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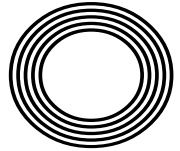
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ANNIE MAC

Radio DJ steps down after 17 years

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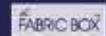
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Editor's notes...

JULY 2021



William Taylor, Editor

Hello and welcome to this month's edition of **VISION** Frinton-on-Sea.

I don't know about you, but there's something that just really bugs me about the word 'staycation'. Call me picky, but it seems to be one of those new words that really doesn't serve any purpose, other than to annoy people.

What really irks me about it, though, is the misuse of it to describe a UK-based holiday as opposed to going abroad.

So, is it not a holiday anymore unless you get on a plane? Are good old English seaside towns such as Frinton not good enough?

I think the reason why it bothers me so much is because my entire childhood was built on UK holidays, and now I've got young children of my own, we enjoy nothing more than a week down in Cornwall or a weekend up in Norfolk - we've just got back from one, in fact.

These aren't 'compromises' where we've been forced to stay in the country because of COVID-19 - no, they're memories we make for a lifetime.

Anyway, rant over, and three cheers for the good old English seaside holiday, and three cheers for Frinton. Have a great month.

William Taylor

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CONTRIBUTORS | Tabatha Fabray, Geraint Roberts

At the time of print all content in **VISION** was relevant and up to date according to COVID-19 government guidelines Inside pages recyclable

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BRIDGE

TOO FAR?

IT HAS BEEN JUST 50 YEARS SINCE LONDON BRIDGE WAS SOLD AND MOVED TO LAKE HAVASU CITY, ARIZONA. BUT HOW AND WHY DID THIS COME ABOUT?

As far as the architecture of London goes, 50 years seems like only a very short period of time. For context, other recognisable landmarks in the capital built at the start of the same decade, the 1970s, include Euston Tower and the Barbican Estate, with the likes of the Lloyds Building and NatWest Tower built only a few years later.

So it's astounding to consider that the London Bridge that we know, love and recognise – the elegant five-line concrete box girder bridge that connects Monument on the north bank to London Bridge station on the south – has only been in place for five decades. It's even more astonishing that its forerunner now spans a small conurbation in the desert of western Arizona.

That a London landmark which had been in place since its construction 130 years previously ended up being dismantled, one brick at a time, shipped 4,000 miles around the world and reassembled, is one of those eccentric curiosities we would most likely expect of the Victorians. But this happened just eight years before Margaret Thatcher came into power. London would never look the same again.

In fairness, the old London Bridge had seen better days. Although it had survived the Luftwaffe's rain of bombs during Second World War, structural issues caused by ageing, combined with the increased weight and frequency of traffic, meant the bridge was sinking into the Thames at a rate of one inch every eight years. Surveyors were left querying the affordability of renovations.

At first, it seemed the bridge might have to be broken up and scrapped. But a city councillor by the name of Ivan Luckin decided he would capitalise on London's historical reputation by heading abroad to market the 1,000ft construction.

While the peculiar proposal largely fell on deaf ears, it did pique the interest of eccentric American businessman, Robert McCulloch. An industrialist who had made millions through oil and motorisation,

he was keen to market Lake Havasu City, which sits equidistant between Phoenix and Las Vegas, as a global tourist destination. In need of a talking point and a centrepiece that would define both his and the city's ambition, he agreed to purchase London Bridge for the not inconsiderable sum of \$2.4million.

The bridge was subsequently dismantled, with workers numbering each individual granite brick and carefully marking its position on the huge structure. It travelled to North America via the Panama Canal, before landing in Long Beach, California. It was then transported in trucks to its final destination.

The bridge, which originally spanned a section of desert before the growth of the city, was reinforced with a steel shell in order to circumnavigate the same issues over weight of traffic that had brought about its demise in the first place. On October 10, 1971, it was finally opened to a flurry of fanfare. London's Lord Mayor attended and a banquet comprising the meal that had been served when the bridge was first constructed back in 1831 was prepared.

While McCulloch died in 1977, his bridge over the desert lives on, with the attraction bringing an estimated two million visitors to Lake Havasu City each year.



THE LEGENDARY RADIO 1 DJ ANNIE MAC MOVES ON TO PASTURES NEW AFTER 17 YEARS

There can be little disputing the impact Annie Mac has had on our understanding and appreciation of dance music over the past two decades.

Having joined Radio 1 as a producer back in the early Noughties, the Irish DJ breathed fresh energy into an ailing electronic music scene, overseeing a number of breakthrough genres, including dubstep, trap and drill, while continuing to celebrate the house and techno sounds that have defined a generation.

Yet now, at 42, the pioneer has announced she is leaving behind two decades of influence in order to focus on more private ventures, including writing a book and spending time with her family.

There is also the small matter of her podcast work, and of course the return of live gigs – both of which go to show that a DJ cannot spend too long out of the spotlight. That said, we might assume a

musical legacy that has educated, informed and inspired is now coming to an end – for now, at least. Annie wrote on her Instagram page that she would be coming back to radio broadcasting when the time was right.

The Dubliner first got her foot in the door at the BBC working as a broadcast assistant on the Steve Lamacq show. By 2004, she had her own slot, *Annie Mac's Mashup*, and for the past six years has presided over the weeknight *Future Sounds* show.

Always one to push boundaries and extol the virtues of music across genres well beyond the norm, the famously curly-haired Annie has, among other things, hosted *The Culture Show* and *Top of the Pops*. She is also the curator of AMP Lost & Found Festival.

Now, a new set of sounds awaits this airwaves innovator, and no doubt we'll be tuning in.

