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Editor's notes...



Leigh Fry, Editor

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

With the summer just around the corner, we are keeping our fingers crossed for some glorious sunshine.

We all look forward to the holiday season and a well-earned break from the hectic lives we all lead. If you are travelling abroad this year please be vigilant in your surroundings, stay safe, but most importantly have fun.

I was discussing holiday destinations recently and found it very interesting in the change of destination choices in the last year or two.

The world is full of interesting and magical places to visit, so maybe it's time to start exploring some lesser-known countries and take in a bit of culture along the way.

In this month's local news, Bucks Art Weeks begin with The Chalfonts being put on the map, five people are injured in a country lane crash and community groups could soon be benefitting from additional funding.

So what are you waiting for? Fire up the barbecue, pop open the prosecco and pick up a copy of **VISION**Chalfonts.

Have fun and see you all next month.

Leigh

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22. LUG, 23. ROOMS, 24. ARCHAEOLOGY
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LOVE peace PRIDE

Soon, events all over the UK will be celebrating the LGBT community – but even with a growing movement to add a Pride Month to our country's annual calendar of festivities, there's a lot to be desired when it comes to acceptance in the wider Commonwealth and world beyond.

Shortly after winning his fourth Commonwealth Games gold medal, British diving sensation Tom Daley used his platform to draw attention to the fact that 37 of the competing nations at the tournament criminalised homosexuality and LGBT people in some manner.

Describing his impulse to shine a light on this discrimination, Daley highlighted discussions with LGBT activists who had been persecuted while “trying to organise a Pride event and getting thrown into prison for it, as well as being beaten up in the streets”.

He continued: “I was sitting there with a gold medal at the Commonwealth Games and I thought: ‘How lucky am I, to be sitting here with my husband after just winning a competition and not being worried about any ramifications?’

“It struck me in such a way that I was mortified by it, and I just literally crafted a little sentence on my Instagram post – that was exactly what I was feeling in that moment.”

The UK's steadfast commitment to tolerance, respect and acceptance will be best shown later in the year when the multitudinous Pride events begin to take place around the country, most in the peak of summer. They follow some brilliant celebrations marking February's LGBT History Month. In addition, there is hope our cities and towns will follow our transatlantic fellows in observing a Pride Month, in June. With a sitting president for whom gay rights are not top of the agenda, the need for another time to reflect on the prejudices still faced by the LGBT community – even in so-called ‘progressive’ nations – are profound.

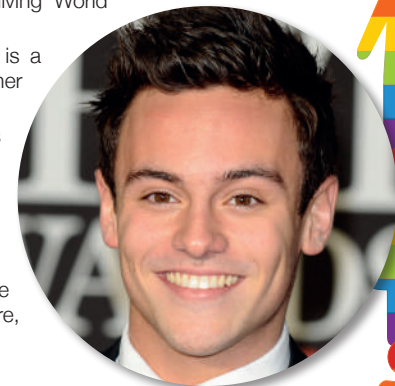
In the UK alone LGBT people are up to seven times more likely to be homeless, while gay couples are still unable to marry in Northern Ireland – the ruling party of whom, the DUP, are currently in coalition with Theresa May's Conservatives. And in the wider UN, homosexuality remains a crime in 40 per cent of countries.

Most pertinently, perhaps, is the treatment of the LGBT community right on Europe's doorstep, in Russia. President Vladimir Putin has enforced stringed anti-homosexual legislation, including new laws that punish anybody disseminating propaganda aimed at the formation of misperceptions of traditional and non-traditional sexual relations. It has also failed to comply with the 2010 judgment at the European Court of Human Rights that requires it to allow gay pride events.

Russia's anti-gay agenda will be a primary focus when they host this year's World Cup, but also the prestigious diving World Series in which Daley will be competing.

“For me, going there and competing is a message,” he said. “I want to urge other LGBT people to compete in Russia.”

Tom Daley alone won't change Russia's views, nor those of others still prejudiced towards what accounts for over three million people in the UK – or, put another way, the equivalent of the population of Wales – but perception is shifting, and ambassadors for fairness and acceptance are being heard louder than ever before, and for that we must be glad.



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COURAGE

under fire



Johnson Beharry made military history in 2005 when he became the first recipient of the Victoria Cross in over 30 years. But recently the Lance Corporal has revealed his shady past as a London drug dealer, how the army saved his life, and how he's looking to help more youngsters affected by crime rates in the capital.

Saving over 30 of his fellow soldiers' lives in Iraq on two separate occasions while coming under heavy enemy fire and sustaining life-threatening wounds himself: this is why Johnson Beharry of the Princess of Wales' Royal Regiment became the first recipient of Britain's highest medal for bravery.

But while his name will now be forever interred with some of the military's bravest men, Johnson has recently revealed that in his youth he was a London drug dealer who used to carry a semi-automatic weapon in the boot of his car.

"I was earning lots and would go out partying," he said. "That's how I fell into a gang, it provided a family-like base. I had a bit of cash so, initially, I'd buy £300 of marijuana and deal it on a small level. "Then it was £1,000 worth, and then it became a business. I got introduced to people who could sort large quantities of cocaine and speed. It spiralled out of control."

Since being medically discharged from service after suffering massive head injuries in the course of saving his fellow fighters' lives, he has set up the JBVC Foundation, which aims to keep young people aged between 15 and 25 off the streets after they are released from detention.

And at a time when gang violence has claimed over 50 lives in the capital alone since the turn of the year, this work has never been more important.

"We see young gang members in prisons three months before they are released," he said. "We try to give them direction, sort their CVs out, some form of ID, get them job placements, and give them support. "Hopefully, I can help save others from gangs. I'm proof you can turn your life around."

Photo credit: Photo Agency/Shutterstock.com

Expectations Exceeded

Having had our loft conversion beautifully completed by *Asset Lofts* in 2013 we decided to approach the director, Terry Richards, to assess the possibility of a single story extension instead of a costly house move.



"The project was completed on budget and within the agreed timescales."



"I am proud of what has been achieved and would have no hesitation in recommending Asset Lofts and its team of contractors."

Asset Lofts visited a few days later to listen to our ideas and explained the various options, including planning processes and timescales.

After this initial meeting, its architect visited to undertake a comprehensive survey and to work our ideas into a presentable format ready for submission to the local authority's planning department.

