

HOW TO
MAKE
BUBBLE
TEA

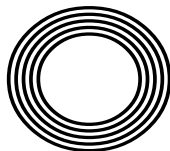
FIVE
TIPS FOR
HIRING
A CAR

Remembering jockey
LESTER PIGGOTT

NATURAL REMEDIES
to treat sunburn this summer

Sue
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Presenter announces Wimbledon retirement after 30 years



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Editor's notes...

JULY 2022



Brett Shohet, Editor

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

Last month, we celebrated the Queen's Platinum Jubilee, and it was amazing to see people coming together to celebrate this momentous occasion. After the difficult time we've gone through over the past couple of years, this was a chance to recognise how far we've come since we first went into lockdown. Though many things have changed since then, our love for a party certainly hasn't, and I enjoyed attending a couple of street parties in my local area.

It was great to watch the concert at Buckingham Palace; it was truly a spectacular evening and reminded me how proud we should be of our country.

When I've been out and about recently, I couldn't help but notice that many of our local businesses have been quiet, so I'd like to once again appeal to our readers to support them. I heard a statistic recently that said when you spend money in your community, it circulates five times in the local area. So your money not only has the potential to help one business, but it can also make a positive difference across the whole community.

The weather is improving and summer is finally here. So make sure you take advantage of the longer, warmer evenings - let's get out and about with friends and family.

Brett Shohet

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A RACE *for the* TAPE

CELEBRATING THE LIFE OF THE LEGENDARY JOCKEY, LESTER PIGGOTT

We are used to identifying icons in popular culture – stars who have committed decades to their pursuit, taken home countless honours and, in the process, inspired a generation to try to emulate their achievements.

As far as the sporting world goes, from Muhammad Ali to Serena Williams, Freddie Flintoff to David Beckham, we can reel off the names of defining stars with relative ease, though despite their intense and varied achievements, the question of whether they can rival those of the late Lester Piggott is an interesting one.

Certainly in terms of longevity of a professional career, none comes close. Piggott, who passed away in May, rode his first winner at the age of just 12, way back in 1948, at Haydock Park. And five decades later, he was still taking the plaudits – his last winner also came at the Merseyside track, at the age of 59.

In total, Piggott rode a colossal 4,493 winners – a sporting legacy fuelled by half a glass of champagne each day, a few coffees and a handful of cigars.

Nicknamed the Long Fellow, given that at 5ft 8in he was tall for a jockey, his pedigree in the saddle never faded, and to back up the admiration he gleaned as the UK's favourite jockey, he had a rogue-like edge that, while courting admiration from contemporaries – and the opposite sex – also landed him in hot water from time to time.

This was never more the case than when the champion jockey was arrested and found guilty of tax evasion in 1986. He was subsequently given a three-year prison sentence (later reduced to one year) and stripped of his OBE, as it transpired he hadn't declared £1.3million of income received from riding, plus a further £1million from bloodstock operations.

It seemed peculiar that a multimillionaire would feel the need to defraud the public purse, but Piggott was very much a man in his own creation, and abiding by the rulebook wasn't part of his plan.

"If I was to toe the line, I would never have got to where I was in my career; I would never have ridden my first horse when I was 12," he said in an interview with the BBC. "I always wanted to take things one step further, to push the narrative, to challenge boundaries.

"I think if you want to get somewhere and if you want to be someone, this is the route you need to take... even if sometimes it may not work out the way you planned."

In 2021, Piggott was one of the first two entrants in the British Champions Series Hall of Fame – alongside the horse Frankel.

Although a private man, in later years Piggott remained active in the horse racing world, and was a close friend of the Queen. He had two daughters and a son, and passed away in hospital in Geneva, Switzerland, on May 29, aged 86.



Full of PRIDE

CELEBRATING THE PROGRESS OF PRIDE IN THE UK AND ELSEWHERE

It's perhaps surprising to note that Pride, a collection of events that celebrate the progress and popularity of the LGBTQ+ movement, actually comes from a place of conflict.

Certainly, our modern interpretation of Pride and, by association, LGBTQ+ Pride Month, which took place in June, is one where people can express their sexuality in a way that brings it into mainstream conversation.

It wasn't always like this. Back in 1969, and under the moniker Stonewall, a series of riots around Manhattan provided a watershed moment. The name referenced the Stonewall Inn, a gay bar in Greenwich Village where transgender people rioted following a raid by police.

Looking now at the way Pride is encouraged in all its forms, it's clear we have come a long way since then.

In the UK, parades in London and Brighton are some of the most popular of any live events held to celebrate Pride. Across the pond, various US presidents have committed to referencing and promoting Pride Month, while corporations the world over throw their collective marketing might behind that familiar multicoloured flag.

What's more, last year the United Arab Emirates supported the LGBTQ+ community in a way they had never before by raising the rainbow flag to celebrate Pride Month; and with the World Cup due to be held in Qatar at the end of the year, the Middle East remains under significant pressure to uphold its renewed pledge for dignity and equality.

These days, Pride is more than a dress code, a parade or a festival. It is a 24/7 lifestyle that encompasses people of all different persuasions, in pursuit of respect, tolerance and understanding. And it's a battle that's being won.

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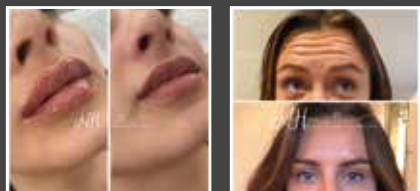
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Strawberry LEGS: SYMPTOMS, CAUSES AND TREATMENTS

While this may be one of the more cute-sounding skin conditions, strawberry legs can be more than a little annoying, especially when you are getting ready to bare your pins for summer.

WHAT ARE THE SYMPTOMS OF STRAWBERRY LEGS?

- ◆ A dotted or pitted appearance on the skin of your legs
- ◆ The darkening of open pores on your legs
- ◆ The appearance of brown or black spots after shaving

WHAT CAUSES STRAWBERRY LEGS?

- ◆ **Shaving:** If you shave with an old or dull razor or you fail to use shaving cream, this can sometimes result in ingrown hairs which can lead to strawberry legs. Razor burn can also cause this condition.
- ◆ **Clogged pores:** The skin on your legs contains thousands of pores and these can become clogged with bacteria, dead skin and other debris. Known as open comedones, when the oil inside the pores is exposed to air, it oxidises and turns black.
- ◆ **Folliculitis:** Caused by shaving, waxing or other hair removal techniques, folliculitis occurs when a hair follicle becomes inflamed. This leaves the follicle open and more at risk of exposure to bacteria.
- ◆ **Very dry skin:** Although dry skin does not directly cause strawberry legs, it can make you more susceptible to irritation after shaving, which can cause razor burn or folliculitis.

HOW TO TREAT STRAWBERRY LEGS

Depending on the cause and the severity, you can choose to treat strawberry legs at home or you can seek professional help.

Home remedies: Shave in the direction of hair growth with a moisturising shaving cream | Use an epilator to avoid traumatising the skin | Moisturise the skin on your legs daily | Dry brush the skin daily | Use a body wash that contains salicylic or glycolic acid.

Professional treatments: Electrolysis | Laser therapy.



BEAUTY

HOW TO REMOVE sun cream FROM CLOTHES



Sun cream is a summer essential, helping to protect your skin from the harmful rays. However, do you know how to protect your clothes from sun cream stains? Find out how below.

