional space, consider decamping the dining table outdoors for a few months. Invest in something large and sturdy – benches fit many and stow easily – to accommodate your entire family and the abundance of guests that will come flocking at the news of your new pizza oven. That's right, outdoor pizza ovens have usurped the humble BBQ and are this year's big garden trend. Available from around £100 on the high street, they are compact, easy to use and promise the kind of crispy, melty magic you would normally only find in Naples.

Garden furniture can be drab, so splash out on the brightest tablecloths, picnic crockery, throws and garden lights to create a space which feels as cosy as your indoor lounge. Stave off the cold with a gas patio heater or indulge your inner caveman with a fire pit. Add food, friends, music and several cases of wine, and you've got the summer holiday of your dreams – without leaving your home.

Garden Shopping List...



Big Umbrella

Pizza Oven *yummy!*

Rattan Sofa Dining Set

Bright Table Cloth

Picnic Crockery

Garden Lights

Fire Pit





GARDENING

Pond Life

Water features are back in fashion. Here are five ways to do them right...

Free-standing fountain

Ideal if you've got a small garden or as a welcoming feature for out the front of your house, these are also one of the easiest features to install and maintain. For a minimalist look, select one made from a natural stone, or for something more fabulous choose the classic cherub. Perfect if you love the Italian Renaissance.

Water wall

Forget Wonderwall: this is a garden ornament that really rocks. Another space-saver, this is for small gardens and equally small budgets. Some also have light options, making them the perfect centrepiece for alfresco dining and evening soirees. Perfect if you want your garden to be an oasis.

Waterfall

Don't go chasing this waterfall because if installed right, this eco-friendly feature will work in a loop, using very little energy and water. One of the bigger and more impressive additions to your garden, it is also surprisingly versatile and doesn't necessarily need a pond. Tiered cement waterfalls are ideal for a modern aesthetic, or choose natural rocks for a more organic, outdoorsy theme. Perfect for a show-stopping landscape.

Outdoor pond

For all the modern innovations, you still can't go wrong with the classic pond – though this is only recommended if you don't have pets or small children. Ponds are fantastic because they are naturally beautiful and attract a diverse array of wildlife to your garden, including frogs, water beetles and butterflies. But do be sure to install properly with inlay, edging and filters. Perfect for an English country garden.

Reflecting pool

For a feature that requires very little digging and even less maintenance, reflection pools are a surprisingly impressive addition to the more subdued space. Plus, if you install an automatic re-fill system, all you need to do is start them up and shut them down. Perfect for a little Japanese zen.



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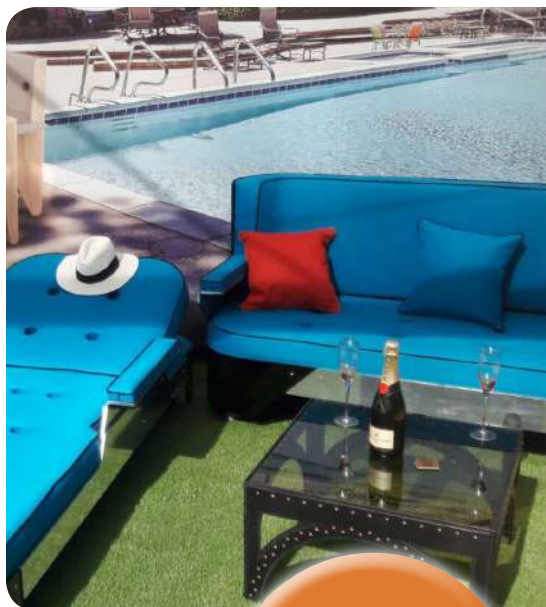
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LOCAL NEWS

from your neighbourhood

LOCAL NEWS

Charity completes project with special needs students

A Billericay charity which helps support children with disabilities has completed a two-week work experience project with students from The Endeavour School in Brentwood.

The project, run by Disability Inclusion Society (DIS), allowed 13 disabled students to try their hand at a whole range of projects from landscaping and carpentry to horticulture and art.

The students joined the existing DIS team, which is made up of 16 disabled adults who work at the DIS day centre in Barleylands each week to boost their life and social skills.

Whilst engaging in this project the students were also preparing for an open day to celebrate all their hard work and to showcase their skills to the wider community.

Charity director Richard Orchard-Rowe said: "The open day was an enormous success, both the students and the DIS team shone through and made all the staff at DIS and Endeavour beam with pride.

"The DIS team were amazed at the level of enthusiasm that each of the students had for the tasks at hand. Every day the students would arrive full of energy and passion and would jump into any task set out for them without a second thought.

"Some of the projects tested the students both physically and mentally, but the results were outstanding."

Should anyone wish to learn any more about DIS and their projects, then please visit www.dis4u.co.uk or call on 07832 261900 to arrange a visit to the centre.



Conservatives hold Billericay in General Election

There were celebrations for John Baron last month as he was re-elected Conservative MP for Basildon and Billericay at the General Election.