We were very pleased with the drawings and even more delighted with the council's decision to approve the application. The architect from Asset Lofts even accompanied me to a meeting with the planning officer.

A couple of months later we were all approved and ready to build. Asset Lofts appointed our project manager, Chris who met with me at my home on several occasions before arriving on the first day of the build.

Chris was a consummate professional. He understood the vision and explained to us in every day language what to expect, including the likely timescales and aspects we could be actively involved in and so on.

Since we were living in the house whilst the extension was being built, Chris completed all external works leaving our original tiny kitchen intact, before knocking through to our new living space. This enabled us to continue living in the house whilst all the work was underway.

Chris and the Asset Lofts team were not in the slightest bit phased by the many

challenges our extension would pose for them. We had no rear access due to the river, no parking outside because of restrictions, no room for a skip in the front garden thanks to a cherry tree and a sewerage pipe running directly underneath the area to be extended. In addition, all of the materials had to come through our sitting room and out through the back of the house. Furthermore, all the rubble had to be carried back through the house for safe disposal. Chris and his team provided more than adequate protection to my newly laid solid oak flooring and were as careful as possible.

Throughout the entire build Chris and the team kept us fully abreast of all developments and also when key decisions would be required. The team was not phased by slight changes I insisted on during the build. Whilst this did not impact on the planning process or building control it did have an impact on the builders and they remained upbeat and professional at all times.

The end result has far exceeded our expectations. We now have a workable and stylish kitchen replacing our old one in which it was impossible to have the dishwasher and oven door open at the same time!

We even have a six-seater dining table and a couch with more than adequate storage. We have had many family gatherings since the extension has been completed and we just love the fact that we can now

accommodate so many people in our new space. Best of all are the bi-fold doors which let us open up into the garden and dine alfresco.

The extension has changed the way we live in the house and has given us many more years of enjoying the house as we no longer need to move to accommodate the needs of our family.

The project was completed on budget and within the agreed timescales.

Any extras that we had instructed the builders to carry out were detailed separately in the revised specification.

The interior design ideas were expertly executed by Chris and his team of dedicated professionals. This also included the addition of salvaged floor boards that we wanted to use as wall covering.

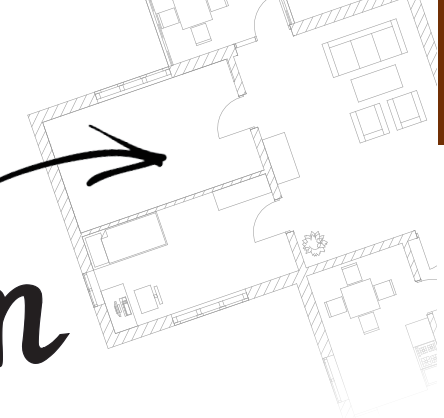
I am proud of what has been achieved and would have no hesitation in recommending Asset Lofts and its team of contractors to undertake any type of extension or refurbishment in your home.

You will be amazed with the results!



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Flair Room



HOME & DIY

Five ideas to turn your spare room into the most exciting place in your home

HOME GYM

High-tech gear can transform your life... well, at least more than just a rack of dusty dumbbells will. A suspension trainer like the TRX takes up zero space and is an affordable, versatile workout tool. If you're feeling flush, invest in a spin bike, or perhaps a rowing machine with inbuilt programmes. And make the space feel professional with foam flooring, wall-to-wall mirrors and a decent sound system. You'll be fit in no time.

MAN CAVE

Yes, it's kind of a cliché, but who can resist the primal pleasures of a man cave? All you need is a comfy sofa, beer fridge, giant TV and a darts board for a veritable fortress of solitude. Perhaps also install a lock to keep out unwanted visitors.

MEDITATION SPACE

If you're prone to screaming into your pillow with frustration, a meditation space may be just what you need to take the edge off life. Yoga mats, mood

lighting and a few well-placed crystals will create peace and serenity, and if you're trained in massage or any other alternative therapy, you could use it as a therapy room too.

GAMES ROOM

Forget the sorts of pub games your dad used to play, why not build the games room of your dreams? Gamers can install a huge TV and several consoles, while those who desire a more retro feel can pick up a vintage arcade or pinball machine... or, if you have the space for it, a pool table. Stick up a few old movie posters and you have your childhood fantasy in your modern home.

B&B

Want to make a little cash from your spare room? Then list it on an online B&B website. To draw maximum appeal, consider neutral colours, soft, warm lighting and the addition of extra gadgets that will appeal to travellers such as a digital radio with charging dock or a smart TV with internet access.





Everyday DIY FOR DUMMIES

Don't be a DIY dummy this summer. Instead, why not start learning how to fix the problems you think are hard but are actually easy solved?

No hot water

If you wake up one morning to find you have no hot water or central heating, the first thing you need to do is check the pressure gauge on your combi boiler. This is the big dial on your system, and if it reads lower than 1.5 bar, there's a good chance that lack of pressure is preventing your boiler from firing up. To fix it, look underneath the boiler and locate the two taps on the filling loop. Fully open one of these taps, then carefully open the other, watching the pressure rise until it's over 1.5. Once pressure is achieved, close both taps.



Turn these taps



Empty the filter here



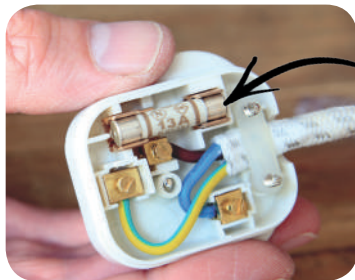
Check mechanism here

A washing machine that won't drain

Before you call out a plumber, always check your machine's filter. This is usually located at the front of your machine towards the bottom and is concealed by a small door which needs to be gently eased open. Place a bowl and some towels underneath and gently unscrew the filter. Rinse out any debris or muck under a tap and place back in machine.

A broken fridge light

First find the mechanism in your appliance that triggers the light when you open and close the door. If this pushes in and out easily and there is still no light, it's likely just the bulb that needs changing, so simply locate, turn off your fridge and change it.



Replace with correct fuse

A blown fuse in a plug

Some plugs have a fuse holder you can gently prise open, otherwise unscrew your plug with a slot-head screwdriver and work out the fuse before replacing with one of the right amperage for the appliance

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MOOD Chart

Instead of following colour trends, match the décor in your home to your personality and never be blue again (unless you're a creative soul).

