

A close-up portrait of actress Emilia Clarke, smiling and looking slightly to the side. She has dark hair pulled back and is wearing a red strapless top.

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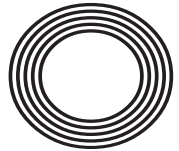
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Emilia
CLARKE

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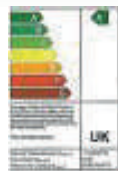


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Editor's notes...



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** BrentwoodOngar.

I became a parent for the first time last year when my wife and I welcomed our son Max to the world.

My dad told me that I'd start seeing the world differently when I became a father and he's right.

I've recently taken a real interest in the issue of climate change. I think it's because the scientists and climate experts are warning us that the real issues will be felt most keenly in thirty to forty years' time. It's frightening stuff.

The Allen household is doing our bit. We recycle as much as possible, only use a car when we have to and have swapped our light bulbs for low-energy.

Granted, they are small steps, but if we all took these steps, we'd be able to tell Max's generation that we tried to combat climate change.

As a business we are reviewing everything we do to see how we can become more environmentally friendly. I also encourage readers to recycle their old magazines when the latest issue comes through their doors.

Ultimately though it will be the governments of the world and the big corporations who can truly make a huge difference.

Let's hope for the generations to follow that they rise to this challenge, because if they don't, the long-term future of planet Earth doesn't look too promising.

Nik

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THE CITY SLICKERS

Those who felt Manchester City's relentless dominance couldn't surpass the 100 points they achieved at the end of the previous campaign have just been made to reclassify things again... not just the best Premier League team ever, but the world's best too?

In a sense, winning is something Pep Guardiola takes as 'the norm'. In his time as player and manager at Barcelona, at Bayern Munich, at City, and perhaps elsewhere in future if rumours of Juventus coming calling are to be believed, the 48-year-old expects and delivers.

Even when being asked to exceed those dramatic heights of the 2017/18 season, the mercurial boss had an answer – how about a clean sweep of domestic trophies?

The task was never going to be easy, particularly when main rivals, Liverpool, were a revitalised side looking to get back to the top table of British football for the first time in 30 years.

Pep Guardiola's men lost four times across the 38 games, but crucially, drew only two of the other 32, and while only a solitary defeat blemished Liverpool's season record (to Manchester City in January), it was the Blues' ability to turn draws into wins that saw them home.

Even when 10 points adrift of Liverpool, ice-cool Pep continued to let his side's ability do the talking. "Football matches can be won in the changing room, in the tunnel, on the pitch," he said at Christmas. "The good sides make sure it is on the pitch, and I think we will prove that."

Sure enough, in 2019, the Cityzens failed to win only three of 31 matches in 90 minutes, in all competitions. The exceptions were the 0-0 draw in the League Cup final – which mattered not as they beat Chelsea 4-3 on penalties anyway – an under-par 2-1 defeat at Newcastle United, and that 1-0 loss in the first leg of their Champions League quarter-final match against Spurs (in which they missed an early penalty).

In almost every other game they breezed past opponents with an air of fiery football finesse. It is a method of match mindfulness that only Liverpool under Jurgen Klopp can rival, and winning their final 14 league matches saw them take the Premier League crown by a solitary point.

And when the pressure was off, the prowess of Sterling, Aguero, Kompany and the Silvas (David and Bernardo) shone greater than ever – no better witnessed in that destructive 6-0 Wembley win against Watford, the match which sealed the 'treble' with the addition of the FA Cup to the season's silverware.

While some will point to City's failure to make their mark in the Champions League, did they actually do any worse than the supposed 'big two', Real Madrid and Barcelona? Both achieved catastrophic capitulations when it mattered, whereas Guardiola's men bowed out in a titanic battle against Tottenham, and were a VAR decision away from qualifying.

If the last two seasons are anything to go by, Manchester City will again be the team to beat next year. Rivals will be encouraged to see inspirational captain Vincent Kompany return to his native Belgium, but the club's pitch riches run embarrassingly deep, and in Phil Foden, Oleksandr Zinchenko and Lukas Nmecha, a new breed of youngster is emerging to make the challenge for others even greater.



Royal baby BOOM



As Archie Harrison Mountbatten-Windsor enters his second month, the world's fascination for the newest royal appears to have lessened very little.

Despite what must seem a full-on flourish of night feeds, nappy changes and calls from Nan (otherwise known as HM Queen Elizabeth II), it's only actually a few weeks since, on Wednesday May 8, the Duke and Duchess of Sussex revealed the name of their baby, that coming two days after his birth at the Portland Hospital in Westminster.

Archie is the Queen and Duke of Edinburgh's eighth great-grandchild, with Harry and Meghan breaking somewhat with convention – some would say predictably – in opting against a traditional royal name for their son.

Archie – short for 'Archibald' – was actually the 18th most popular boys name in the UK in 2018. Meaning 'genuine', 'bold' or 'brave', it has been gaining popularity in its shortened form and will no doubt creep ever closer to the likes of Oliver, Harry, Noah and George, now it references a royal owner.

Seventh in line to the throne may not be something currently on the mind of the newest member of the royal family – he will have to see off the Queen, Prince Charles, William, Harry, Princes George and Louis and Princess Charlotte first. He may instead enquire why it took his dad 11 days to register his birth.

When that task was finally completed, down-to-earth Harry didn't request any special treatment. Always keen to steer away from unnecessary pomp, the birth certificate was signed by only the duty registrar, Dexsha Mevada. That said, as has been the case with past royal babies, it is thought Harry was able to wait for a knock at the door – the civil servant on duty travelled to the couple's Frogmore Cottage home to complete the papers... proving that breaking with convention only goes so far.

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HOME & DIY

Mr. Kate

BECAUSE WHY NOT?

THE DESIGN, STYLE AND BEAUTY BLOGGER WHOSE INFECTIOUS ENERGY HAS DRAWN A GLOBAL FANBASE

In the world of interior design, style, craft and beauty, standing out is what counts, and when you realise that Mr. Kate isn't actually a mister at all, but Kate Albrecht, you're halfway to realising why this high-energy, punchy, slightly rebellious American designer is making waves.

From a simple blog started back in 2011 that explored her passion for design and DIY, the 35-year-old, who is partnered in media projects by husband Joey, is now a conveyor belt of YouTube videos and TV appearances, as well as providing bespoke design services for some of Hollywood's biggest names.

Here are some of Kate's top tips for interior excellence:

IDENTIFY: Look at a room, a space or just an object and identify what needs to change. Is it a corner that's too dark, is the sofa outdated or is an entire room the wrong colour? Make a list and keep referring back to it to ensure you don't get side-tracked as the project develops.

GET INSPIRED: Use Instagram, blogs or magazines to pull together visual ideas and suggestions.

WICKED WALLS: Focus heavily on wall space as these are the areas we see the most. Always aim to fill space with colour or decoration rather than leaving large areas untouched.

THE ILLUSION OF EXPENSE: Add expensive looking items where possible in a room. These subtle cues can lift an entire space, particularly helping along older objects that, while you can't do without them, perhaps bring the tone down.

FUNCTIONAL AND FUN: A room should be a combination of practical and decorative. Combine the two for maximum impact and sensible living space.

SHAPESHIFTING: Use a combination of round and angular objects to create balance and variation.

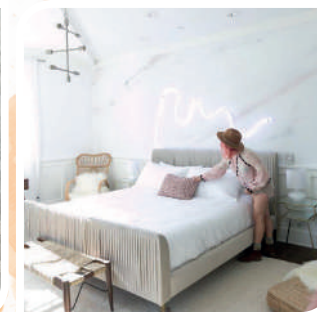
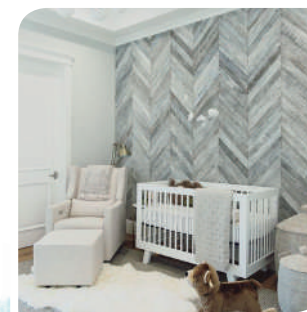
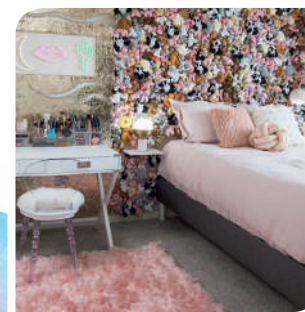


Photo credit: www.instagram.com/mrkate



DIY DECORATIVE Basket DESIGNS



Whether you want to create a gorgeous gift basket, or simply jazz up one for displaying in your home, we have some great ideas on how to turn a boring basket into a decorative delight. Plus, check out these other ingenious ways to use up spare baskets.

Ribbons and Roses

If you love all things quaint and old-fashioned looking, then this is the ideal design for you.

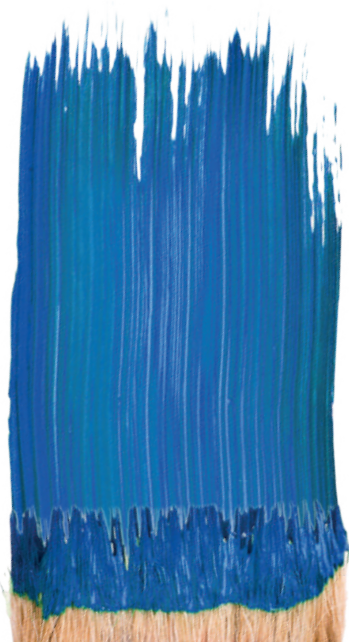
- First you will need one open weave, round basket with a handle
- Using coloured ribbon begin looping firmly around the rim of the basket
- Tie at the side with a loose bow
- Place a fabric rose in the spaces between the ribbon and attach with glue
- You can also wrap further ribbon along the handle if you wish



Nautical Stripes

This design is perfect for a basket that will be used in the bathroom.