STEP 1: REMOVE ANY EXCESS CREAM

Start by scraping off any excess sun cream from the item of clothing. This can be done with a dry cloth or your fingers if you do not have anything else to hand.

STEP 2: RINSE UNDER WARM WATER

Rinse the garment under warm water to remove further residue from the stain. Do this for between 10 and 15 seconds.

STEP 3: POUR WASHING LIQUID DIRECTLY ONTO THE STAIN

Look for a washing liquid that specifically offers stain removal aimed at these types of stains, such as Persil Small and Mighty Bio, which is designed to tackle grease and oil stains.

STEP 4: LOAD INTO YOUR MACHINE

Place your garment in your washing machine with

other similar items and add your usual laundry detergent to the drum.

STEP 5: WASH YOUR GARMENT

Wash your items on the usual cycle but use the hottest wash temperature indicated by the instructions on the garment's fabric care label.

STEP 6: DRY YOUR GARMENT

Remove the garment from the washing machine and allow to air dry outside for optimal results.

TOP TIPS FOR GETTING SUN CREAM STAINS OUT OF WHITE CLOTHING:

- > After washing, hang your item out to dry in the sun, which can naturally bleach your clothing and banish sun cream stains.
- > For stubborn stains, squirt a little lemon juice onto the affected area before drying on the washing line.
- > Apply a chemical bleaching agent that is diluted with water to the stain. Always make sure you do this in a well-ventilated area and ensure pets and children are kept out of the way.



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NATURAL SUNBURN REMEDIES



HEALTH & FITNESS

According to a poll by the British Association of Dermatologists, 35 per cent of Brits have been sunburnt in the last year. Although we all know the dangerous effects of the sun's powerful UV rays, we can all be guilty of being a bit lax when it comes to applying sunscreen, so here's what to do if you start feeling the burn.

BAKING SODA AND OATMEAL

If your skin is feeling sore after too long in the sun, an oatmeal and baking soda bath is just what you need. Adding a few tablespoons of baking soda to a cool bath can help to minimise sun damage, and adding a cup of oats can soothe any irritation and help the skin to retain moisture.

COCONUT OIL

Once your initial sunburn has calmed down, coconut oil can be applied to the skin to moisturise and hydrate it. Coconut oil is also good for dry or peeling skin, as it helps to lock in moisture and keep the skin soft.

ALOE VERA

One of the most common ingredients in after-sun products, aloe vera is known for its cooling and soothing properties. If you have your own aloe vera plant, simply break off a chunk of the plant and apply the gel directly to the affected area. Alternatively, pick up some aloe vera gel at your nearest pharmacy or supermarket.

CHAMOMILE TEA

Did you know chamomile tea can soothe not only your mind but also your skin? To use chamomile as a sunburn remedy, brew a cup of tea as you usually would and then allow to fully cool. Soak a clean cloth in the tea and apply to the skin. Do not use this treatment if you are allergic to pollen.

WHAT NOT TO PUT ON SUNBURNED SKIN:

Petroleum jelly (Vaseline) | Ice or ice packs | Fragranced moisturisers.

STINKY FEET!

Do you struggle with sweaty and smelly feet in the summer? Most commonly caused by bacteria and moisture, stinky feet can make you feel self-conscious and uncomfortable.

Discover the best natural remedies for stinky, sweaty feet below.

SALT FOOT SOAK: Epsom salts are antibacterial, which means they can stop the growth of bacteria on your feet. They are also great at banishing bad odours. To use, simply prepare a foot bath of warm water and then add ½ cup of Epsom salts. Soak your feet for 15-20 minutes and then rub dry.

VINEGAR FOOT SOAK: Both apple cider vinegar and white vinegar can be used to disinfect the feet and kill any bacteria which could be responsible for bad smells. Fill a bowl or tub with two parts warm water and one part vinegar and then soak your feet for 15-20 minutes. Do not use this remedy if you have any cuts or sores on your feet.

BLACK TEA FOOT BATH: If you suffer with very sweaty feet, then soaking your feet in black tea can help to dry them out. The tannic acids in black tea will also kill any odour-causing bacteria. To make a black tea foot bath, boil two teabags in a pint of water for 15 minutes. Remove the bag and then dilute the tea with eight cups of water. Allow to cool and then soak your feet for 15-20 minutes.

LAVENDER OIL FOOT RUB: Lavender oil has the ability to kill bacteria, and it smells lovely, making it the perfect remedy for smelly and sweaty feet. Simply rub a few drops onto your feet before bed and gently massage into the skin. Cover your feet with socks for best results.

ZINC SUPPLEMENT: Zinc has shown promising signs of eliminating foot odour and can be taken as a daily supplement. Alternatively, you can eat foods that are high in zinc, including seafood, beef, spinach and strawberries.



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BEGINNER'S GUIDE TO COOKING WITH *banana leaves*



We are literally going bananas for banana leaves. Beautiful to look at, fun to use and easy to cook with, once you've finished reading the below, you'll wonder why you didn't take advantage of these cheap and plentiful cooking aids before.

HOW TO PREPARE BANANA LEAVES FOR COOKING

- Gently wash the leaves and then cut off the thick spine.
- Pass over an open flame quickly until the leaf turns bright green and glossy. This will soften the leaves for folding. Make sure to wear heat-resistant gloves when doing this and keep any flammable items out the way.
- Place on a chopping board and cut to the desired size.

TO STEAM FISH

A banana leaf makes a fragrant and convenient steaming packet that will ensure your preferred fish is both succulent and tasty. Wrap the leaf around any kind of firm-fleshed fish, such as halibut or snapper, and then simply add your favourite herbs and spices as well as some form of moisture, such as broth, wine or lemon juice. Secure with toothpicks. You can also use banana leaves to steam rice and meat.

TO GRILL VEGGIES

If your vegetables always stick to the grill, then a banana leaf provides the perfect solution. Just place the leaf on the grill first and then arrange your vegetables on top of it. This method will also add a mellow, smoky-sweet flavour to your vegetables. Also great for grilling prawns and other shellfish.

TO SERVE SUSTAINABLY

Banana leaves aren't just for cooking with; they also make great biodegradable serving platters, place settings and even linens for formal tables. Banana leaf boats make pretty bowls for rice, salads and desserts.

TOP TIPS

- Although not toxic, banana leaves are hard to digest, so you should not eat them.
- Banana leaves are porous, so if you are baking, place the leaf packets in a pan to catch leaking juices.
- Banana leaves freeze really well. Blanch first and then wrap in greaseproof paper and place in freezer bags.



FOOD & DRINK

Bubble BONANZA

Bubble tea has been trending on social media for a while now, with this Insta-perfect colourful beverage being every bit as tasty as it looks.

WHAT IS BUBBLE TEA?

Bubble tea is a Taiwanese recipe that is made by blending tea with milk, fruit and fruit juices and then adding tapioca pearls. While it is now all the rage in the UK, it has been enjoyed in countries such as China since the 1980s.

WHY IS IT CALLED BUBBLE TEA?

It is the tasty tapioca pearls that sit at the bottom of bubble tea and the floating bubbles that are created by vigorous shaking that give this increasingly popular drink its name.

Bubble tea can be served hot or cold, but always in a transparent cup and with a thick straw so that the pearls can be seen and sucked up with ease.

WHAT DOES BUBBLE TEA TASTE LIKE?

There are lots of different flavours of bubble tea that you can try, and you can even get various flavours of tapioca pearls. These pearls have a chewy

consistency that is somewhere between jelly and chewing gum.