Baron, who has been MP for the town since 2001, beat Labour's Kayte Block into second place. He

received 27,381 votes, an 8.3 per cent increase on 2015. Tina Hughes of UKIP finished in third while Antonia Harrison of the Liberal Democrats finished in fourth.

Turnout was 64.9 per cent.



Have your say on county's road and transport network

Local people are being asked to share their views on Essex's road and transport network.

The responses, from individual households chosen at random, will be compared with the views of other members of the public across England and Scotland as part of the National Highways and Transport (NHT) Public Satisfaction Survey.

Essex County Council is one of 112 local authorities to sign up to a standardised survey that will ask

members of the public exactly the same questions, whether they live in Brentwood or Billericay.

The survey is the largest collaboration between local authorities offering the opportunity to compare results, share in best practice and identify further opportunities to work together in the future.

The questionnaire will be sent to a minimum random sample of at least 6,000 of Essex's residents this week, followed by a reminder, with local and national results to be published in mid-October 2017.

ON PATROL WITH... THE PASTORS

Pastors respond to Grenfell Tower tragedy



You have seen over the last few weeks how a horrific fire can come to a community and cause such a dramatic event to so many.

How can we respond? Street Pastors can and did respond as Response Pastors. Street Pastors can do extra training and be ready to deploy to communities that suffer a traumatic experience.

The fire in West London caused death and trauma in a large area. Families, friends and the local community lost people and their homes and some have been evacuated due to instability of the tower block.

People are in that area searching for their lost loved ones. They have many questions, are getting frustrated and want answers.

We deployed on behalf of the local church to help in the rest centres, to offer a listening ear to anyone who needed it and to care for everybody.

A week later we are still sending teams to support the efforts for the community.

If you want to know then why not follow your local street pastor group on Facebook or Twitter or send an email to Billericay@streetpastors.org.uk or Brentwood@streetpastors.org.uk



Brothers ordered to pay back £229,000

Two brothers jailed for defrauding people in Billericay by cold calling and grossly overcharging them for unnecessary work to their homes have been ordered to pay back more than £229,000.

A judge ordered at Basildon Crown Court on Friday, June 16, that a total of £229,100 would be confiscated from John Cooper, 20, and Mark Cooper, 31, both of Harrow Road, north Benfleet, through the Proceeds of Crime Act.

The pair carried out their rogue trading operations across Essex and East London – including Basildon, Billericay, Brightlingsea, Colchester, Hutton, Leigh and Westcliff – between 2011 and 2014.

John will have to pay back £189,050 and Mark will have to forfeit £40,050, with £154,700 being paid out in compensation to their victims.

The brothers were jailed for two years at Basildon Crown Court on Thursday, January 12.

Mark pleaded guilty to seven counts of money laundering while John admitted 12 counts of money

laundering. They were also made the subject of Serious Crime Prevention Orders (SCPO) lasting five years.

Any breach of the order is a criminal offence and punishable by up to five years' imprisonment and an unlimited fine.

The court heard how they used different company names before cold calling their vulnerable victims and insisting that work was required to their homes, driveways and front gardens.

The pair defrauded 12 people out of tens of thousands by telling people that their homes were structurally unsafe and if not fixed could pose a risk to members of the community.

Senior investigating officer DI Lee Morton said: "The Cooper brothers conned vulnerable people out of thousands of pounds and in some cases, their life savings. This result means their victims will be compensated for any over charge on the work completed to their homes."

Police capture thousands of cannabis plants



Essex Police seized thousands of cannabis plants from an address in Billericay, after reports of a fire at a warehouse where the drugs were stored.

Officers received a call from the fire service at around 9.30pm on Monday, June 12, to reports of a fire coming from the warehouse on Outwood Farm Road.

They also reported a number of people running away from the scene. Officers from Basildon's local policing team visited the scene and discovered a cannabis factory but are yet to make any arrests.

Detectives from the Serious Crime Directorate are now investigating this incident and have been working with other specialist departments to dismantle the factory.

Anyone with information or who has seen any suspicious behaviour in the area is asked to contact the Serious Crime Unit on 101 or Crimestoppers anonymously on 0800 555 111.



BILLERICAY TOWN FC



There will be a new fixture at Billericay Town FC next season.

Owner and manager Glenn Tamplin has arranged for the local Billericay Street Pastors and church to have a stall at every home game next season.

He said the move was about building the club internally into the community.

This extends the work Billericay Town FC are doing locally in terms of building relationships with integral people in the community and laying the foundations for a strong long term relationship with all aspects of Billericay town.

Glenn said: "No team has done this before in the football league. It shows the work going on behind the scenes is just as important as the statement they are making on the pitch."

Street Pastors Dan Pierce, Gary Bott and Tom

Madders will be attending the home games next season to speak with fans regarding bereavement, mental health and other problems people have. They hope speaking to people about these problems in an environment such as a football ground might help people open up instead of an environment such as a church or a group where people would usually discuss such issues or they may feel uncomfortable attending.