- Take one wicker basket
- Apply a coat of primer
- Allow to dry and paint white
- Using masking tape, create a series of horizontal stripes on your basket
- Paint with a dark blue colour
- Remove tape
- Decorate with shells (optional)



Plastic fantastic

Yes, you can even transform a plastic basket into something beautiful.

- Simply take a long piece of rope (natural or coloured) and wrap around the outside of the basket, gluing as you go with a hot glue gun
- Decorate further with buttons or jewels if you wish



Other uses for baskets

- Utilise that wasted space on top of your kitchen units by using baskets to store kitchen equipment.
- If you have an open fire in your living room, a larger basket is ideal for storing wood in.
- Baskets do not need to be confined to the house. Why not line one and fill with a selection of plants, flowers or herbs.

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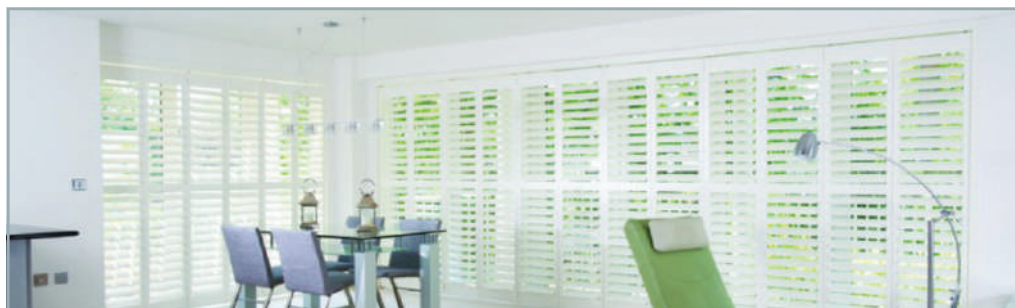
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COMBINE A MULTITUDE OF TEXTURES, STYLES AND PERIODS TO CREATE A SPACE THAT POSSESSES BOTH OLD COUNTRY CHARM AND MODERN FLUIDITY.

At first glance, the eclectic style looks easy to pull off — an assortment of mismatched furniture pieces, books and various other knick-knacks effortlessly strewn around a lounge or bedroom, to create a lived-in and homely atmosphere.

But what at first appears to be effortless style must actually be well planned out in order to avoid a home that feels at best cluttered, and at worst, like a live-in jumble sale.

The key to achieving the style is therefore planning and consistency. You need to build the look around key features that already exist in your home. An antique fireplace, for example, will become even more stunning when set against a freshly-painted olive wall and accessorised with carefully chosen gilt frames and glass candlesticks.

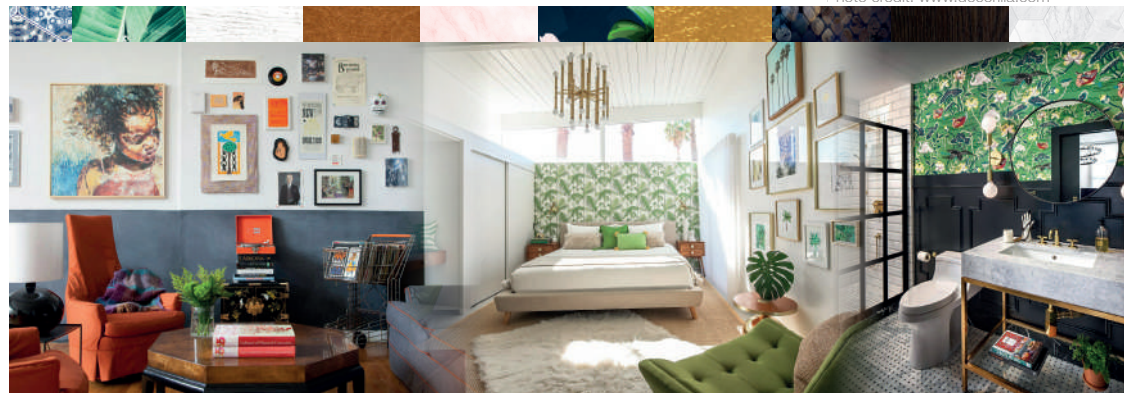
Similarly, the eclectic style should not be restrained

to one room. The muted colours, art pieces, lamps and mirrors must be free to spill down corridors and all around the home. An antique hatstand in the hallway, a wall of framed photographs in the bathroom and Art Deco side-tables from 1920s Paris paired with a rustic country-style bed in the master bedroom.

An important part of eclectic styling is to ensure key pieces are juxtaposed with each other. Never buy sets, never choose a blanket in a single colour and be brave enough to pair items from very different eras, styles or genres — for instance a metallic frame above a wooden sideboard, or perhaps a zigzag cushion on a velvet chair.

And if you can mix textures while still maintaining comfort and a homely feel, your ability to create this individual look will mean you are always surrounded by stylish decor.

Photo credit: www.decorilla.com



Sustainable Swaps

HOW TO MAKE YOUR HOME MORE ECO-FRIENDLY WITH THESE EASY SWAPS...

In every corner of every room, and in every way, our homes are gradually becoming environmentally-conscious places. Where energy saving lightbulbs and rechargeable batteries set the trend in previous decades, the new range of products and initiatives flooding the market will take your breath away (and save you money in the process):

Low flow showerhead

Attachable showerheads can come in at under a tenner, but reduce water usage by up to 75 per cent, whilst still enabling a relaxing, reviving experience. Saving you up to £200 a year, you'll have earned your money back in the first month!

Steel straws

Forget dated plastic or horribly flimsy paper versions offered up in a certain fast food restaurant, only a steel straw will do when it comes to proper drinks and dedicated environmentalism. Providing you remember to clean it out with a wire brush, this drink delight will last for years.

Recycled pens

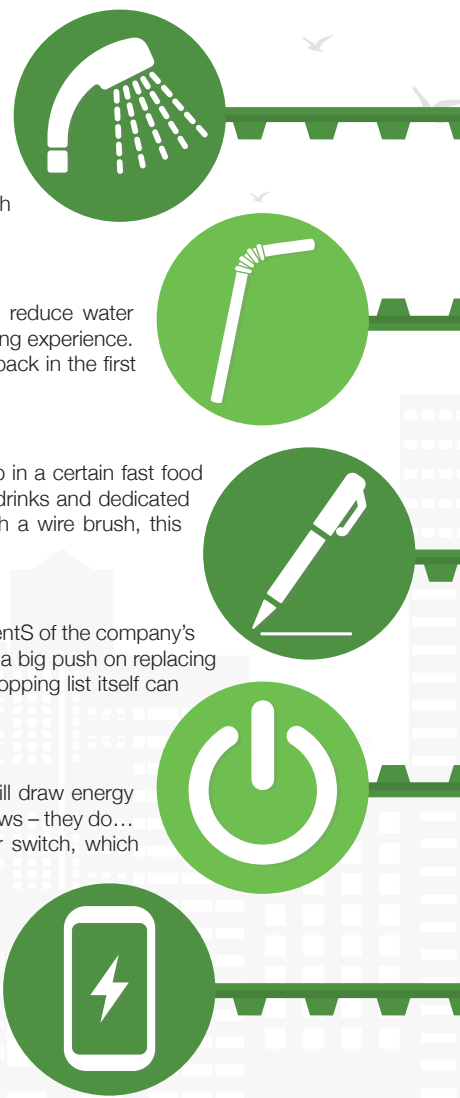
Pilot's B2P pens are made from old water bottles, with 80 per centS of the company's range comprised of recycled plastic parts. They're also making a big push on replacing ink cartridges rather than the entire pen, meaning even your shopping list itself can be environmentally friendly.

Energy-saving power switches

You mean you didn't know turned-off appliances commonly still draw energy from the plug even when they're switched to 'off'? Here's the news – they do... unless you're smart enough to install an energy-saving power switch, which eliminates the pull.

Solar-powered phone charges

Charging our phones creates one of the most concerted demands on the grid, but if you let that ball of fire in the sky do the work for you, particularly with summer just around the corner, your ray of sunshine doesn't just begin and end with a message from a loved one.



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LOCAL NEWS

from your neighbourhood



Man appealing to raise £40k to fund life changing treatment

An inspiring positive Brentwood man fighting a life changing illness is holding a fundraising bid for vital treatment.

Liam Egalton, 35, suffers with severely aggressive multiple sclerosis (MS), a disease that makes the immune system attack the nervous system and causes him to have problems walking and with his sight and speech.

At the age of 28, he started to not feel himself and decided to visit his local GP.

Liam explained: "I was walking like I was drunk and my GP told me I was fine and I probably had vertigo. They gave me some tablets and sent me on my way.

"Two weeks later, I went back and they gave me even stronger tablets. I went back a third time and they told me I had an ear infection.

"It was only when I caught the flu that my immune system got really bad. I couldn't see or walk, it was pretty scary stuff and it just got progressively worse."

Seven months ago, Liam received stem cell treatment for the first time in Panama and is going back in July for more treatment.

Liam said: "After having my first treatment, my

shakes had gone and my speech and my walking got better, but because I have such an aggressive form of MS. I will need three or four goes to make a permanent change.

"That's the hardest thing, people think that after one treatment you're fixed, but you're not. MS can be so aggressive you need more than one treatment for long-term changes."

The money for his treatment was raised by Liam's friends, family and well-wishers. However, due to the nature of Liam's MS, he is already planning his third course of treatment for February 2020 and needs to raise £40,000.

Liam added: "I have had so many broken down dreams and I've been so let down by the NHS this really is my only hope."

Liam and his supportive family and friends are holding a fundraising event at Rumours in Brentwood on June 28. Tickets are £10 and are available by calling 07823 323407.