Sensual

Passionate and fiery crimson shades are perfect for those who love a little spice in their lives, though if red feels overwhelming for the home, you could also choose from the rich purple palette.

Anxious

If the outside world stresses you out, you want your home to have a calming and restorative feel, which is why muted greys and dusky blues are a great way to wind down at the end of a busy day.

Artistic

It's hard to believe that certain colours can actually boost creativity, but studies have shown that blues and greens - shades which are abundant in nature - do just that.

Dramatic

You're a brooding and thoughtful individual who wishes to sanctify your abode with that same foreboding flair. And you shall, with the equally dramatic tones of cobalt and charcoal.

Playful

Add a touch of whimsy and fun to your manor with flourishes of pink and peach. Not too much mind you, or risk your home becoming a little too saccharine, so stick to borders, upholsteries and lampshades.

Adventurous

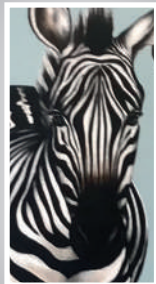
You have a lust for life and want to feel vibrant and energised at all times, which is why orange is the ideal colour to boost your va voom.

Happy go lucky

What could be more joyous than the colour yellow as you bring a little sunshine in from the outside. As vibrant or as delicate as you like, yellow is always upbeat.

Chaotic

Your mind is a hive of activity, meaning you crave space and light. Don't overcomplicate things with colour, instead stick to a neutral white base with touches of natural wood, to create a grounding effect.



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Bonkers for Colour



SOPHIE ROBINSON



Sophie Robinson is a British interior stylist who has over 20 years' experience in the design industry and was previously a judge on BBC 2's *The Great Interior Design Challenge*, which you can now watch on Netflix. She is passionate about inspiring the British public to get creative in their homes. Let's take a closer look at how she ticks.

Embrace experimentation

Sophie studied 3D design at Brighton University with aspirations to be a furniture designer; she became adapt in woodwork, ceramics, metalwork and jewellery-making which she continues to be passionate about today. She loves to support new artists through nurturing their creativity and encouraging them to experiment with all types of design.

Understand the power of colour

"I'm Sophie Robinson and I'm bonkers for colour," states the designer herself on her website. So much so that she runs a series of events and workshops specifically designed to help people understand

colour combinations and the psychology behind colour. For the record this year's hot colour is ultraviolet.

Inspiring creativity

Through her blog and Instagram page Sophie has become an influencer focusing not only on interior design but on all aspects of your lifestyle; writing about everything from fashion to food, beauty to travel and of course DIY and interiors. Her approachable nature shines through her writing and her optimistic view on life makes her blogs fun and engaging to read.

Her personal life

Married to Tom, also a creative but in the building industry, and mum to five-year-old Arthur and their mini bull terrier Lucy, Sophie lives in the sunny seaside town of Brighton and relishes her role as a homemaker almost as much as her love of interior design.

Visit her website www.sophierobinson.co.uk or follow her on Instagram @sophierobinsoninteriors

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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

from your neighbourhood



Five people injured in country lane crash

Bucks firefighters were called to an accident in Chalfont St Peter recently where five people were given first aid.

Four women and one man were given first aid by the firefighters at the incident on Welders Lane which happened on May 19 at around 4.30am.

The injured people were left in the care of South Central Ambulance Service.

A second incident happened on Welders Lane the

same day.

This accident happened at around 11.15pm and involved one car. No one was trapped.

Gerrards Cross Fire tweeted following the incident. They said: "A picture from one of two RTCs along local country lanes this weekend.

"Take extra care at night when sharp bends may not be visible along rural roads, which are often lined by trees which are extremely strong."

Feast Day to return to village this year

Residents of Chalfont St Peter will be able to enjoy a day of food, singing and dancing as Chalfont St Peter Feast Day returns.

The event will be held on June 23 with stalls, artisan craft tents, dog shows, classic cars, food, drinks and singing and dancing.

This year, the early evening concert has been reinstated. Abba Stars Tribute Band will be performing.

Feast Day dates back to 1229 when King Henry III granted to the Lord of the Manor the right to hold an annual fair on the eve and day of the Feast of St Peter.

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Guides pitch in for camping trip

LOCAL NEWS



A local Guide group got together to practice pitching tents for their upcoming camping trip recently.

The 1st Chenies & Chalfont Guides practiced in the Little Chalfont Nature Park with four tents being put up by separate teams.

The weather was perfect for the exercise and each of the teams managed to successfully pitch their tents.

A spokesperson from the unit said: "Well done to all the Guides – a splendid effort."

Community groups to benefit from extra funding

Community groups could soon be able to benefit from extra funding.

Chiltern District Council is asking for applications for the Chiltern District Community Grant Aid Scheme 2018-19.

Last year, the scheme helped to fund 32 community groups in the district including those in The Chalfonts.

Each group can apply for up to £2,000 and last year's successful organisations are already reaping the benefits.

Chalfont St Peter Youth Centre was awarded £1,800 to help volunteers develop their weekly evenings for young people on the autistic spectrum and Chalfont St Giles 1st Scout Group was awarded £1,800 to support the renovation of the group's Scout hall floor.

The Little Chalfont Good Companions Club was also given a grant. The club provides companionship and social contact for older people in Little Chalfont including entertainment, regular speakers, outings and a Christmas party.

Chiltern District Councillor Liz Walsh, portfolio for health communities, said: "As demonstrated from last year's scheme, awarded grants can be

used for a wide range of activities and we would encourage anyone who thinks they may be eligible to find out more and apply.

"By helping improve local services and facilities the grant could for example support community safety initiatives, children and young people, older people or intergenerational activities or support the operation of community facilities e.g. libraries and youth facilities."

For more information, visit www.chiltern.gov.uk/CommunityGrants2018

Bucks' largest visual arts event in full swing

Bucks Art Weeks, the largest visual arts event in Buckinghamshire and one of the biggest in the country, has started and will run until June 24.

The event will see over 500 artists and makers including painters, ceramicists, glass workers, jewellery makers, photographers and print makers once again opening up their studios to the public for an impressive line-up of free demonstrations, hands-on workshops and exhibitions.

The Chalfonts have been put on the map with several residents taking part.

Chairman of Bucks Art Weeks, Susannah Fellows, said: "2018 is a special year – the year that we have decided to change our name to bring the word ART back to its rightful place front and centre, and the year we tip our hat to the women makers and artists within our ranks in recognition of the centenary of women's suffrage.