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Traffic manager awarded BEM in Queen's Birthday Honours

A traffic manager from Frinton-on-Sea has been awarded a British Empire Medal (BEM) in the Queen's Birthday Honours List 2021.

Kay English BEM, the City of London Corporation's traffic manager, was awarded for services to transport management in the City of London.

Kay has worked in the public sector for 44 years – including spells with the City of Westminster, the Royal Borough of Kensington and Chelsea, and the London Borough of Lambeth – and has worked almost 12 years with the City Corporation.

During the COVID-19 pandemic, she was tasked with ensuring services supported key workers. She helped devise a traffic solution to enable key workers

and essential visitors to Barts Hospital in London to park vehicles in the city without contravening parking regulations, by identifying new areas to park without charges.

She said: "I was stunned and honoured when I heard the news, and to be recognised in this way is absolutely incredible.

"I celebrated the news with a couple of glasses of champagne with my husband, but I intend to celebrate in style later in the year."

Kay was one of four members of staff from the City of London to have been recognised in the Queen's Birthday Honours List 2021, which was announced on June 11.



Protest at college after proposed restructure

Parents of students at Tendring Technology College staged a protest after learning of proposed changes at the site.

At the end of May, around 20 parents and children joined a number of teachers to hold up signs outside the college.

The college, which has a campus in Frinton, is run by London-based Academies Enterprise Trust (AET), which recently proposed changes to the college, including merging a number of departments, reducing middle management positions, a reduction in support staff, and cutting the hours of the school's two nurses.

Parents are "hugely concerned" about the loss of pastoral care for their children.

As a result of the protest, these proposals have now been paused.

A spokeswoman for AET said: "Following talks, we have offered to pause the current restructure at Tendring Technology College. We communicated this to the unions and we very much hope they will respond in kind and call off any further planned strikes.

"This past year has been hugely disruptive to everyone, and what matters now is getting students back into school and learning. We know students have had an extremely difficult time over the past few months and we want to make sure we are doing everything to support them, their mental health and their wellbeing."

Experienced PCSO retires after 16 years' service

An experienced Police Community Support Officer (PCSO) in Frinton has retired from the Community Policing Team after 16 years' service.

PCSO Brian Petley has spent his entire career working in Tendring, mainly in Frinton and Walton, and has become a well-known figure with local residents and business owners.

A spokesperson for Essex Police Tendring District said: "Friends and colleagues would like to thank Brian for his hard work and dedication over the years. He will be missed, but never forgotten."

Brian's final day at work saw fellow staff members at the Walton-on-the-Naze Police Station hold a large banner to wish him well and to mark his achievements.



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Hospice welcomes first customers to new shop



St Helena Hospice welcomed its first customers at its newest charity shop in Frinton-on-Sea when it opened on Tuesday, June 1.

The new shop, which sells clothes, shoes and accessories, joins the charity's popular bookshop and music shop in Frinton's Connaught Avenue.

On the morning of the opening, Ian Daniels, St Helena Hospice's head of retail, said: "It's been a fantastic morning here in Frinton, with a real buzz around the new shop opening."

"We have always received amazing support from the people of Frinton, so we're thrilled to be able to give them another shop."

Karen Davies, shop manager, added: "We're really excited about opening. We're enjoying everyone coming in, and we have some real bargains available."

The shop is open Monday to Saturday, from 9.30am to 5pm, and from 10am to 4pm on Sundays (May to September).

The charity shop is also recruiting volunteers, so if you have some time to spare and would like to support St Helena Hospice, please email volunteer@sthelena.org.uk or call 01206 931 466 or visit www.sthelena.org.uk/volunteer to apply online.

while any early nominations submitted in 2020 will be carried forward.

People have until Friday, July 30, to submit their nominations. Karen O'Connor, Tendring Youth Awards chairman, said she expected a large number of nominations this year.

Karen said: "Given the past year we have had, I would be hopeful of a decent number of nominations, as we've heard stories of young people supporting their shielding neighbours, working hard with home school and keeping life going as normally as possible."

"But we can only recognise the people who are put forward, and we really need your help to do that. Please think about nominating a young person, a group or an adult volunteer for an award."

This year, there is also a new award category, COVID Champion, to recognise young people who have supported their community, battled adversity or helped family and friends during the pandemic.

To nominate someone for a Tendring Youth Award, complete an online nomination form at www.tendringdc.gov.uk/tendring-youth-awards

Popular garden event helps bring community together

Frinton-on-Sea's established biennial garden event took place at the end of June as part of the Royal National Lifeboat Institution (RNLI) Open Gardens scheme.

The event assumed a lead role in this new initiative and benefited the Walton and Frinton Lifeboat Fundraising Guild.

Nine diverse Frinton gardens were open between 10am and 4pm on Saturday, June 26.

A spokesperson for Frinton Open Gardens said: "This event is always an excellent opportunity to bring the community and visitors together to witness the wonderful results of the hard work carried out to make our Frinton gardens look beautiful."



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Nominate young people for Tendring Youth Awards

People in Frinton are being urged to celebrate positive young people at the Tendring Youth Awards.

The awards, in their fifth year and sponsored by Harwich Haven Authority, aim to celebrate the achievements of inspiring young people who live, study or work in Tendring.

Cancelled last year due to COVID-19, the awards are back this year. To ensure no one is disadvantaged by the 2020 awards not going ahead, the age criteria for 2021 has been extended by a year in each category,



Resident grateful to county council's Homes Grant scheme

A homeowner in Tendring has praised Essex County Council's (ECC) Green Homes Grant Local Authority Delivery scheme, after unsafe loft insulation was quickly identified in her home and replaced within two weeks.