VISION also caught up with Glenn and Billericay Town FC whilst they were having a recruitment day. They are adding 60 new jobs locally in. So if you are looking for work locally and would like an opportunity to work with Glenn and the team then visit the club at the AGP Arena and hand in your CV.



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BUSINESS & FINANCE

Photo credit: PA Images

At his zenith, Gerald Ratner was chairman of a jewellery chain worth millions, before one throwaway speech spelled disaster for his company and his name...

Gerald Ratner took over his family's jewellery business in 1984, which had at that time 130 stores. By 1990 it had 2,500 stores, 25,000 employees, annual sales of £1.2 billion and profits of £121 million. As the chairman and chief executive of Ratners Group, he oversaw the world's largest jewellery retail company, including Ernest Jones and H. Samuel.

However, Ratner's management of his business empire is not the reason people remember his name. In 1991, when his company was at the peak of its powers, Ratner made a remark about his business' cost-saving criteria at a keynote speech that would go down in history.

"We also do cut-glass sherry decanters complete with six glasses on a silver-plated tray that your

butler can serve you drinks on, all for £4.95," he said. "People say, 'How can you sell this for such a low price?' I say because it's total crap."

He went on to add that his stores' earrings were "cheaper than an M&S prawn sandwich but probably wouldn't last as long".

The effect of Ratner's supposedly whimsical comment on his business was catastrophic: £500 million was wiped from the value of the company, leading to a spiral of decline which saw Ratners plunged £122.3 million into the red and forced into closing 330 shops across Britain and the States. Shares in Ratners fell drastically, valuing the group at just £33.7 million in contrast to its 1990 peak of £840 million when Ratners' pile-it-high, sell-it-cheap approach to jewellery retailing seemed unconquerable.

While the company no longer exists in its eponymous form – it is now known as Signet Jewellery – the prevailing legacy of this bumbling businessman will be the lingering concept of the 'doing a Ratner', the most famous of all corporate gaffes.

Pipped to the Post



She's rich, beautiful and her nephew is third in line to the throne, but is it sometimes hard for Pippa to be the 'other' Middleton sister?

It was hailed as 'the wedding of the year' and attracted the same kind of media furore usually reserved for pop stars, Hollywood icons and, well, princesses. But despite the enormous public interest and estimated million-pound price tag, Pippa Middleton's wedding to James Matthews, 41, will still forever be compared to older sister Kate's nuptials to Prince William in 2011.

Born and raised in Berkshire, Pippa is the middle child of Carole and Michael Middleton, self-made millionaires thanks to their online mail-order business Party Pieces, which sells party paraphernalia. Despite not being nobility themselves, Kate, 35, Pippa, 33, and brother James, 30, have long rubbed shoulders with the British upper class thanks to their first-rate educations. Both sisters attended St Andrew's School, a private boarding school in Pangbourne and the exclusive Marlborough College. Pippa then went on to study at Edinburgh University, where some of her flatmates were said to be the sons of nobility, while Kate attended St Andrews where she began dating a certain prince.

It was thanks to her sister's royal relationship that Pippa began to garner attention from glossy magazines – often spotted in the society pages and even named 'number one society singleton' by Tatler – but her finest hour was at the Royal Wedding as the global TV audience, estimated to be in the billions, reacted to the stunning maid of honour and more specifically, her delightful derriere.

Publicly of course they maintain an air of sisterly love, but in the past there have been rumours of rivalry. As royal biographer Katie Nicholl once remarked: "Certainly, when it comes to looks, like who is the slimmest or better-looking, there is a little friendly rivalry." One could argue that it was little sister Pippa who stole Kate's thunder on her big day, but then surely the elder Middleton has been dealt the trump card in the game of sibling rivalry, with her future-Queen status almost guaranteed.

But life is not all bad for pretty Miss Pippa. Having cemented her status as the hostess with the mostess following the release of a party planning book – *Celebrate* – she has also forged an enviable career as a columnist, previously writing regularly for the likes of *Vanity Fair* and *The Daily Telegraph*, and will one day inherit her own official title as Lady Glen Affric after marrying nobleman and hedge fund manager Matthews.

The most important 'win' of all, however, was that at her own extravagant celebrations she was front and centre of attention. Wearing a gorgeous £40,000 Giles Deacon wedding gown, with her dazzling £200,000 engagement ring, paired with a Robinson Pelham pearl tiara, the bride looked stunning, whereas the Duchess of Cambridge dressed demurely in peach. There was one rambunctious young guest who almost threw shade on his aunt: Prince George, dressed adorably in his page boy suit, threw a minor tantrum outside the chapel. But who would deny a future king that?



FASHION

Dress like a BOSS

Forget wearing suits in the board room, today's CEOs prefer laidback luxury for maximum productivity. So if you want to dress like you really mean business, read on...