"We have an extraordinary range of skills and talent in our county – both women and men – and I hope, above all else, you will enjoy your experience of Bucks Art Weeks in this, our 33rd year.

"There's so much to see and do – from having a go on a potter's wheel in a working studio to enjoying a sculpture garden, buying a piece of jewellery for a friend or simply strolling through a photography or painting exhibit."

For more information, visit www.bucksartweeks.org.uk



TO THE POINT

David Martin, County Councillor for Chalfont St. Peter



LOCAL NEWS

Do we deserve the politicians we elect?

We have all read about MPs spending our tax on duck houses, moats, two Jags, receiving cash for questions etc and sometimes serving time at Her Majesty's pleasure. So are we going to hell in an electoral handcart, or were things even worse in bygone years? They very much were; but who was the biggest all-time Parliamentary scallywag, bearing in mind that most of the modern bunch, in comparison with their forebearers, are mere amateurs in the scandals department?

Step forward one Horatio Bottomley MP, politician, social reformer, newspaper owner, gambler, lothario, entrepreneur, self-publicist, brilliant orator – and public fraudster on the very grandest scale. Born into humble circumstances in 1860, by dint of hard work, he became a newspaper owner, founding the *John Bull* magazine, the *Financial Times*; and published Hansard. He formed a new company, raising £70 million in today's money, which he promptly invested in strings of racehorses, mistresses, and gambling. The company folded and Horatio found himself in front of the Lord Chief Justice. Having charmed the judge into summing up in his favour, he was acquitted and seen as a victim of the state and financial whiz-kid, rather than a crook. He later survived a number of investigations and court cases, by dint of eloquence fuelled by pints of champagne and the defence that he did not keep books, all the accounts being in his head – a risky defence today but seemingly acceptable in law back then.

Elected to Parliament as a liberal MP, bankruptcy later forced his resignation. He spent the First World War fundraising, recruiting and rebuilding his



Stock Image

public image. Re-elected in 1918, Horatio was a diligent Parliamentarian but his voracious appetite for money led him to set up a fraudulent scheme selling government victory bonds. This time he was unable to dazzle judge and jury, receiving seven years imprisonment. His reputation in tatters, following release he eked out a precarious living with one-man shows in music halls about his rise and fall, until his death.

A rollercoaster ride, but Horatio was also a social reformer, being the first person in Parliament to introduce the concept of state pensions. I like to think that throughout his often nefarious career he maintained deep down a sense of Victorian values, perhaps learned from his time in an orphanage, as evidenced by an incident during his incarceration. A visitor entered Horatio's cell to find him stitching mail bags. They knew each other and an awkward silence ensued. The visitor eventually asked, "Sewing, Bottomley?" "No," Horatio replied, "Reaping."

@CllrDavidMartin



Little Chalfont Parish Council

New wildwood den for nature park

We are delighted to announce that the wonderful new den, made by Wildwood UK, is now open in the nature park.

Our picture shows Charlotte and Theo enjoying climbing on the natural woodpiles in the bank holiday sunshine.

The huge oak tree trunks that make up the den are in their natural state, with the bark intact and no concrete or chemicals involved in the den.

Now that summer is surely here at last, why not take the kids along with a picnic and enjoy the natural beauty of our local nature park?



Photo credit: Janet Vahora

Parish meeting

The Little Chalfont Parish Council annual meeting was held on Wednesday, May 16. Guest speakers for the evening were Rob Hacking, the new headteacher of Little Chalfont Primary School, and Jake Rigg, senior public affairs manager at Affinity Water.

Both speakers gave excellent presentations, which provoked lots of interesting questions.

The chairman of the parish council, Cllr Ian Griffiths, then gave an overview of the work of the parish council over the past year and gave details of projects that are planned for 2018-19. Cllr Griffiths then took questions on a variety of topics affecting the village.

Little Chalfont Village Day

Village Day in Little Chalfont will be held on Saturday, June 16. The day will begin with the traditional fun run in Westwood Park – registration will begin at 8.30am and the run starts at 10am.

Other activities will include a bake-off in the village hall and the popular dog show will be on the village green alongside other entertainment.

This year's scarecrow competition has the theme 'women in history' with further details and an entry form available from www.littlechalfont.org.uk/vday

New chairman appointed at the county council



A new chairman has been appointed at Buckingham County Council and she hopes to showcase the best of Buckinghamshire during her year in office.

Councillor Netta Glover will fill the role for 2018/19.

She wants to highlight the hard work that goes on behind the scenes at the county council and in the community.

She said: "I'm most looking forward to getting out and about into our beautiful county and meeting all of the interesting people who are doing such great work."

In her year in office, Netta plans to support SSAFA, the armed forces charity, and the Thames Valley Air Ambulance.

Having been a county councillor since 2009, Netta has experience of the workings of the council across a wide range of areas.

She said: "One of the most enjoyable roles I have had was as deputy cabinet member for planning and environment."

Netta takes over from Patricia Birchley and her vice chairman is Brian Roberts.



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The Wedding

DOs & DON'Ts

Follow our fashion dos and don'ts for wedding season, and you'll be every bride's favourite guest.

✔ **DO embrace the classics**

Romantic lace, delicate pastels and dreamy florals are all big in fashion right now, making them a perfect and easy-to-buy option for any fancy shindig.

✘ **DON'T be afraid of different lengths**

The art of modern wedding attire is to give a nod to the old, while still keeping your look modern and fresh. So, go for that voluminous maxi dress if that's what you want, but equally, cute structured minis and flared-skirt midis are appropriate too.

✔ **DO keep it classy**

Upstaging the bride is not cool. So avoid white, ostentatious headgear and keep bare flesh to a minimum.

✘ **DON'T be afraid to dazzle**

You may want to keep it simple with your outfit, but that doesn't mean you can't go all out on your accessories. Flashes of metallic and sparkle, whether on handbag, shoes or around your neck will add that right amount of glitz.

✔ **DO texturise**

This a huge trend for spring/summer, meaning you can treat yourself to that feather shawl, fur bolero or fringed handbag.

✘ **DON'T feel like you have to spend a fortune**

It's absolutely acceptable to wear a dress you've worn before, and if you do decide to indulge in an accessory or two, make sure they are pieces you will wear again and again.

