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Editor's notes...



Leigh Fry, Editor

Hello and welcome to this month's edition of **VISION** Chalfonts. The long hot summer. It's not very often you hear that said in the UK. This year has certainly been just that and we continue

to bask in glorious sunshine. But, whilst we all enjoy the sun our poor old gardens are suffering... badly. I'm sure we are all concerned about over use of garden hoses and conserving what water supplies remain and I urge you to be mindful of our dwindling supplies.

It is well worth taking a look in our gardening section for some excellent gardeners who will be able to advise on how we can bring our gardens back to life. Don't forget to mention that you saw them first in **VISION**.

As well as gardens, please take care of your pets during this heat. It's important to remember your dog still needs exercise so use the early mornings and late evenings to take a stroll. It really is quite refreshing and relaxing.

In local news this month, Chalfont St Giles is named as one of the best kept villages in the county, thousands of pounds are raised for Liberty's Legacy and we hear the latest news from Little Chalfont Parish Council.

I will see you all next month.

Leigh

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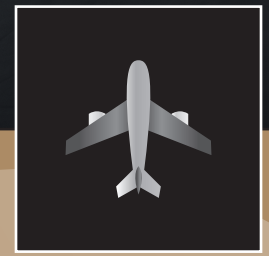
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It's surprising Donald Trump didn't venture around the UK in an armoured tank given the amount of vitriol that laid in wait around every corner during the US President's visit in the middle of July.

Yet a quaff of thick hair and an even thicker skin accompanied the bolshie and intentionally controversial leader, whose three-day working visit to the UK followed a NATO summit in Brussels, and preceded equally spicy talks with Russia President Vladimir Putin in Finland. Love him or loathe him, the 72-year-old doesn't do things in short measures.

Whether linking hands with Prime Minister Theresa May or haplessly failing to follow royal convention with the Queen at Windsor Castle, Trump revelled in the pomp and the protests.

He is in fact the 13th US president that Her Majesty has met during her reign, and the exchange was said to be cordial... so cordial in fact that HRH – on behalf of the government – laid out an invitation for a full state visit in April of next year, immediately after the conclusion of the Brexit process (whether or not we have struck a deal with the EU). That visit will include a military guard of honour and carriage ride up the Mall to Buckingham Palace... and perhaps a few thousand expletive-ridden placards too.

Trump divides opinion like no one else before him. Recently, his policy of keeping migrant children in cages at the US border appears brutal, yet his praise for our Prime Minister, and stories of his mother Mary Anne's praise for Her Majesty and 'tell it like it is' approach appeal wholeheartedly to those tired of 'suit and shoes' politics.

While those who hosted him in July were welcoming, others refused to engage. There was no meeting at all with the American citizen who has joined our Royal Family, Meghan Markle (who isn't quiet in her dislike of the president); nor was there a visit by Mr Trump to the new US Embassy south of the river (after he criticised the move from Grosvenor Square).

In addition, he was not invited to address both Houses of Parliament – an honour that has been accorded to previous US presidents – because of opposition from John Bercow, the Commons speaker.

But progress was made at Chequers where bilateral talks with Theresa May went well, and it appears the personal relationship between the two may have gone up a degree or two in warmth, despite a very obvious frosty chill continuing to linger just below the surface.

Trump concluded proceedings in Scotland where he played a round of golf with Prince Andrew at Turnberry, the course he owns. Business and pleasure – par for the course.

Photo credit: REX/Shutterstock

Trump's TEMPESTUOUS TRIP

WHAT DO YOUR *dreams*



really mean?

An ancient proverb states: "An unexamined dream is like an unopened letter." Too often we either forget or dismiss our dream but this could be a mistake. Exploring what your dreams really mean can help you gain a deeper insight into every aspect of your life.

1. TEETH FALLING OUT

This is one of the most common dreams that people have but in truth has nothing to do with your dental health. It is connected to feelings of insecurity, life changes that have left you feeling out of control or perhaps a loss of someone important in your life.

2. RUNNING AWAY

From early childhood you can probably remember experiencing dreams where you are running away from the 'bogey monster' and as we get older these dreams can shift to not being able to run due to your

legs not working or feelings of being stuck.

These types of dreams are fairly easy to interpret and should leave you asking yourself 'what am I afraid of? What am I running away from in life?'

3. CHEATING SPOUSES

Most people in a relationship will be likely to have dreamt that their partner is cheating on them at some point. This does not mean that subconsciously you know your partner is being unfaithful. More likely you yourself are experiencing feelings of being cheated in life, maybe you feel you are being overlooked for a promotion or let down by a friend?

4. BEING NAKED IN PUBLIC

Whether it's giving an important presentation or a flashback to your school days, most people have had that dreaded naked dream. What it symbolises is a lack of certainty about yourself, or even feelings of being wrongly accused of something.

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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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Back to THE FUTURE

Want some kitsch for your kitchen? Or a little 1950s flair for your front room? Well here's how to turn your home into a retro paradise.