With the rise of Silicon Valley the landscape of modern business has shifted enormously, but the greatest rebellion has taken place in the wardrobes of the men in charge of these multibillion tech empires. No longer clad in 'Dad chinos' with garish ties, these tycoons choose comfortable and practical attire that allows them to focus on the work at hand, all the while projecting an image of affable geniality to their employees. Casual but never scruffy; think sumptuous fabrics, supercool brands and understated luxury.

The good news is, to nail this look you don't need to buy an entirely new wardrobe - the trick is to keep things simple and then go bold on a few key pieces. Take Square CEO, Jack Dorsey, considered by many to be one of the most stylish men in tech, who transforms a casual T-shirt and jeans combo with a leather jacket. Or perhaps Box boss Aaron Levie, who adds flair to a slim-cut suit with bright coloured Pumas or Tigers on his feet.

Leather jackets need to fit well and not be faded, and trainers have that 'just out the box' freshness. Hoodies are another CEO essential, but are best teamed with indigo, raw denim jeans and standout footwear. Alternatively, make like fictional Billions boss Bobby Axelrod (played by Damian Lewis) and invest in some cashmere hoodies.

The key to this look is confidence. Invest in good quality pieces that feel good on, and be a bit fearless with colours and style.

Serious entrepreneurs understand that their personal style is an extension of their brand and often adopt a uniform

for themselves, like Facebook founder, Mark Zuckerberg, who is synonymous with his \$20 Gap hoodies.

And yet, suits shouldn't be ruled out altogether - SpaceX innovator Elon Musk has been seen at many a product launch wearing a slim fitting, velvet tux, blurring the lines between CEO and hip-hop mogul for a look that is out of this world.

As with all things fashion, personal taste counts, but good taste rules.



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MOLE PROTECTION

SKIN CANCER IS ON THE RISE, SO TAKE CARE BEFORE YOU BARE

It can take the smallest smidge of sunshine to get us Brits flocking to the beach. But white as babes after a winter of covering up, that pale flesh can soon turn red and it is more than peeling you need to worry about – particularly if you have a large number of moles and freckles.

While no one is suggesting you hide away from those glorious rays entirely (and paradoxically, the ultraviolet B helps your skin produce that vital hit of vitamin D), there is plenty that can be done to help prevent moles turning into something more sinister.

Firstly, prevention is better than cure (which is why it's important to slather kids in lotion), as 35 per cent of skin cancers actually develop from a pre-existing mole. Secondly, if you have areas of your body which are particularly prone to freckles and moles, it is best to keep them covered up in direct sunlight.

As 50 to 70 per cent of skin cancers are caused by overexposure to UVA and UVB rays, it is essential to follow a few simple rules:

- Always wear sunscreen on exposed areas and re-apply every two hours
- Avoid exposing yourself to the sun between noon and 4pm
- Choose shade over direct sunlight
- Reduce children's sun exposure as much as possible
- Remember that clothes (including hats, T-shirts and sunglasses) are always the best protection

As your face is exposed to sunlight all year round, it is worth investing in a moisturiser which has a sunscreen already incorporated. It is also advised that you keep track of your moles, even taking pictures of them so you can note changes easily, which you can then show to your doctor. Signs to watch out for include uneven or ragged edges, uneven colouring and itching/bleeding.



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BOX THE BLUES AWAY

HOW TO PUNCH YOUR WAY TO PEAK PHYSICAL AND MENTAL FITNESS

No longer confined to sweaty and testosterone-fuelled gyms, boxing is proving to be a popular workout for all ages and, indeed, both sexes. Not only is it a fantastic full-body workout that improves both cardiovascular fitness and bone and ligament strength, it's great for your mind too, helping to improve focus and bust stress – and that's before you've taped your boss' face to the punchbag. But when a sport has such a bloody reputation, knowing where to start can be intimidating. You don't, for example, want to find yourself in the ring with Mike Tyson when all you fancied was a spot of light sparring...

FIGHTING FIT

If your main goals are losing weight and improving general fitness, consider a Boxercise class. Most gyms hold sessions that involve some kind of boxing, whether as part of a circuit or shadow boxing in an aerobics session. This is a great way to try the sport, and in some cases it won't even require strapping on a pair of the gym's grimy gloves.

BOXING CLEVER

If you want to get to grips with the basics, you'll require either a sturdy punchbag or some boxing pads and a very trusting workout buddy – many personal trainers also incorporate boxing into their workouts. Start with simple crosses and build up to more complex routines that include jabs, left and right hooks and uppercuts. The longer the routine the more focus required, resulting in improved mental dexterity over time.

FIGHT CLUB

There is a reason brawling is such a popular drunken activity, and it's all thanks to the huge rush of adrenaline. Recreate this sensation (minus the night in jail) by joining a boxing gym and having a go at sparring. It's a controlled environment where the focus is on technique, and a surprisingly huge sense of camaraderie. Bish, bash, bosh.