✔ **DO prepare for bad weather**

Everyone prays for good weather on their big day, but even the most organised bride can't prevent freak rain showers or cold snaps. So, take an umbrella, light cardigan or stole as a stylish cover-up.

✘ **DON'T wear ridiculous shoes**

While it can be tempting to rock those skyscraper heels you bought on sale last week, you could well be setting yourself up for a day of misery, so make sure you wear some comfortable but still stylish heels.

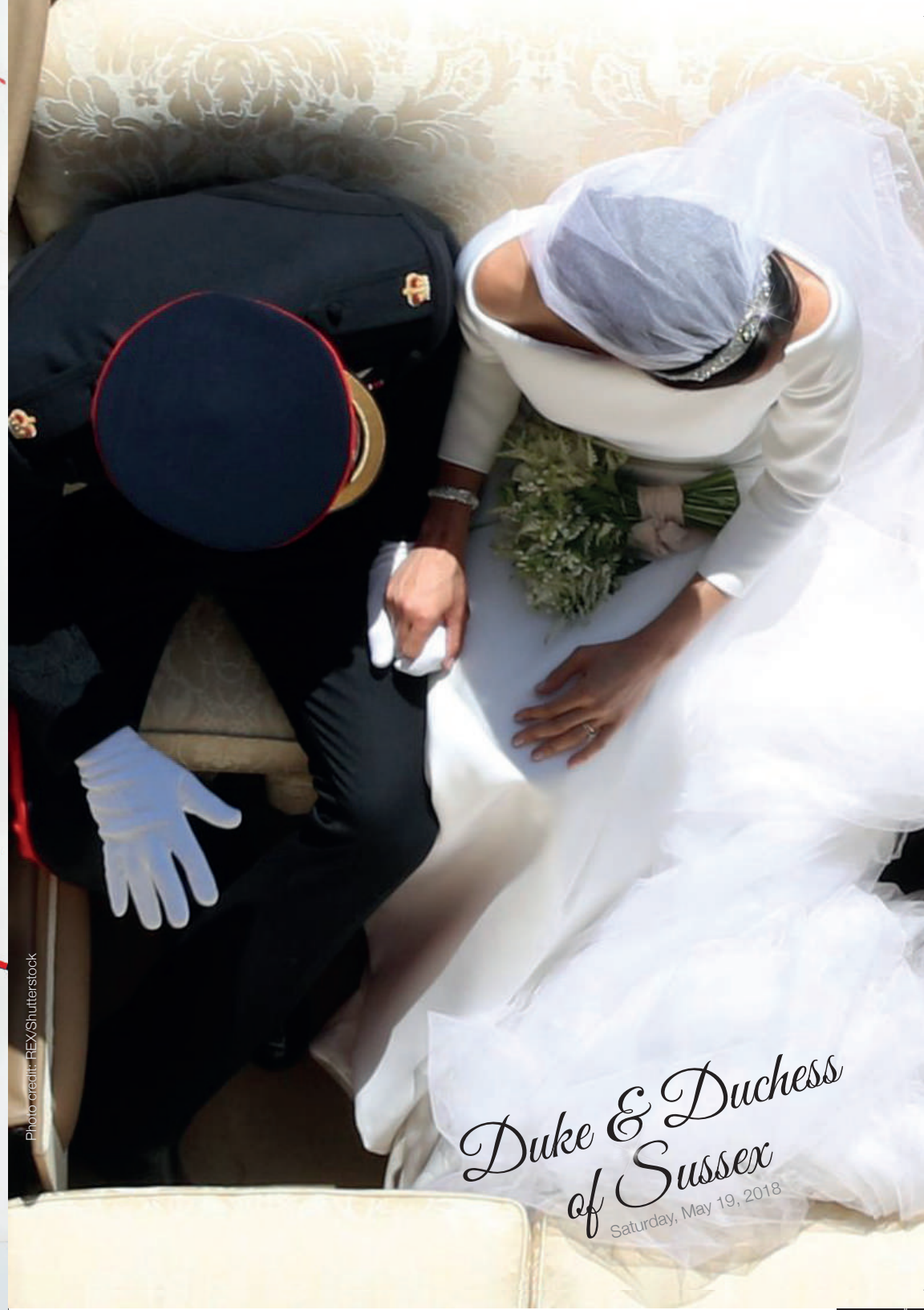


Photo credit: REX/Shutterstock

*Duke & Duchess
of Sussex*
Saturday, May 19, 2018



If anyone still has any thoughts that the ancient institution of British Monarchy is still dry and dusty then you are very wrong.

Two very different worlds came together – Hollywood and the Royals – and fused perfectly as the world watched Prince Harry marry the girl of his dreams, actress Meghan Markle.

But it showed more than anything that Prince Harry and his new mrs, along with his brother Prince William and his wife Catherine are more in tune than most in the melting pot of the 21st century

The backdrop was very much tradition – Windsor Castle and St George’s Chapel.

But when you sprinkle that Hollywood and showbiz glamour of the Clooneys, The Beckhams, Tom Hardy, Sir Elton John and Oprah Winfrey, you have more than a little magic.

And not forgetting the fabulous Kingdom Choir, whose version of *Stand By Me* brought the house down and had the 150,000 people who packed the streets of Windsor singing along.

Not forgetting firebrand American cleric Bishop Michael Curry from Chicago and head of the Episcopal Church in the US.

He used sensational facial expressions to get his Power of Love message across.

But there was a worry that his flaying arms would send the candles flying.

And clearly he did not get the memo, which would have told him that the Queen

only likes sermons
lasting
between
two

minutes and seven minutes.

Despite that, he electrified the wedding guests quoting Martin Luther King.

One quote summed it up: “Two young people fell in love and we all showed up.”

His machine gun delivery brought a mixture of smiles and disbelief.

He also reminded people that this was about race too: a biracial woman from America marrying into the world’s most famous white family.

The day would have been trumped if only the Royal Family had stood up, waved their hands above their heads and shouted “Hallelujah”.

A global audience of around two BILLION watched this thoroughly modern royal wedding.

Meghan, who appeared in the top rated *Suits*, has everything going for her and the epitome of a modern woman. She is mixed race, a divorcee, a feminist and at 36 just three years older than Harry. She like her new husband cares passionately for those less well off and tries to help them.

Everything had been planned to perfection, just as you would expect from Britain on the big occasions.