Pick an old-school colour scheme

The retro colour palate ought to feel somewhat familiar thanks to the abundance of flashback photo filters on our smartphones. The tone is always slightly muted, and when choosing this style for your home you can never have too much of a good thing. So go big with minty greens, bubble gum pinks, muted red and buttercream yellows.

make the whole look feel authentic. So seek out Perspex lampshades, retro cocktail cabinets and an original dinette. Or, if you're feeling really flush, invest in an original Eames fibreglass chair.

Buy branded signs

One thing they got right in America's formative days of consumer marketing is branding. From the classic Coca Cola sign to the Cadillac motif and every diner logo ever, a small slice of Americana makes a big statement.

Get some retro gadgetry

If you believe modern technology works great but looks terrible, you will definitely appreciate modern gadgets that have a vintage exterior. Think digital radios which appear analogue, leather record players with a USB port for exporting your LPs and high-tech fridges concealed in a 1950s-style shell.

Add whimsical touches

No retro look is complete without a little dash of kitsch, though you may want to steer clear of anything too tacky (no home needs a 2ft high Betty Boop figurine). So think along more subtle lines... a diner-style napkin dispenser, for example, vintage glass perfume bottles or crocheted blankets.

Scour the vintage shops

Having the odd piece of vintage furniture will





HOME & DIY

BUG OFF



HOW TO BEST PEST-PROOF YOUR HOME

It's silly season when it comes to all manner of midges, moths and mayflies making homelife hell at this time of the year.

With the warm spring encouraging creatures and critters to reproduce like there's no tomorrow (and in the case of the mayfly, there really is no tomorrow), we can quickly find ourselves awash with truly biblical quantities of house guests.

But despair not, for here are a few tips to help you take back control:

MOTHS... These seemingly innocent-looking flappers will go through your wardrobe quicker than Jeff Banks. Save your clothes by using flypaper and fish oil for a homemade moth trap, and apply vinegar and water solution around doors to kill off any remainder.

ANTS... Vinegar is again your friend where ants come sniffing food remains. Mix with essential oil and spray around baseboards and kitchen entry points, also laying lemon peel on window ledges and other access points.

MOSQUITOES... Mossies flourish around standing water when temperatures increase, so keep an eye on pools, puddles and trays where these can gather and reproduce. If you're too late, washing up liquid and, curiously, beer, are two big pulls for their insects, whereby you can lure them into a toxic and, you would suspect, rather pleasant death.

If you're looking for a slightly more all-encompassing critter-proof solution, then repair damaged roof tiles, fill cracks with roofing cement and clean out air vents. Also check roof overhangs for nests, keep windows and doors shut when possible and inspect beds, pillows and mattresses for bugs, vacuuming regularly.

In the garden, be wary of shrubbery and vegetation, store wood elevated and away from house walls, and keep compost containers sealed.

As Michael Barrymore once said: "A hotspot is not a good spot." So check places where heat gets trapped; while leaving food out is an open invitation to dine, these creatures are really not the greatest of dinner party guests.




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Our desire for home interiors to be unique, bespoke and personal has made popular a number of crafts in recent years, with few as accessible and impressive as stencil art. In envisaging a pattern, creating a template and getting busy with some perfectly matched paint, you can transform weary old walls in no time.

Here is our easy step-by-step guide:

1. Select a design

The internet has given us inspirational access to the widest range of designs, so find a pattern that works for you and that matches your existing interiors. For instance, if your look is contemporary, look for something uncomplicated and clean; if you're more art nouveau, consider swirls and flower-based ideas.

2. Plan your wall

Know before you purchase materials the wall you're using, the positioning of the stencil (and a repeated pattern, if that's what you have in mind) and ensure you're keeping an eye on symmetry and centring.

3. Buy your supplies

Take a trip to your art shop, view their pre-made stencil designs, then conclude that yours will look better. Purchase either card or thick plastic sheets, along with required paints (fit-for-purpose stencil paint exists) and some decorating tape.

4. Copy and cut

Trace your design onto the sheet and carefully cut to create your main template.

5. Doing the dab

Now fix the stencil to the wall ensuring it is in position and straight (use a spirit level), then begin rolling paint through the sheet and onto the wall in a horizontal motion (this will help prevent drips).

6. Repeat and wait

Move across your wall replicating your pattern, then wait 24 hours for it to dry.

7. Sit back and savour

Toast your stunning stencil art efforts.





FLOORED BY *cleaning*



Our homes are filled with so many different styles, fabrics and finishes when it comes to floors – a far cry from dull carpets and plain tiles just a generation ago. These days you can factor in wondrous wooden surfaces, laminate, slate, marble and even polished concrete. While variety is the spice of any living space, each finish comes with its own required maintenance, and it's worth paying attention to these in order to ensure your living space stays, well... alive.

CARPETS

The best and safest surface for children, comfortable underfoot, and with the widest variety of colours and designs, carpets are however a breathing ground for bacteria. Steaming is the only method that removes the bacteria lurking deep into the pile, while stains should be dabbed away (with a clean cloth or sponge), not wiped. Vacuum 'high-traffic' areas at least once a week, always ensuring your Hoover is at the right setting in order to prevent fibre damage. Once finished, empty your dust bag – a clogged bag can reduce efficiency by over 50 per cent.