BAN THE BEAD



microbeads can then end up in humans through eating seafood that has ingested microplastics and the toxins that come with them.

Last year, Theresa May's government announced plans to ban the use of microbeads in cosmetics by the end of 2017. A number of cosmetics companies, including Johnson & Johnson, Neutrogena and Clean & Clear, have made voluntary commitments to phase out the use of microbeads in the coming years.

Until then, if you're serious about the welfare of the world's oceans, you can

keep an eye on what products contain microbeads by reading the ingredients: make sure to look out for the words polyethylene, polypropylene and polymethylmethacrylate – the chemical names for plastics. Nylon may also be listed as well as the abbreviations PET, PTFE and PMMA.

You may never have seen a microbead, but you have almost certainly come into close contact with them at one time or another. They are tiny pieces of plastic that are added to everyday cosmetic products such as face wash, toothpaste, and abrasive cleaners. Most frequently made of polyethylene, they can also be made of other petrochemical plastics such as polypropylene and polystyrene, and are small enough to go down your plughole and easily pass through water filtration systems.

While most companies will have you believing microbeads are a positive addition to products, these pesky plastic particles are abhorred by beauty experts and environmentalists; 100,000 microbeads are washed down the sink with a single application of some products, ending up in the sea and the food chain.

This in turn is having a dire effect on life underwater. Scientific research continues to find more and more examples of plastic inside all kinds of sea life, and a recent study showed that 90 per cent of birds have plastic in their stomachs too. These

Saliha is striking a balance

Since winning *Masterchef* 2017, Saliha Mahmood-Ahmed has managed to balance her two main passions in life – cooking and medicine by continuing in her job as a gastroenterologist at Watford General Hospital.

When she was first thrust into the spotlight on the country's most popular cooking programme, she admitted it was hard work to strike a happy medium between cooking, her professional life and family – and revealed she was thrilled to emerge as the champion.

She said: "I just juggled it with being very organised, making sure I knew what I was doing each day taking each day as it came. I had a lot of support from family. It's paid off and I'm very lucky."

While several other *Masterchef* winners have gone on to forge successful careers in food, Saliha said she has no intention of giving up on her career in medicine.

She said: "Life is very, very busy. I'm working full time as a junior doctor too and in my spare time I'm doing lots of food related things including trying to

get a book off the ground, doing lots of little events, volunteering and working with children.

"I think it's very possible to combine the passion for food and health together. They are so intimately related."

When **VISION** caught up with Saliha, she was the guest of honour at Busy Bees Nursery at Watford General Hospital where her two-year-old son Ashir attends to help him and the other children with a smoothie making session and help promote the nursery's Tasty Summer Campaign.

The children were also treated to a visit by David Persaud, Food For Life Served Here development manager, who was delighted to see the children relishing their lunch of chicken lasagne and broccoli.

Saliha said she was delighted to spend some time with the children and try to emphasise the importance of healthy eating.

She said: "We just have to try our best with our children and give them as much access as possible to healthy food through lots of activities."



SHAKEN & STIRRED cocktail for Summer

From James Bond to Tom Cruise, the humble cocktail has been a staple of every party-lover's back catalogue of booze. Here is a fantastic recipe for a summer cocktail that will revolutionise your reputation as a master mixologist.

WATERMELON MARGARITA

Roasting summer days call for a refreshing cocktail – and this easy-to-make watermelon margarita serves up fruity flavour and smooth tequila in spades. Lean back, relax, and watch the world go by in a tropical trance.

INGREDIENTS

- 🍋 4 parts tequila
- 🍋 2 parts orange liqueur
- 🍋 3 cups watermelon – chilled, seeded and cut into pieces
- 🍋 1/2 cup freshly squeezed lime juice
- 🍋 1 cup ice
- 🍋 Lime or watermelon wedge

INSTRUCTIONS

Freeze cubed watermelon in a plastic bag for a minimum of two hours. Add all ingredients to a blender and puree until smooth. Serve in glasses rimmed with salt and garnished with a lime or watermelon wedge.



Ice Cool

Yearn for soft, sweet ice cream but lack the means to churn? These simple, no-machine recipes will keep you cool all summer long.

First pick a method to make your ice cream base...

The two-ingredient method: With an electric whisk, whip two cups of heavy cream until soft peaks have formed, then slowly add one can of condensed milk and ½ tsp. of vanilla extract. Add extra flavour or pour into a resealable container, cover the surface with cling film, then seal. Freeze for at least six hours, or until firm. Keep stored in the freezer.

Stir and freeze method: In a large bowl, use an electric mixer to beat 1 ¼ cups of whole milk and ¾ cup sugar until the sugar is dissolved – one to two minutes. Stir in 2 cups cream, 1 tsp. vanilla and ¼ tsp. salt until combined. Add flavour or place the mixture in a deep baking dish and freeze for 45 minutes. As it begins to freeze near the edges, remove it from the freezer and stir vigorously with a spatula. Return to the freezer.