Alternatively, you can support Liam by donating to his JustGiving page at www.justgiving.com/crowdfunding/liam-egalton-1

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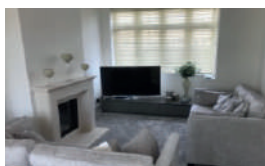
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Family's garden blooms as hundreds expected to visit

A family from Brentwood are preparing to open their garden to the public once again as they take part in the National Garden Scheme to raise money for charity.

Mike and Liz Thomas, who live on Hatch Road, will open their garden on Sunday July 7 and 21.

The family have decided to create gardens within the garden. It was once a bare space, but it has been completely transformed into a hidden oasis and last year more than 500 visitors attended with £3,000 raised for numerous charities.

Julie Dunn, daughter of Mike and Liz, told **VISION**: "We have a great few days, it's a big garden with a lot of interest, divided into 'rooms' to provoke intrigue and curiosity and well worth the price on the door."

"In all, we need a minimum of 10 volunteers to organise things on the day. We have a close group of friends who help us out year on year, we couldn't do it without them. We have a large selection of cakes which are all homemade."

"New this year is a fernery, fairy house and lots more new shrubs and flowers."

"The inspiration is Liz, who, coming from Malaysia, has tried to blend the best of our two countries."

"We would like to beat last year and we hope some kind companies out there would like to match fund or sponsor us."

The entry fee into the garden is £4.50 for adults, while children go free. For more information, visit www.ngs.org.uk/find-a-garden/garden/32229/

KFC in Brentwood shuts after 25 years

One of the longest-serving KFC restaurants in Essex has closed its doors after 25 years.

The fast food restaurant on Brentwood High Street has been serving customers for 25 years but closed last month.

A spokesperson for KFC said: "Sadly we've made the decision to close our High Street restaurant in Brentwood on May 20."

"We've had a great run over the past 25 years and we're on the lookout for another location, so fingers crossed fans won't have to wait too long."

"In the meantime, those still looking for their KFC chicken fix can check out our website to find their nearest KFC restaurant www.kfc.co.uk/find-us"

Photo credit: Google Maps



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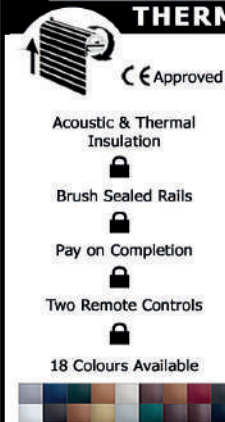
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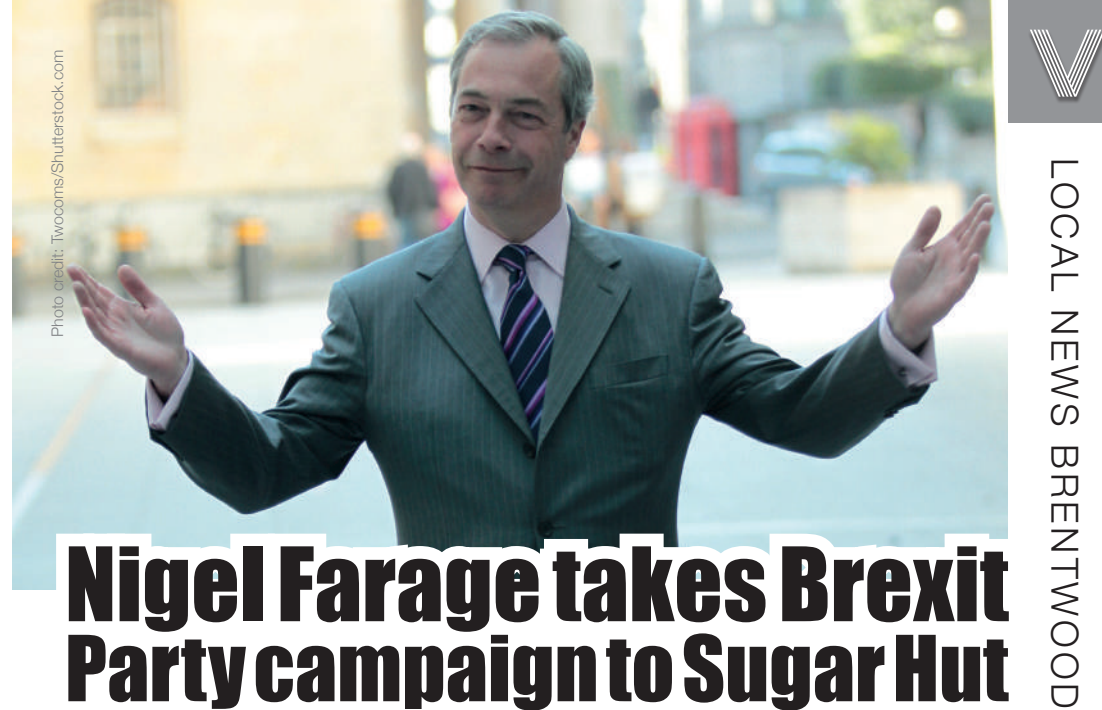



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**Nigel Farage takes Brexit
 Party campaign to Sugar Hut**

LOCAL NEWS BRENTWOOD

The current leader of the Brexit Party, Nigel Farage, took his campaign to Brentwood's Sugar Hut on May 16.

The famous nightclub, owned by ex-TOWIE star Mick Norcross, opened its doors to the politician as part of their campaign rally.

Farage addressed the crowd by saying: "Can you believe this is the sixth time I've stood in European Parliament elections and I genuinely thought this wouldn't happen again and it shouldn't have happened again, because we voted in a referendum?"

When the Brexit Party leader mentioned Prime Minister, Theresa May, the crowd unanimously booed, to which he responded: "It's alright, she won't be there long."

Farage spoke about his 25 years campaigning to be free from the European Union by voicing that he didn't want "unelected bureaucrats in Brussels to have a say on how we should live our lives."

"The sooner we are free of this, the better as far as I am concerned."

The speech ended with Farage saying: "I am proud to be leading the team, I want us to win the election, not just a win, but to win big."

"I want to give a seismic shock to Westminster and then to go on to Peterborough on June 6 and try to win our first seat."

"We will keep this campaign going until we get a Parliament that actually keeps faith and keeps its promises to the British people. The only way is Brexit."

Woman to give back to cancer charity



A woman from Hutton in Brentwood is holding an afternoon tea party next month to raise money for Breast Cancer Care.

Toni Coulson is holding the event at her home on July 6 to give back following her breast cancer battle. At the event, there will be afternoon tea, singers, a DJ and a darts competition.

As well as hoping to raise £1,000 for the charity, Toni is also encouraging other women to check themselves.

To help make her event as successful as possible, Toni is looking for donations from local companies.

To donate, email Toni on toni.68@hotmail.co.uk



News from THE ROTARY CLUB Brentwood a Becket



Sunday, May 12 saw 32 children accompanied by their parents, SNAP helpers and Brentwood a Becket Rotarians enjoy a day out at Colchester Zoo. It was a noisy, excitable trip and upon arrival the children couldn't wait to get going. This is an annual event which Brentwood a Becket Rotary Club has funded for many years and it gives the children and their parents a chance to spend a day together in different surroundings. The children love to see the animals and it's an ideal place for them. SNAP does an amazing job year-round, and the club is glad to be part of that. Elsewhere, the national finals of the Rotary Youth Speaks Competition took place on Sunday, May 12 at

The Royal Concert Hall in Nottingham. Brentwood School competed in the senior final against six teams from as far afield as Cornwall and Scotland. The team comprised of Hassan Bajwa (chairman), Alice Grundy (speaker) and Joel Runevic (vote of thanks). The topic was "The Last Glass Ceiling" referring to the need for gender equality. The team worked extremely well together. Alice spoke superbly, Hassan won Best Chairman and Joel completed a super team effort to win the day. This is the second time in six years that Brentwood School has won the senior final – quite a record. Many congratulations from the local organisers of Youth Speaks the Rotary Club of Brentwood a Becket. You did us proud.

TOWIE star gets petition into parliament

The Only Way Is Essex star Bobby Norris has launched a petition to change the law and make online homophobia a criminal offence. In a number of episodes, Bobby has been seen looking distraught and tearful speaking about being trolled online due to his sexuality. The 32-year-old has been publically backed by TV personality and LGBT campaigner Michelle Visage after she turned up to his campaign held at the Sugar Hut in Brentwood to raise awareness. Michelle told Bobby: "What you are doing is a

beautiful, incredible thing and I'm so proud of you, you can save lives with this Bobby." Most recently, Bobby appeared on *Loose Women*, to speak about his battle to change the law. He said: "I have got thick skin; I am a little bit older. I know if I was a teen and I was receiving that online hate... I don't think it's any coincidence that mental health problems are on the rise. I am no psychologist but there has to be a knock-on effect." To sign Bobby's bill, visit petition.parliament.uk/petitions/239444

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LOCAL NEWS BRENTWOOD



Marvellous Meadow marks 50th anniversary

A charity is marking its 50th anniversary by creating a commemorative garden for bereaved parents, their families and the community in Brentwood.

Our Grieving Hearts, the Brentwood group of The Compassionate Friends (TCF), a charity which offers support after the death of a child of any age and under any circumstances, will create the space as a setting for people to visit on special occasions, to enjoy a picnic or be at peace among nature.

Francesca Spiteri, a volunteer and bereaved parent, said: "Our Grieving Hearts is the Brentwood group of The Compassionate Friends and is run by the

wonderfully dedicated Bridget Holley.

"We at Our Grieving Hearts, are fortunate and excited to be working with our community and businesses to make this possible."

Work got underway to create the garden on May 28 so that it is ready in time for The Compassionate Friends 50th anniversary in November.

To help volunteer on-site, contact Francesca on 07958 455695 or email butterflymeadow@gmail.com

For more information about Our Grieving Hearts, contact Bridget Holley on 01277 210104 or 07894 698 288 or visit www.ourgrievinghearts.co.uk

Art Trail breaks records ahead of 2019 event



Photo credit: Jill Busby

The upcoming Brentwood Art Trail taking place between June 8 and June 23 will have more artists on show than ever before.