WOODEN FLOORS

Arguably the best-looking finish, with a variety of wood shades and finishes, albeit hard underfoot and easy to scratch. Most wooden floors are prefinished, but not all, so check before treating and use only cleaners specific to your floor type. Now you're ready, use a dust mop or vacuum to remove surface debris, then simply mop to remove dirt using a trusted cleaning agent before allowing to dry naturally.



SLATE/TILES

Whether a chic or rustic finish, hard floors give a room solidity and style, though can be expensive and unforgiving for youngsters. A mild detergent in hot water and a rag or chamois will see you right, though you may want to toothbrush the grouted gaps with soap a few times a year.



VINYL

Cheap, wide-ranging in styles and with the ability to wipe away any sin, vinyl can show wear quickly if not maintained. A homemade apple vinegar and hot water solution will do everything a shop-bought cleaner achieves.



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LOCAL NEWS

from your neighbourhood

LOCAL NEWS



Sun shines on Feast Day

The sun shone for the annual Chalfont St Peter Feast Day recently.

The annual festival 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.

This year there was not only a fair, but also stalls run by local charity groups and businesses, artisan crafts, performances by local schools, a quirky dog show, fantastic classic cars and an evening concert by the ABBA Stars Tribute Band.

This highly popular family event is the highlight of the Chalfont St Peter year.

It's an opportunity for neighbours to get together and for local organisations to raise their profile with their local community.

A spokesperson from the event said: "A special mention goes out to all of the Festival Friend volunteers who helped make the whole thing possible as well as the generous donations from local businesses such as Fairweather Insurance and organisations like the parish council and local churches.

"Festivalgoers also generously donated £2,636.88 on the day and this will be donated to local good causes."

The next event organised by Feast of St Peter Ltd will be the Christmas Fun Night on December 7.

If you are interested in having fun as a volunteer or are a local organisation wanting to boost your marketing presence, then check out the Chalfont St Peter Feast Day and Fun Night Facebook page at www.facebook.com/cspfurnight

Village named as one of the best kept in county

Chalfont St Giles has been named as one of the best kept villages in Buckinghamshire.

The village won the Pushman Cup (villages with a population over 3,000) in the 2018 Buckinghamshire Best Kept Village competition.

Richard Pushman, chairman of the Best Kept Village Competition, said: "Our popular Best Kept Village Competition highlights the great community activity that goes on in our lovely Buckinghamshire villages.

"It is a great way to recognise the contribution of

many who give their time and effort to showcase and enhance their local environment.

"The competition is not just for 'pretty' villages – we want to see communities where everyone makes an effort to keep their surroundings well maintained.

"The competition is a good opportunity for villages to celebrate all the positive aspects of life in their village and we warmly congratulate this year's winners for their superb efforts."

The cup will be presented on September 15.



Fun had by all at strawberry tea event



Austenmead House in Chalfont St Peter held its Annual Strawberry Tea for its elderly residents and their families recently.

As usual the residents, their families and staff were entertained by the Chiltern Hills Brass Band and there were raffles and tombola stands for everybody.

The strawberries were particularly good this year after the hot weather.

The range of ages from 96 years old down to four-year-old grandchildren made for a very happy afternoon.

Thousands of pounds raised for Liberty's Legacy

Two men have raised thousands of pounds for Liberty's Legacy after completing the PudentialRideLondon recently.

Simon Dodd and Simon Durand took on the 100-mile course starting at the Olympic Park then into the Surrey countryside and finishing back in London.

The pair raised £3,442.50 for Liberty's Legacy and the Bone Cancer Research Trust.

Simon Dodd said: "We first got to know Liberty when she was in primary school where she became great friends with my daughter, Lucy. They remained close friends throughout middle school and into secondary school.

"Liberty had such a warm, fun-loving and vibrant personality. She was an absolute ray of sunshine, you couldn't want a better friend for your daughter.

"Knowing I was racing to raise money in Liberty's memory made me do all I could to finish, but I didn't feel the need to race to get a good time.

"I had a very different attitude and could enjoy the experience."

Liberty's Legacy was formed in October 2017 following the devastating loss of Liberty Grace

Schurer, just two weeks after her 14th birthday.

Liberty, who lived in Chalfont St Peter, was diagnosed with Ewing's sarcoma, a rare and very aggressive form of bone cancer, just 13 months previously.

Liberty's wish upon discovering her terminal prognosis was that her family raise funds in her name for research. She did not want any child to suffer as she had, nor any other family to be ripped apart in the same way and nor did she want to be forgotten.

If you want to get involved in fundraising for Liberty's Legacy you can email libertyslegacy@yahoo.com or search Liberty's Legacy Charity on Facebook where you can also check out the latest events.

You can also donate by texting LIBS96 followed by £3 £5 or £10 to 70070 or online at uk.virginmoneygiving.com/SomeoneSpecial/LibertySchurer2

CCTV images released after attempted burglary

Thames Valley Police are releasing CCTV images of people who may have crucial information relating to an attempted burglary in Little Chalfont.

