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Editor's notes...



Leigh Fry, Editor

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

The royal wedding is finally here. We as a nation still carry off pageantry with pride and so we should.

A very warm and hearty congratulations to the royal couple, may you have many years of happiness ahead of you.

We have a new regular monthly contribution by councillor David Martin, county councillor for Chalfont St Peter Division at Buckinghamshire County Council. I would like to welcome David aboard.

We also have a new category - pets. This has been a regular request from many of you. You asked and we listened.

In local news this month, a church celebrates two years of MakeLunch Club, a care home is rated inadequate and flags are put up around Chalfont St Peter.

Finally, please remember to let our advertisers know you found them in **VISION**Chalfonts. They love the feedback and so do we.

Our recruitment page is now open to businesses and in the June edition we will list the first two vacancies we receive for FREE.

Have fun and see you all next month.

Leigh

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Paul James Solo Exhibition at Montague's Gallery

Leading contemporary animal and landscape realist painter Paul James will showcase his new art collection in Kings Langley on

Thursday 21st June 7-9pm

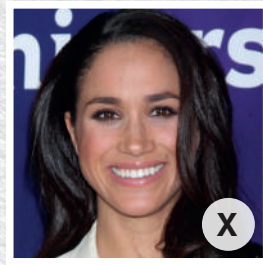
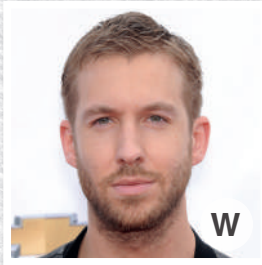
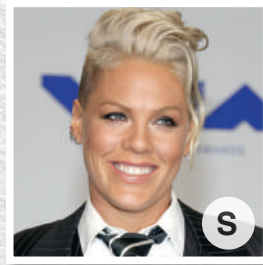
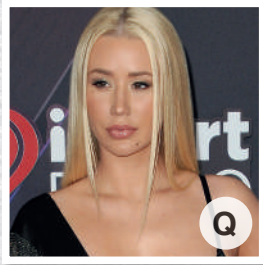
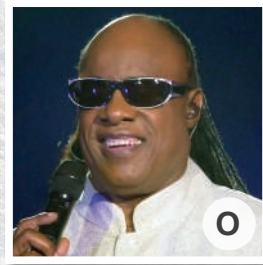
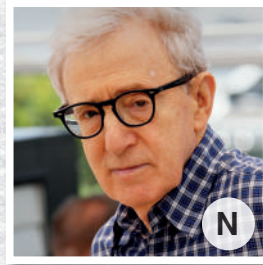
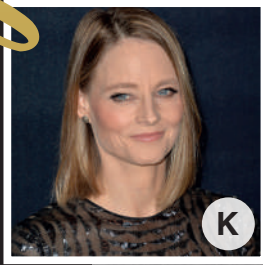
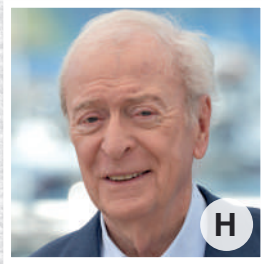
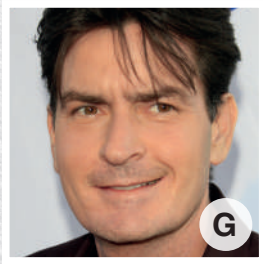
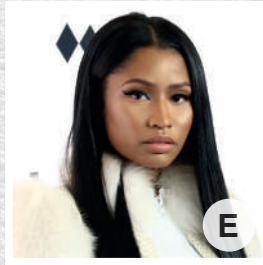
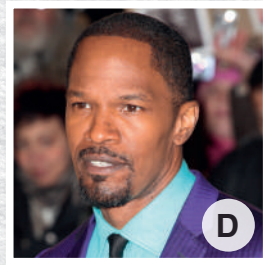
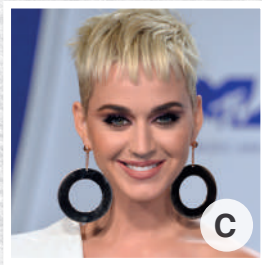
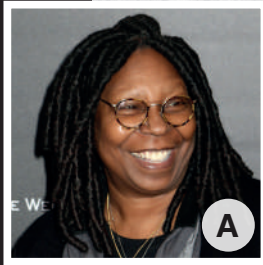
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DOWN 1. ALPHA AN DOMEGA, 2. MUNCH, 4. RUSSIA, 5. DETERMINABLE, 6. CHAINED, 7. SELF-EVIDENTLY, 8. CHEERFULNESS, 14. INFLAME, 16. POTATO, 18. REESE

That's not my name...



Guess the celebrity's real name...match the letters with the numbers.

1. ___ Stefani Joanne Angelina Germanotta
2. ___ Stevland Hardaway Judkins
3. ___ Reginald Kenneth Dwight
4. ___ Terry Jean Bollette
5. ___ Henry Charles Albert David
6. ___ Destiny Hope Cyrus
7. ___ Amethyst Amelia Kelly
8. ___ O'Shea Jackson Sr.
9. ___ Allan Stewart Konigsberg
10. ___ Paul David Hewson
11. ___ Krishna Pandit Bhanji
12. ___ Kathryn Hudson
13. ___ Adam Richard Wiles
14. ___ Alecia Beth Moore
15. ___ Peter Gene Hernandez
16. ___ Ilyena Lydia Mironoff
17. ___ Alicia Christian Foster
18. ___ Onika Tanya Maraj
19. ___ Patrick Chukwuemeka Okogwu Jr.
20. ___ Mark Sinclair Vincent
21. ___ Eric Marlon Bishop
22. ___ Caryn Elaine Johnson
23. ___ Carlos Irwin Estevez
24. ___ Rachel Meghan Markle
25. ___ Maurice Joseph Micklewhite

ANSWERS
 1.D, 2.G.M, 4.T, 5.F, 6.B, 7.O, 8.P, 9.N, 10.I, 11.F, 12.C, 13.W, 14.S,
 15.L, 16.V, 17.K, 18.E, 19.U, 20.F, 21.D, 22.A, 23.G, 24.X, 25.H

Going Solo

The recent troubles experienced by Ant McPartlin have offered the world a scenario once thought impossible – the sight of Dec presenting alone. We look at some famous duos to see whether parting ways brought solo success or whether they should have stayed put.