With 50 exhibits, there will also be more venues displaying art in Brentwood, Shenfield and Ingatestone, including at new locations.

As well as the trail itself, there will be additional events for the community to enjoy, with lots of children's events to encourage families to get involved.

Kids will have their own mini trails and activities, plus the opportunity to take part in a community-wide painting rocks activity organised by exhibiting artist Sue Mills.

There are several new artists taking part this year, with new art being created specifically for the event.

Residents and visitors can follow the event online via @bwdarttrail on Instagram, Facebook and Twitter.



Game of Thrones Essex takeover

Essex has been renamed to Essos to celebrate the HBO *Game of Thrones* finale. Four regions across the nation have been transformed into the World of Westeros to mark the digital download release of *Game of Thrones: The Final Season*.

In this Kingdom-wide takeover, the four regions have all pledged their allegiance to the legacy of the show by unveiling signs with their new names, encouraging members of the public to find them.

Fans up and down the country now have the opportunity to relive and celebrate the fictional locations we have all grown to know and love.

Lisa Bone from Visit Essex said: "Visit Essex is so excited and proud to be linked with one of the biggest shows ever in history."

"We have fully embraced the *Game of Thrones*

takeover of Essex, now named Essos and have a visible connection to the show outside one of our most iconic attractions.

"We look forward to welcoming visitors from far and wide to see it."

Brentwood Borough councillor, Dr Tim Barret, said: "If it brings tourism I am all for it unless the new visitors have conquest on their minds in which case I will be less keen."

The signs will only be available to visit for a limited time only to mark the digital download release of the final season. Fans around the UK are challenged to find the signs and are encouraged to post a selfie, tagging @HBO_UK on Twitter and @HBOUK on Instagram, using the hashtag #GoTTakeover.

The final season of the *Game of Thrones* franchise is available via digital download now.



Leisure Trust offer new wellbeing programmes

Brentwood Leisure Trust will be bringing its new Chat 1st Wellbeing Programme to the town.

Chat 1st has a whole host of programmes specifically designed to improve your mental, physical and social wellbeing at a reduced cost, and some for free.

The complete programme, which is available at Brentwood Centre, operates with the Chat 1st Support Team who are all trained in mental health first aid and are on hand to help every step of the way.

There are programmes for physical and mental wellbeing, as well as dementia-friendly programmes.

For more information on any of the wellbeing programmes, email chat1st@brentwoodleisure.co.uk

or register online at www.brentwood-centre.co.uk/wellbeing

Alongside this, Chat 1st has also launched youth programmes, which are aimed at children who are in Year 7 to Year 11.

During the school holidays, there is a Fit and Fed holiday club which targets children in Year 1 to Year 6 and Year 7 to Year 11 on different days, with a whole host of sports and activities as well as a hot meal for just £10 a day, or free to those on means tested benefits.

For more information on Chat 1st Youth please email youth@brentwoodleisure.co.uk

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New commercial partner at Pinney Talfourd LLP



A law firm has announced the appointment of a new partner.

Pinney Talfourd LLP, which has offices in Brentwood, Hornchurch and Upminster, has named Edward Garston, a dedicated company and commercial specialist, a partner.

Speaking of his appointment, Edward said: "I am pleased and excited to have joined the partnership at Pinney Talfourd and look forward to the challenges that come with my new role.

"I plan to continue to grow and develop the level of corporate work here at Pinney Talfourd and am keen to implement some exciting changes over the coming years."

In January 2019, Edward won the Legal 500 UK 2019 Award for Corporate and Commercial Individuals (Outside London).

The partnership team now incorporates twelve partners.

The return of South Weald Festival

Celebrating 50 years of technology since the first landing on the moon, South Weald Festival is returning for another year.

With the theme of 'One Giant Step', the festival plans to celebrate the July 20, 1969, moon landing. Events will run from Sunday, June 23, where Weald Park will host the children's fun day, through to the annual golf charity day on Saturday, July 6.

The main Patronal Festival Weekend is from Friday, June 28 to Sunday, June 30.

Festival coordinator, Chris Luck, said: "We hope to welcome the newly appointed Bishop of Bradwell, John Perumbalath, for at least one of the festival events that weekend.

"Please ensure that you are not going away that weekend, especially if you have connections with

South Weald.

"Do look carefully at the rest of the web site, which tells you what you can see, how to get tickets and how you can help if you wish to get involved as we rely heavily on our volunteers, young and old."

For more information, please visit www.southwealdfestival.co.uk

Essex's first ever country music festival

It's time to throw on your cowboy hat as Essex is debuting a brand new country music festival coming this July.

Taking place in Chelmsford on Friday, July 12 and Saturday, July 13, Dixie Fields is a new boutique music festival featuring a cinema under the stars, camping, BBQs and a host of great country music.

Along with headliner, Lauren Alaina, other artists taking to the stage include Holloway Road, Megan O'Neil, Royal South, and local band The Jackson Line.

American country star, Lauren Alaina, was first discovered when she competed on season 10 of *American Idol* where she captured the hearts of the viewers and finished runner up.

The *American Idol* star has shared the stage with country legends Carrie Underwood, Luke Bryan, Alan Jackson and Martina McBride.

Former *TOWIE* star, Megan McKenna, is also set to take to the stage with chart toppers High Heeled Shoes and Far Cry from Love, the Essex star is said to be excited to be performing in her hometown.

Dixie Fields promises to be a festival like no other, with organisers working on it for over a year.

From open air cinemas to an American country shopping village, Dixie Fields is being held in the grassland fields that have been previously used by V Festival.

For more information and ticket prices, visit www.dixiefields.com



BURGHART for BRENTWOOD



Alex Burghart MP for Brentwood and Ongar



Photo credit: D. Hale



This month sees the 75th anniversary of the D-Day Landings in which Allied troops landed in France to begin the liberation of Europe from Nazi occupation.

Three hundred veterans of the invasion, who are all now over 90 years old, are being taken to Normandy on a specially-commissioned ferry on the eve of the anniversary to attend events in France. Over here, a major national commemorative event on Southsea Common in Portsmouth will be attended by D-Day veterans, VIP guests and service personnel.

The preparations for the D-Day landings in 1944 extended far beyond the confines of Portsmouth Harbour and the South Coast. Here in Essex – in what is now part of this constituency – North Weald Airfield played a significant part in the invasion. It was a staging post for fighter aircraft that would form the 2nd Tactical Air Force which supported the troops immediately after the D-Day landings.

It was also home to several squadrons of fighter

aircraft – mostly Spitfires and Mustangs - which were a familiar sight to those living nearby as they flew regular patrols over the south of England. Some of these squadrons were made up of Free Norwegian pilots who had escaped from Nazi occupation. To this day the support they gave to the Allied cause is remembered with gratitude by those living here. The airfield's former officers' mess, now offering temporary accommodation to homeless families, is called Norway House in honour of the Norwegian pilots.

The 75th anniversary will probably be one of the last times such large events are organised to commemorate this huge Allied operation. But, in a fascinating turn of events, the Spitfires are returning to North Weald soon – albeit via a commercial company offering flight experiences. So listen out for that unforgettable growl of a Rolls Royce Merlin engine and be prepared to look up to see one of Britain's best loved planes. And spare a thought for those who saved us from fascism 75 years ago.

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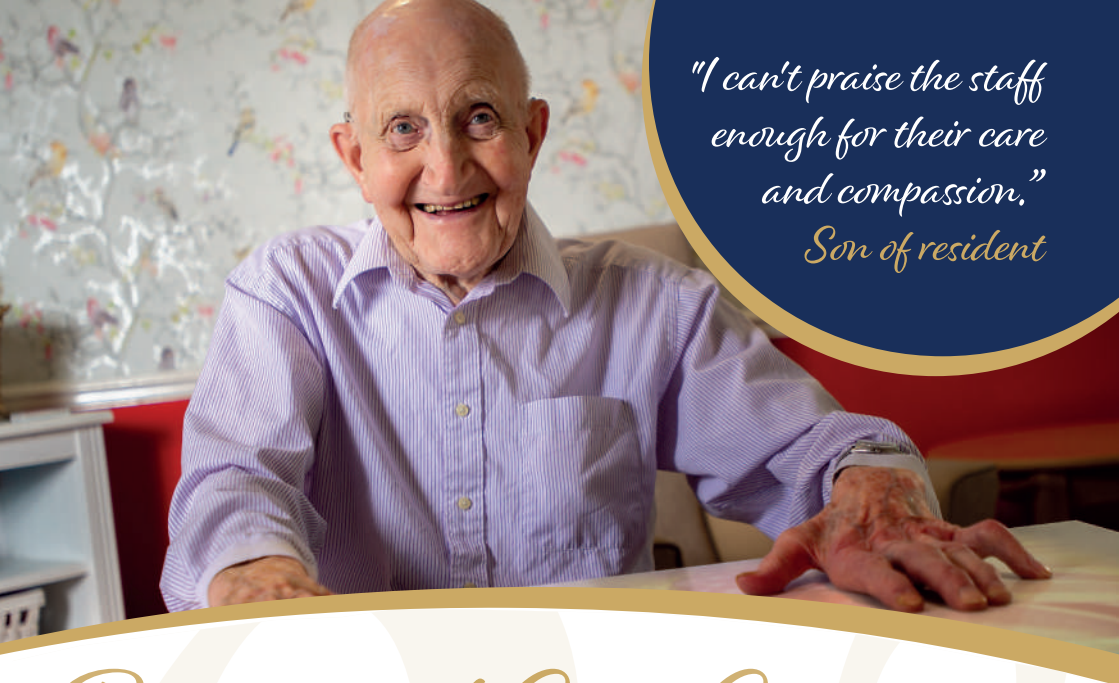
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LOCAL NEWS

from your neighbourhood



LOCAL NEWS ONGAR



Marathon runners raise almost £25k for hospice

A runner from Ongar was one of a team of 10 who completed the London Marathon in aid of St Clare Hospice.