At around 10.55pm on Saturday, June 16, a property in Loudhams Wood Lane, Little Chalfont, was subjected to an attempted break-in.

The suspects did not get in and left the property approximately five minutes later.

Nothing was stolen during the incident.

Investigating officer PC Penny Jeffreys of the Investigation Hub, based at Amersham police station, said: "I am hopeful that someone will recognise the men pictured in these images.

"If you do, or indeed if you are any of these men, please contact us on 101, quoting reference number 43180182903.

"Alternatively, you can visit www.thamesvalley.police.uk/tua/tell-us-about/cor/tell-us-about-existing-case-report and provide all the details there, or contact Crimestoppers anonymously on 0800 555111."



Photo credit: Thames Valley Police

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LOCAL NEWS



Little Chalfont Parish Council



Speeding problems in the village

Although most of Little Chalfont's roads having a 30mph speed limit, sadly many motorists continue to ignore this with speeding being an ever-present hazard.

The parish council has use of two MVAS machines (movable vehicle activation signs). These light up when vehicles approach at over 30mph, to warn drivers to slow down.

An MVAS was sited on the Amersham Road in both

directions during March 2018. Over 40,000 vehicles were logged leaving the village on the Amersham Road, of which 57 per cent broke the speed limit, with two per cent of those travelling at over 55mph.

Coming into the village, slightly less than 40,000 vehicles were logged during April 2018, with 53 per cent of those exceeding the speed limit.

Bell Lane is another trouble spot. In March 2018, just over 9,000 vehicles were logged travelling towards the White Lion Road, with 55 per cent of them exceeding the speed limit. In May, 8,800 vehicles were logged going in the other direction, with 54 per cent of them exceeding the speed limit.

It is disappointing to note that, according to Thames Valley Police, the majority of those exceeding the speed limit are actually local residents.

Our new community centre

The revised planning application for our proposed community centre has now been submitted. The decision will be made by Chiltern District Council's planning committee, possibly at its September meeting.

Council determined to improve children's services

The rich collection of Buckinghamshire's archival history has won national accreditation for its management and service to the county's residents.

It is one of 17 archives services across the country to receive the Accredited Archives Services award.

The team running Buckinghamshire County Council's archives have been praised for doing a good job acquiring and preserving the county's heritage and making it accessible.

They manage around 750 cubic metres of records and artefacts - equivalent to nearly 12 double decker bus loads - the earliest of which is a grant of land to the monks of Biddlesden Abbey.

The accreditation acknowledges the archives service's expert staff, who are clear about their mission, plan effectively, make sound decisions and use resources well.

Laura Cotton, who heads the team of staff and volunteers, said: "This is a wonderful acknowledgement of the high quality of the work we do to preserve the unique and irreplaceable collections in our care, of our efforts to make them available to the people of Buckinghamshire and beyond, and of our plans to ensure they remain safe for generations to come."

Noel Brown, cabinet member for community engagement and public health, said: "We recognise the importance of preserving the county's heritage records and I want to congratulate our great team, who are well known for their expertise, knowledge and for providing a superb service to those who use our archives."

The award was granted by the UK Archive Service Accreditation Committee, which represents the nation's archives sector.

KEEP YOUR £ LOCAL



TO THE POINT

David Martin, County Councillor for Chalfont St. Peter
@CllrDavidMartin



Be lazy, get rich

Most people don't get rich, they make a living by working hard, saving for a future that may never happen and paying their taxes in order to sustain a society in which countless others are enabled to do the same thing. And so it goes, round and round; generally (until now) getting a little easier for each generation.

But how about getting off that merry-go-round by making an investment that's going to pay off big time, transporting you into the life you really should be living? Perhaps moving to a neighbourhood where George Clooney knocks on your door asking you round for cocktails? People have tried it before; 500 years ago the big thing was tulips (at its height, a rare tulip had the same value as a house). Next, the South Sea Bubble, when shares in the South Sea Company rocketed and crashed. Later, stocks in canals and railways went sky high; and recently the Dot-Com frenzy. Buy into one of these at the wrong time (and it's always the wrong time for the gullible investor) and dreams turn to ashes.

But wait. There's another new investment opportunity that surely cannot fail – investing in money itself, a new kind of money called cryptocurrency. This money does not actually exist but encryption techniques regulate the generation of the currency and the verification

or transfer of funds. Cryptocurrencies operate independently of central banks and therefore are beyond restriction, taxation and confiscation. Millions of people are buying these currencies, changing pounds and dollars into the new magic money. The supply is fixed, so as long as more people wish to buy the currency than sell it, up it goes in value; maybe forever? What could possibly go wrong? The most well-known cryptocurrency is Bitcoin. In 2010, 300 Bitcoin cost one dollar; last year the price had soared to nearly \$20,000 for one Bitcoin; it's now at about £8,000. But still a good deal? Not if you bought at the top. So how about buying into a completely new issue of a different cryptocurrency, at rock bottom? Well, there are 1,600 to choose from; many have gone bust and others are fraudulent.