The council is inviting all local homeowners with a low income and low energy efficiency rating to apply for free funding of up to £10,000 to replace sub-standard insulation, save on energy bills and tackle climate change.

Elizabeth Sadler (pictured), a retired radiographer, applied for the council's scheme after seeing a post on Facebook. Shortly after her enquiry, a surveyor from Aran Insulation, the contractor for the scheme, visited

her property, which was built in the 1970s.

During this inspection, the surveyor was alarmed to find that Elizabeth's loft insulation was paper-based, meaning that not only did it fall far below current government standards, but it was also highly flammable.

Elizabeth said: "It was very frightening to hear that my loft insulation didn't comply with fire regulations and posed a real risk to my safety. The surveyor said that Aran would replace the insulation as soon as possible for me. I was so grateful."

The scheme is available until August 30. To find out more and check if you are eligible, visit www.essex.gov.uk/cut-energy-costs/green-homes-grant-local-authority-delivery-scheme

Warning after drunk man rescued from sea

Beach safety teams are warning visitors to Frinton's beach that alcohol and the sea do not mix.

The reminder comes after Tendring District Council (TDC) Beach Patrol had to rescue a drunk man who was found floating underneath Clacton Pier.

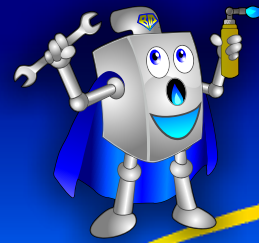
Experienced TDC Beach Patrol member, Danny Ayling, spotted the man on his back, fully clothed and drifting under the pier at 5.55pm on Tuesday, June 1.

The team launched a rescue board and found the man after a five-minute search.

The crew reported he was extremely intoxicated and freezing cold. The man was returned to shore and checked over by a first aider and, apart from being intoxicated, was found to be unharmed.



Alex Porter, TDC cabinet member for leisure and tourism, said: "People must respect the water and consider their own safety. We want to be giving advice, not having to rescue people."



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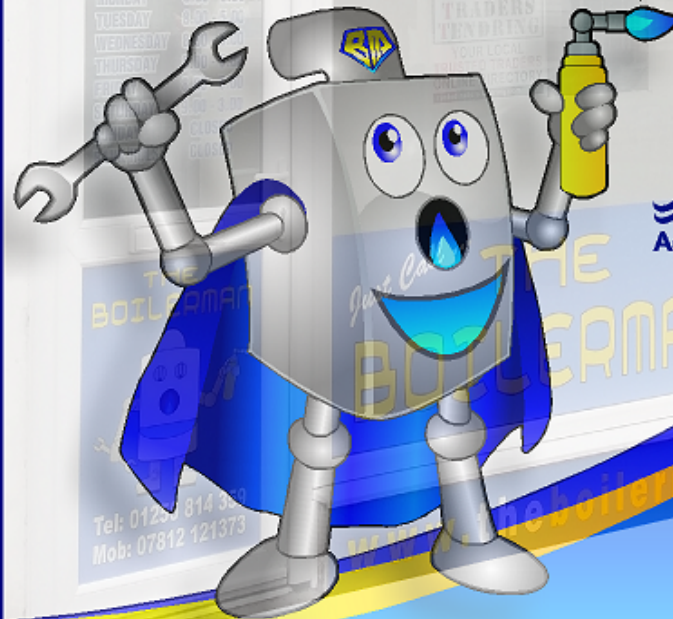
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Keeping those ANTS AWAY

Ants can be a real nuisance in the home during the summer months, but that doesn't mean you have to stop them dead in their tracks with a harsh chemical pesticide. There are more natural, yet equally as effective ways to deal with these pesky pests.



CITRUS FRUITS: Ants hate the strong smell of citrus fruits such as orange, lemon and grapefruit, making them the perfect deterrent. Rub the peels of these fruits

on your windowsills and doors or spray lemon juice directly onto all the entry points in your home.

WHITE VINEGAR: The effects of vinegar on ants are twofold. First, they don't like the smell, and second, it removes the scent trails that they use to get around your home. Simply wipe down your countertops, cupboards and any other places where you have spotted ants with a 50-50 mixture of white vinegar and water.

CHALK: Although no one is 100 per cent sure why this method works, drawing a line of chalk in front of the spot where the ants are entering your home acts as a barrier that they won't cross. Some say it is because ants don't like the calcium carbonate in the chalk, whereas others say it interrupts their scent trails – either way, it works.



COFFEE GROUNDS: Ideal for keeping ants out of your garden and other exterior areas of your home, all you need to do is sprinkle your used coffee grounds on the worst-affected areas. It is worth knowing that the scent of coffee repels not only ants, but also cats.



HERBS AND SPICES: There are several herbs and spices that repel ants, including cinnamon, mint, chilli pepper, black pepper, cayenne pepper, cloves and garlic. Simply sprinkle or place in any areas where you have seen ants. Placing bay leaves in drawers and containers is also highly effective.



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To shine stainless steel

If your stainless steel items are looking lacklustre, all you need to do is put a dab of olive oil onto a soft cloth and rub to help prevent streaks, water spots, tarnish and corrosion. Finish by buffing with a dry cloth. A dab of olive oil can also be used to slow down the tarnish of silver items.

To remove sticky labels

Getting sticky labels off glass, plastic and wood can be a nightmare. Fortunately, by saturating the paper labels in a few drops of olive oil and leaving for 15 minutes, you should be able to peel them off with ease.