HOW TO MAKE BUBBLE TEA

You will need:

Tea | Milk | Tapioca pearls | Honey or agave

How to make:

- Bring 3 cups of water to the boil and add 1 cup of tapioca pearls.
- Simmer until the pearls float to the top.
- Brew your chosen tea and allow to steep for 5 minutes.
- Chill the tea in the fridge or pour over ice to cool.
- Place the cooked pearls in a tall glass.
- Add honey or agave to sweeten if desired
- Pour your chilled tea two-thirds of the way up the glass.
- Add a splash of milk if you want a creamier drink.
- Stir and enjoy with a thick straw.

POPULAR BUBBLE TEA FLAVOURS

Taro milk tea | Matcha green tea | Mango tea | Brown sugar milk tea.



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THE CHILD PROTECTION SYSTEMS RELEASED BY APPLE

Apple's advancements designed to protect the welfare of children using its hardware are coming into play, although the tech giant has held off activating a third iCloud-based system until next year.

In the meantime, content on devices being used by children will be screened in two ways, should parents choose to turn on the notifications function.

If activated, when an attempt is made to load a page that contains an inappropriate image, a warning note will appear, asking the user if they wish to proceed and view the photo. The note will suggest they consult a responsible adult for advice. This set up effectively eliminates the risk of children accidentally viewing content they would rather not.

A similar message will also appear if the child is apparently attempting to intentionally search for and view a topic or image that it is imagined might cause offence to minors. The system will then direct the user to expert public services for help and advice.

Both systems are currently in use in the US, and they are significant innovations, because they represent the fact that rather than employing a Big Brother approach, Apple recognises that most families would rather police themselves and their own actions, given the opportunity.

A further system, originally announced in 2021 and now put on hold until 2023 at least, involves the scanning of photos uploaded to iCloud, with the aim of finding 'known' child abuse photos.

While the corporation is keen to move forward with this third innovation, it has agreed to take further advice on the feature before proceeding.








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CHEF select

THE CHERISHED KITCHEN IMPLEMENTS OF THE COUNTRY'S BEST CHEFS

While a good workman doesn't blame his tools, for those who specialise in the wonder of food, the perfect kitchen implement can transport an everyday dish into a work of culinary completeness.

We have collated the must-have cooking utensils and items for a selection of the UK's leading chefs, and in some cases, the results were surprising.

JAMIE OLIVER: Globally famous chef and restaurateur. "An empty jam jar: super cheap and super useful, for anything from salad dressings and salsas to storing pulses and spices."

YOTAM OTTOLENGHI: Respected food columnist and chef. "For years I struggled with all sorts of mashers, then I found the Masterclass potato ricer. It fits in a drawer, it's easy to handle and clean, and creates a mega-smooth mash. I now use it for mashing all my root veg."

CLARE SMYTH: Michelin-decorated female chef and previous winner of the Chef of the Year award. "My Big Green Egg barbecue. You can put whatever you like on it, pull down the lid and leave it for hours without having to do anything at all. Good food made with ease and no stress."

TOM KERRIDGE: Owner of award-winning The Hand and Flowers pub. "My Homer Simpson bottle opener, a present from my personal assistant, Zabrina. Each time I open a bottle, it goes, 'Mmmmmm, beer'."

JAMES COCHRAN: Winner of Great British Menu 2018. "It has to be my Braun J300 Juicer. I've been making amazing juices every morning to ensure I'm full of energy for the day."

MARWA ALKHALAF: Co-owner of Michelin restaurant, Nutshell. "Rubber spatulas of all shapes and sizes. They don't scratch and ensure that every last bit is scraped up. When you are working with precise recipes, especially with pastries, it's crucial every gram is accounted for."

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HOW TO CREATE YOUR OWN *abstract cushion*

Could your cushions do with a makeover? High street cushion covers can be expensive and a little generic, so why not design your own? We love this simple yet bold abstract cushion design that anyone can create at home with just a few craft essentials and a little artistic flair.

YOU WILL NEED:

One cotton cushion cover | An abstract face template (you can find these online) | A pencil | A piece of cardboard the same size as your cushion cover | Black fabric paint | Thin paintbrush | Iron-on foil in your choice of colour | An iron | A tea towel

HOW TO MAKE:

STEP 1: Print out the face template

Print out your chosen face template onto a piece of plain white paper and carefully cut out the different parts of the face. Alternatively, if you are feeling

artistic, you could draw your own abstract face design and use this instead.

STEP 2: Draw around the template

Position the template pieces onto the front of your cushion cover and draw around each one using a pencil. Take your time with this step as accuracy is key.

STEP 3: Paint the face design

Place the piece of cardboard inside your cushion cover – this will stop your paint bleeding through to the back of the cushion. Using a thin paintbrush and the black fabric paint, carefully paint the face design and then allow to dry fully.

STEP 4: Create the lip design

Use the template to cut out a pair of lips from the iron-on foil. Set your iron to a cool setting with the steam off and then place the lips onto the cushion cover. Lay a tea towel on top of the lips and then gently iron until the foil has bonded with the fabric. Remove the tea towel and allow to cool before peeling off the top carrier layer of foil.



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COME OVER TO THE DARK SIDE

While black might not be the first colour that comes to mind for a baby's room, this gender-neutral shade is becoming increasingly popular in the nurseries of the rich and famous. Here are some suggestions for decorating with black.

GO FOR GOLD: If you are looking to create a glamorous room for you and your baby to spend time in together, then a black and white nursery room with a few touches of gold is the way to go. Opt for black walls, a combination of black and white furniture, and some well-placed gold accessories.

ADD WARMTH WITH WOOD: To design an earthy, natural-looking nursery, paint a dominating wall in black to give the space a sense of drama and definition and then add warm woods and rich textures to create feelings of comfort.

USE BLACK AS AN ACCENT: If you are not ready to paint an entire wall black, then why not try adding some black accents to your nursery? You could add a black toy storage box, a black wicker basket, or mix and match black accessories with animal print.

MIX AND MATCH PATTERNS: Stick to just black and white as your colour scheme of choice and then add depth and visual interest by mixing and matching whimsical graphic patterns. Think a black and white striped rug, black and white spotty blankets, and black and white patterned wallpaper.

PAINT THE CEILING BLACK: For an ultra-modern nursery, set black against white by painting all the walls white and the ceiling black. Providing stark contrast, you can then add your choice of accessories either in a pop of colour, such as yellow or orange, or continue the monochrome theme.

Photo credit: www.nurserydesignstudio.com, @winterdaisy/Instagram, Tealrybchuck/Instagram, StyledByNinaJ/Instagram





DESIGNING A *small bathroom*

Your bathroom is an essential room in your home – you'll use it multiple times a day. But many people think that a small bathroom has limited potential, making it difficult to create a modern and stylish space.

The good news is that even a modest bathroom can be beautiful with the right design. Take a look at our tips for creating a stylish, functional bathroom, even when you're working with a small space.

CREATE ZONES: You can make a space look larger by creating defined bathroom zones. Tiling or panelling your sink area, a block colour above the toilet and a contrasting floor can create the illusion of space. It will also make your bathroom look slick and modern.

FREE UP YOUR FLOOR SPACE: A freestanding bath, towel rail and wall-hung vanity units can leave you with more visible flooring, making your bathroom look much bigger. Get clever with shelving instead of opting for storage units. You can build shelving into your shower, or make the most of some wall space to store all of your essentials.