There was added stress for Meghan as her father Thomas Markle could not make the wedding on health grounds and her half siblings continuing to snipe at her from outside the castle.

But in the end they did not matter. Her dignified mother Doria Ragland accompanied her daughter to the chapel and Prince Charles walked the bride part of the way down the aisle.

And there were tributes to his late mother Princess Diana. Flowers picked from her garden were in the bride’s bouquet. The opening hymn at the wedding was played at her funeral. Sir Elton John who played at her funeral was specifically asked by Harry to play at the afternoon reception.

And as the couple headed off to the evening reception, Meghan was seen wearing Diana’s aquamarine ring, given to her as a wedding present from Harry.

“Two young people fell in love and we all showed up”

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GARDENING

flower POWER

Tired of spending a fortune on flowers only to watch them wither in days? Here are our top tips to make your bouquet last longer.

one

Seal the stems: If your flowers have been out of water for a while they may be starting to wilt, so rejuvenate them by searing the stems. Simply pour an inch or two of boiling water in a bowl and plunge the ends in for about 10 seconds (be sure to protect the buds from steam if they are near the water).

two

Add a penny: Make your vase a wishing well by throwing in a penny. The copper acts as an acidifier, fighting the bacteria growth in your arrangement.

three

Place them in lemon and sugar water: Strangely, this common pancake topping also keeps your flowers looking healthy. So, add two teaspoons of lemon juice (apple cider vinegar works too) and a teaspoon of sugar to your vase water. This makes a natural plant food, but you could also add half a teaspoon of bleach to prevent mould.

four

Give them a rest: Flowers picked from your garden need to be rested before becoming a bouquet, so place them in a bucket of cold water in a cool place overnight.

five

Keep away from direct sunlight and fruit: Warmth will make them wilt, so keep your beautiful blooms in the shade and away from fruit (ripening fruits release ethylene gas which can compromise your flowers). If you have the space, you could also put them in the fridge overnight.

six

Freshen and feed: The key to longevity is keeping flowers fed and their environment clean. So, every few days it's worth rinsing out the vase and providing fresh water with plant food (either homemade or bought). Making sure there are no leaves below the water line will also help prevent bacteria growth, meaning your bouquet can brighten up the home for weeks and days, not hours and minutes.





WORLD CUP SNACKS

POTATO KNISHES

A cross between a samosa and a calzone; this simple dish which is a firm favourite in Russia is sure to be a rounding success with all your mates come match day.

A combination of mashed potatoes, onions and cheese, this oven baked pastry is the ideal snack to soak up any excess beer and keep you fighting fit for the night ahead.

YOU WILL NEED

- ▶ A bowl of mashed potatoes (made from 6 large potatoes)
- ▶ 1 pound of sautéed onions
- ▶ 2 beaten eggs
- ▶ 2 teaspoons of salt
- ▶ 2 teaspoons of garlic powder

- ▶ 8 ounces of cheddar cheese
- ▶ 1 packet of puff pastry

HOW TO MAKE

- ▶ In a large bowl mix together the mashed potatoes, onions, eggs, salt, garlic and cheese.
- ▶ Heat the oven to 177°C/350°F/gas mark 4.
- ▶ Roll out the pastry to a ¼ inch thickness and then cut into 3-inch squares.
- ▶ Egg wash the individual squares with one beaten egg.
- ▶ Scoop 2 tablespoons of the potato filling into each square and fold in the ends as if folding an envelope.
- ▶ Place the assembled knishes on a lined baking tray and brush with additional egg wash.
- ▶ Bake for 20 minutes until golden brown.

OR IF YOU FANCY SOMETHING A LITTLE LESS EXOTIC WHY NOT TRY...



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Always a winner, these can be topped with whatever takes your fancy; cheese, bacon and sour cream or try a veggie option of sweet potato, veggie chilli and chunky guacamole.



PULLED PORK TOPPED NACHOS

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DIY Hair Masks

For Hair Growth

...TRY THE BERRY BOOSTER

Berries are rich in Vitamin C which feeds hair follicles and encourages blood circulation in your scalp.

HOW TO MAKE:

- > Blend a selection of berries (strawberries, blackberries, blueberries – whatever you have in the fridge) with a tablespoon of olive oil.
- > Massage the mixture into your hair, concentrating on the roots.
- > Rinse and shampoo as normal.
- > Experience shiny hair that is nourished from within.



With the arrival of summer comes some much-needed sun, lighter and longer evenings spent in the garden sipping Prosecco and the chance to dig out your maxi dresses and matching flip flops. Hurray.

Unfortunately, the heat and humidity can play havoc with your hair, leaving it looking and feeling dry, damaged and flat.

But do not worry, help is at hand with our top picks of DIY hair masks that you can easily whip up in the comfort of your own home. Using a combination of fresh produce that is available in abundance and store cupboard staples, your hair will be transformed from lacklustre to luscious.

For Hair Prone to Split Ends

...TRY THE PROTEIN PROVIDER

Eggs are rich in protein and fatty acids that can help strengthen your hair follicles and treat the problem of split ends. They are also great at reducing tangles and breakages. Olive oil and honey will act as hydrating and smoothing agents which aid the process of achieving strong, healthy hair.

HOW TO MAKE:

- > Whisk a medium egg yolk with 2-3 tablespoons of olive oil and honey.
- > Massage into wet hair and leave for 30 minutes.
- > Rinse with water and shampoo hair as normal.
- > Use weekly for best results.



For Frizzy, Damaged Hair

...TRY THE AVOCADO FRIZZ FIGHTER

Avocados contain essential fatty acids that can naturally help restore your hair's health by hydrating each individual strand and repairing damaged follicles. The additional ingredients of olive oil and coconut milk will help improve the elasticity of your hair and add moisture to your parched locks.

HOW TO MAKE:

- > Mash half an avocado into a bowl.
- > Add half a cup of coconut milk (full fat) and one tablespoon of olive oil and mix thoroughly.
- > Apply the mask to wet hair and massage into your scalp.
- > Leave for 20 minutes and then rinse thoroughly with a natural hair cleanser.
- > Use this mask weekly and have noticeably smoother and frizz-free hair.



For Oily Hair

...TRY THE STRAWBERRY SMOOTHIE

Strawberries are rich in Vitamin C which when can help regulate your scalp's PH balance and oil production. They are also full of antioxidants which can aid the protection of your hair's cell membranes resulting in stronger, less oily hair.