My take is cryptocurrencies, like canals and railways, are here to stay but will develop into something different as a means of exchange from what they are today, perhaps as an alternative to gold during times of hyper-inflation. At present they are simply a security speculation scheme masquerading as a technological breakthrough in monetary policy. If you do not understand how cryptocurrencies work, do not buy them. If think you understand how cryptocurrencies work, do not buy them.



ROBBIE

IS BACK ON THE BALL

He's had his ups and downs over the years, but after a stirring performance at the World Cup opening ceremony and another typically charismatic display at the seventh Soccer Aid event – not to mention rumours of him landing one of the hottest jobs on British television – it looks like Robbie Williams is back for good.

When it was announced that Robbie Williams would be taking centre pitch at the 2018 World Cup opening ceremony in Moscow, there were few raised eyebrows. For while the ex-Take That star is unanimously adored in the UK, it's fair to say that cheeky chappy's antics might not be so well-received abroad – particularly when factoring in his 2016 *Party Like a Russian* single was said to offend many a Russian native who called it "crude stereotyping".

And yet, the charming 44-year-old rocked the stadium like it was 1998, belting out hits *Let Me Entertain You* and *Feel* before wowing a global audience of over a billion as he crooned hit song *Angels* with Russian operatic singer Aida Garifullina. And when Williams (rather unceremoniously) flipped his middle finger to millions of viewers during his encore of *Rock DJ*, it was swiftly written off as another of his naughty schoolboy pranks, with the general consensus being that it's great to have Robbie back.

Not that the Stoke-on-Trent lad has been out in the pop wilderness per se, more that he hasn't been quite so ubiquitous as he was at the height of his fame when Robbie mania seemed to grip the nation. And quite rightly too, for he was undoubtedly the star that defined a generation, selling millions of records, winning a total of 18 Brit Awards and even landing a spot in the Guinness Book of Records when, on announcing his World Tour for 2006, 1.6 million tickets were sold in one day.

Soon however, the cracks began to show, as the pressure of being so idolised drove him to alcoholism, substance abuse and bouts of depression. And when he moved to Los Angeles just over a decade ago for a fresh start, it looked like it might be the last we saw of our tormented troubadour. But in America, Williams would find not just mental rejuvenation, but also love, with US actress Ayda Field. The couple married in 2010 and share two children, Theodora Rose, five, and Charlton Valentine, three.

In Ayda, Williams appears to have found the perfect match. She seems to share his oddball sense of humour, while also offering enough stability and love to keep his demons at bay. In fact, the pair make such a terrific team that they will be joining *The X Factor* panel as judges when it returns to our screens later this year.

What we can expect from this new era of the larger-than-life superstar remains to be seen, but love him or loathe him, the British celeb circuit is a lot less entertaining without Robbie Williams.



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BEFORE



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These days, a large garden with an abundance of trees, plants, a vegetable plot and perhaps even a small area for herbs is a luxury few of us have. Our outside spaces have become gradually smaller, with little room to cultivate, and if you've not put roots down metaphorically, it's unlikely you'll want to invest in physical ones either. Consider then, pots: versatile, inexpensive and able to add colour and charm to even the most barren of landscapes.

When choosing which type of containers you would like, first consider your space. If you just have a window box or modest balcony, smaller plastic or tin planters work best. Plastic pots may be cheap, but they can be painted assorted colours and hung from walls, stacked along sills or placed on benches. If you have an entirely concrete space, choose larger vases made of clay, either plain or painted. These will bring

life to the dank corners and transform a brutalist set of stairs into a picturesque path.

It can be tempting to assemble an assortment of different pots and containers, but this can start to look messy, so it's wise to choose a theme. Even a garden which already has an assortment of things growing can be enhanced and pulled together with some strategically-placed vessels.

Similarly, you don't want to throw any old seeds in and hope for the best. Consider which colours work best together and try to pick flowers of equal heights. Poppies and dahlias complement one another magnificently, as do tulips and peonies.

If you want an instant English country garden, you could simply buy pre-planted pots. This may be a more expensive option, but the joy of pots is that if you move to a new house, you can take your portable paradise with you.



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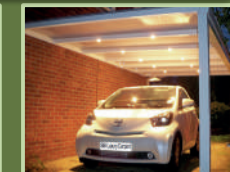


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Fruit Cocktails

In a world of experimentation, cross-breeding of fruits and vegetables was inevitable and thankfully it has resulted in some weird and wonderful creations that will brighten up your meal times.



Blood Limes

If you like blood oranges, then blood limes are definitely for you. A hybrid of an Ellendale mandarin and a red finger lime, they are less bitter and more sweet than their standard counterparts. Best for making marmalades, preserves or sauces, blood limes also work well as a vivid garnish on an otherwise run of the mill salad.



Plumcots

Plumcots are the innovative creation of nursery owner Luther Burbank and combine the sweet apricot with the tart plum to create a perfectly balanced fruit. Originally 75 per cent plum and 25 per cent apricot, this fabulous hybrid was first produced over a century ago but proved too difficult to grow at the time. Today we enjoy a more advanced hybrid known as the pluot.