LET THERE BE LIGHT: Keep your space light to help it look bigger. Light shades on the walls, glass shower doors and a large mirror will help keep your room nice and bright.

USE THE LITTLE TOUCHES TO ADD STYLE: There are a lot of stylish touches you can add to a small bathroom to help it ooze style and class. Matte black or brushed gold hardware looks beautiful, while plants and wall art can also make your bathroom feel more inviting.

A small bathroom can still be mighty. Consider the options above to make the most of the space you have and ensure your bathroom is lovable and livable.

Photo credit: arazilivine.com/Pinterest, lovenovate.co.uk/Pinterest



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ART THERAPY

with Rebecca Sicardi

WHY REBECCA SICARDI'S DESIGN VISION IS GOOD FOR THE HOME AND THE MIND

We can all relate to a piece of furniture, or a space, or an entire house transporting us to a place of mindful calm, but designer Rebecca Sicardi took the concept one step further when launching her interior design business in 2017.

Despite studying History of Modern Art at Manchester University, it was only when she began decorating her duplex apartment in Hackney that the concept of satisfaction and gratification really came to the fore for the designer, who prioritises subtlety, restfulness, neutral shades and stripped-back finishes in order to promote a place of sanctity, harmony and calm.

She explains: "I don't think it's a secret that most of us will respond well to relaxed, subtle shades and tones, and they really are at the heart of what I create as a template for thought."

"On top of that, I will add context, detail and stimulation in the form of statement pieces or effects that really stand out."

By the designer's own admission, it's not a revolutionary way of thinking; however, in an era where we are impacted by so many modes and messages, reconnecting with sanity, clarity and a sense of clearness could be the ultimate antidote to the world's ills.

The words 'sensitivity' and 'sanctuary' permeate so much of what Sicardi styles, with pastels, wood, stone and rattan offering a base on which everything else can be constructed.

As for Sicardi's recommendations for others looking to follow her design style, she suggests always checking colours carefully, especially 'off-whites', valuing texture and materiality over almost anything else, and using a pared-back palette as a starting point before adding on top, while always telling a story through the art and furniture you select.

She adds: "Don't expect it to work first time. Persist with what feels as if it might work, because with persistence, it will."



Photo credit: rebeccasicardi.com

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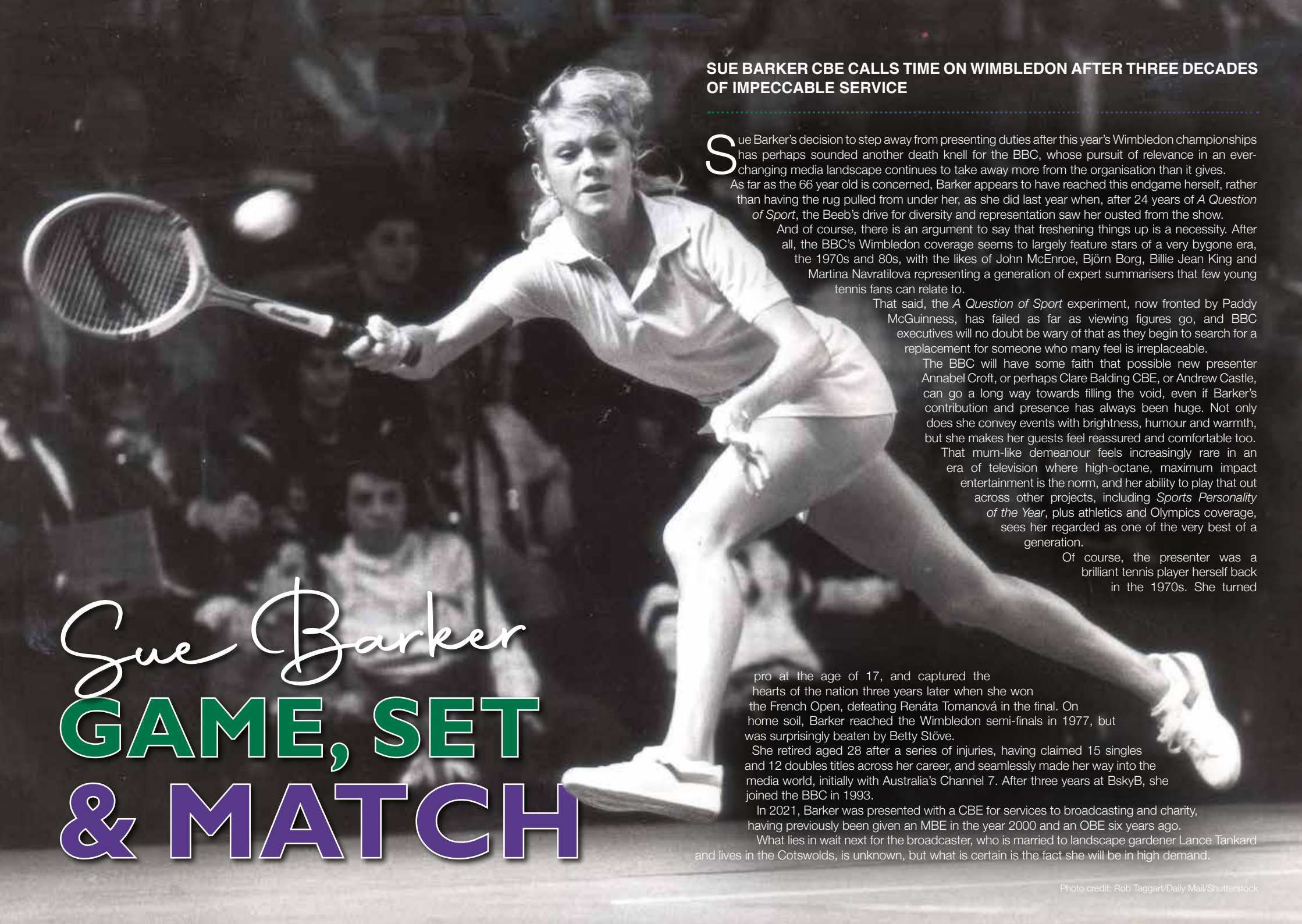
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SUE BARKER CBE CALLS TIME ON WIMBLEDON AFTER THREE DECADES OF IMPECCABLE SERVICE

Sue Barker's decision to step away from presenting duties after this year's Wimbledon championships has perhaps sounded another death knell for the BBC, whose pursuit of relevance in an ever-changing media landscape continues to take away more from the organisation than it gives. As far as the 66 year old is concerned, Barker appears to have reached this endgame herself, rather than having the rug pulled from under her, as she did last year when, after 24 years of *A Question of Sport*, the Beeb's drive for diversity and representation saw her ousted from the show.

And of course, there is an argument to say that freshening things up is a necessity. After all, the BBC's Wimbledon coverage seems to largely feature stars of a very bygone era, the 1970s and 80s, with the likes of John McEnroe, Björn Borg, Billie Jean King and Martina Navratilova representing a generation of expert summarisers that few young tennis fans can relate to.

That said, the *A Question of Sport* experiment, now fronted by Paddy McGuinness, has failed as far as viewing figures go, and BBC executives will no doubt be wary of that as they begin to search for a replacement for someone who many feel is irreplaceable.

The BBC will have some faith that possible new presenter Annabel Croft, or perhaps Clare Balding CBE, or Andrew Castle, can go a long way towards filling the void, even if Barker's contribution and presence has always been huge. Not only does she convey events with brightness, humour and warmth, but she makes her guests feel reassured and comfortable too.