To protect wood

Any wooden items that you have in your home can be nourished and protected with a light coating of olive oil. Simply let the oil sit for five minutes and buff with a soft cloth to prevent cracking and discolouration.

To silence squeaky hinges

Whether you have a squeaky door, window, cabinet or appliance, a few drops of olive oil on the hinges is all that is needed to silence the squeak in a matter of seconds.

To remove water rings

Water rings don't have to spell disaster for real wood and can easily be removed with just a little bit of warm olive oil. Apply gently to the affected area with a soft cloth and then buff with a dry one. Ideal for also repairing small scratches.

To condition leather

Buff any leather items in your home with a few drops of olive oil and a cloth and enjoy softer, more supple leather furniture, gloves and shoes.





CREATING THE perfect GREEN KITCHEN



Using the colour green is one of the biggest kitchen trends at the moment, and here is how you can get it right.

DARK GREEN

If you want to use dark green in your kitchen, it needs to be done carefully. Because it is such a deep colour, it will look dramatic, but it will also not reflect light to make it seem warm and welcoming. Make sure that the room has a lot of light so you can achieve this.

Keep windows plain and undressed to let in as much natural light as possible. You should also use a pale colour for backsplashes as a contrast. Warmer accents like brass, gold and copper for details will help to bring some warmth into the room.

GREY-GREEN

If dark green seems like too much for you, then you might want to go for a lighter grey-green option. This is warmer than some options when it comes to grey and can bring a sense of peace to the space.

Adding wood tones for extra warmth is a good idea. You might also want to pair it with white fittings like cabinets and sinks to bring in even more warmth. For a little bit of contrast, add in black accents to bring it all together.

GREEN ACCENTS

To incorporate green into your kitchen without making it the main aspect, there are many avenues you can take. You can do this by adding green accents or pieces to the decor, such as lampshades, artwork or tableware. If you have a kitchen island, you may want to paint the island green instead of the walls or cabinets.



Photo credit: Wickes via ideahome.co.uk, Matt Antrobus via ideahome.co.uk, plainenglishdesign.co.uk



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We're loving LAURA

WHO CELEBRATES A DECADE ON TERRESTRIAL TV

Laura Whitmore is the perfect example of someone who knows when to split. The Irish presenter has worked across multiple TV projects over the past decade or so, preferring to stand up and embrace new challenges rather than playing it safe.

As fresh-faced and dynamic as any of the new wave of TV presenters on the circuit, despite having spent more than 10 years in the spotlight, Whitmore has returned with the new series of *Love Island*, which began on June 28.

Set in Mallorca, the six-week bounty of dating, dirty dealing and dodgy dalliances has become an institution on British TV. The last series, in 2019, pulled in an audience of more than four million – with viewers keen to take a somewhat voyeuristic glance at the love lives of others.

“It’s escapism, isn’t it?” Laura says. “I think some viewers are living out holiday fantasies; others are just interested in the ins and outs of romance, of flirting and, dare I say it, sex.”

“You certainly have to be a special type of person to be on the show, though it’s been proved time and time again that the rewards are all there for anyone brave enough to take the plunge.”

Having an ability to step into the unknown and risk disappointment is certainly true to who Laura is, so in that sense she is the perfect presenter for the show. The 36-year-old struck gold when she applied for an MTV Pick Me campaign in 2008, with victory securing her a role on *MTV News*.

“WE ALL NEED TO BE PUSHED AND TESTED FROM TIME TO TIME. YOU GET NOTHING FROM SITTING BACK AND RESTING ON YOUR LAURELS.”

Landing the *I’m A Celebrity... Get Me Out of Here! NOW!* role in 2011 was Laura’s first introduction to reality TV, one that she held onto through stints on *The Hit* (on RTÉ Two) and the *Eurovision Song Contest Semi-Finals*, right through to appearing in the 14th series of *Strictly Come Dancing*.

“Strictly was a really interesting shift because it was good to put myself back in the firing line,” she says. “I think that’s a good lesson – we all need to be pushed and tested from time to time. You get nothing from sitting back and resting on your laurels.”

Away from the camera, Laura wrote Sunday Times Bestseller *No One Can Change Your Life Except For You*, a book about fear, hope and inspiration. She also recently had her first child with husband, Iain Stirling, who narrates *Love Island*.

“What’s a priority right now is ensuring work doesn’t interrupt the time we want to spend with our baby,” Laura commented recently.

First spotted out and about with her new daughter, Stevie Ré, in March, Laura is clearly the proudest of mums: “It is a wonderful next step for us and while we are very public people – it’s the nature of what we do – we do want to be able to grow our family with a sense of privacy.”

That’s certainly more privacy than will be afforded to those *Love Island* contestants this year.



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That cup that FLOWETH OVER

CELEBRATING 150 YEARS OF THE FINEST DOMESTIC KNOCKOUT COMPETITION OF THEM ALL

Living in the UK, we can end up taking for granted many things that, to us, seem relatively customary, and the FA Cup arguably falls into that category.

Yet when you hear of overseas players having spent a childhood enthralled by the trials and triumphs of our most famous domestic knockout competition, the true status of the cup comes to the fore. We may have grown more complacent about a tournament that welcomes in almost 900 club sides every season, yet the FA Cup is truly a competition we should feel proud to marvel over.

July 20 marks the 150th anniversary of the FA Cup being formed. The competition began in 1871, with 15 teams allowed to enter. The final, which attracted a modest crowd of 2,000 people, saw Wanderers triumph over Royal Engineers.