Cucamelons

Possibly our favourite hybrid; the cucamelon is similar in appearance to a tiny watermelon but tastes like a cucumber with a hint of sourness. Also known as the Mexican sour gherkin cucumber, we recommend pickling this fruit with dill and mint leaves or simply adding it to a salad cut in half as you would a tomato.



Kalettes

Brussels sprouts – you either love them or you hate them. That is why British agricultural experts have spent the last 15 years working on a tastier sprout by cross-breeding it with the ever-popular kale. Both these sprouting vegetables are part of the Brassica family, which makes them ideal for producing a hybrid. The end result is a nuttier, sweeter version of the sprout that also looks more appealing to eat.



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Teas to Treat YOUR TROUBLES



Herbal teas have been used for centuries to cure a whole host of ailments and health complaints; but only recently has the British public began to really embrace the tea market and suddenly tea is the trendy beverage du jour.

GREEN TEA: HELPS ACNE SUFFERERS

This powerful herbal tea is loaded with antioxidants and flavonoids which help fight off free radicals that can damage the healthy cells in your body. Its anti-inflammatory properties help battle against spots as well as protecting against heart disease.

TURMERIC TEA: RELIEVES JOINT PAIN

Currently hailed as a wonder spice, turmeric tea (also known as 'golden milk') offers a wide range of physical health benefits including easing pain of the joints, lowering cholesterol, boosting immune function and preventing Alzheimer's disease.

GINGER TEA: EASES NAUSEA

Most popular with pregnant women experiencing morning sickness, ginger tea contains lots of disease-fighting antioxidants as well as being used as a cure for nausea. It can also be used to prevent stomach ulcers and relieve constipation.

ECHINACEA TEA: HELPS TO FIGHT OFF FLU

Summer colds can be just as troublesome as their winter counterparts and nobody wants to be tucked in bed sneezing when it's sunny outside. A cup of echinacea tea each day can help reduce your chances of developing a cold and shorten the duration of it if you are already inflicted.

The strong, floral taste may take some getting used to though.

CHAMOMILE TEA: CALMS MIND AND BODY

Most commonly known for its calming effects, chamomile tea contains flavonoids that actively bind to the benzodiazepine receptors in your brain resulting in a mild tranquiliser effect. Ideal for insomniacs and those who find it hard to switch off.

This herb is also known to ease menstrual cramps, target inflammation and reduce the symptoms of migraines.

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Cannabliss

Some are calling for its legalisation in the UK, but just how effective is medical marijuana? And do the pros really outweigh the cons?

When Home Secretary Sajid Javid intervened to allow the cannabis oil treatment of a severely epileptic 12-year-old whose medication had been confiscated by Customs officers back in June, it put the argument of whether medical marijuana ought to be legalised back on the table.

Certainly Charlotte Caldwell, the mother of the boy in question, thinks it should be, and her voice is backed by sufferers (or their friends) of conditions that marijuana is known to treat - from helping to control epileptic seizures, slowing Alzheimer's, possibly even preventing cancer cells from

easing the pain of multiple sclerosis and spreading. Even former Health Secretary Jeremy Hunt has called for cannabis oil to be made freely available on the NHS, but the topic remains contentious, with concerns that legalisation may just usher in a whole new health crisis as patients become addicted to the substance.

So what are the pros? Cannabis is currently classified as a Class B drug in the UK and carries a prison sentence of up to five years for possession. Advocates for legalisation argue that making it legally available would not only benefit the war on drugs, but it would also create a billion-pound industry that is fully taxable. Also, with concerns that street weed is dangerous in being laced with other substances such as PCP (which can cause psychosis, extreme anxiety and seizures), it would surely be advantageous to know that a safer option was available.

Having said that, there is also the risk that people who have never before tried the drug could become hooked, while also sending out a message that substance experimentation is suddenly okay.

The big question is, will legalisation create a nation of healthy go-getters or an army of stoners?





KIDS

BACK to SCHOOL Checklist

You know your child will be returning to school in September. It's the same every year. But somehow, it's suddenly the week before term starts and you are nowhere near ready.

Make this year stress-free with our handy Back to School checklist.

Uniform

- 3-4 x polo shirts/blouses
- 2 x jumpers/cardigans
- 2 x trousers/shorts/skirts
- 1 x waterproof jacket
- Blazer and tie for secondary school
- 5 x socks
- 1 x school shoes
- 1 x welly boots
- Hat/scarf/gloves

PE Kit

- 1 x gym bag
- 1 x gym shoes/plimsolls
- Several pairs of socks
- Swimming kit if your child has school swimming lessons
- 2 x T-shirts
- 1 x pair of shorts

Secondary school children may need the below additional items:

- Trainers/football boots
- Items for specific sports such as a leotard, rugby top etc
- Shin pads

Stationery

Whilst your child is still at nursery, infant and primary

school most of the below will be supplied for them by their school, however your child will still have homework assignments to complete so the below will still be needed for home use:

- Set of pencils
- Eraser
- Ruler
- Colouring pencils
- Handwriting pen
- Sharpener
- Pencil case

Once your child/children have started secondary school their stationery requirements will increase slightly; the below items will be needed for their new learning environment:

- Calculator
- Geometry set
- Fountain pen
- Correction fluid if permitted by the school
- 30cm ruler
- USB sticks
- Ring binders

Other Miscellaneous Essentials

- Lunch box
- Snack box
- Drink bottle
- School bag
- Book bag

And above all else **DO NOT** forget to label everything clearly; make no mistake your child will leave their belongings behind on more than one occasion.