That mum-like demeanour feels increasingly rare in an era of television where high-octane, maximum impact entertainment is the norm, and her ability to play that out across other projects, including *Sports Personality of the Year*, plus athletics and Olympics coverage, sees her regarded as one of the very best of a generation.

Of course, the presenter was a brilliant tennis player herself back in the 1970s. She turned

pro at the age of 17, and captured the hearts of the nation three years later when she won the French Open, defeating Renáta Tomanová in the final. On home soil, Barker reached the Wimbledon semi-finals in 1977, but was surprisingly beaten by Betty Stöve.

She retired aged 28 after a series of injuries, having claimed 15 singles and 12 doubles titles across her career, and seamlessly made her way into the media world, initially with Australia's Channel 7. After three years at BskyB, she joined the BBC in 1993.

In 2021, Barker was presented with a CBE for services to broadcasting and charity, having previously been given an MBE in the year 2000 and an OBE six years ago.

What lies in wait next for the broadcaster, who is married to landscape gardener Lance Tankard and lives in the Cotswolds, is unknown, but what is certain is the fact she will be in high demand.

Sue Barker
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Photo credit: Google Maps

Firefighter named in Queen's Jubilee Honours List

An Epping firefighter has been awarded a British Empire Medal (BEM) in the Queen's Platinum Jubilee Honours List.

Derek Whitbread BEM (pictured), an on-call firefighter in Epping, was announced in the list on June 2.

Having served for 47 years, he holds the record of being Essex's longest-serving on-call firefighter.

When he's not responding to incidents, Derek runs his own maintenance company.

His son and daughter, Jason and Hannah, work within the service as firefighters in Kent and Harlow respectively.

Derek said: "I was approached to join as an on-call firefighter in 1974 by one of the other firefighters and I agreed to give it six months or so, but here I still am."

"It's nice to be appreciated, and to get something like this is the icing on the cake. I wouldn't be able to do this job without the support of my family and of course everyone I have worked with over the years."

"We couldn't do what we do as a family without the support of my wife, Louise. She is the unsung hero supporting us all when we are working all hours and turning out at all times of the day and night. She really is brilliant."

Councillor delighted to be elected as chairman

Epping Forest Conservative Association (EFCA) has elected a new chairman.

Epping Lindsey and Thornwood Common ward councillor Holly Whitbread (pictured right) was chosen for the role at the group's annual general meeting in Thatcher House, Loughton, on June 10.

Cllr Whitbread said she was "delighted" to be chosen.

At the meeting, EFCA also chose the rest of its new management team, with councillor Sam Kane the new deputy chairman political, councillor Aniket Patel as deputy chairman membership and finance, councillor Tony Woodhead as treasurer, councillor Smruti Patel and councillor Rosalyn Philip as vice chairmen, and councillor Dan Spillman as secretary.



Photo credit: Epping Forest Conservatives



Lottery funding to transform playground



A play area in Epping will be upgraded after receiving a £40,000 funding boost. The National Lottery Community Fund has given the grant to the Epping Playground Association to transform Lower Swaines Recreation Ground.

The money will help the charity make the recreation ground an inclusive space for families, catering for children with special educational needs and physical or sensory challenges.

It is hoped that the project will be completed in September, with an official opening in October.

Town clerk Beverley Rumsey said: "Epping Town Council would like to congratulate Epping Playground Association on its National Lottery grant success.

"The town council continues to support and work with the Association to bring these plans to fruition, and we look forward to seeing work start this summer."

Charity trustee Habibah Wise (pictured second from right) said: "Thanks to National Lottery players, this grant means we can expand and build on our existing plans to include an accessible path and install equipment chosen by local girls as part of our research last year.

"We're delighted to have won this grant since it really shows how important play and outdoor equipment are to families and children.

"This will make a big difference to the lives of many in the community."

Ofsted praises school for improvements

A secondary school in Epping has impressed Ofsted inspectors with the huge improvements made since the last inspection.

Ofsted visited Epping St John's Church of England School in Bury Lane in April and, in a report published on June 17, graded the school as Good.

This marks the first inspection since the school was taken over by the BMAT academy trust after

previously being rated as Requires Improvement.

The report says: "Courageous, effective leadership has brought about considerable improvements in the quality of education and care across Years 7 to 13.

"With effective support from BMAT and governors, leaders improved many aspects of the school's work.

"The impact of the changes is evident in the good quality of education and in the calm, productive atmosphere."

Headteacher Mike Yerosimou said: "Raising expectations is not easy. But it is right. We will continue to strive for better for our students and the community we serve every single day."

Joy as treasured football boots from 1961 restored

A tiny pair of football boots purchased in 1961 have been restored by an Epping shoe repair shop.

Barry Nevill took the boots to Epping Shoe Repairs in High Street to get them repaired following 60 years' worth of damage.

The handmade boots belonged to Barry's dad, Ron, and were given to him by his wife to celebrate Tottenham winning the double in 1961.

From that moment, the boots have hung on the mirror of the family car as a reminder of Spurs' success.

After Ron died last year, Barry realised the boots were in poor condition and took them to Epping Shoe Repairs, who brought them back to life.

Barry said: "The sun had got to them, and they were falling apart, in a terrible state.

"I didn't want to throw them away; they were a precious memory of my dad, who passed away in November last year.

"I took them to Epping Shoe Repairs and asked Roy and Grant if they fancied a challenge.

"Four months later they have turned them into something special again. A brilliant job. I've got my dad's boots back. I can't thank them enough."



Photo credit: Barry Nevill

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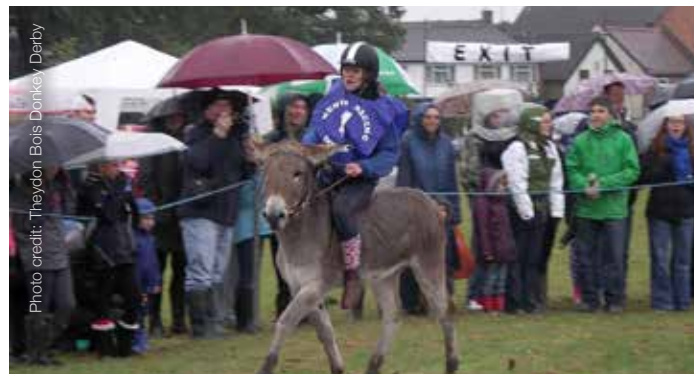


Photo credit: Theydon Bois Donkey Derby



Popular Donkey Derby returns after three years

One of the most popular events in the Theydon Bois calendar takes place this month.

The Donkey Derby returns to the Green on Sunday, July 10, for the first time since before the COVID-19 pandemic.

The Derby, which is now in its 33rd year, is Theydon's biggest community event and involves young jockeys aged 10 to 15 riding donkeys around the course.

As well as the races, there will be entertainment for all the family on offer.

Theydon Bois resident Nick Coleman said: "I'm really

looking forward to the Donkey Derby returning. It feels like it's been a long three years since the last one.

"The organisers always do an amazing job and it is a great day out. I recommend anyone who has not been to give it a go."

Neil Leahy, managing director of Butler & Stag, the main sponsor of the event, said: "The Donkey Derby event highlights the true spirit of Theydon Bois.

"It's a fun event for everyone and raises much-needed funds for the local Scouts and Guide groups and several other village charities."