In the modern game, COVID-19 notwithstanding, the semi-finals and final at Wembley are watched by crowds in excess of 85,000, and while other competitions – notably the Champions League –

have wrestled some of the attention away, the competition retains huge importance for clubs of all sizes.

Over the years, it has given us tremendous, defining memories. The famous White Horse (Billie) Final of 1923 was notable for its crowd of an estimated 300,000 people inside Wembley; while the Stanley Matthews showpiece in 1953 saw the legendary footballer lead Blackpool to a 4–3 cup success against Bolton Wanderers.

The 1981 final saw Ricky Villa score a memorable Wembley goal to see off Manchester City, and seven years later the crazy gang defeated the culture club as Wimbledon stunned Liverpool 1–0. Of course, giant-killings on the road to Wembley (think Sutton United, Hereford United, Colchester United, Wrexham and more) are part of the fabric of this great competition.

The FA Cup may have had to evolve over recent years, but its value remains.



FA Cup White Horse Final 1923

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GARDENING



Not only is foraging a brilliant way to explore and learn about the great outdoors, but the food you pick is also healthy and organic. Plus, chances are you'll be cutting down on your weekly food bill. Here are five tips for food foraging:

ONE: Be brave. From garlic to mushrooms, berries to nettles, dandelion to seaweed, one of the attractions of foraging is appreciating the variety that exists on our doorsteps, so be brave and bold in what you choose.

TWO: Be certain. Everything you pick, however small and seemingly insignificant, is taking away from the flora and fauna, so be absolutely certain that what you're choosing is edible before you take it.

THREE: Be careful. Some parts of nature's rich bounty just won't agree with the human constitution. Mushrooms generally get referenced as the items we should be most careful about foraging, but hemlock, foxgloves and the ominous fool's parsley are all to be swerved.

FOUR: Be sparing. While it's tempting to bask in a spread of tastes, flavours and textures by picking

enough to see out the winter, true foraging – as outlined in the Wildlife and Countryside Act of 1981 – is about taking small amounts to satisfy our immediate appetite, always ensuring there is something left for someone else.

FIVE: Be respectful. While it's a day out for us, remember we're actually encroaching on plant and animal habitats. Try to stick to designated routes, abiding by farmland, private property and nature reserve guidelines and designated boundaries to prevent disruption to animals and other people.

FORAGING CALENDAR

- > **JANUARY:** Winter fruits (blackberries, crab apples), pine nuts and chestnuts
- > **FEBRUARY – MARCH:** Mushrooms, nettles and edible plants such as dandelion, mint, watercress and wild onion
- > **APRIL – JULY:** Plants, herbs and edible flowers such as bellflower, elderflower, garlic mustard, chives, fennel and garlic
- > **AUGUST – OCTOBER:** Wild plants, nuts and berries such as hawthorn berries, strawberries, raspberries, bilberries and rosehips
- > **NOVEMBER – DECEMBER:** Edible winter plants such as bittercress, bullace, pine and hops.



Time to PLANK

The pursuit of perfect abs can feel like a distant dream - but not anymore. Love it or hate it, planking provides a fast and effective way to strengthen your core, shape your waist and create amazing abs. Check out these four plank variations that guarantee to deliver.

1. THE REACHER PLANK

Ideal for building control and strengthening your core muscles, take this move slowly for maximum results.

- > Start in the plank position with your palms touching the ground and your arms straight
- > Reach one arm forward until your elbow is straight
- > Bring your arm back down to the ground
- > Repeat with your other arm.



2. THE HIP DROP SIDE PLANK

Work your side muscles, also known as your obliques, as well as your abs with this plank variation.

- > Lie on your side with your elbow directly under your shoulder and your forearm on the ground in front
- > Stack your legs on top of each other and lift your body off the ground
- > Slowly drop your hips towards the ground, as low as you can, and then raise them.



3. THE WALKDOWN PLANK

Great for building up strength to do push-ups, the walkdown plank is like a moving plank.

- > Begin in the plank position with your forearms touching the ground
- > Slide one hand back and place it under your shoulder
- > Push up with that arm and repeat with the other arm
- > Now you are in the push-up position, reverse the steps to lower yourself back into the plank pose.

4. THE REVERSE PLANK

Providing a full body workout, this final plank is a tough one.

- > Sit tall on the floor with your legs extended in front of you
- > Place your hands behind you, either on the floor or on a foam roller
- > Lift your hips, forming a straight line from heels to shoulders
- > Add an optional tricep dip or leg raise if you want more of a challenging move.

Photo credit: gethealthyu.com

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Natural IMMUNITY

THE FOODS YOU SHOULD EAT TO BOOST YOUR NATURAL IMMUNITY

Having a good immune system helps fight off infections and maintain your health, yet it can sometimes be confusing knowing which foods we should be consuming to take our body's natural protection to the next level.

Here are four consumables that will have a positive effect on your immune system as part of a healthy diet and lifestyle.

GARLIC: Highly nutritious, low in calories, full of vitamins, laced with nutrients and perfect for combatting sickness and the common cold, garlic also lowers blood pressure and reduces cholesterol. There's even evidence to suggest the antioxidants it contains can prevent long-term diseases such as Alzheimer's and dementia.

VITAMIN C: Most of us know vitamin C is number one when it comes to fighting off infections, yet we still don't regularly take supplements.

Vitamin C is an antioxidant that helps the body grow, develop and repair, maintaining your body's natural defenses.