Continue to check the mixture every 30 minutes, stirring vigorously as it's freezing. If you have a hand-held mixer or blender, use one of those. Repeat this process for two to three hours, or until frozen.

If you're a vanilla kind of guy (or gal), these two methods will produce a delicious but basic ice cream. Alternatively, add one of these flavours before you freeze...

Chocolate: ¾ cup cocoa powder (sifted) plus 110g melted cooled chocolate

Cookies and Cream: 15 Oreos coarsely chopped

Mocha: ½ cup cocoa powder (sifted) plus two tbsps. instant espresso powder

Mint Chip: 1 tsp. peppermint extract plus 1 cup chocolate chips and green food colouring

Peanut Butter: ½ cup peanut butter plus 6 chopped peanut butter cups



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THE GREAT BRITISH Bug Hunt

Did you know that bees are probably the most useful insects of all to humans, because they enable plants to grow through their pollination? Or that crickets have 'ears' on their legs? In other words, if you thought bugs were boring, think again! So, what better way to while away these long summer days than hunting for the little critters? Whether in your local park, in your garden or almost anywhere outdoors, it's all about knowing how and where to look...

It's a well-known fact that the creepiest of crawlies love hanging out in damp and cosy places, so start by searching under rocks and pots in your garden. Long grass, fallen leaves and branches often hide a wealth of wondrous creatures, but you'll have to be quick! With all their many legs, centipedes and

millipedes can move astonishingly fast. Window frames and sills often provide undisturbed areas for ladybirds, spiders and house flies to hide, while cracks in buildings and climbing plants are often home to more mini beasts.

Once you've found your bug, remember to be gentle. Compared to a tiny beetle you are a giant, and as the old saying goes, they are more afraid of you than you are of them. It may be worth investing in some 'bug hunting' tools, like a magnifying jar, a sheet to catch insects shaken from trees and a notepad to document your discoveries. After you've had a good gander at your insects, don't forget to put them back where you found them, so they can get back to their important work supporting our ecosystem.

How many can you find?

✓ Be sure to check off the ones you find!



Garden tiger moth



Ruby-tailed wasp



Two-spot ladybird



Norfolk Hawler dragonfly



Stag beetle

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WHAT'S ON *in your area*

Charity Lunch

Billericay Methodist Church, Western Road, Billericay, Essex, CM12 9DT
Saturday, July 8



Everyone is invited to attend this monthly event which is being held from 12.30pm to 1.30pm. Those who attend can enjoy a snack lunch and drink for £4. This month's event is being held in aid of the Motor Neurone Disease Association. There is no need to book. All welcome.

Bereavement Support Group

Reids, 66-68 Laindon Road, Billericay, Essex, CM12 9LD

Monday, July 17

'Gone Too Soon' is a Bereavement Support Group for parents who have lost a son or daughter.

The first meeting will be on Monday, July 17 and thereafter on the third Monday of each month from 7pm to 9pm.

For further information please call Linda on 07387 - 805406. Come along and meet other parents who can relate to how you feel.

Festival of Wheels

Barleylands, Barleylands Road, Billericay, Essex, CM11 2UD

Saturday, August 5 - Sunday, August 6
10am - 5pm

An intoxicating mix of cars, bikes, trucks and all things motoring come together over two superb days for the Festival of Wheels. The largest event of its kind in Essex, the festival gathers together the east coasts rarest and most glamorous cars, bikes and trucks. The Festival of Wheels is a unique event created for those with a passion for motoring in general. Hosted by the Essex Motor Show the festival format enables

visitors to enjoy a full day of motoring entertainment including amazing stunts.

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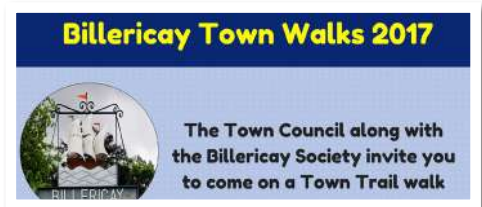
Battlesbridge Antiques Centre, 5 Maltings Road, Battlesbridge, Essex, SS11 7RF
Sunday, August 13

Come and enjoy a fantastic day out for car enthusiasts. Admission £5, under 16s free.

You can also visit 80 dealers housed in a variety of old buildings and courtyards. They are just off the A130 on the banks of the River Crouch, midway between Chelmsford and Southend.

Billericay Town Walks

Starts from Billericay Station, Radford Way, Billericay, Essex, CM12 0BP
Sunday, August 20



An excellent way to get to know the town is to go on a Billericay Town Trail Walk. The accompanied walks start at Billericay Railway Station at 2pm and both historical and current information about the town is shared with walkers by our volunteer guides. The walks are staged by Billericay Town Council in conjunction with the Billericay Society. If you would like to find out more or book a place, email town clerk Deborah Tomkiss at townclerk@billericaytowncouncil.gov.uk or call 01277 625732.