Danielle Corrigan, 20, ran the 26.2 mile course in a time of five hours and 27 minutes.

It is expected that once all donations have been received, Team St Clare will have raised £25,000.

St Clare Hospice's challenges and events fundraiser, Emma Broadbent, said: "Another year, another absolutely incredible achievement for our racers on Team St Clare at the London Marathon 2019.

"It's always such a pleasure to cheer the team on at Tower Bridge on the day. Everyone did so well and we couldn't be prouder.

"We are overwhelmed that the team has raised almost £25,000 between them for the hospice - that is a huge amount of money. This vital funding will go towards our care and support for local people who are living with a life-limiting illness.

"Thank you so much to everyone who donated and sponsored their friends and family. It's with your support that we're able to do what we do. Go team."



Get back to basics with Basement Fitness at Zinc

A new gym has opened at Zinc in Ongar, providing a high impact, no frills experience, for those who don't want to mess around.

Basement Fitness is run by professionals who are trained in boxing, MMA, competitive events and personal fitness with a wide range of activities on offer, including boxing fitness, one-to-ones, mixed martial arts training, boot camps, high impact training, a number of classes for young people as well as kettlebell classes.

All courses are designed for individuals to build and develop their skills, learn new techniques and build

their fitness levels, whether you are someone new to fitness or are an experienced athlete.

Customer Steve B said: "I had been going to the local gym, I thought I'd give this a try, but I was scared it was out of my league – it couldn't have been further from the truth.

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Pop in for a tour or have a look at the website for more information at www.zincarts.org.uk/basementfitness

Pair jailed for manslaughter of man

A man and teenager who were found guilty of manslaughter have been jailed for a total of 25 years.

Kyle Sullivan, from Ongar, and a 16-year-old boy from South London, were found guilty of the manslaughter of Lee Evans in June 2018.

Sullivan was sentenced to a total of 17 years and four months in prison, with a further five years on license spent upon release.

Mr Evans, 47, died on June 22 after he was fatally stabbed by the two drugs runners, just 15 minutes after buying crack cocaine from them in Chelmsford's Central Park.

He was found off of Parkinson Drive just before 1am and was taken to hospital where, a short time later, he was pronounced dead.

In addition to the manslaughter of Mr Evans, the pair were sentenced for several drugs charges.

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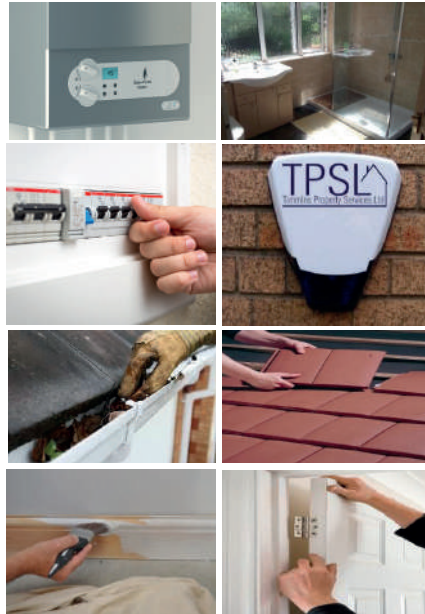
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Season in full swing at Epping Ongar Railway

Following the success of Epping Ongar Railways Diesel Gala in April, they will be holding two major steam events in June.

The Steam Gala returns on June 7, 8 and 9 and in addition to the domestic fleet, is scheduled to include the United States Transportation Corps S160 Class 2-8-0 tender locomotive, and the Caledonian Railway No. 419, 0-4-4T locomotive.

On June 15 there will be an evening of murder, mystery and mayhem as actors from The Company Upfront present a new plot for 2019.

Visitors will be taken on a leisurely tour of the entire line from Epping Forest to Ongar whilst enjoying a meal and questioning possible culprits.

Following this event will be the return of the popular

1940's Steam Weekend on June 22 and June 23.

You can expect reenactments, vintage vehicles and live entertainment across the weekend.

As usual, the fleet of heritage buses will be operating between Ongar, North Weald, Epping Underground and Shenfield stations.

In addition, the Penny Salon, an exhibition of photographs, is free to visit on all operating days within Ongar Station.

Now that the season is in full swing, Epping Ongar Railway is seeking additional volunteers to join the professional team across all departments.

If you would like to join the society as a volunteer, visit www.eorailway.co.uk or email membership@eorailway.co.uk

Hospice expands bereavement support

St Clare Hospice has developed a Bereavement Café in Ongar to offer lighter-touch support for local people facing the loss of a loved one.

Run in partnership with Harlow's Rainbow Services and Epping District Council, the café will be held at St Martins Church from 1.30pm to 3.30pm on the third Thursday of the month, starting on June 20.

The hospice's new Bereavement Café project hopes to reach more local people facing death, dying

and loss and connect local communities together.

These community-led, social support events aim to connect local people who have experienced the death of someone close to them.

St Clare Bereavement Café events are completely free to attend and local people are welcome to drop in at any time, throughout the event.

To find out more, visit stclarehospice.org.uk/your-community/activities/bereavement-cafe



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THE GAME IS UP



The end of *Game of Thrones* has provided some of the year's major talking points, yet for a brilliant actress so long a cornerstone in a mystical world of medieval conflict, could Emilia Clarke's move towards more conventional projects be her biggest challenge yet?

.....

The eighth and final TV adaptation of George R. R. Martin's *A Song of Fire and Ice* was nothing short of spectacular. With plot lines that swayed between unpredictable and unfathomable, the supercharged exit of HBO's greatest success story has made stars out of even its minor actors, and taken lead names Emilia Clarke, Kit Harington and Sophie Turner to unfathomable heights.

What those actors do next is the stuff of rich speculation, and particularly for 32-year-old Clarke, who wants to sway between subjects as willingly as Jon Snow's Longclaw, but hasn't yet had the opportunity.

As an actress, the Brit appears so interwoven into the deepest *Game of Thrones* fabric, yet an ability to embody and imbue characters such as Sarah Connor (*Terminator Genisys*) and Qi'ra (*Solo: A Star Wars Story*) only serves to epitomise her genuine talent for owning a role, whatever the genre.

Summing up *Thrones*, she admits the conclusion of the legacy was a lot to come to terms with. "On the first glance of the script for season eight, I stepped out of my house for a walk to try to get my head around everything that I had just read. I didn't ring anyone - I was still unable to make sense of it all.

"The scripts took me away from everything - it was like I was having an out of body experience."

While the *Thrones* machine has ground to a halt, immediate rumours of a spin-off series have surfaced, and you sense Clarke would find it difficult not to be lured back; after all, so much of her adult life has been centred around the story - she was just 23 when filming for the first scenes began.

What's refreshing is the fact the actress doesn't look at the world entirely through a film set. She spreads her influence wide and recently became an ambassador for the SMA Trust, an organisation that helps those with spinal muscular atrophy. She is also a representative for the Royal College of Nursing in the UK, a link that echoes back to her own health issues - the actress revealed this year that she had suffered two brain aneurysms. The first caused a stroke, aged just 24, and upon filming the final series she frequently felt faint and suffered from headaches.

Now "on top" of her health and seemingly aware of the need to slow her pursuit of greatness, she has two films in pre-production to see out the year. *Above Suspicion* is a true story that combines FBI espionage and romance, while *Last Christmas*, a light-hearted, seasonal romance set in London, sees her star alongside Henry Golding and Emma Thompson.

"I can't look too far ahead," says Clarke, who credits her late father for giving her the confidence and relentless ambition to succeed in the industry. "In fact, I've never really had the option to."

In the immediate short-term then, Clarke's ambitions are clear.

"I need to do more dancing" she laughs. "Dancing like a maniac. Crazy dancing. It is the best thing."

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lovely lookout

TIPS AND TECHNIQUES TO MAKE YOUR GARDEN SEEM BIGGER

Until those lottery numbers come in, many of us are happy to accept the fact that what we can do with our front and – in particular – back gardens has limitations. Perhaps our property backs onto our neighbours', perhaps we're living in a built-up area where even the smallest patch of grass is to be cherished. Whatever the case, there are a few choice techniques that can make your humble plot seem like the perfect place to stretch out, unwind and soak up nature.

PLANT ALONG EDGES

Our perception of size is largely guided by the way our eyes see lines. If you can disguise the line where a patio meets a wall, for example, you are playing with the perception of your garden's end point and it will appear to increase in size.

DIAGONALS AND LAYERS

The use of diagonals, particularly where paths are concerned, is great to send the eye into the distance. In the same way, layer plants to create the idea of exploration and depth.

GO UP, NOT OUT

If space left and right is at a premium, consider reaching up and planting tall, diverting the eyeline away from borders and into the sky.

MIRROR MIRROR

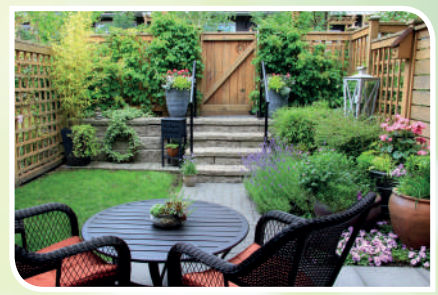
Subtle use of mirrors (so that they don't directly reflect back onto people), is arguably the simplest way of expanding space and is a technique employed by many of the best designers.

LET THERE BE LIGHT

As well as mirrors, using bright painted shades (on fences, walls and even the floor) can light your garden and give the impression of space. In contrast, dark tones offer shadows and a feeling of the walls coming in, so avoid at all costs.