STEAMED BROCCOLI: Some of us don't like our greens, but a bit of broccoli or spinach as part of a healthy meal or drink (spinach is especially good in smoothies) can really boost immunity. Steaming broccoli (not boiling) is also thought to be the best way of keeping the nutrients in. Both of these green options are loaded with vitamins, minerals and nutrients.

YOGHURT: Another good option is yoghurt, which can be added to cereal, shakes or eaten by itself. Look for Greek yoghurts with live and active cultures, and choose natural rather than flavoured. You can also add fruit and a little honey to make it taste even better.

These options might not stop you getting ill, per say, but they will boost general immunity and give you the best chance of warding off seasonal nasties. Start today!



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KIDS

PAINT YOUR OWN WATER BOTTLE

Keeping your kids hydrated can be a challenge – at least, it was before you helped them create their very own, personalised water bottle. Cheap and easy to do (depending on the design you choose), this craft requires minimal supervision.

YOU WILL NEED:

1 white stainless steel water bottle | A paint brush | Acrylic paint in their chosen colours | Gloss sealant or varnish

HOW TO MAKE:

1. CHOOSE YOUR DESIGN

Depending on the age of your child and their personal preferences, there is a wide range of different designs you can choose from, some of which are super simple and others that are a bit more complex.

Design ideas for younger kids: Hand prints, flowers, fruits, footballs, princesses, animals, robots or vehicles such as cars, trains or aeroplanes.

Ideas for older kids: Just their name (à la Love Island), their favourite sports team, floral or geometric patterns, or their favourite artist.

2. PENCIL ON YOUR DESIGN

If you have younger children, you may want to do this step for them, although if they want to have a go themselves, why not let them? Lightly draw their chosen design directly onto the water bottle. Don't worry about pencil marks, as the paint will cover them up.

3. PAINT YOUR DESIGN

Starting with the outline of your words or images, carefully start painting. Once you have finished the outline, fill in the rest of the shape. If you are worried about smudging, leave each part to dry before moving on to the next.

4. APPLY GLOSS SEALANT OR VARNISH

Once you have finished painting your entire design, leave your water bottle to dry completely. Then all you need to do is apply a coat of gloss sealant or varnish as per the manufacturer's instructions.





Unusual veg of the month: Cardoon



Considered a delicacy in Mediterranean countries, the cardoon is a large, stalky vegetable that is closely related to the artichoke. Although it takes some time to prepare, its tender texture and distinctive flavour make it well worth the wait.

WHAT DOES IT TASTE LIKE?

With a similar, yet slightly more bitter taste to an artichoke, the exact flavour of a cardoon will be dependent on its growing conditions and maturity. For a sweeter cardoon, opt for the lightest in colour.

IS IT GOOD FOR YOU?

The cardoon is a nutrient-rich vegetable that contains protein, fibre, carbohydrates, calcium, potassium, iron and a whole host of important vitamins. It is also low in calories and boasts high levels of folic acid.

HOW TO PREPARE

> Peel off the spines and thorns on each side of the cardoon using a peeler

- > Gently remove the outer portion of the stalk as you would with celery
- > Cut into ½-inch pieces and soak in water and lemon juice to avoid browning.

HOW TO COOK

Cardoons are typically used in a similar way to artichoke hearts and can be steamed, braised, sautéed, blended into a soup, added to a stew and even eaten raw. Many recipes call for cardoons to be pre-cooked for 15 minutes in boiling water to remove bitterness.

WHERE TO BUY

Cardoons can be found in farmers' markets from midwinter to early spring. Alternatively, choose to grow your own. Cardoons can be planted outside from late April until August/September.

HOW TO STORE

Store whole unwashed cardoons in the vegetable drawer of your fridge for up to one week. Cooked cardoons will last up to three days in an airtight container in the fridge. Brined and canned cardoons can last up to one year.



HOW TO PACK THE

PERFECT PICNIC



Whether you rely too heavily on your local deli or you tend to throw in whatever you can find in the fridge, to help you celebrate National Picnic Month, we are going to show you how to plan the perfect picnic.

PREP YOUR PICNIC

The simplest way to make picnic prep more manageable is by preparing your main dish ahead of the day. Then you can simply divide the dish into portions once seated and ready to eat. Great options for picnic mains include quiches, tarts, tortillas, pies and picnic loaves.

PROVIDE PORTABLE SNACKS

No picnic would be complete without an array of easy-to-carry and fuss-free snacks. As well as all the usual suspects, such as sausage rolls, sandwiches and chicken drumsticks, why not be a bit more adventurous and try empanadas, falafel or smoked salmon scotch eggs?

RUSTLE UP SALADS AND SIDES

When it comes to picnic salads, it is best to focus on more robust dishes, such as potato salad and pasta salad, which will not wilt or become damaged in transit. Dips such as hummus, and even a mackerel pâté, are all great options and can be enjoyed with crudité or sliced pitta breads. Other delicious sides include boiled eggs sprinkled with chilli powder and garlic salt, or orzo and mozzarella salad.

PICK PICNIC-FRIENDLY PUDDINGS

Puddings for picnics are notoriously tricky, although there are a few tried and tested desserts that will save the day, such as traybakes, loaf cakes, brownies and cookies.

DON'T FORGET DRINKS

Whether you want boozy beverages or virgin varieties, you need to pack something to sip on in the sun. Choose from family-friendly options such as mint iced tea or fruit-infused lemonade. Alternatively, for a tippie that packs a punch, you can't go wrong with a classic Pimm's, a wine-based spritzer or a convenient cocktail in a can.

Photo credit: thesprings.com



PROTECT YOUR SKIN from UVA and UVB rays

We all know the importance of using sunscreen, not just when the sun is shining, but all year round. However, do you know what sun protection factor (SPF) you should be using for your skin type? And whether your make-up contains SPF?