LAUREL AND HARDY

The biggest comedy duo in the era of classic Hollywood, Stan Laurel and Oliver Hardy made waves for two decades up to the Second World War with their iconic brand of slapstick humour. With decades of TV comedy under their belts, the pair couldn't garner any attention as solo artists, preferring instead to remain dual performers until Hardy's death in 1957.

VERDICT: *Better Together*



FRENCH AND SAUNDERS

These two much-loved comedienne paved the way for a generation of female entertainment when their show was given one of the biggest budgets in BBC history. Jennifer Saunders went on to win an Emmy Award, and star in *Absolutely Fabulous*. Dawn French, meanwhile, fronted *The Vicar of Dibley* series, and even became the voice of Terry's Chocolate Orange for a time.

VERDICT: *Solo Success*



THE TWO RONNIES

Ronnie Barker and Ronnie Corbett wrote themselves into the pantheon of British entertainment greats with their sketch show. Ronnie Barker embarked on successful solo projects in the form of *Open All Hours* and *Porridge*, to rich acclaim, but the consistency of The Two Ronnies remained until Barker's passing in 2005. Corbett followed him to the comedy convention in the sky two years ago.

VERDICT: *Better Together*



AMY POELHER AND TINA FEY

This pair of Transatlantic funny-women first found fame on *Saturday Night Live*, co-anchoring the now famous Weekly Update segment. Following that, they worked both separately and together, on films such as the Fey-penned 2004 cult hit *Mean Girls*, 2015's *Sisters*, and won a Golden Globe each for Fey's *30 Rock* and Poelher's *Parks and Recreation*.

VERDICT: *Solo Success*



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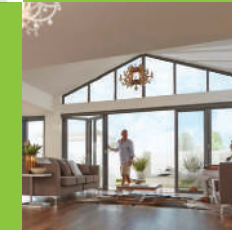
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“Choosing a contractor for our loft and total refurb project was a minefield. I consider Asset Lofts a very fortunate find. Overall great communication and response times. Great customer service and recommended by a pragmatic perfectionist.”

“This was a big job and we wanted to make very sure that we hired the right company as we'd heard a lot of horror stories about dodgy loft companies. Asset were fantastic from start to finish. The builders, particularly Lloyd and his team, were great. They worked all hours - even over a bank holiday weekend - did their best to avoid disruption and did a fantastic, professional job. If there was a problem, Lloyd would come to us with a solution. We're very happy that we now have the space to stay in our house for years to come. I can't recommend this company highly enough.”

THE BEDROOM BRIGADE

FIVE HOT DÉCOR TRENDS THAT WILL MAKE YOU STAY IN THE BOUDOIR

SENSUAL LIGHTING

Let's be honest, glaring bright lighting has never set the mood for bedroom time, sleep or otherwise, but this latest trend moves beyond your standard lamps and dimmer switches as we combine texture with light. Think feathered pendants which omit a soft glow, side table lamps with velvet shades, and strategically placed candles in Moroccan lanterns.

RICH AND BROODING TONES

Forget your pastels and primroses, the bedroom colour palette has gone seriously luxe. Emerald greens, rich violets and sumptuous midnight blues add a warmth and richness which is always alluring, but never sombre.

WICKER FURNITURE

For those who can recall all too well the shabby woven home furnishings of the 1970s, which always included an impractical and clunky willow bucket chair, the news that wicker is back may cause offence. But natural textures and rattan pieces are proving to be a huge hit once more.

From lightweight and discreet rattan desks, to a bold handwoven bed frame, the new wicker is sleek, sturdy and very stylish.

FABULOUS FLAWS

Want the picture-perfect bedroom? Then stop seeking perfection. Think crumpled French bed linens, piles of mismatched pillows and shelves stacked with an assortment of books, keepsakes and picture frames. After all, your bedroom is your own personal retreat, not a museum.

SACRED SPACE

As we become ever more aware that tech is taking over our lives and the dangerous health implications of that, more and more people are seeking to make their bedroom a gadget-free zone so that they can get in touch with their more contemplative side. This can include just banning electricals such as phones and TVs, or going as far as creating a corner of the room specifically designed for reflection and meditation. Either way, it's time to reclaim your bedroom for you.





5 different ways to use... ...plastic bottles



We are constantly asked to recycle our plastic, especially plastic bottles. They are polluting our oceans and becoming an eyesore when littered. Here are five easy ways to reuse and recycle your plastic bottles, showing you just how adaptable and useful they can really be.

1. Planter

Make fun and creative planters from old plastic bottles. You can use them to plant flowers or grow your own cress or herbs. Simply cut the bottom third of a two-litre bottle, paint the bottle a colour of your choice, use the rest of the bottle to cut out ears and draw features on.



2. Bird feeder

Bird feeders are a great way to bring nature into your garden. Simply cut out a rectangle from each side of the bottom and fill the bottom of your bottle with seeds. It's best to use a five-litre bottle as most of the lids come with a handle for you to easily hang.



3. Sprinkler

Kids love running through the garden while the sprinkler is going, but these can be very expensive. Simply poke holes in a two-litre bottle and screw it on to your hose pipe.



4. Painting

Create a masterpiece with just a plastic bottle and some paint. Simply paint the plastic bottle to make it look like whatever animal you like – we love the owl.



5. Money pot

You will need two plastic bottles of the same size, a zip and a needle and thread for this activity. Simply cut around the bottles about a quarter of the way up from the bottom. Then, sew the zip around the edge of the cut bottles. You can then make a slit in the top bottle, or just use the zip to put your money in and out.