For this you will need:

- Name labels
- Fabric pen or Sharpie



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FRIDAY 4pm - Shop 'til you drop

Get stuck in to some Danish design on Strøget, one of Europe's longest pedestrian shopping streets. Illums Bolighus is a delectable design emporium, and Royal Copenhagen is the flagship of the Danish brand which has been making porcelain since 1775. Lego, Hay House and Georg Jensen also have flagships here.

3pm - Go for a ride

Spend an afternoon in Tivoli Gardens, the park that inspired Walt Disney, and one of the oldest amusement parks in the world. At night, thousands of coloured lights create a fairy-tale atmosphere that is completely unique. Have your dinner in one of the many restaurants in Tivoli.

7pm - Dine like a king

Noma on the Christianshavn flank of Inderhavnen, at Strandgade 93, has regularly been voted the world's best restaurant so make sure you reserve. Adhering to the New Nordic philosophy of seasonal eating, some of the produce is even grown in the back garden.

10pm - Get crafty

Carlsberg may still be the biggest factory in town, but microbreweries are the future. Olsnedkeren is a charming spot in the working-class neighbourhood of Norrebro; or for a swanky pint head to Mikkeller & Friends, which has 40 taps of revolving craft ales.

SATURDAY 10am - Museum hopping

For those who love the classics, head to the National Gallery or discover the history behind the world famous brewery Carlsberg at Visit Carlsberg. Or for something more cutting edge, head to the city's historical meatpacking district, Kodbyen, which has the industrial V1 Gallery.

SUNDAY 10am - Soak up the culture

Yes, you may be hungover, but let Hans Christian Andersen guide you through the old city centre, or jump on the classic live-guided canal tours through the waterways of Copenhagen to really blow away the cobwebs.

1pm - Street feast

For lunch try Papirøen (Paper Island) for the city's first and only genuine street food market.

12 noon - Eat like a Dane

Finish up with a traditional lunch at Nyhavn, the city's iconic heritage harbour with quaint townhouses and old schooners. Think open-faced sandwiches, cured fish and a local beer. Skål.

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Til Death DO US PART

While it may be curtains for you, make sure it isn't for those you leave behind.

Let's have a conversation about death. After all, there's nothing to be afraid of – the chances are you won't even know anything about it, and depending on what you believe, you may well be back on planet Earth as someone else, or perhaps a soaring eagle or a stoat or something.

While we shouldn't fear 'the end', what should terrify each and every one of us is leaving our loved ones dealing with a financial hole or dispute as well as the woes of bereavement. Here are three things every adult should put in place for the sake of those close to them:

GET LIFE INSURANCE... If you're contributing in any way to the upkeep of others (in rent, in paying a mortgage, in childcare or simply providing food), it's essential you take out life insurance so that supply line continues long after you've gone. From as little as £5 per month, there is no reason not to.

As will any insurance policy, however, it is your responsibility to make sure you keep details updated, so inform your provider informed of any changes in health and lifestyle (positive and negative).

MAKE A WILL... While it's nice to think family will behave amicably when you've departed, this isn't always the case, and making a will offers clear, honest and specific instructions as to how your estate is divided. It can also help with minimising inheritance tax.

BE ORGANISED... The more information you leave for those around you, the less they will have to deal with at an already difficult time. A simple protected folder of key life documents (bank account and mortgage information, house deeds, birth certificates, passport, other policies, funeral ideas) will save them time, money and help keep emotions in check.



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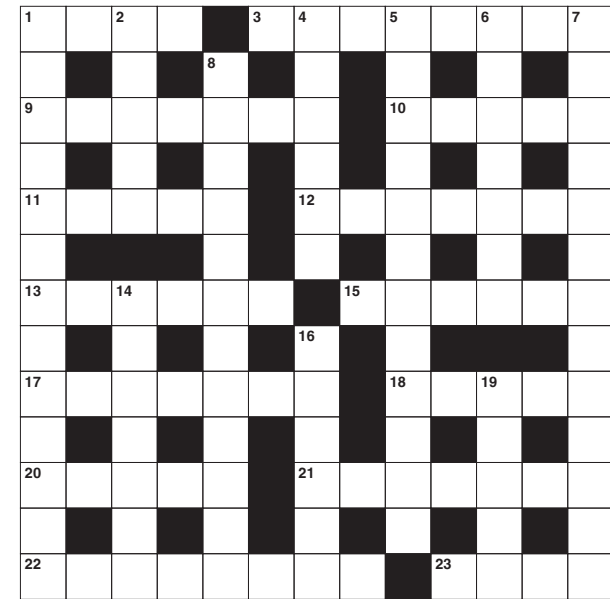
Answers can be found on the Contents Page 4