Flower, Art and Craft Festival

St Giles Church, Old Church Lane, Mountnessing, CM13 1UN

Saturday, August 26 - Monday, August 28

The festival will be held from 2pm-6pm daily. Each day will include flowers in the church, art in the barn and craft workers in the marquee. There will also be a tea tent, book stall, tombola and raffle. There will also be organ music at 3pm each day. Visitors can also benefit from free parking and free entry.



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PUZZLES & TRIVIA

PUZZLES

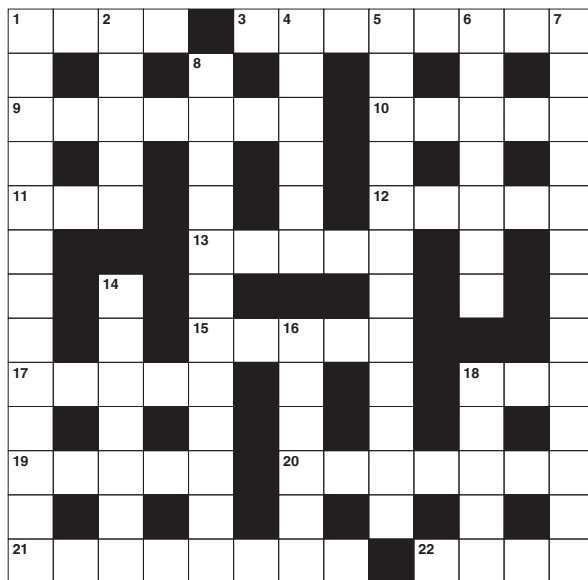
Answers can be found on the Contents Page 4

ACROSS

1. Free from doubt (4)
3. Make physically used to something (8)
9. Business establishments (7)
10. Pinkish-red colour (5)
11. Rocky peak (3)
12. Assisted (5)
13. Religious table (5)
15. This follows day (5)
17. Crucial person or point; axis (5)
18. Hip (anag) (3)
19. Substance exuded by some trees (5)
20. Chivalrous (7)
21. Spread out (8)
22. This grows out of follicles (4)

DOWN

1. Easily angered (5-8)
2. Send someone to a medical specialist; allude to (5)
4. Small box (6)
5. Unkind; unsympathetic (12)
6. Vehement critical speeches (7)
7. Manage badly (13)
8. Person one knows (12)



14. Studies for an exam (7)
16. Sacred river of India (6)
18. Public square (5)

DID YOU KNOW

► Though Mount Everest is the highest peak, Mount Chimborazo in Ecuador is closer to the moon.

► The island of Nauru in Oceania is the only nation with no official capital.

► At the closest point, the distance between the USA and Russia is only 3.8km.

► About 90 per cent of the world's population lives in the Northern Hemisphere.

► The Sargasso Sea is the only sea with no coast, as it's in the middle of the North Atlantic Ocean and bounded by four currents.

► The Dead Sea is currently 429 metres below sea level and sinking about one metre a year.

► Africa is the only continent that covers four hemispheres.

SUDOKU

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



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HE WHO BEARS *Wins*



Like many recognisable faces, Bear Grylls has achieved a reputation that appears real and long lasting. Yet unlike other stars who live their lives never more than a few feet from the trusty rumour mill, the 43-year-old is more likely to fend off questions such as 'is it true you once bit off a snake's head and drank its blood?', or 'did you really spend an entire night snuggled up inside the carcass of a deer?'.

But in spite of cultivating a persona that is as modern as it is primitive, the adventurer actually comes from rarefied stock. Born Edward Michael Grylls to Conservative politician Sir Michael Grylls and Sarah, Lady Grylls, he received a first-rate education from Eton College, learning to climb and sail from an early age. A God-fearing scout, his nickname, Bear, came not from an incident of grizzly wresting, but from his elder sister Lara, who bestowed the handle upon him when he was just a week old.

Privileged though he may be, Grylls' fearlessness and courage is what makes him unique. In 1998 he achieved his boyhood dream of climbing Everest, despite having broken three vertebrae in a parachuting accident just 18 months before. He also served in the SAS, and once crossed the Atlantic in an 11ft inflatable boat.

In addition, Grylls has penned 18 survival books over the past 10 years, supplementing his studies with numerous reality TV shows, most recently helping others find their inner caveman (or cavewoman!) with his series: *The Island with Bear Grylls*.

Yes, there have been moments of controversy, such as when he reportedly spent a night in a hotel on a show dedicated to surviving outdoors.

But regardless of the occasional fakery claim, the intrepid adventurer retains a permanent air of toughness, both in front of and away from the cameras. In fact, he is surely the most rarefied of creatures - someone who has survived not just the wild outdoors, but the cutthroat world of showbiz too.

DOWN & DIRTY

Most people would consider themselves extremely unlucky to be cast away on a remote patch of land, scratching a meagre existence from the little that nature provides - so why are survival holidays becoming more and more popular?