Why is SPF so important?

A good sunscreen will block the harmful effects of the sun's UVA and UVB rays, which can wreak havoc on the health of your skin, causing not only premature fine lines and wrinkles but also an increased risk of skin cancer. When buying sunscreen for the body or face, look for two things: the SPF, which protects your skin from UVB rays, and the UVA rating, which ideally should be five stars. In the UK between March and October you should wear at least SPF30 with a four-star UVA rating. However, for maximum protection, wear SPF50 with a five-star UVA rating.

SPF by skin type

OILY SKIN: Many sunscreens that offer a high SPF tend to be thick on the skin, causing already oily skin further issues such as blocked pores and blackheads. Prevent this by opting for an oil-free sunscreen or using a lightweight moisturiser with SPF included.

SENSITIVE/ACNE-PRONE SKIN: Avoid sunscreens that have too many chemicals or unnecessary ingredients, such as fragrances and preservatives. Instead, choose a non-comedogenic sunscreen or a mineral powder sunscreen that feels weightless on the skin.

DRY SKIN: Dry skin sufferers can benefit from an SPF serum which simultaneously protects and hydrates the skin. Alternatively, try a dry oil spray with SPF, although this will need to be applied several times a day for maximum protection.

Does make-up with SPF work?

Skin experts state that you need 1-1.5tsp of sunscreen to adequately protect your face from the sun, so it is highly unlikely you are applying sufficient foundation to use this as your sole form of protection. Plus, most SPF make-up only protects against UVB rays, not against harmful UVA ones, which can cause skin cancer.

BEST SPF MAKE-UP: Charlotte Tilbury Magic Foundation | bareMinerals Original Foundation Broad Spectrum SPF 15 | L'Oréal Paris True Match Super-Blendable Compact Make-up | Neutrogena Healthy Skin Compact Make-up.

Remember, make-up should be worn as a second line of defence against the sun, after your chosen UV protection product.



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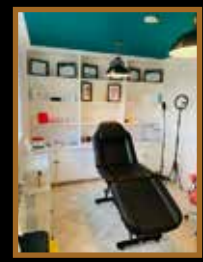
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The Surge of CONNECTED FITNESS

The pandemic caused gym closures – but it hasn't stopped people from looking after their health and fitness... the home gym market just thrived

Over the past few years, the home fitness equipment market has been expanding steadily, with an annual growth rate of 2.75 per cent. But the pandemic – and related gym and sports centre closures – has been the game changer no one could have foreseen.

Today, the market for fitness apps – which was valued at a little more than \$3.3million at the beginning of 2019 – is predicted to grow by 25.6 per cent annually up to 2025, reaching an impressive valuation of more than \$13million.

So, apps and home gym equipment – such as Sweat, the Echelon Fit Bike, Runkeeper, MapMyRun and Strava – have been gaining a larger percentage of the market. But it is the Peloton phenomenon that investors are still marvelling at. As home-bound, health-conscious consumers started to invest in the firm's treadmills and stationary bikes, Peloton reported a 172 per cent surge in sales, translating into Peloton shares (NASDAQ: PTON) being up by 220 per cent.

The firm reports that the number of subscribers skyrocketed by 113 per cent by the end of June 2020, hitting the 1.09 million mark – and it is expected to reach a whopping

two million by September 2021. Peloton apps and virtual classes, which currently have more than 1.6 million subscribers, are not the only 'connected fitness' tools to look out for. The sector, which provides a safer, more accessible way for consumers to reach their fitness goals, is expected to report a compound annual growth rate of 31.2 per cent and reach a staggering \$5.96billion by 2025. Combining a consumer's digital life and fitness goals, home gym equipment, online workouts and fitness apps are taking over the market and reshaping the health and fitness industry.



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How Will Divorce Affect My Finances?

"The only two certainties in life are death and taxes" – Mark Twain.

Unfortunately in the modern world there is another situation which is certain to cause a great deal of stress – Divorce.

Clients who have been through this experience say that the emotions they feel range from sadness, anger, emptiness, being overwhelmed and sometimes the feeling of relief.

It has often been said to me that divorce can be psychologically worse than death as the latter is not a choice. The fact that someone has decided to leave you willingly is hard to adjust to.

One of the greatest worries that individuals have surrounds present and future financial security. Some feel taking control of their personal and household finances can be a daunting task with a wall of worry building as to whether it is possible to provide for the family and maintain a good standard of living.

Over the years I have helped many adjust to their new way of life and to help them achieve comfort from knowing that the assets that they have, can be

managed in a way to meet the financial challenges that arise.

At whatever stage of your life there will always be concerns over income, retirement, taxation and mortgages.

In respect of these concerns the common questions I get asked include:

Where can I get a good return on my money when Bank and Building society rates are so low? What about tax? What sort of returns can I get?

Is the stock market a risky investment? How do I access this type of investment? I do not understand the terms or language of investments, can you help??

These are questions that I am regularly asked and I am happy to answer.

When I was a child my family did not have a high degree of wealth, however my profession has been my education and now I have choices. I enjoy passing this knowledge on to help my clients gain a better understanding of what can be achieved.

To discuss your circumstances confidentially, contact Sylvia Bowen at Brighton Capital on sylvia@brightoncapital.co.uk or by phone on 01273 761226.