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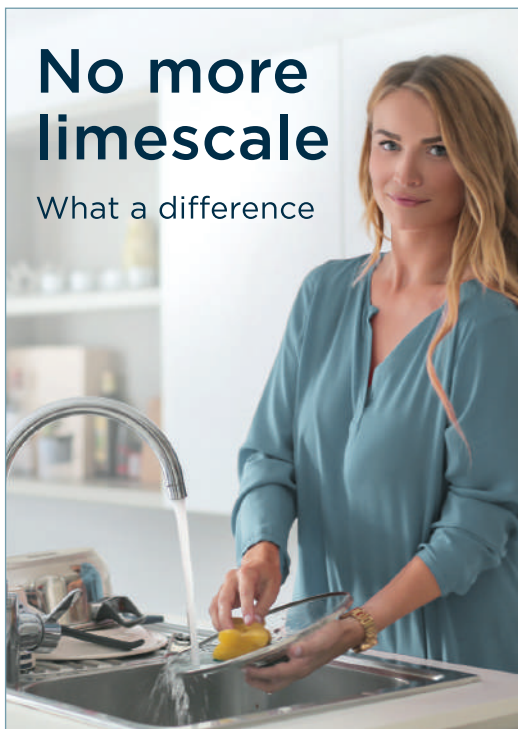
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PLASTIC fantastic



HOME & DIY



Pesky plastic is everywhere these days – in our seas, rivers, landfill sites and even teabags. With more and more people looking for ways to drastically reduce their plastic use, we've looked at some simple ways to cut down in order to help the planet... and yourself.

DON'T BOTTLE IT

In the UK we use over 35 million plastic bottles every year. Carrying a reusable bottle is a great way to cut your plastic use and save money too!. There are even apps available that tell you where you can refill your bottle for free.

STRAW NO MORE

Plastic straws are bad news for our oceans. Next time you order a drink, think about whether you need a straw – and if you don't, just say no.

FORK OUT ON CARRYING CUTLERY

It's hard to plan for every opportunity, but consider carrying a spoon or fork (or spork) in your bag, or keep cutlery in your desk at work to avoid having to use plastic cutlery on the go.

BETTER BAGS

Since the plastic bag charge was introduced, there's been an 85 per cent drop in its use. Many of us are used to carrying an extra bag with us, but if you still find it hard to remember, pin a note to your front door as an extra reminder that carrying your own bag helps save dolphins' lives.

BANISH THE BEAD

The good news is that the UK government has announced a ban on microbeads. But until that ban comes into play later this year, there will still be products on the shelves, so keep checking labels before you buy and avoid products containing polyethylene (PE), polypropylene (PP), polyethylene terephthalate (PET), polymethyl methacrylate (PMMA), polytetrafluoroethylene (PTFE) and nylon.





HOME & DIY



La vie VELVET

Velvet is THE fabric of the season, but like all interior trends, it's important you get the perfect balance for your home.

Velvet is officially in... which is great news. Soft and sensual, it adds a warmth and luxuriousness to your home, and is cheaper as an upholstery than leather. However, there is a fine line between opulence and gaudiness. After all, one's home ought to feel comfortable and stylish, but go overboard and your humble abode can start to feel more like a nightclub, or even worse, a brothel.

So how do you keep the trend on the right side of chic? Colour is very important. Too much scarlet or purple velvet and you might feel trapped in some eternal cabaret; but lilac, midnight blue, forest green and mustard add sophistication and warmth. You also need to be practical about your choice, so people with kids and pets ought to stick to the darker end of the spectrum.

Those who have been dying to get a little luxury in their life can go all out with this trend. Always wanted a velvet sofa? Go for it. In fact, why stop there? Velvet bed frames and banquettes are available in some very modern styles, and add a real touch of class to the bedroom (again, when in the right shade). But you can also play around with flashes of the fabric here and there, either with curtains or lampshades, or even just a very subtle velvet trim.

You could also combine the look with the current texture trend. Think leather sofas with velvet cushions, wooden beds with linen sheets and velvet throws, or a stone mantelpiece adorned with quilted photo frames. In the end, it's really down to personal preference, and how far you want to go.



Home Counties Loft Ladders, Quality You Can Trust!

These days most homeowners suffer from a lack of storage space. So many precious items that need to be kept - but where to store it all? That's where Home Counties Loft Ladders come in.

The company, based locally, offers homeowners the opportunity to maximise their storage space with a loft ladder, 50sqft of boarding and a light - all fully fitted in less than a day from just £355! But it's not just the affordability of the package that makes Home Counties Loft Ladders stand out, as manager David Saxon explains: 'Our

watchwords are Quality, Integrity and Value. Quality in the materials that we use for all our installations and the fact that all our loft packages are fitted by time served tradesmen, so our customers are assured of the best job.

Integrity in that we will turn up at the time we say and make sure the house is spotless when we leave, and value in that we offer our services at a price people can afford.

Our business relies on referrals and we get a huge amount of our calls from people who have been referred to us by our existing customers

- that simply wouldn't happen if we didn't adhere to our overriding principles.

At the end of the day the old adage that happy customers lead to more happy customers is true and we work hard to make that happen for

every installation we carry out!

So, if you want to make use of your loft space, call David free on 0808 301 9559 and he'll be happy to pop round and give you a no obligation quote so you too can make use of your loft!



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LOCAL NEWS

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LOCAL NEWS



Community comes together to put up flags in High Street

Chalfont St Peter has a new addition to the High Street as flags were put up around the village recently.

Adults and children came together to help put them up all over the village.

Chalfont St Peter Chamber of Commerce is responsible for the provision of the street decorations which make the village centre an attractive place to live, work and shop.

Members of the community were quick to share their joy at the flags being put up.

Pauline Mann said: "I grew up in Chalfont moving to Amersham when I got married. I love to see the

flags each year. I think it's a lovely gesture and thank everyone involved.

"I wish more villages and towns did the same. I take a photo each year and share on Facebook. They are lovely."

Pamela Quinnell added: "Yes, I also love the flags, and everyone involved does a brilliant job each year putting them up."

Aaron Taylor said: "I love them. It's a beautiful thing seeing our flags flying high."

"I think it's about time other villages and towns do the same. They always put a smile on my face and many others too."

Jewellery stolen during burglary

Thames Valley Police are appealing for information following a burglary in Chalfont St Peter.

On Friday, April 20, between 10.20am and 4pm offenders forced their way into a property in Cherry Acre via a side door and stole jewellery and other items.

If you saw or heard anything suspicious in the area of Cherry Acre please contact Case Investigator C8368 Jon Brewer, Amersham Investigation Hub via the Thames Valley Police non-emergency number 101 and quote crime reference 43180118848.



Care home rated inadequate



Photo credit: Google Maps

A care home in Chalfont St Peter has been rated inadequate.