DECLUTTER

Finally, leave as best you can your garden as a paradise for plants, flowers and very little else in order to increase space. The kids' toys can be put elsewhere!



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THE 10 MOST COMMON MISTAKES WE MAKE WHEN GARDENING

1. TOO MUCH OF A GOOD THING

Less is more when it comes to good gardening. If you cram too much together it will look a mess, or worse still, die.

2. OVER- AND UNDER-WATERING

Be regimented over your watering routine and adjust it depending on rainfall to ensure your garden is nicely hydrated at all times.

3. WEEDING THEM OUT?

Ensure what you're pulling up are weeds and not slow-developing flowers. Remember, everything grows at a different rate and sometimes the most mundane of plants will become the most beautiful flowers... but only if they're left in the ground!

4. FAILING TO PREPARE (YOUR SOIL)

Give your plants a chance by ensuring the soil is in good condition. A simple testing kit will let you know if you need to re-compost, add fertiliser, or simply switch to a different soil type.

5. INVITING IN A BULLY

Ensure what you're planting doesn't have the ability to take over your entire plot.

6. ANIMAL LIFE

Plants and flowers may be pleasing on the eye, but for local wildlife they represent dinner, so ensure your investments are well-protected or they may end up an evening meal for a squirrel or rabbit.

7. HERE COMES THE SUN

Ensure plants are in the right areas to either soak up or be protected from the sun – it's a life-source and a killer in equal measure.

8. SOWING YOUR SEED

Follow seeding instructions carefully or, much like fast-growing trellis plants, your garden floor could become a maze for all sorts.

9. PESTICIDE PERIL

Consider that while pesticides will kill pests, they will also do real harm to your soil and grass if you use too much.

10. SPREAD THE WEALTH

For a pleasing finish, try to tend to all your garden space in equal measure rather than blowing all your budget on one flowerbed.



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This customer wanted a general tidy up and a levelled area which was a safe space for her young children to grow up in, somewhere for them to play.

We created a new patio area by excavating her existing patio and areas of unlevelled mud and replacing it with new Indian sandstone slabs, in a light "fossil" shade. She wanted a pathway leading down to her rear garden gate, so this was incorporated in the design.

A small area of artificial lawn was laid to soften the whole look, make it look less "courtyard" and provide a grass area for the children to play.

To finish off the whole look, we repainted the external walls of her detached garage and fitted a new side door, with lock, leaving the whole area looking fresh and new.



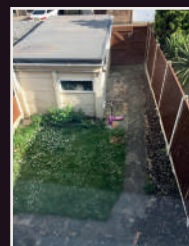
After

We would definitely recommend Paul. He is very friendly, knowledgeable and professional. He even took the time to have a few conversations with our two year old who was most interested in what he was doing with her garden. All works were carried out to an exceptionally high standard and finish. We had total confidence in him and won't hesitate to have him back. We are thrilled with the end result.

Thank you very much Paul.



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We all know how important sun cream is, but do we really know what type we should be using, how much we should be applying and whether spending a bit more really will save our skin in the long run?

What is the difference between UVA and UVB rays?

UVB rays are responsible for the reddening of your skin and the unpleasant feeling of being sunburnt whereas UVA rays cause more long-term damage as they penetrate deeper into your skin and cause premature ageing. UVA stars are visible on all UK sun creams and indicate the percentage of UVA radiation absorbed in comparison to UVB. You should always pick a sunscreen that has between four and five UVA stars.

What is SPF?

SPF stands for sun protection factor and is the measure of how much protection a sun cream gives against harmful UVB rays. SPF 15 filters out approximately 93 per cent of all UVB rays, SPF 30 keeps out 97 per cent and factor 50 manages to prevent a whopping 98 per cent.

How much should I be applying?

Most people actually massively underapply when it comes to sun cream, but it is essential that you apply the correct amount which is 1oz per application. You should also apply at least 30 minutes before going out in the sun and should always reapply every two hours and immediately after swimming.

How long does sunscreen last?

It can be tempting to use last year's bottle if you have some left over but most sun creams only last between 12 to 18 months and this can be even less if they have been exposed to high temperatures or direct sunlight.

Are cheaper sunscreens as effective as more expensive ones?

Recent testing by *Which?* found that many supermarket-branded sun creams were equally, if not more effective than some of the best sellers.





MEN'S HEALTH MATTERS

Men can often neglect their health and push any worries or concerns to the back of their minds; instead prioritising the wellbeing of their families.

But each year, Men's Health Week aims to educate and raise awareness of men's health problems and this year's focus is on numbers.

DID YOU KNOW . . .

An estimated one in nine men will be diagnosed with prostate cancer during their lifetime.

With about six in ten cases being in men over the age of 65, 50 per cent of men over the age of 50 will develop an enlarged prostate; that's a whopping

One in five men in the UK die before the age of 65.

On average men die four years earlier than women with the biggest cause of death being cancer.

One in seven men die from coronary heart disease.

1.6 million men in the UK live with coronary heart disease compared to one million women.

One in ten men currently live with diabetes.

Men are 26 per cent more likely to develop type 2 diabetes than women, with being overweight the main cause.

Check out next month's issue to see our top tips on how to stay healthy and happy...

3.2 million men in the UK.

Three out of four suicides are by men.

With suicide being the biggest cause of death for men under 35 years old.

Men are nearly three times more likely than women to become alcohol dependent.

With 8.7 per cent of men in the UK being dependent on alcohol compared to only 3.3 per cent of women.

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A guide to bowel disorders.*

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Consultant General Surgeon.

Let's talk varicose veins.*

Thursday 4th July 2019 at 6.45pm

with Mr Sabu Jacob,
Consultant General & Vascular Surgeon.

Let's talk weight loss surgery.*

Thursday 27th June 2019 at 6.30pm

with Mr Sanjay Agrawal,
Consultant General Surgeon.

Cataract surgery & ageing eye diseases.*

Thursday 11th July at 6pm

with Mr Aman Chandra,
Consultant Ophthalmologist.

Let's talk thyroid disorders.*

Tuesday 2nd July 2019 at 6.30pm

with Dr Rehman Khan,
Consultant Endocrinologist.

Women's health Urinary incontinence and prolapse.*

Tuesday 16th July at 6.30pm

with Mr Yemi Coker,
Consultant Gynaecologist.

Pelvic floor retraining.*

with Mrs Linda Griffin,
Physiotherapist.

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BEAUTY

These days there's absolutely no shame in a man taking care of his physical appearance, whether that means dying greys, investing in a good moisturiser or indulging in a little manscaping - AKA body hair management. In fact, when it comes to male grooming, business is booming, be it chest rug, back mane or those rather more intimate follicles. All that is left to be decided is which treatment is best for you...

SHAVING

Shaving is ideal for the fella who doesn't feel ready to share his hair removal endeavours with anyone else. It's also cheap, requiring nothing more than a decent razor and shaving foam and can be completed in the same time it takes to have long shower. However, this is definitely not recommended for those delicate areas and can also leave you more prone to ingrown hairs. It's also a case of easy come, easy go, as the hair makes a swift return.

WAXING

Waxing may not be for the faint-hearted, but it is a very good solution for the man who wants a really clean look for more than just one day. Unlike with shaving, waxing is generally only needed every four to six weeks. The hair follicle is often weakened through the process making it easier (ahem, 'less painful') as time goes on. It's particularly effective on larger areas and those hard to reach spots, explaining why the 'back, sack and crack' treatment remains so popular.

IPL (INTENSE PULSE LIGHT)

If you've got body hair which is becoming a genuine problem for you, IPL might just be the solution. Using intense heat and light, IPL permanently damages the hair follicle, theoretically meaning that hair never grows back. Not surprisingly, this is the most expensive treatment of the lot, with the required amount of sessions usually costing hundreds of pounds.



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Anthony Bowers, Emma Moore and Cecilia Harris

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SUSTAINABLE fashion

Fast fashion is no longer fashionable. Today's top designers are all about sustainability and ensuring that we can look good and save the environment at the same time.

Stella McCartney

Probably the most well-known sustainable fashion brand, Stella McCartney has always been passionate about clothing that is eco-friendly and ethical but also bang on trend. Celebrity fans include Gwyneth Paltrow, Heather Graham and Meghan Markle.

H&M

As well as selling environmentally-friendly pieces in their 'Conscious Exclusive' collection, this brand also launched an initiative which allowed customers to hand in any unwanted clothes, from any shop, in return for a £5 off voucher to spend in their stores.

Zara

In 2016, in response to H&M's sustainable fashion range, Zara launched its own environmentally friendly range called 'Join Life'. They have also pledged not to send any leftover stock from their HQ, stores or factories to landfill by 2020.

Iden

This denim brand with a conscience makes stunning clothes using organic and recycled fibres that have been produced with low environmental impact. The best thing about this brand (apart from their ethical standpoint) is that they truly understand what a woman wants, no needs, from a pair of jeans.

Toms

Who doesn't love a pair of Toms? And of course, you feel better about buying yet another pair of shoes knowing that each time you buy a pair, this generous brand donates another pair to a developing country. They even sell vegan Toms.

Veja

This fabulously forward-thinking brand has been making envy-inducing trainers with a difference since 2005. Each element that goes into making a pair of their trainers has a positive impact on the environment. For example, the cotton used comes from an organic farm in Brazil and the rubber for the soles is both natural and sustainable.



for the love OF POD for the girls

For far too long men dominated the world of podcasts but thankfully (and about time too) we are now spoilt for choice when it comes to witty women making their voices heard on the airwaves, debating and deliberating over anything and everything; from fashion to culture, relationships to careers. So here are our top picks for podcasts in 2019. Just for the gals.