First there was Ray Mears and now Bear Grylls has taken up the mantle of TV's great survivalist. But while the majority of us are content with bushcraft on the box, there's been a rise in demand for survival expeditions where groups of city dwellers pit their wits against Mother Nature for a time.

Whether it be surviving plunging Scandinavian temperatures or coming face to face with wild beasts in the depths of a South American jungle, these adventure packages combine militaristic training and survival skills in some of the Earth's harshest environments. But why would urban residents spend their precious holiday time foraging for edible fungi among the leafy mulch of a rainforest floor?

Survival expert Megan Hine, who leads expeditions and works behind the scenes on Bear Grylls' *Born Survivor*, believes the increasing demand for these kinds of trips is in part a "backlash against the instant gratification that people get throughout the day" in the social media age.

"I think what we find when we actually go back to nature is that the things that we do, especially with bushcraft and survival, are very time-consuming," she explains. "For example, building a shelter or sourcing food could take a whole day, and all of those skills are very therapeutic. You're shifting things around, you're actually talking to people - you put your phone down and you have to physically interact with people, which is something many people don't get to do on a daily basis."

So next time you come to organising your family trip away, ask yourself this: is sitting next to the pool with your iPhone in hand really better than rummaging for grubs among the African undergrowth?



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SPORT

FLAWED DE FRANCE

Strangely, the sport of cycling – and its arduous showpiece the Tour de France in particular – has a long history of illicit doping. Allegations of drug use have plagued the contest since 1903, with cocaine, strychnine, ether and amphetamines being used by competitors to get them through the 3,500-km, 23-day race. In an event that pushes the very limits of what the human body can take, many participants have looked to chemical means to help them get across the finish line.

For all the sport's fraught relationship with performance-enhancing pharmaceuticals, one instance stands out: the momentous revelation that record-breaking seven-time winner Lance Armstrong had been part of what authorities described as "the most sophisticated, professionalised and successful doping programme that sport has ever seen".

Armstrong had his titles stripped and received a lifetime ban for his troubles, but the fall of arguably the sport's most recognisable name left a lasting impression on cycling which has recently reached our shores.

Since 2012, Brits Bradley Wiggins and Chris Froome have managed four wins between them, with the latter chalking up three on his own with Team Sky. But in 2016, Russian hackers

acquired information from the World Anti-Doping Agency (WADA) that alleged both Wiggins and Froome had acquired Therapeutic Use Exemptions (TUEs) which allow for the use of a prescribed prohibited substance or method for the treatment of a legitimate medical condition. The exposé led to formal investigations into Team Sky by both UK Anti-Doping and even Parliament.

While British Cycling continues to insist that no anti-doping rules were broken, it did admit there were failings across the board when it came to being transparent about pharmaceutical dealings. With a cloud of conspiracy having been attached to the event's competitors for its entire 114-year history, will the Tour de France ever be able to come clean?





MOTORING

TREADING CAREFULLY



Changing your car's tyres regularly will save you money and keep you safe – but are you able to recognise the signs that yours are in desperate need of a change?

Tyres are often the most neglected element of our automotive upkeep – but the difference between decent treads and uncared-for tyres could be a matter of life and death. Here are the biggest warning signs that should prompt you to take the time to switch your vehicle's tyres...

CRACKING UP

Cracks on the sidewall occur over time as the oils and chemicals in the rubber compound. Over time, the rubber loses its tightness and cracks begin to appear. Driving with cracks on the sidewall could also result in the tread separating mid-way or even a possible blowout while on the move – a highly dangerous scenario.

WEARING DOWN

One of the foremost indicators that your tyre is now ready to be dumped is when it loses its tread depth.

Maintaining the recommended depth on your tyre is important because loss of depth reduces grip and traction on the roads, and eventually compromises safety while driving.

Keeping a tab on the tread wear indicator, which is built into the tyre, is a good way to measure the tread depth. These tread wear bars are generally invisible, but can be seen when the tyre has worn down beyond the recommended tread depth.

AGE ISN'T JUST A NUMBER

By five years old a tyre will begin to show signs of serious wear and surface damage. Always check the manufacturing date of tyres when you buy – this is usually a four-digit number printed on the sidewall. The first two numbers indicate the week when the tyre was manufactured, while the remaining two digits confirm the year.

Checking for these cautionary signs at least fortnightly could save you investing extra time, effort and money in repair, and most importantly could prevent a serious accident from occurring.



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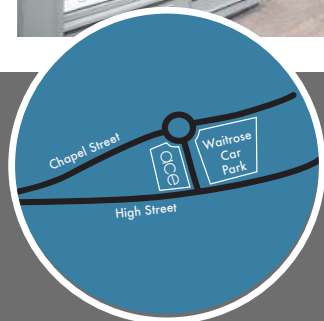
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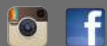
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