Woodland Manor Care Home, on Micholls Avenue, was rated inadequate in two areas and required improvement in three areas in an unannounced inspection which took place on March 6, 7 and 8.

In the report published on April 24, it stated that staffing levels were not sufficient and the majority of people were dissatisfied with their care.

Within the report, it said: "Staffing levels were not sufficient. Throughout the three days of the inspection there was a delay in people getting their meals, medicines, appropriate supervision and support.

"Staff had completed some aspects of training, however staff were not suitably skilled, trained and supported in their roles.

"Some people were happy with their care, however the majority of people we spoke with were dissatisfied with their care which they contributed to the lack of sufficient staff.

"All of the relatives we spoke with were unhappy with the care provided."

To read the full report, visit www.cqc.org.uk/location/1-2397990471

Council takes action to tackle anti-social behaviour

Residents in The Chalfonts could soon benefit from a new public space protection order (PSPO) put in place by the council.

Following reports of anti-social behaviour in car parks, Chiltern District Council's cabinet decided to do something about it.

A PSPO prohibits certain activities such as revving the engine of a motor vehicle, racing with another vehicle, playing loud music, using foul or abusive language or loitering without a reasonable excuse in Chiltern car parks.

The PSPO doesn't restrict the legitimate use of a car park but provides the police and council with

additional powers to manage anti-social behaviour in these areas.

Cllr Liz Walsh said: "We listened to residents who told us they were suffering as a result of anti-social behaviour in car parks in the Chiltern area.

"In 2017 alone, Thames Valley Police recorded around 100 reports of anti-social behaviour and we know the detrimental impact this has had on people who live close to and use the car parks."

The PSPO will come into force for an initial three-year period. Signs will be installed in the car park to inform people of the PSPO and the council will work with Thames Valley Police to ensure enforcement.

Church celebrates two years of MakeLunch Club



A church which has several members from The Chalfonts is celebrating the success of one of its initiatives.

After seeing national statistics about how some children who get free school meals during term time benefitted from similar lunchtime meals served during school holidays, King's Church launched the MakeLunch Club which is now celebrating its second year.

Alison Austin, team leader for MakeLunch, said: "We had just two mums and four children turn up on the first day but it was so great to have provided meals and a playtime even for those first two small families and everyone was delighted."

Since then the church doors have been opened for MakeLunch on two days per week every school holiday.

One of the mums who attends regularly said: "My children love MakeLunch. They like to come and play as well as enjoy the meal. We are overwhelmed by this amazing, friendly service that King's Church provides."

Alison added: "If anyone would like any further information, please contact the church on 431882."




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TO THE POINT

David Martin, County Councillor for Chalfont St. Peter



LOCAL NEWS

Modernising council services in Buckinghamshire

Presently we have one county council, founded in 1889, and four district councils dating from 1974. These five councils provide all of our local services. Over the years there has become significant and expensive duplication and overlaps in who does what, wasting money that could be better spent on improving services.

Two proposals have been put to government. The first would abolish the five councils, replacing them with one single unitary council, but with around 19 physical face-to-face hubs located throughout the county where residents could access services.

Under this proposal, there would continue to be one education authority, one children's protection service, etc. However there would be just one waste collection department, one planning authority and one environmental health team instead of four as presently run by the district councils. One single management operation, as happens with all large commercial companies, is more efficient and effective.

The alternative proposal is for the county to be split in two, north and south, with a separate unitary council for each. The rationale for this proposal is that our county is too big for a single authority. However, the provision of local hubs, and plans to ensure decisions about local areas are made locally, will make sure the one council remains embedded in local communities. Other areas of comparable size to Buckinghamshire have also established successful single unitary councils, such as in Wiltshire and Durham.

The major downside to the two-authority approach would be the requirement for there to be two adults and children's social services, two highways authorities, two public health departments, two education authorities and many more such duplications where there are currently just one of each



Photo credit: Centre for Buckinghamshire Studies (reference number: PHX 4-12)

service (which would continue unchanged with just one unitary council). Every authority has tremendous difficulties in recruiting and retaining senior staff for these services, so doubling the requirement for them would significantly increase operational costs and impact delivery effectiveness.

One unitary council would simplify, rationalise, protect and improve services, generating savings of at least £18million every year. There would be 98 councillors for the one council, who would replace the current 236 district and county councillors.

The government is minded to implement the single unitary option on the grounds that two councils would be unlikely to generate significant savings; whereas one would improve local government and service delivery, increase financial resilience and sustain good local services.

There is still time to have your say before the final decision is made on May 25. I would urge you to email the Secretary of State, James Brokenshire at james.brokenshire@communities.gsi.gov.uk telling him which option you believe would be best for residents.

 **@CllrDavidMartin**



Little Chalfont Parish Council

New wildwood den for nature park

The latest addition to the Little Chalfont Nature Park is the new wildwood den. Our picture shows the logs being delivered at the beginning of May, when construction of the den started. The den should be finished and available for children to climb on by the middle of the month. Have fun.



Photo credit: John Harrison

The first verge cut of the season has already taken place and surveys of the footpaths in the village and also the hedges in residential areas will start shortly.

Please remember that householders are responsible for ensuring that hedges and shrubs on their borders do not cause a problem for pedestrians on footways.

If you are aware of any areas that are particularly overgrown, please contact the parish office on 01494 766 655.

Village Day 2018

This year, Village Day in Little Chalfont will take place on Saturday, June 16. We do not have much information at this early stage, but further details will be provided next month.

Some of the favourite attractions will be present again, with the day kicking off with the fun run at Westwood Park. More information is available on www.littlechalfont.org.uk

Hedging and vegetation

After a long winter, the warmer weather has meant that grass and hedges are starting to grow again.

Youth service receives national accolade

Residents in The Chalfonts have quality services on their doorstep as Buckinghamshire's Youth Offending Service (YOS) has been nationally recognised for its outstanding work in helping children and young people turn their lives around.

The team has been awarded Quality Lead status for its success in securing better outcomes for those with special educational needs and disabilities who end up in the youth justice system.

The project was carried out in close partnership with the Association of Youth Offending Team Managers (AYM) and researchers from Manchester Metropolitan University (MMU).