Photo credit: Norman B. Leventhal Map Center

Residents asked to give opinion in consultation

Residents in Theydon Bois and the wider Epping Forest area are being asked to have their say on a recent decision to reduce the number of district councillors.

Epping Forest District Council (EFDC) currently has 58 councillors. However, a review from the Local Government Boundary Commission (LGBC) has concluded that the number should be reduced to 54, with the wards set to be redrawn to accommodate the change.

No new wards have been announced as of yet, but LGBC is now asking residents for their help in deciding how the electoral map of the district council should

look in the future.

Residents can give their views online by visiting www.consultation.lgbce.org.uk/node/34398

Feedback can also be given by sending an email to reviews@lgbce.org.uk or posting a letter addressed to Review Officer (Epping Forest), LGBC, PO Box 133, Blyth, NE24 9FE.

A briefing on the matter was delivered to EFDC at an online meeting on June 9, with Rebecca Pritchard of LGBC giving a presentation to councillors on the matter. This can be watched at bit.ly/3nnFMkN

This stage of the consultation will come to an end on July 18.

Council raises flag in honour of Armed Forces

Epping Forest District Council (EFDC), which serves Theydon Bois, raised the Armed Forces flag last month as part of countrywide celebrations.

Councillor Mary Sartin, chairman of EFDC, said: "Today [June 20] provides us with the opportunity to show our support for the men and women who make up our Armed Forces community; from currently serving troops to veterans and cadets.

"As a nation, we have traditionally been very good at paying tribute to past heroes, past sacrifices and past historic events. However, until recently we have not been so good at acknowledging publicly our gratitude and appreciation of the sacrifices of our

present-day heroes.

"That is the purpose of Armed Forces Day.

"This opportunity is even more relevant today, as on June 14 we commemorated the 40-year anniversary of the liberation of the Falkland Islands.

"We owe an incredible debt of gratitude to the brave men and women of our Armed Forces. They are the ultimate protectors of our peace and security and, indeed, of our whole way of life.

"As a nation, we continue to be indebted to those who today risk their lives in many places around the world and to the veterans whose service we will never forget and always honour."



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Naturally, you'd rather avoid that if possible, but that shouldn't rule out having a Chilean Rose, Mexican Redleg or Costa Rican tarantula as a pet.

SUGAR GLIDER
This possum offers affection (once it gets to know you), inquisitiveness, a tail that's as long as its body and an ability to glide through the air with almost Tarzan-like abandon.
One slight downside is it's strictly nocturnal, meaning if you really want to bond with one, you'll be staying up late.

GIANT AFRICAN LAND SNAIL
Who would have thought owning a snail implied you were living on the edge? It is indeed the case, though, given that the giant African land snail is illegal in many parts of the US for the destruction it can cause to agriculture.
We're a bit more relaxed in the UK, though it is against the law to release them into the wild; and contrary to the marketing, they're not really so 'giant' after all, coming in at around 15cm long (which is still impressive as molluscs go).

CHINCHILLA
A bit like a squirrel on steroids, the chinchilla is an adorable member of the rodent family and rarely puts a paw out of place, though does require a fair bit of maintenance.

AFRICAN PYGMY HEDGEHOG
Anyone who has spotted a hedgehog going about its nightly duties will know that – horrific waistcoat of lethal-looking spikes aside – they are one of our cutest garden visitors. The pygmy (or four-toed) hedgehog is a smaller version more suited to life as a pet, and their popularity in the UK is soaring.







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GARDENING

THAT IS THE QUESTION – AS IN, ‘WHAT’S ACTUALLY THE DIFFERENCE BETWEEN A BUMBLEBEE AND A HONEYBEE?’

When it comes to buzzing beauties in our gardens, most of us would be none the wiser as to exactly what we’re looking at – we’ll simply exercise caution to prevent getting too close to them.

The truth, though, is that bumblebees and honeybees look and live very differently.

APPEARANCE

Bumblebees are bigger, have a puffier, more decorated exterior and subsequently buzz at a slower rate and lower frequency.

Honeybees are more streamlined and can often be mistaken for wasps.

NESTS

Honeybees will nest whenever they can find a decent space. A tree, a cave, a roof space, even under your car bonnet – they’re happy as long as they believe it’s a safe and secure space.

Bumblebees will create homes underground. They

have less of a need to build high as they’re not protecting a mass of honey, so will typically use abandoned burrows or holes underground.

JOB

Honeybees, as the name suggests, produce honey. Bumblebees, on the other hand, are responsible for transferring nectar from flowers.

STING

We all know the peril of a bee sting, though it’s only a honeybee sting that’s terminal... for the bee. Bumblebees have the ability to sting many times – you’ve been warned.

HIBERNATION

While bumblebees will see out the cold of winter in a safe, warm space, honeybees do not hibernate and will keep going throughout the cold months. They will rely on pre-stored food to last them through to the spring.



Lucky Penny

WHY IT'S IMPORTANT TO UNDERSTAND OUR KIDS' PERCEPTION OF MONEY

There's no parent who hasn't encountered the incessant pleading or hopeful yearning of a child who, while being commended for his or her persistence, has desperately failed to appreciate the value of something we all need perspective on – money.

While in the past the subject of finances was one largely kept clear of kids, experts now believe it's of real value to educate our youngsters as far as the daily cut and thrust of cash goes.

To do so, it is key to understand what our kids perceive as the value of money. It follows, then, that we can better manage expectations if we pinpoint their perspective. For instance, children under the age of seven will understand the concept of money and its function, but only later do they gather the sense of exchange, the idea of borrowing and the fact it comes in various forms.

Past the age of 10, kids glean how work interacts with money and the fact it can be preserved with good habits (or lost easily with bad ones). With that in mind, having a jar where kids can save money, see it accumulate and then spend it on a reward is one of the best introductions.

Parents or guardians should also use a scheme of rewarding tasks (or commissions) rather than the typical pocket money format where, effectively, a child is rewarded no matter what they do.

The importance of giving should also be emphasised, as well as opportunity cost – "If you buy this, you won't be able to buy that."

Early money management offers great practice for later life where, as we will all testify, temptations become much greater.