ACROSS

- 1. Writing fluids (4)
- 3. Approximate (8)
- 9. Capital of Georgia (US state) (7)
- 10. Factual evidence (5)
- 11. Sends through the mail (5)
- 12. At a greater distance (7)
- 13. Repulsive (6)
- 15. Husky (6)
- 17. Redecorate (7)
- 18. Loft (5)
- 20. With a forward motion (5)
- 21. Eg anger or love (7)
- 22. Commonplace (8)
- 23. ____ verca: cosmetics ingredient (4)

DOWN

- 1. Not proper (13)
- 2. Ovens (5)
- 4. Large sticks (6)
- 5. Imitator (12)
- 6. One more (7)
- 7. Fizz (13)
- 8. Modestly (12)



14. Get better (7)

19. Rotate (5)

16. Greek goddess (6)

DID YOU KNOW

► Tennis was originally played with bare hands. Players would hit a small ball over the net with their hand.

► Netball was included in the Commonwealth Games programme for the first time in 1998. England won the bronze medal.

► The Ryder Cup was played for the first time in 1921 between the men's professionals of Great Britain and the USA. It was won by Great Britain.

► Bowling was first played with nine pins in the USA but it was outlawed due to being associated with drinking and gambling. Somebody added a 10th pin to keep the sport going.

► The first basketball game took place in 1892 where the court was half the size of today's NBA court.

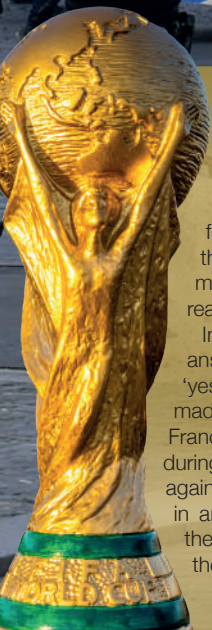
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3						
	9			4	8	3
			9			
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	7	6	8			5
5	8					4

LES CHAMPIONS DU MONDE!



SPORT



Don't worry – it's not just you. Many of us were thinking the same thing when watching the World Cup final, just as we were for the 1998 tournament, and during the Euros in the year 2000 for that matter too... namely: "France – are they really any better than us?"

In the immediate short-term, the answer, of course, is a resounding 'yes', despite the huge advancements made by Gareth Southgate's troops. France coasted through a World Cup during which – barring a funny five minutes against Argentina – they never appeared in any real danger. Over the duration of the tournament, they came from behind, they dominated midfield, they kept

clean sheets and they bombarded teams with the sort of relentless goalscoring prowess that the likes of Platini, Trezeguet, Ginola and Cantona would have endorsed.

By the time the French arrived at the World Cup final on July 15, many felt they already had one hand on the trophy. Croatia was a spent force having already endured three ventures into extra-time en route to Moscow, and Didier Deschamps' goalscorers provided a fitting reflection of how France's dominance has been acquired. There was Kylian Mbappé, the ruthless goalscorer, Antoine Griezmann, the nippy playmaker, and Paul Pogba, the big-money midfield muscle. With a Mario Mandžukić own goal setting Les Bleus on their way, the probable soon became the inevitable, and not even a Hugo Lloris howler to reduce the arrears to 4-2 (adding to Ivan Perišić's

opener for Croatia) could spoil the French party.

As fans danced and cavorted on the Champs-Élysées long into the night, they knew this was actually one of their country's less complicated triumphs in a World Cup where Germany, Spain, Brazil and Argentina faltered badly. Even their dispiriting goalless draw against Denmark didn't matter – they'd already qualified for the group stage having seen off Australia and Peru.

Once past Argentina in the second round, Uruguay's stubbornness proved no match in the quarter-final; and when Belgium were defeated by a solitary Samuel Umtiti goal, we all knew how the ending would come about.

Amid a World Cup of VAR (including a penalty award in the final itself which, while not the most controversial of the tournament, was defining in restoring France's lead), ludicrous Neymar

antics, a favourable side of the draw and a love affair with Russia that no one expected, few can say the eventual winners were undeserving after negotiating a path that was by no means simple... even if they made it look that way.

So while the credit goes to the French, the optimism sits with England. After all, compare the sets of players and there are real similarities – for our glorious Golden Boot winner Harry Kane, look at (an inferior) Olivier Giroud; for Raheem Sterling consider the aforementioned Griezmann; for Raphael Varane compare Harry Maguire. On the whole, we compare with the World Champs – they're just a bit, well, better... for now.

So while the French have matched expectations, we've bettered them – and that all bodes well for our prospects at the Euros in two years' time. Allez les Lions.

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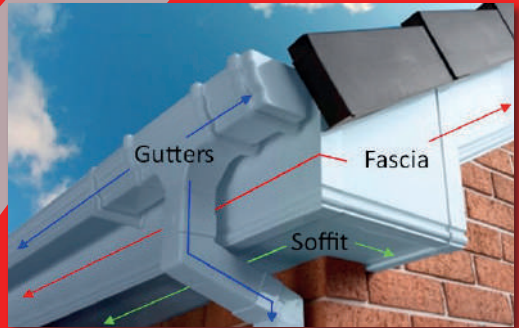
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