Jean Teesdale, Buckinghamshire County Council's deputy cabinet member for children's services, said: "This is fantastic recognition of the dedicated work of our Youth Offending Service and the great progress we have made in achieving positive outcomes for young people with special educational needs throughout the county.

"It shows the impact we are having in the provision of help for children and young people who find themselves in trouble with the law, and demonstrates the importance of working in partnership, effectively identifying problems and making early interventions."



Royal Weddings THE WINDFALL



Prince Harry and his new wife Meghan Markle are expected to boost Britain's coffers by £500million on their wedding day.

Experts predict the cash will come rolling in as thousands of visitors are expected to flock to the UK for the ceremony at St George's Chapel, Windsor, on May 19, while millions more around the world will watch on TV.

Brands Finance says the increase in tourism, combined with sales of royal memorabilia and the knock-on effect of spending in Britain's shops, bars and restaurants will be huge.

Chief executive David Haigh said the biggest chunk will come from tourism.

He said: "We think approximately £200million will come from tourism, travel and hotels."

Mr Haigh also estimates that royal wedding parties will generate about £150million and souvenirs will, he believes, rake in about £50million. Another £100million at least will be generated in free advertising for UK PLC.

Major royal events are always big money spinners. In 2012, the Diamond Jubilee celebrations boosted tourism by £390million.

Harry and Meghan's wedding also means a windfall for local residents, who look set to cash in on the worldwide interest generated by the wedding.

Airbnb, which provides an online marketplace for people to let out their homes on a short-term basis, says Windsor residents will earn an average of

£353 by leasing their homes when the couple tie the knot.

Maidenhead homeowners could be in line to make an average of £162 while those in Slough could make £141 by offering up their homes to tourists from May 18 to May 20.

James McClure, general manager for Airbnb, said: "The royal wedding has provided a welcome tourism boost, putting the UK in the spotlight once again."

Listings on the Airbnb site include a three-bed Windsor townhouse in Helena Road with an asking price of £1,000 per night and a four-bedroom property in Clewer priced at £1,750 a night.

The company says guest arrivals for the May weekend have risen by 362 per cent in Maidenhead compared to the same period last year.

Arrivals in Windsor are also up by 194 per cent while neighbouring Slough has seen a staggering 1,438 per cent rise, the research revealed.

It does not stop there though with the British fashion and magazine industry raking it in because of the popularity of Meghan and her soon-to-be sister-in-law, The Duchess of Cambridge, for at least the next 10 years.



Photo credit: roy.alcollectionshop.co.uk

The Dame WHO DARES



British icon Dame Helen Mirren reveals her thoughts on ageing, her inability to resist a juicy role and why you should never call her a movie star.

There's no stopping Dame Helen Mirren. Smart, sexy, and outspoken, the actress is still revelling in the career renaissance that began at age 46 when she began playing *Prime Suspect's* DCI Jane Tennison. Born in London to an English mother and Russian father, Mirren has long been a feminist trailblazer who occupies iconic status today among Hollywood's hopeful young starlets.

Her performances have inspired generations of women - distinguished by a palpable intelligence and steely determination whether playing a military commander (*Eye in the Sky*), royalty (*The Queen*), or a Mossad agent (*The Debt*). If ever there was an archetype of an actress suited to playing strong women, it would be her.

Currently, the formidable and iconic actress is appearing in *The Leisure Seeker*, directed by acclaimed Italian filmmaker Paolo Virzi, and co-starring Donald Sutherland. A compelling romance that depicts the interactions between a woman with terminal cancer and her husband, who's suffering from Alzheimer's. And while the elegant star undoubtedly looks fantastic for her 72 years, she is characteristically candid about the inevitable pitfalls of ageing. "If I have to be honest, there is nothing that pleasant about growing old. You learn to accept your age and all the faults that come with it and you console yourself by believing you are wiser," Mirren says sagely.

"When you're a teenager it seems impossible to think of becoming old. But then you learn to accept it and renounce many things that seemed so important before, like plunging necklines and miniskirts," she adds with a laugh.

Over the years, her sharp wit, cutting humour and boundless talent have earned her 'national treasure' status. Mirren is also incredibly humble, and despite her extensive back catalogue and slew of awards, she refutes the suggestion of being a 'movie star'. "No, I've never thought of myself as that, never considered myself anything close. I'm a working actress, who's been fortunate and lucky, and sometimes the stars align in a certain way," she says, firmly.

Her life off-camera is also admirably straightforward. Mirren has never had children, stating in the past that she has "no maternal instinct whatsoever", and has spent the past 32 years together with Hollywood director Taylor Hackford (*Ray, An Officer and a Gentleman*). They were married in 1997 and currently divide their time between homes in Los Angeles and the village of Tiggiano in Puglia, Italy.

Even she admits it would be easy at this point to while away the days soaking up the wonders of Italy, but unfortunately for Mirren, she has one terrible weakness. "I can never find the willpower to say 'no' to a very good part when one comes along," she confesses.

"I often tell my husband, 'I've done enough, I'm not going to keep pushing myself.' But he's so used to hearing me say that he doesn't even pay attention to me anymore when I make that kind of a declaration. The terrible truth is that I simply cannot resist a good role."

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Royal Weddings THE CAKES



FOOD & DRINK

A LOOK AT THE CAKES OF ROYAL WEDDINGS PAST

Prince Harry and his bride to be Meghan Markle have decided they don't want to get fruity on their wedding day and have bucked tradition of not having a traditional fruitcake.

Instead they have gone for a much more modern style - an organic lemon elderflower wedding cake.

The couple have turned to pastry chef and food writer Claire Ptak, below, owner of Violet Bakery in east London, to make the cake, which will be covered with buttercream and decorated with fresh flowers.

His brother Prince William and wife Catherine chose a multi-tiered fruit cake was made by baker Fiona Cairns, and while the decorations were pretty traditional - it featured edible flowers including an English rose, Scottish thistle, Welsh daffodil and Irish shamrock - they also had a chocolate biscuit cake by McVitie's.

Prince Charles has had two bites of the wedding cake. When he married Camilla in 2005, bakers

Sophisticake from Lincolnshire had just four weeks' notice to bake one.