HOW TO MAKE:

- > Mix 8 mashed strawberries with two tablespoons of mayonnaise until you have a smooth paste.
- > Apply on wet hair and leave for 15 minutes.
- > Rinse with water until hair is clean.
- > Experience smooth hair which is free from oil and smells gorgeous.
- > Use as and when your hair feels oily and flat.





KIDS



Child SAFETY Week

June 5 - 11 2018

Young children can be a handful and as a parent or grandparent you know it is near impossible to keep an eye on them 24/7, and that is why it is so important that you ensure both your home and garden are kept safe and secure.

Keep any toxic substances locked away

Cleaning products, medicines, fertilisers and e-cigarettes should all be out of reach from young children and ideally kept in a locked drawer. Even products with a safety cap should not be left out as many three to four-year-olds can open these in a matter of seconds.

Prevent burns & scalds

Hot drinks are the main cause of scalds in under fives. Always ensure that you keep your tea/coffee out of reach and put down your baby somewhere safe if you want to drink a hot drink. Hair straighteners, saucepans and bath water all have the possibility to burn your child, so be aware of these.

Avoid choking & suffocation

Blind cords can easily strangle your child. It can take a mere 20 seconds for a toddler to die from strangulation so make sure that all cords are tied securely to the wall and if possible avoid using these in your child's bedroom. To avoid choking, cut up food into smaller pieces for very young children. Grapes and other round foods should be cut in half length ways.

Be vigilant with water

With summer fast approaching, paddling pools are popping up in gardens across the country; but be aware that babies can drown in as little as 5cm of water and it only takes a moment for this to happen. Always supervise babies and toddlers when playing in water and remember to empty the pool after use.

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ROCK ON



HEALTH & FITNESS



Photo credit: Frank Masi, SMPS

With his dazzling smile and rippling biceps, man-mountain megastar Dwayne Johnson has conquered the worlds of pro-wrestling and Hollywood.

Johnson's life seems utterly envy-inducing to the mere outsider. The 6' 5" gym phenom known as The Rock from his days as the highlight of WWE has, over the past decade, segued effortlessly into silver screen stardom, with roles in the *Fast and Furious* franchise, *Baywatch* and *Jumanji: Welcome to the Jungle* recently leading to Johnson topping the highest paid actor in Hollywood list.

But things weren't always as positive for the Californian, whose pro football career was cut short by injury after showing so much early promise.

"Football had always been my dream and suddenly the dream was over - I was left feeling empty and devastated," the 45-year-old explains. "But I decided to stop feeling sorry for myself and find a new dream."

And Johnson, who recently opened up about his mental health struggles in spite of his alpha male media persona, has developed a reputation for being one of the most dedicated stars in Tinseltown.

"I'm as hungry today for success as I've ever been," he says, "...maybe more so you want to go beyond what you've already accomplished. You keep raising the bar."

"It's just like exercising. There will days where you don't feel like going to the gym, lifting weights or doing cardio, but that's exactly what you need to do. The more effort you put into that the more energy you're going to have the rest of the day."

BUILDING BICEPS LIKE THE ROCK

LOW CABLE CURLS 7 sets x 8-12 reps.
Use the cambered bar (not the straight bar)
Rest 30 seconds between sets

MACHINE PREACHER CURLS 3 sets x 8-12 reps.
Do 4 partial reps at the end of the last 2 sets

FRONT DOUBLE BICEP CURLS 3 sets x 10-15 reps.
Johnson does these on a cable machine using the high pulley, but you can substitute with dumbbells.

PREACHER CURLS 3 sets x 8-12 reps

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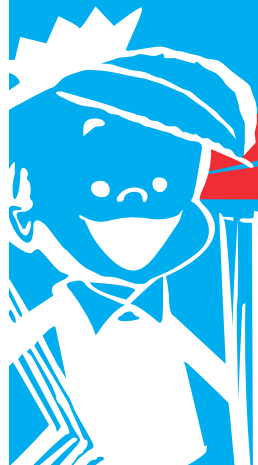
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DUTY FREE?

ARE THE DAYS OF GENUINE CROSS-BORDER BARGAINS ON THEIR WAY BACK?

The 1980s was the ultimate era of overseas travel; and with that came a whole new set of rules for duty free goods, where huge savings could be made on everything from booze to cosmetics, fragrances to mighty bars of Toblerone.

We didn't know it at the time, but things were good – whether purchasing at the airport, on a flight or even whilst bobbing across the English Channel on a ferry. But things started to turn in 1999 when the European Union swiped away many of the cost-saving bargains that made arriving back in the country all the more palatable. We found ourselves with double price tags on products – one price for those travelling outside the EU, and another for those remaining within its borders. And once people started to calculate the real savings on duty and VAT, they saw that, in many cases, they were just as well-off heading to Tesco.

But then, Brexit happened. Whatever your stance, our stepping away from the European Union means big savings, because when the UK leaves the single market and customs union, it will no longer have to obey Brussels-enforced tax rules, and with the ferries expected to be the first to benefit.

In real terms then, duty adds around £8 to the price of a bottle of spirits, and accounts for almost 75 per cent of the price of a packet of cigarettes. And you can knock another 20 per cent off those prices given that VAT doesn't apply either.

Naturally, the exact position is one of many to be verified by David Davis and his Brexit team, but airline Ryanair is already thought to have contingency plans for the return of duty free. Prepare to find yourself uttering the words 'booze cruise' again in future.



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Named best dog-friendly hotel in the UK at the Best Loved Hotel awards, this charming country house even boasts outdoor canine showers for freshening up post-walk. Dog bowls, bed and towels are provided, along with a welcome box of treats on arrival and a complimentary sausage for breakfast. From £95 per night + £9.50 per dog, trigonyhotel.co.uk

THE GOODWOOD HOTEL IN CHICHESTER, WEST SUSSEX

One visit to this luxurious sporting estate and you'll want to be in the dog house with your pup, as they become members of their very own private members club called The Kennels (owners welcome also). The hotel also offers dog-friendly walking maps, so you and best friend can traverse the countryside before

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Mark Zuckerberg

Timeline

About

Friends

Pho

Saving Face

Cambridge Analytica

They're an internet behemoth beset by the biggest scandal to hit social media – but what did Cambridge Analytica do with the data they harvested from Facebook, and how are CEO Mark Zuckerberg and co. attempting to avoid a far-reaching PR disaster?