CHANEL METIER CLASS 3.55 PODCAST – Best for a fashion fix

Ever wonder what goes on behind the scenes of the latest Chanel creations? If your answer is yes, then you need wonder no longer, as this mini-series of podcasts features interviews with the late Karl Lagerfeld and Bruno Pavlovsky.

BODIES – Best for all things health related

This no-holds-barred podcast, recorded in a documentary style, leaves no topic unturned when it comes to matters of women's health, menopause, PMS, breastfeeding and much more.

2 DOPE QUEENS – Best for gags and giggles

If you like your comedy to push the boundaries, then you will love this pod hosted by Phoebe Robinson and Jessica Williams. Expect stand-up routines, hilarious anecdotal stories and a wide variety of guest comics.

OPRAH'S MASTERCLASS – Best for celebrity insights

Everything Oprah touches turns to gold so of course her podcast series is a must-listen. Sit back and relax as she chats intimately to stars such as Jay-Z, Simon Cowell and Morgan Freeman about their lives.

WOMEN OF THE HOUR – Best for feminists and millennials alike

Hosted by Lena Dunham, as you might expect, this series is brutally honest and explores friendship, work, life and death with guests like Amy Sedaris and Todd Oldham. Actress Emma Stone even makes a cameo appearance on one episode as an agony aunt.





DROWNING

PREVENTION WEEK

JUNE 14 - 24

Did you know that drowning is the leading cause of accidental death in children? And that you are more likely to die from drowning than you are from being hit by a car? And the scariest thing is that it can take as little as 20 seconds for a young child to drown.

So, how can you keep your children safe around water?

BE VIGILANT

A simple tip but an important one. Always watch your child when they are in or around water, especially younger children who should be within an arm's reach of an adult at all times.

DESIGNATE A 'WATER WATCHER'

If you have friends over, a good idea is to nominate one person every half an hour or hour to watch the children so that you always know at least one person is watching them.

INSTALL FENCES AROUND HOME POOLS

If you are lucky enough to have your own swimming pool in your garden, then it is vital that you install

a safety fence around it as it is unlikely that you will want to watch your children in the garden at all times.

LEARN BASIC CPR AND WATER RESCUE SKILLS

Being prepared for the worst case scenario could save a child's life.

EMPTY ALL KID'S POOLS, BUCKETS AND OTHER CONTAINERS AFTER USE

And be sure to store them upside down in case it rains as children can drown in as little as a few inches of water.

AFTER USE, REMOVE ANY TOYS FROM THE POOL

Children may be reaching in to retrieve a toy, fall in and drown. So be sure to clear the pool after use and cover appropriately.

ALWAYS SUPERVISE BATH TIME

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It's a reflection of the travel industry in this country that, in 2019, £100 won't even get you from London to Manchester on a peak-hour morning train. It's little wonder then that while few of us are able to escape the costs of commuting, when it comes to holiday travel, we're desperate to maximise our money by heading abroad.

Sites such as Skyscanner can hook you up with the best fares for those flexible on dates from any of the major London airports. We put it to the test – when inputting a date range for the last week in June, we hooked up flights to Milan, Madrid, Warsaw, Copenhagen, Stockholm, Brussels, Bucharest and more for under £35, but in terms of pure distance, and factoring in accommodation as well, where is the furthest you can go?

The answer – Kharkiv, in the Ukraine. This impressive city is the country's second largest, and is situated in the north-east of the country near the border with Russia. A beautiful, cultural base that will offer sunshine and snow in equal measure, it boasts botanical gardens, a zoo, the Avec Fine Arts Gallery and the Feldman Ecopark, not to mention a host of bars, cafes and stellar restaurants. It all adds up to a 93 per cent satisfaction rating on TripAdvisor.

Basic accommodation starts from £14 per night (three-star hotel), with the cheapest flights getting you to the former Eastern Bloc and back for just £46. Based on a three-night stay, your remaining £12 will leave you enough for 24 pints of local Ukrainian lager... or perhaps some food would be a better option (the average price for a meal in a restaurant is just £3)!

Either way, a four-day break, 1,800 miles, food and accommodation for less than the price of an hour on a Virgin train... Branson take note.



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In the UK we throw away a staggering five million tonnes of edible food every year, which puts a strain on both the environment and our pockets. But by taking a few simple steps you can minimise the food you waste...

MAKE THE FREEZER YOUR BEST FRIEND

Freezing food is one of the best ways to cut down on waste and save money, by buying meat in bulk and freezing leftovers. Invest in some sturdy food bags and a permanent marker so you can divide food into individual portions and label it clearly. Uncooked meat will keep in the freezer far longer than cooked.

KNOW THE DIFFERENCE BETWEEN 'USE BY' AND 'BEST BEFORE'

'Use by' dates are usually on high-risk items like fresh meat or fish and ought to be adhered to, whereas 'best before' labels refer more to quality. So if your tomatoes are past their 'best before' date but still look edible, they probably are.

GO LOCAL

If you find yourself spending a fortune on a big shop at the weekend, only to find yourself throwing most of it out by Thursday, consider buying less every few days. Most supermarkets have smaller, more convenient stores in towns and suburbs, but you may also find yourself returning to the family-run butcher, baker or greengrocer just down the road.

USE THE LOT

Save parmesan rinds or wobbly veg to flavour soups and stocks, throw used coffee grounds on your garden and use grated citrus zest to flavour cakes and sauces.

BEAT WITH CHEATS

Buy a selection of frozen berries for smoothies and frozen chopped onions for stir-fries. Keep your fridge stocked with tubes of fresh garlic and chilli and your cupboard with herbs and spices for instant flavour and zero waste.



Brilliant Bakes

Three dough-based delights you can make at home

English Muffins

Simply mix 300g flour, 7g fast-action yeast, 6g salt, 15g caster sugar, 15g softened butter, 170ml milk and one egg to form a soft dough.

Knead for 10 minutes, then leave to prove in a lightly oiled bowl for an hour.

Dust your work surface with polenta and flour before rolling your dough to 2.5cm thick. Then cut out eight muffin shapes and prove for a further 30 minutes.

Finally, griddle the muffins for five minutes on both sides.



Combine 650g flour, 7g fast-action yeast, 2tsp of salt, 50ml milk and 25ml olive oil in a bowl, before slowly adding 325ml of warm water.

Knead on a floured surface for five minutes, before proving until doubled in size. Knock back the dough and knead till smooth then prove for a further hour.

Divide into six balls which can be rolled into pizzas, add your favourite toppings, then cook in the oven for 12 minutes at 200 degrees celsius or gas mark 6. Voila!

Pizza Dough

Chocolate Croissants

Combine 500g flour, 50g sugar and 1½ tsp salt with 300ml of cold water and 14g fast-action yeast to form a dough which must be kneaded for five minutes then chilled.

Now flatten 300g butter between two pieces of baking paper into a rectangle about 20x15cm and chill. Next, roll out your chilled dough and place your butter in the centre before folding over the four corners to envelop the butter. Repeat this chilling and folding process twice more before chilling overnight.

On the morning you want to bake, cut your dough into six thin triangles which can be rolled up, left to prove for two hours and then baked for 15 to 18 minutes at 200 degrees celsius or gas mark 6.

For chocolate croissant follow the same recipe as above but conceal pieces of dark chocolate within the rolls of your croissant.



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DID YOU KNOW...

Coca-Cola

HISTORY

WAS ALCOHOLIC!

*L*ifting the lid on the world's most popular drink, and why America's prohibition rules made it so famous.

Coca-Cola's place in our hearts may these days be tagged with warnings over sugar content, but it is a drink as iconic as coffee, tea, beer and wine in terms of how it has shaped the world's taste, quenching its thirst at the same time.

Speaking of wine, the drink's formulation was originally French Wine Coca, a nerve tonic concocted in 1886 by Dr John Pemberton. The Atlanta pharmacist, an injured Confederate Colonel, wanted a substitute for his morphine addiction, and created a flavoured syrup that could be mixed with carbonated water to produce a refreshing, fizzy drink. In his first year of production, Pemberton sold nine cups per day; in 2019 the figure is thought to be something closer to two billion.

Almost immediately, America's prohibition regulations were passed, and the formula had to be reconfigured to create a non-alcoholic version, and that is what we have today.

It was with the advent of modern marketing in the 1970s and 80s that Coca-Cola's truly global power was harnessed, yet even a brand of this magnitude was delivered a savage lesson in consumer power when a controversial new 'taste' was unveiled in 1985 in the US.

A smoother, sweeter, bolder drink was meant to fire a shot across the bows of rivals Pepsi, but instead it provoked anger - a flavour consumers had embraced for so long now seemed to be being taken away from them. Even without the campaigning power of social media, there quickly followed a nationwide call to change back to the old recipe.

Since then, the brand can do no wrong. Putting its name behind the biggest events, extending flavour combinations to all quarters and reinforcing the simple pleasures of an ice-cold Coca-Cola - it is once again the world's most popular drink.