The finished cake weighed in at 17 stone, took around 130 hours to coat and decorate and was made with 20 bottles of brandy. The firm also had to make 2,500 additional slices to fill special commemorative tins.

For his wedding to Diana in 1981 the official wedding cake was a fruitcake with cream cheese frosting. It was five-foot high, weighed 18 stone and was made by David Avery, the head baker of the Naval Armed Forces.

McVitie and Price Ltd, using ingredients given as a wedding gift by the Australian Girl Guides Association, made the official wedding cake at the Queen's wedding.

It was an enormous, ornate affair and stood nine foot tall and was covered in intricately carved cathedral-like designs. It is said to have been cut using Prince Philip's sword. It even had its own nickname - the 10,000-mile wedding cake.



The Queen and Prince Phillip's cake

Prince Charles and Princess Diana's cake

Prince William and Kate Middleton's cake

Claire Ptak of Violet Bakery

Photo credit: John Stillwell and www.royal.uk, www.hellomagazine.com

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Royal Weddings THE FLOWERS



GARDENING

*M*eghan Markle's wedding bouquet is certain to contain a sprig of myrtle, a tradition for royal brides dating back to 1840 when Queen Victoria married Prince Albert. The myrtle for royal brides is almost always cut from a bush at Osborne House, Queen Victoria's residence on the Isle of Wight.

Myrtle symbolises hope and love.

Meghan and Prince Harry have chosen to work with London-based florist Philippa Craddock. For arrangements in St George's Chapel and St George's Hall, she will be using branches of beech, birch and hornbeam, along with white garden roses, peonies and foxgloves.

There is speculation that Meghan will pay a tribute to her late mother-in-law Princess Diana with her bouquet as the Duchess of Cambridge did in 2011.

While Catherine's small, simple bouquet served as a stark contrast to Diana's enormous cascading collection of blooms, both featured lily of the valley. Other British royal brides who have incorporated the local flower in their bouquets are Princess Margaret in 1960, Princess Anne in 1973, and Camilla, Duchess of Cornwall, when she wed Prince Charles in 2005.

Meghan is also expected to carry peonies down the aisle. They are said to be her favourite flower as are roses. But royal bouquets tend to be white.

For her marriage to Prince Philip, the then Princess Elizabeth had chosen an all-white, free flowing wedding bouquet. It included three types of rather exotic looking orchids: cattleya, cyripedium and odontoglossum – all British-grown – and of course myrtle.

Following their weddings, it is also customary for royal brides to leave their bouquets on the grave of the unknown warrior in Westminster Abbey, a sombre tradition that was started by the Queen Mother in 1923, who left her flowers on the memorial in honour of her brother Fergus, who was killed in the First World War I in 1915.

While Meghan and Harry will be married at St George's Chapel, not Westminster Abbey, she will likely still send her bouquet to the church, following in the footsteps of Sophie Rhys-Jones, who wed Prince Edward at the chapel back in 1999.

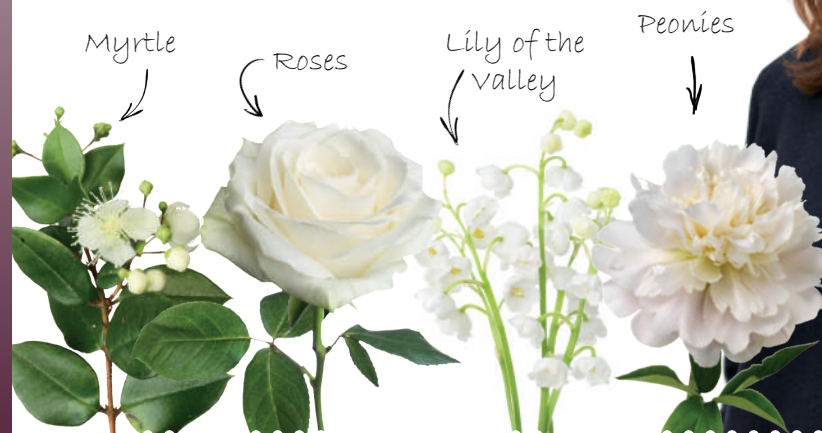


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Relations between Russia and the West are at such a low that we are now on the brink of a new cold war.

The poisoning of former Soviet spy Sergei Skripal, 66, and his 33-year-old daughter in Salisbury from the nerve agent Novichok has led to mass expulsions round the world of Russian diplomats.

Despite denials of the attack on March 4, Russia is firmly in the dock. Russia Foreign Minister Sergei Lavrov has made the ludicrous suggestion that it was Britain itself that carried out the attack on the double agent because the UK Government has found itself in a difficult situation, unable to fulfil promises it made about Brexit.

There is a clear comparison of present-day tensions to the bitter ideological and military rivalry that existed between the Soviet Union and the West from the 1950s to the end of the 1980s.

One man who has vivid memories of those days

in the Sixties is Gary Powers Junior, 50, whose dad, also named Gary, was a pilot who worked for the CIA and who had been captured when his U2 spy plane had been shot down in 1960.

It was the catalyst for a nerve shredding two years when the world was brought to the brink of nuclear war.

The story was a central point in the film *Bridge of Spies* starring Tom Hanks as attorney James Donovan, the man who masterminded the spy swap which saw Gary return to the US.

The New York lawyer was the man who worked tirelessly behind the scenes as the fingers of US President John Kennedy and Russia's Nikita Khrushchev hovered over nuclear buttons during the Cuban crisis of 1962. It was the closest the two super-powers have ever come to war.

It was Donovan's negotiations which led to a dramatic peace deal.

He walked across a frost-covered bridge in Cold War Berlin. By his side was British-born KGB spy Rudolf Abel - a man ironically the lawyer had saved from the death penalty at his trial.

On the other side of the Glienicke Bridge in Berlin - the so-called Bridge of Spies, as other spy swaps would take place in later years, was Gary Powers.

Years after his father was shot down and captured there lingered the suspicion that he might have been a traitor who had deliberately crashed his plane. Gary Jnr was technical consultant on the film.

He says he was thrilled by the film.

"So much has been written and said about my father that has not been fair to him but this film does set the record straight," he said.

"The film shows that he was a hero to our country. Steven Spielberg has done a fantastic job and the family are thrilled with *Bridge of Spies*.