It's the biggest scandal of the social media age – a spate of 'data harvesting' on an industrial scale that may well have secured Donald Trump the White House, and very certainly went against what many believe to be a central part of Facebook's privacy settings.

And when a whistle-blower for a company called Cambridge Analytica revealed the extent of the company's gathering of personal data from the social media giant, it raised serious questions over the safety of any user who had committed private details to the walls and webpages of Mark Zuckerberg's site.

Over 87million users – including the CEO himself, it was revealed in his recent Senate hearing – had their personal data mined with the express intent of

companies and political campaigns being able to deliver information, much of it false or intentionally misleading, straight to users in a way that would make it seem acceptable, even factitious. This included building a system that could target US voters with personalised political advertisements based on their psychological profile – a concept used to great success by Donald Trump's winning campaign, which worked closely with Cambridge Analytica.

Mark Zuckerberg was duly summoned before a Senate committee to explain how the data breach happened, with revelations that the social media company had received a number of warnings about its data security policies in recent years, and had known about the Cambridge Analytica data breach since 2015 leading to a #DeleteFacebook campaign on fellow social media platform spreading.

A commitment to better privacy has been Zuckerberg's reaction, but there's certainly more to come from this seismic shift in how people perceive what they write on Facebook... and who else may be reading it.

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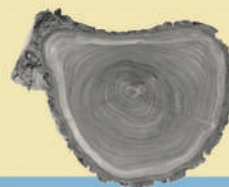
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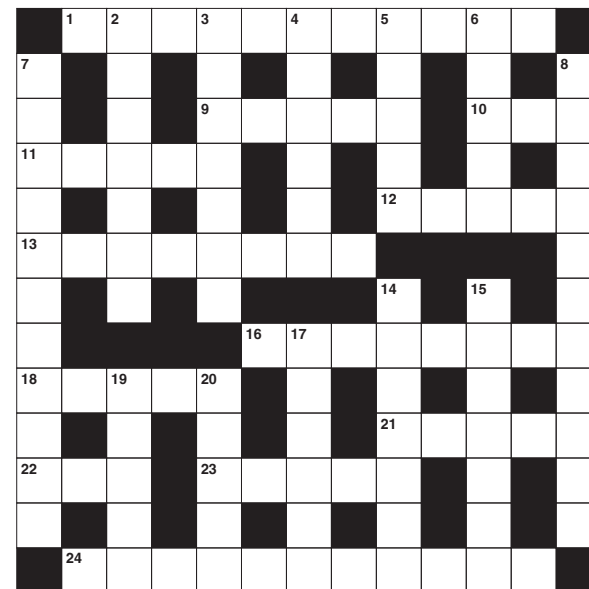
Answers can be found on the Contents Page 4

ACROSS

- Dejected; discouraged (11)
- Herb (3)
- Pointed; acute (5)
- Exposes to danger (5)
- Eg physics and biology (8)
- Standards (8)
- Place where something happens (5)
- Flaring stars (5)
- Carry a heavy object (3)
- Chambers (5)
- Study of human history (11)

DOWN

- Derived from living matter (7)
- Biting sharply (7)
- Extensive domain (6)
- Less common (5)
- Acquires through merit (5)
- Compulsively (11)
- Eg Huw Edwards and Fiona Bruce (11)
- Far away (6)
- Implement (7)
- African country whose capital is Niamey (5)
- Controlling a vehicle (7)
- Our planet (5)



DID YOU KNOW

- A group of pandas is called an embarrassment
- The female lion does 90 per cent of the hunting
- Almost half the pigs in the world are kept by farmers in China
- Bats are the only mammals that can fly
- If you keep a gold fish in a dark room it will become pale
- If you lift a kangaroo's tail off the ground it can't hop
- Cows can sleep standing up, but they can only dream when lying down
- Some male songbirds sing more than 2,000 times a day
- Cats spend over 60 per cent of their life asleep

SUDOKU

4			5				7
6							
		7	4	9	6		
			3				8
3		1				4	7
	7				2		
			8	6	4	3	
							6
	2					7	
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To find out more about what we do, and to get involved, contact:

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SPORT



MONSIEUR WENGER

After 22 years as manager of Arsenal Football Club, Arsene 'Le Professeur' Wenger has called it a day.

A week is a long time in politics.

And seven days is also a lengthy period in the life of a top-flight football club.

So, when you consider Arsene Wenger has been manager for 22 years you get the sense of what a remarkable achievement the Frenchman can claim.

Some Arsenal fans, no, make that many, will say he went three years or so past his sell-by date.

But even those supporters must recognise the massive impact the club's most successful manager had on the Pride of North London, and indeed his influence on English football.

At his peak he oversaw The Invincibles in 2003/2004 – a side made of driven superstars who went the entire season unbeaten. When you see how good Manchester City have been this season and still managed to taste defeat in two games you get some indicator of how historic that Arsenal team were.

From being a French unknown ridiculed by ignorant sections of the British sports press, Wenger

rose to the top table of managers to have graced the English game.

Along with Sir Alex Ferguson, Jose Mourinho and new boy, Pep Guardiola, Wenger was a manager of the highest order.

But for all his hard work and dedication to Arsenal it still feels like a mission incomplete.

He never tasted European glory and hasn't won the league title since moving to the Emirates Stadium in 2006.

Towards the end of his reign the critics were in the majority. His commitment to a cavalier-playing style which initially and used to win him plaudits was now his Achilles heel.

His ability to develop young talent deserted him, Arsenal's defence and resilience was often found wanting.

But when the history books are read in a few generations time Wenger will be remembered as one of, if not the greatest, Arsenal managers ever.

What next for the Frenchman? A well-earned retirement?

Or even the England job? Surely not, but as one wise old pundit said: "Football, it's a funny old game."

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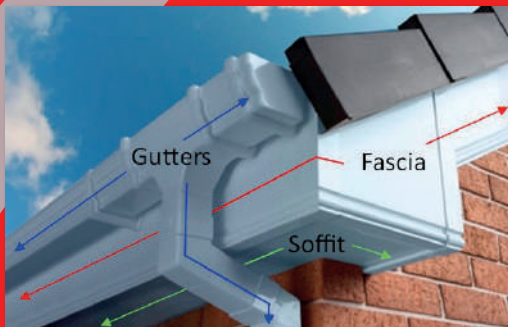
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