HISTORY



PUZZLES & TRIVIA

PUZZLES

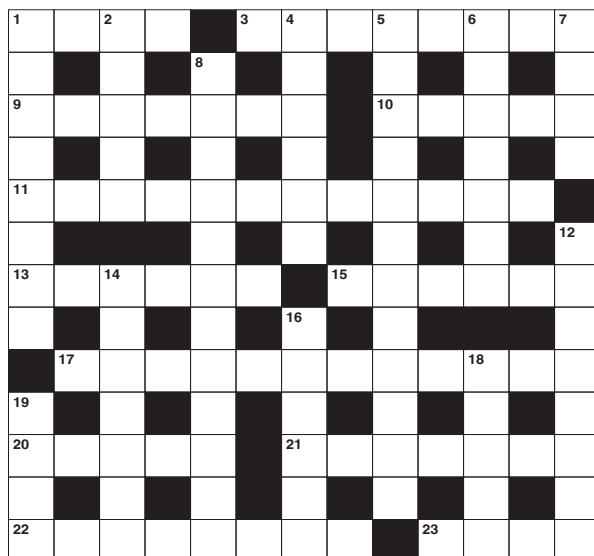
Answers can be found on the Contents Page 4

ACROSS

1. Arrived (4)
3. A division between people (8)
9. Contaminate (7)
10. Polite and courteous (5)
11. Invigoratingly (12)
13. Loose part of a garment (6)
15. Sporting venues (6)
17. Emergency touchdown (5-7)
20. Decay (5)
21. Solicit votes from (7)
22. Re-evaluate (8)
23. Give up one's rights (4)

DOWN

1. Secretively (8)
2. Distinctive design (5)
4. Type of nursery (6)
5. Without parallel (6,2,4)
6. Not legally recognised; void (7)
7. Longest river in the world (4)
8. Failure to act with prudence (12)
12. Gift of money (8)
14. Arched structure in a garden (7)
16. Prevents access to (6)



18. Visual representation (5)
19. Mammal with antlers (4)

DID YOU KNOW?

- Portugal produces more than half of the world's cork
- Perth is considered to be the third windiest capital city in the world
- Australia is the only continent without an active volcano
- Australia hosted the 1956 and 2000 Summer Olympics
- There are over 100 major rivers in Jamaica
- The 13 stripes on the American flag represent the original 13 colonies
- Square watermelons are common in Japan and are often very expensive

SUDOKU

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



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YouTube Reviews? IT'S CHILD'S PLAY

WHY AN EIGHT-YEAR-OLD FROM CALIFORNIA IS BEING LABELLED THE PEWDIEPIE OF THE TOY WORLD

If we told you that the highest-earner on YouTube raked in over £17million in the 12 months leading up to June 2018, you'd be forgiven for expecting some young, trendy, Generation Z type, with a smattering of tattoos and a trendy hairstyle.

Well... you'd be correct on the 'young' bit, at least.

In actual fact, the influencer in question is eight years old, reviews toys, and in the past couple of years has elevated his status to become one of the industry's most powerful marketing men (boys).

It all started when Ryan Kaji was four years old. He asked his parents why he couldn't do his own reviews of toys like so many others online. By March 2015 he was producing rather run-of-the-mill video material, starting with a Lego train set.

While his channel, Ryan ToysReview, had got off to a somewhat inauspicious start, in July that year, one video – where he opened a box containing over 100 items from the Pixar Cars collection – went viral, clocking up 935million views.

Not long afterwards, a video that combined, of all things, a water slide, giant eggs, Disney cars and Paw Patrol toys did even better. To date, it has achieved 1.8billion views.

These days, content focuses on toys new to the market, with food videos included too. The careful curation of the brand has led to 19million subscribers, product endorsements and launches, and guest appearances.

Naturally, the reaction of many is to turn a nose up at this latest breed of 'celebrity'. Except consider this – across hundreds of videos, thousands of hours and countless cheesy grins, there is zero violence, zero prejudice, and definitely no mention of Brexit.

If Ryan is a beacon of hope in the simple, innocent pursuit of joy through toys, perhaps we should all applaud him for that.



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THE GERMAN GIANT

BMW BRAND HISTORY

Bayerische Motoren Werke. It may not roll off the tongue, but it forms the acronym for one of the motoring industry's most recognisable brands. It began as three separate manufacturers – two in Bavaria, Rapp Motorenwerke and Bayerische Flugzeugwerke (BFW); and in Thuringia, Fahrzeugfabrik Eisenach.

The first of those companies, Rapp Motorenwerke was an aircraft engine manufacturer. It had launched in 1913 but had struggled and was then drafted in to help the Germans' war effort. Only an order of 600 engines in 1916 saved the company from closure although its fortunes then continued to improve, despite the country's catastrophic defeat in World War I. A merger with BFW (which later became Bayerische Motoren Werke), combined with Germany's agreement to cease plane production, saw a move to new premises and an extended product list that included cars and bikes.

The BMW name only became relevant to automobiles in 1929 when the company purchased

Fahrzeugfabrik Eisenach, who at the time were making Austin Sevens. BMW's engineers then took that idea a step further and began making luxury cars, starting with the BMW 328.

Car production ended at the time of World War II when aircraft engines again took priority, for obvious reasons. The company was responsible for the inner workings of the notorious Nazi fighter Focke-Wulf FW-190, but despite another military defeat, the quality of production and workmanship ensured there was still a demand for the German company's goods.

Several of BMW's 'signatures' from those early days still remain – the 'kidney grille' was first introduced on the 303 in 1933 and the famous logo incorporates the flag of Bavaria.

And in the years that have followed, the manufacturer has consistently reinforced its ability to create the very best cars and bikes, moving into a luxury market which, alongside other German brands Audi and Mercedes, it looks likely to forever be a part of.

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World Cup WIPE OUT

ENGLAND'S 50-OVER FIRECRACKERS LOOKING TO LIFT THE WORLD CUP TROPHY FOR THE FIRST TIME.

This year sees the 12th edition of the ICC Cricket World Cup, and what a tournament it promises to be. It will be the fifth time since the inaugural competition in 1975 that England will have hosted the event (with Wales assisting on two occasions), and many feel the Three Lions have never had a better chance to lift the trophy.

Eoin Morgan's men are the number one-ranked side in the 50-over format, and with that, favourites to hold the trophy aloft come July 14 at the home of cricket, Lord's.

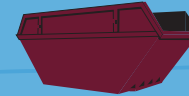
In truth, at least half of the 10 competing nations could lay claim to having a good chance of success. Defending champions Australia – who welcome back previously suspended duo Steve Smith and David Warner – and twice winners India look to be the key opposition to the hosts. Yet first England will have to work their way out of the group stage – each 'section' contains five countries with the top two progressing through to the semi-finals.

As well as India, another giant of the game, South Africa, will play England in the group, though the Proteas are weakened by the recent retirement of record-scoring batsman AB de Villiers.

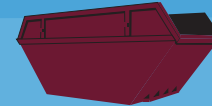
After falling at the semi-final hurdle no fewer than six times, New Zealand reached their first final four years ago, but were comprehensively brushed aside by the old enemy, Australia. If they can win their opening games against Sri Lanka, Bangladesh and Afghanistan they should finish in the top two.

With the tournament beginning on May 30 and, as usual, stretched out across an almost incomprehensible six weeks, rain, bad light and worse could see the Duckworth-Lewis Method come into play. It all means that while our prolific run scorers Jos Buttler and Jason Roy will look forward to the bat doing the talking, they might have one ear out for the weather report.

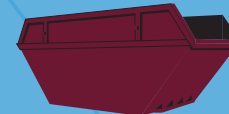
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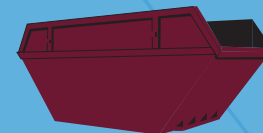
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WHAT'S ON

in your area

Airfield museum

Ad Astra House, Hurricane Way, North Weald, CM16 6AA

Open March 30 – November 30

The museum is situated in the village of North Weald at what was the main entrance to the former Royal Air Force North Weald fighter base. This museum will give you an insight into the history of this great airfield, the importance it played during wartime, the people involved and the planes.

Love 2 Live

Old Brentwoods RFC, Ashwells Road, Brentwood, CM15 9SE
June 8, doors open 6pm

Line up includes Abbey Rogues, Theatre Train and The Big Sing. The event will support Great Ormond Street Hospital, Snap and The Big Sing Soul.

Tickets can be purchased by calling 07957 756775 or 07881 930703.

Brentwood Wine Society

Shenfield Parish Hall, 60 Hutton Road, Brentwood, CM15 8LB
June 11, 8pm – 10pm

The society's aim is to help members improve their experience, understanding and enjoyment of wine. Invited wine experts present samples of wines from a country or region of the winemaking world.

If you would like to come for a free tasting contact us on enquiries@brentwoodwinesociety.co.uk

Father's Day classic car show

Station Approach, Chipping Ongar, Ongar, CM5 9BN
June 16



Not just for fathers or the car enthusiast. Anyone who loves steam and diesel locomotives and buses

will have a great day too.

Tickets are £14 per adult and £7 per child, for more information, please visit www.eorailway.co.uk/events/fathers-day-classic-car-show/

Charity golf day

Maggie Lane, Warley, Brentwood, CM13 3DX
June 21, 12pm



Why not attend the first Annual VIP Charity Golf Day? Your day will include lunch, 18 holes, three course dinner, awards ceremony, prizes, raffle & auction all with a professional host and comedian.

Register your four-ball now by calling Stacey on 01708 503494.

Fundraising event

Rumours Bar, Kings Road, Brentwood, CM14 4EA
June 28

Brentwood man, Liam Egalton, is holding a fundraising event to help raise money for stem cell treatment. For more information, see the Local News section. Tickets are £10, call 07823 323407.

Godspell

Brentwood Centre, Doddington Road, Brentwood, CM15 9NN
June 29 and June 30 – 8pm,
matinee June 30 – 2.30pm

Chesney Hawkes will be returning to the Brentwood Centre, along with Sam Callahan from *The X Factor* to perform the amazing Godspell. This 1970s rock musical tells the story of Jesus' life on stage with a timeless tale of friendship, loyalty and love.

For tickets call 0333 666 3366 or book online at www.brentwood-centre.co.uk/events



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Call Sue Phillips or Jenni Brown to discuss and arrange a viewing
01277-375101

Please note: room dressing arranged separately

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Please note it is compulsory at every function that Registered Security is in attendance. *we supply security @ £150 (2 people)*

Contact Sue Phillips **01277-375101**

email: info@brentwoodgolfclub.co.uk

Brentwood Golf Club, Coxtie Green Road, South Weald, Brentwood, Essex CM14 5RJ

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