"Not only have they recaptured the Cold War

era perfectly, but he has been able to convey the tension and uncertainty that surrounded all those events."

Based on his father's diaries and talks they had before his death about the U2 incident, he was able to give the director and his team an accurate account of what took place.

On May 1, 1960 Powers took off from Peshawar in Pakistan for what he thought was a routine nine-hour mission codenamed Grand Slam.

"Four hours into the flight a missile exploded near to the tail of the U2 as he flew over Sverdlovsk," said Gary.

In the split seconds Powers had to bail out he was unable to reach a self-destruct button that would have blown up the U2.

Almost two months after his capture he was convicted of spying and sentenced to 10 years in jail, including seven years' hard labour.

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PETS



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HOW TO CHOOSE THE RIGHT PET FOR YOUR HOME

Pets are considered to be one of the family and can genuinely enrich our lives. However, when deciding on which animal to buy, it is vital to select the right breed for you based on finances, time and accommodation. For example, buying a Great Dane when you live in a small, third-floor flat and have very little free time to walk it is not going to end well for either you or your beloved new friend.

For those living in small homes with little or no garden, it is wise to choose an animal which isn't going to take over. Budgies and parrots are a charming but low maintenance option, while cats make great companions and their desire for independence means they are happy to make a life of their own outside - though you will need to ensure your home is accessible, so they can come and go as they please, and be aware of any big roads directly near you.

Large and energetic dogs are likely to bring chaos to a modest abode,

so go for a small, calmer breed like a poodle or shih tzu. But remember that ALL dogs need regular walks.

Small, furry animals like hamsters and gerbils make a great first pet for kids, but they can also bring great joy to adults who seek company but have little time or space. Fish are another option for those looking for a more self-sufficient addition to their family - bear in mind that tropical fish can be considerably more expensive than the cold-water variety due to their need for a heated aquarium.

Finally, if you've got a sizeable house and garden consider anything from rabbits to a tortoise, to big, boisterous pooches. But don't forget that all animals need a great deal of love and attention, so when choosing, don't just consider the size of your home, but the size of your heart too.



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DIY
FATHER'S DAY
Flowerpot



KIDS

Are you fed up with buying the same generic Father's Day presents for your children to give to their daddy year in and year out? Why not try something different this year and help your child make their own DIY gift? This simple homemade flowerpot is the ideal gift for any green-fingered daddy or grandad and is guaranteed to take pride of place in your garden.

You will need:

- ✿ 1 x Terracotta clay pot (big enough to fit your child's handprint on)
- ✿ Acrylic paint in various bold colours (green is a must)
- ✿ Paint brushes
- ✿ 1 x ice cube tray

How to make:

- ✿ Lay down some newspaper or an old sheet to protect your floor.
- ✿ Fill your ice cube tray with your preferred colours (be sure to include green for the stem and leaves).
- ✿ Place your pot on the newspaper/sheet.
- ✿ Paint the rim of the pot in your chosen colour (younger ones may need some help with this).
- ✿ Leave to dry.
- ✿ Help your child paint their hand and tilt the pot slightly to allow them to press their handprint onto it.
- ✿ Repeat around the pot in as many different colours as you would like.
- ✿ Take a brush and paint on a green stem and two leaves below each of the handprints (as per the image above).
- ✿ And voila. You have your homemade handprint flowerpots.

Optional:

You can also personalise your handprint flowerpot by writing 'Happy Father's Day, love from {insert your child's name here}' around the rim of the pot.

Or you could even go one step further and fill your pot with compost and their father's preferred plant or herbs.

The beauty of DIY gifts is that you can be as creative as you like, so let your children's imagination run wild.





BEAUTY

Glow

IN THE



If you're done with spending hours trowelling on foundation only to find it dries out your skin and clogs up your pores (which incidentally leads to the need for even more of the stuff), then consider trying out a more natural look this spring.

To begin your new regime, you need to make sure your skin is in tiptop condition.

This doesn't mean it has to be blemish free, just that it's free of dead skin and feels plump. To maintain a pleasing complexion, buy a face wash that contains natural fruit acids, exfoliate once a week and invest in a decent moisturiser. It also helps but isn't essential to start drinking plenty of water to help your skin along. For those feeling pasty after a long winter, a little bit of self-tan goes a long way in giving you a natural boost.

As part of your daily make-up routine you'll need concealer and a good tinted moisturiser – preferably one that contains SPF. Start by dabbing the concealer under the eyes on any blemishes you want to hide, then apply the moisturiser before blending with a brush. For those who prefer a matte look, finish with a little powder.

Finally, contour cheeks with highlighter and either a cream blush or dust of bronzer, ensure eyebrows are groomed and tidy, and mascaraed lashes look full but not fake. To make sure your lips take on their most kissable form, apply balm and buff with a soft toothbrush. Finish with more balm.

You can also update this look for the evening by adding eyeliner and swapping lip balm for lipstick. And rest assured, once the compliments start coming in, you'll wonder why you ever needed foundation in the first place.



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Pollen PROOF



HEALTH & FITNESS

Hay fever sufferers rejoice. We have some great tips for helping you survive the season; and yes, you can even go outside.

is a really effective way to wash out all the allergens clinging to your nostrils, so carry one with you. Showering (including hair) and changing your clothes when you get home on high pollen day also helps.

Keep an eye on the pollen count

Warm and dry days generally have a higher pollen count, whereas thanks to the rain washing pollen out the air, wetter days have less. So, keep an eye on pollen forecasts and stay indoors as much as possible when it's really high. Certain times of day also bring about an increase in pollen, usually early morning (7am to 10am) and late afternoon (4pm to 7pm).

Protect your home

Keeping windows closed on high pollen days is an obvious place to start, but pollen can also sneak in on pets that have been outside, and line-dried clothes. So, avoid snuggling up to poochie, and buy an indoor drying rack.

Limit time in the city

Despite usually having a lower pollen count than the countryside, all the pollution in urban areas irritates your respiratory tract, making it harder to cope with other allergens.

Protect yourself when outside

You can't live like a hermit just because the sun is out, so apply barrier balm around your nostrils (Vaseline works too), and buy a peaked hat and some wraparound shades.

If all else fails, head to the seaside

Not that you need another excuse for that weekend in Southend, but you'll be pleased to know that the sea breeze blows pollen inland, making seaside resorts a veritable paradise for hay fever sufferers.