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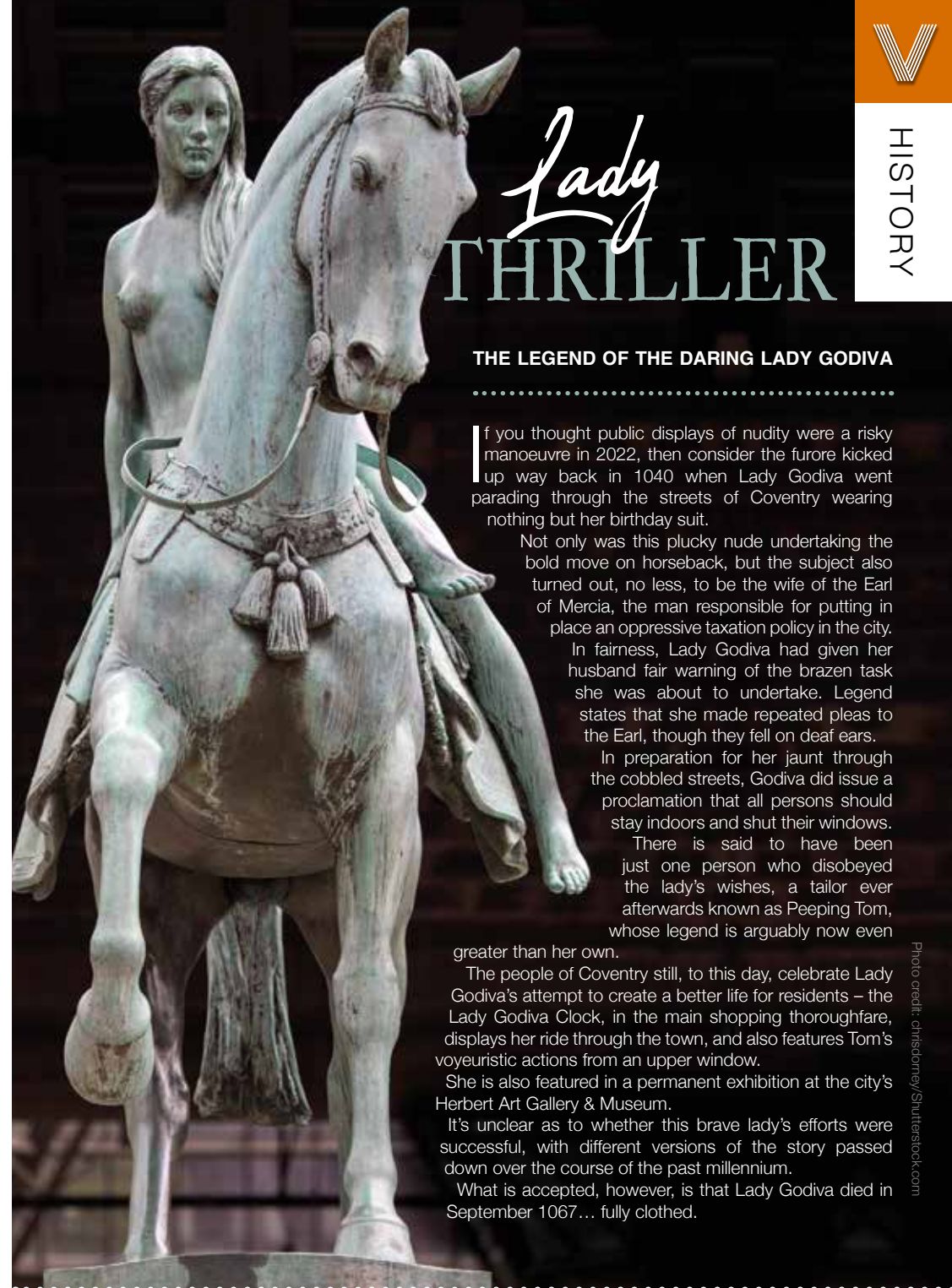
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Lady THRILLER

THE LEGEND OF THE DARING LADY GODIVA

If you thought public displays of nudity were a risky manoeuvre in 2022, then consider the furore kicked up way back in 1040 when Lady Godiva went parading through the streets of Coventry wearing nothing but her birthday suit.

Not only was this plucky nude undertaking the bold move on horseback, but the subject also turned out, no less, to be the wife of the Earl of Mercia, the man responsible for putting in place an oppressive taxation policy in the city. In fairness, Lady Godiva had given her husband fair warning of the brazen task she was about to undertake. Legend states that she made repeated pleas to the Earl, though they fell on deaf ears.

In preparation for her jaunt through the cobbled streets, Godiva did issue a proclamation that all persons should stay indoors and shut their windows.

There is said to have been just one person who disobeyed the lady's wishes, a tailor ever afterwards known as Peeping Tom, whose legend is arguably now even greater than her own.

The people of Coventry still, to this day, celebrate Lady Godiva's attempt to create a better life for residents – the Lady Godiva Clock, in the main shopping thoroughfare, displays her ride through the town, and also features Tom's voyeuristic actions from an upper window.

She is also featured in a permanent exhibition at the city's Herbert Art Gallery & Museum.

It's unclear as to whether this brave lady's efforts were successful, with different versions of the story passed down over the course of the past millennium.

What is accepted, however, is that Lady Godiva died in September 1067... fully clothed.



How to deal with...

The average total debt for an adult in the UK is a whopping £32,053. If you are one of the many people struggling with debt, it can feel all-consuming. Fortunately, there is light at the end of the tunnel.

Step 1: Make a list

If you have been burying your head in the sand about your debt, then now is the time to make a list of everything you owe. Although it can be scary to see this on paper, this is an essential task in becoming debt-free.

• Court fines

These debts need to be paid back first as they could result in you losing your home or being disconnected from a service.

Step 3: Work out a budget

A weekly or monthly budget helps you to see what your monthly income and expenses are and allows you to find out how much you can realistically pay your creditors. If you need help working out a budget, the MoneyHelper offers a free budget planner at www.moneyhelper.org.uk/en

Step 4: Communicate with your creditors

Once you know what you can afford to pay back, you should contact your priority creditors to talk them through your situation. Make sure you are realistic about what you can afford to pay and don't assume you will be able to pay more in the future.

Step 5: Get independent advice

You can get free advice on dealing with debt from charities such as Step Change. Visit their website at www.stepchange.org to find out more.

Step 2: Prioritise your debts

The next step is to put your debts in order of importance; these are known as priority debts. These may include:

- Mortgage repayments
- Rent
- Secured loans
- Utility bills
- Taxes



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As a result, we now have a relative smorgasbord of incredible blogs, for those at any axis of the property market. Check out some of our suggestions:

Homes & Property: www.standard.co.uk/homesandproperty

The *Evening Standard's* guide stands apart as one of the most comprehensive pieces of property intelligence on the market. An outstanding resource for professionals and enthusiasts alike, it doesn't just focus on the London market, and combines celebrity nods to both areas and interiors.

Zoopla Discover: www.zoopla.co.uk/discover

If you're looking for something rather more UK-centric, Zoopla is the way forward. Catering for buyers, sellers, tenants and landlords, the property portal has invested big time in education, courses and tools that will make you a smarter player on the market.

Houzz: www.houzz.co.uk

Detail is the name of the game with Houzz, with endless inspiration on offer

for interior design devotees. While useful for sourcing professionals to take care of jobs in the home, Houzz also showcases homewares and furniture, with expert advice and guidance at every turn.

Boomin: www.boomin.com

Blogging and social presence are the name of the game with Boomin, which offers a site that's split into various property categories – from videos to news, buying to letting, selling to renting, home design to mortgages, and more.

Property Week: www.propertyweek.com

Authority at your fingertips, Property Week covers topics around property investment and both commercial and residential real estate. It also features analysis and in-depth reporting on the biggest issues facing the industry.

LandlordZONE: www.landlordzone.co.uk

Finally, as the title suggests, LandlordZONE is a dedicated blog for homeowners who rent out their abodes, highlighting both opportunities and threats at play in a frequently changing market.



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HIRE CAR *high-fives*

CLEVER TRICKS TO CONSIDER WHEN HIRING A CAR

Being taken for a ride when hiring a car is probably one irony too many, but it's possible to steer clear of hire car horror and save some additional money by following a few clever tricks.

INSURANCE INSANITY: Car hire companies profit from every level of insurance they sell, and as with most policies, you'll not need it 99.9 per cent of the time. Beware convoluted offerings, including a super collision damage waiver which, despite the name, still won't save you having to pay your excess. Others can take the excess down to zero but will cost you more than arranging private insurance. Alternatively, see what's covered on your credit card benefits.