Remove allergens daily

Hay fever sufferers know that feeling of being bombarded by pollen, and unfortunately there is no way of stopping it getting to you entirely. Saline spray





THE STUDENT BECOMES...



The Master

This year's Masters at Augusta saw a reigning champion fall from grace spectacularly, while a controversial competitor rose to take the coveted green jacket...

It was on the Friday of this year's Masters Tournament when the current champ, Sergio Garcia, lined up his second shot on the 15th hole. At two over, his was certainly still in the running to defend his title – even if his performance had failed to offer the usual flash and pizzazz we've come to expect of him. But from the moment his lofted attempt over the water hazard guarding the green landed near the hole, only to spin back down the steep slope and disappear into the murky depths, the death knell sounded, and we knew we were in for a new winner.

Four more submerged shots later, and Garcia had equalled the worst score for a hole in the tournament's history - 13 on a par five.

While the Spaniard struggled, one fellow pro was making a concerted effort to inherit the a soon-to-be-vacated trophy. But it wasn't Rory Mcllroy – so desperate to achieve his first Masters win – or Jordan Spieth or Rickie Fowler, though both the latter made big gains on the final day to just miss out on top spot. Instead, this year's inductee into the roll-call of golfing green jackets – his first major tournament win – was Texas-native Patrick Reed.

Reed's -16, one-stroke victory, was an impressive statement from a man more used to making his name in his home country with Ryder Cup and Presidents Cup wins – victories that have earned him the moniker 'Captain America'. It was strange, then, that even as Reed made his way into the lead, the crowd's overwhelming response was to lavish support on competitors Mcllroy et al.

Even when 27-year-old Reed had confirmed his place among such former champs and golfing greats as Tiger Woods, Nick Faldo and the indomitable Gary Player, the tone was still lacklustre. Why was it that in spite of this being the American's greatest day, there was none of the usual adulation that follows a Masters winner in the immediate aftermath of his triumph?

Perhaps it's because, for years, Reed has been somewhat of a controversial figure both on and off the green. In 2014, he described himself as "one of the top five players in the world", in spite of being just 23 at the time, and having never even played in a major tournament, let alone won one. The same year, at the Ryder Cup, Reed trash-talked his vice-captain Tiger Woods. Later, countryman Jordan Spieth would reveal that the usually mellow Woods quipped back at the brash upstart, saying: "Don't worry, Patrick, you only need 74 more wins and 14 more majors..."

These days, Reed's fellow golfers have become accustomed to his antics, which include the 'drinking offences' that Reed said made him leave Georgia State University, or the oft-denied but enduring allegations of cheating and stealing from the locker room that have also arisen from his time at UGA.

Then there's the messy relationship with his parents that culminated in his wife reportedly escorting Mr and Mrs Reed from the US Open course in 2014. Neither came to see their son's Masters triumph, despite actually living in Augusta.

So while Patrick Reed may well have finally laid his hands on the major tournament win he has long believed was due, it remains to be seen whether his past will ever allow him to be taken to the hearts of golf fans.

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PUZZLES & TRIVIA



PUZZLES

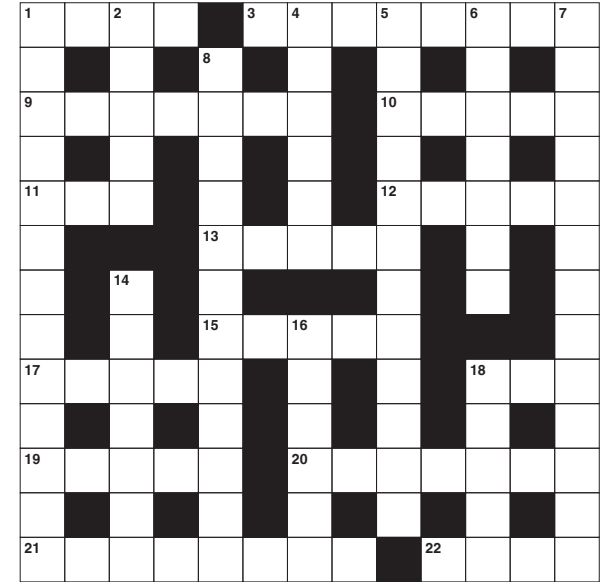
Answers can be found on the Contents Page 4

ACROSS

1. Military unit (4)
3. Manufactures (8)
9. Hits with the fist (7)
10. Fishing net (5)
11. Exclamation of surprise (3)
12. Wash with water (5)
13. Kingdom (5)
15. Unfasten (5)
17. Bits of meat of low value (5)
18. Cereal plant (3)
19. Fill with high spirits (5)
20. Illness (7)
21. Repugnance (8)
22. Wet with condensation (4)

DOWN

1. The first and the last (5,3,5)
2. Eat steadily (5)
4. World's largest country (6)
5. Resolvable (12)
6. Linked together (7)
7. Obviously (4-9)
8. Optimism (12)
14. Catch fire (7)



16. Edible tuber (6)

18. ___ Witherspoon: actress (5)

DID YOU KNOW

- ▶ Each time you look at the moon you always see the same side.
- ▶ Earth is the only planet not named after a god.
- ▶ A full moon is nine times brighter than a half moon.
- ▶ Every year the sun loses around 360million tons.
- ▶ All the planets in the solar system could fit inside Jupiter.
- ▶ From space, one of the brightest man-made places is Las Vegas.
- ▶ If you could drive to the sun at a speed of 55mph, it would take around 193 years.
- ▶ The centre of the sun is approximately 15 million degrees centigrade.

SUDOKU

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

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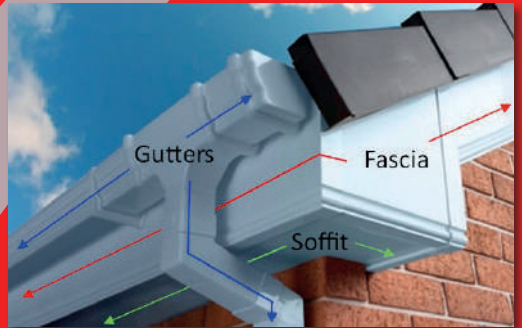
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