THE POWER OF THE HOUR: Beware returning your hire car after hours – bringing it back late may well cost you an extra day's hire. Alternatively, think about the free trick on car hire when it comes to having a car on a day when the rental

centre isn't open. You'll find the cost for hiring Friday to Sunday is the same as Friday to Monday – in other words, you're getting a free day.

THE FUEL RULE: It always pays to return the car with the same fuel level in the tank. Returning it having not refilled will incur additional fees.

BOOK IN ADVANCE: As is usually the case, booking in advance will save you money. And in the COVID-19 era, many rental centres are insisting on pre-uploading your driver's licence and other ID documents, meaning you can save time on collection.

THE AIRPORT AGGRO: As we get back into the mindset of holidaying abroad, try to avoid airport rentals. They are notorious for expensive add-ons at a time when people are in a tense state of mind. The better solution is to get a taxi to a nearby town to pick up a prearranged rental.



TRAVEL



FUELLING THE DIVIDE

A HISTORY OF PETROL AND DIESEL PRICES OVER THE YEARS, AND WHERE THEY MAY GO FROM HERE

The devastation caused by the conflict in Ukraine has affected no one more than those immediately impacted by the war; and while it feels churlish perhaps to complain about the price of fuel at the pumps, it's not unreasonable to highlight the extraordinary increase in the price of filling up, and the very real impact it's having on home shores.

The current cost-of-living crisis is about much more than fuel, but the extent to which we rely on the ability to transport both ourselves and our goods around the UK means that even small fluctuations in petrol and diesel can have an onward effect across all retail and service sectors.

It's not just the war either – there is a multitude of other global factors contributing to an increase in logistics and refining costs.

Going forward, the threat of a full EU ban on Russian energy imports could see the cost of fuel climb even higher above the record prices we've seen – around £1.91/litre for petrol and £1.98/litre for diesel.

Even as recently as 2017, filling up at the pump was more than 30 per cent cheaper, and back in 2005, the amount we spend today would have got us twice as far down the road.

PETROL PRICES OVER TIME

15 years ago (Jun 2007)	96p/litre
10 years ago (Jun 2012)	£1.32/litre
5 years ago (Jun 2017)	£1.15/litre
3 years ago (Jun 2019)	£1.27/litre
1 year ago (Jun 2021)	£1.30/litre
7 months ago (Dec 2021)	£1.45/litre
4 months ago (Mar 2022)	£1.67/litre

DIESEL PRICES OVER TIME

15 years ago (Jun 2007)	97p/litre
10 years ago (Jun 2012)	£1.37/litre
5 years ago (Jun 2017)	£1.16/litre
3 years ago (Jun 2019)	£1.31/litre
1 year ago (Jun 2021)	£1.32/litre
7 months ago (Dec 2021)	£1.49/litre
4 months ago (Mar 2022)	£1.78/litre

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JAKE DANIELS BECOMES THE UK'S FIRST OPENLY GAY FOOTBALLER IN THREE DECADES

They say young footballers go about their craft with a sense of fearlessness, and that's certainly the case where Blackpool forward Jake Daniels is concerned.

The 17-year-old, who signed pro terms with the Championship club in 2022, is yet to make a league appearance for the Seasiders, though he has singlehandedly cultivated more column inches than any of his vastly more experienced teammates by coming out as the English Football League's only gay footballer.

For many years, conjecture over the possible treatment of gay footballers – in an environment where terrace banter very often crosses the line between acceptable and not – has clearly led to a huge number of gay footballers afraid to fly their true colours.

That's what makes Jake's revelation all the more brave – namely that someone right at the start of his football career has the confidence and honesty to nail his LGBT colours to the mast and declare, as would Gloria Gaynor, "I am what I am".

He said: "I can't really put a date on it, but I was probably five or six years old when I knew I was gay, so it's been a long time that I have been living with the lie."

"Now is the right time to speak. I feel like I am ready to tell people my story. I want people to know the real me."

"I have been thinking for a long time about how I want to do it, when I want to do it. I know now is the time. I am ready to be myself, be free and be confident with it all."

The UK's first openly gay footballer since Justin Fashanu way back in 1990, Jake is correct in his assertion that attitudes and values have changed. And while the late Fashanu was derided for his honesty and bravery, the fact Jake Daniels has been roundly praised shows just how far society has come since then.



Photo credit: Paul Dennis/TGS Photo/Shutterstock

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PUZZLES

Answers: see end of The VISION Listings

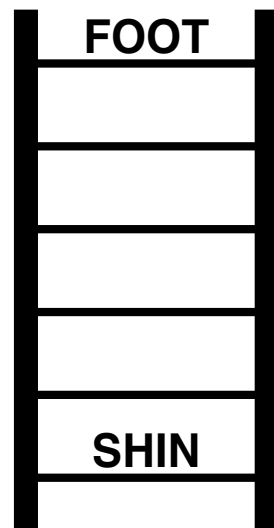
- ▶ ALUMINIUM
- ▶ BERYLLIUM
- ▶ CAESIUM
- ▶ CALCIUM
- ▶ CARBON
- ▶ COBALT
- ▶ GOLD
- ▶ IRON
- ▶ LEAD
- ▶ LITHIUM
- ▶ MERCURY
- ▶ NICKEL
- ▶ OXYGEN
- ▶ POTASSIUM
- ▶ RADIUM
- ▶ RUBIDIUM
- ▶ SILVER
- ▶ SODIUM
- ▶ STRONTIUM
- ▶ ZINC

D	R	A	A	M	U	I	L	L	Y	R	E	B	V	E
A	I	R	S	C	A	L	C	I	U	M	X	A	D	P
E	X	S	T	Q	T	A	A	K	U	A	T	L	A	K
L	R	M	N	E	G	Y	X	O	U	J	O	T	L	Y
M	M	M	U	M	O	L	T	L	R	G	C	L	U	N
U	U	X	T	I	U	O	N	A	S	F	N	I	M	I
I	I	A	R	L	D	I	D	O	P	N	I	T	I	C
S	D	S	N	L	A	I	S	G	R	Y	Z	H	N	K
E	O	C	G	O	U	B	B	S	R	I	O	I	I	E
A	S	A	Y	M	B	M	O	U	A	V	A	U	U	L
C	K	R	S	Q	O	R	C	C	R	T	K	M	M	A
S	S	I	L	V	E	R	A	I	L	V	O	T	R	R
M	S	W	T	N	E	P	E	C	S	H	T	P	T	D
O	O	S	R	M	U	I	T	N	O	R	T	S	A	A
I	Y	E	P	I	T	A	S	E	R	A	B	M	H	I

DID YOU KNOW?

- ▶ Every planet in the solar system could fit in the space between the Earth and the moon.
- ▶ On Venus, one day (one rotation) is equal to approximately 243 days on Earth, but its year (a trip around the sun) is approximately 224 days on Earth. This means one day on Venus is longer than one year.
- ▶ Lightning can occur in space. It's caused by black holes.
- ▶ As a gas giant, Saturn is less dense than water. It would be able to float on water.
- ▶ The sun rises and sets on the International Space Station around 15 times a day.
- ▶ In space, no one can hear you scream. Sound is vibration travelling through molecules in the air, but as space is a vacuum, there are no molecules to vibrate.

WORD LADDER



THE AIM: Change the word at the top of the ladder one letter at a time to make the word at the bottom.

HOW TO: Change one letter on each step to make a new word. By the time you reach the end, you should have created the new word.

DO NOT rearrange the order of the letters.

TIP: There is usually more than one way to solve this puzzle.

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