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PLUMBER

ANGLIAN PLUMBERS

Boiler, heating or plumbing issues? Reliable service from a locally approved, gas safe registered company, that puts the customer first. 07584 287730 | tonysimcott@gmail.com

PROPERTY SALES

HOME DOMUS 360

Innovative bespoke Estate Agent, we will craft the perfect marketing campaign for your home. www.homedomus360.com | florent@homedomus360.com | 01255 617978

LAMB.CO

Country & Village Homes showcases a huge variety of fine country homes within the rural areas of Essex. Email: Thorpe@scottsheenandpartners.co.uk | Call: 01255 862332

RECRUITMENT

BB-HEALTHCARE LTD

The Healthcare specialists, agency supplier carers across the county. Call: 01245 252622 Email: chelmsford@bb-healthcare.co.uk

RELIAANCE EMPLOYMENT LTD

Specialist agency for the Haulage and Warehouse distribution sectors, all roles catered for. Call: 01245 252622 | 07836 209709 Email: chelmsfordallstaff@relemp.co.uk

SPORTS CLASSES

RUGBYTOTS

Join Rugbytots, the world's favourite rugby play programme for children and toddlers. Find a class & book online! Email: Adrian@rugbytots.co.uk | Call: 0345 313 0422

SPORT SUBSCRIPTION

RUGBYBOX

The World's only Subscription Box for Rugby Players. Join us today and get FREE DELIVERY in the UK! Email: info@rugbybox.co.uk | Call: 01206 589967

JOIN THE LISTINGS... for just **£180** +VAT per year

WANT TO APPEAR IN NEXT MONTH'S VISION LISTINGS?

SIMPLY FILL OUT THE FORM BELOW AND RETURN IT TO BOOK YOUR SPACE:

Company name:

Description (180 characters max including spaces):.....

.....

.....

Telephone:..... Email:.....

Payment option: Card    Direct Debit

Please return to:
Millennial Media, Unit 8, The Old Joinery, Maldon Road, Colchester, Essex, CO2 0LT
*£180 +VAT for a 12 months plus agreement. Payments can be made monthly or upfront

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WORDLADDER: NECK, PECK, PICK, LICK, LINK, LINE



PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

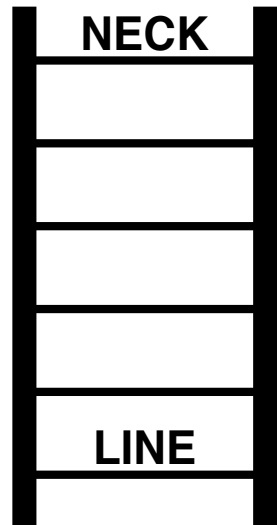
- ▶ BUCHANAN
- ▶ CARTER
- ▶ CLEVELAND
- ▶ CLINTON
- ▶ COOLIDGE
- ▶ FORD
- ▶ GARFIELD
- ▶ GRANT
- ▶ HARRISON
- ▶ HOOVER
- ▶ JACKSON
- ▶ JOHNSON
- ▶ KENNEDY
- ▶ MADISON
- ▶ MCKINLEY
- ▶ MONROE
- ▶ NIXON
- ▶ OBAMA
- ▶ REAGAN
- ▶ TRUMP



DID YOU KNOW?

- ▶ You can tell the outside temperature by counting the chirps of a cricket. Count the number of chirps in 14 seconds and add 40 to get a rough temperature in Fahrenheit
- ▶ The coldest temperature recorded on Earth was -89.2°C in Antarctica in 1983
- ▶ During a heatwave, the temperature can make train tracks bend, often causing delays
- ▶ The rainfall in Kerala, India, was red in July 2001
- ▶ Damage caused by Hurricane Andrew in Florida caused captive pythons to escape
- ▶ Some frogs are noisier before rain arrives as their croaks are reflected and magnified by the low clouds
- ▶ Earthworms come up closer to the surface when it rains

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.

The Tendring Shuttle

A Local Service For Local People

Who are we?

The Tendring Shuttle is a partnership between Harwich Connexions Transport and Tendring Community Transport which enables us to cover the entire Tendring area. The Tendring Shuttle is free for holders of a valid bus pass. However, if you do not hold a valid local authority bus pass then a fare will be charged.

Services

Starting in Clacton and Harwich, The Tendring Shuttle operates between 9.00am and 5.00pm Monday to Saturday. Providing a transport service covering the following areas:

- | | |
|----------------|--------------------|
| Harwich | Holland-on-Sea |
| Dovercourt | Kirby Cross |
| Parkeston | Thorpe-le-Soken |
| Ramsey | Walton-on-the-Naze |
| Little Oakley | Weeley |
| Great Oakley | Point Clear |
| Stones Green | Great Bentley |
| Wix | Elmstead Market |
| Wrabness | Little Bentley |
| Bradfield | Clacton-on-Sea |
| Baumont | Great Holland |
| Mistley | Kirby-le-Soken |
| Manningtree | Frinton-on-Sea |
| Lawford | Jaywick |
| Little Bromley | St Osyth |
| Great Bromley | Brightlingsea |
| Horsley Cross | Thorrington |
| Tendring | Alresford |

Phone NOW to register!

To book a spot on the Tendring Shuttle, phone anytime between 8am and 5pm before your intended day of travel and state your name, address and telephone number. Tell us what time you would like to be picked up, where you wish to go and what time you would like to come back, together with your Bus Pass details if applicable.

Harwich

01255 552010

E-mail: info@harwichconnexions.co.uk
www.harwichconnexions.co.uk

Clacton

01255 436962

Out of Office No: 079480 55888
 E-mail: tendring.ct@btconnect.com
www.dial-a-ride.org

Supported by: COMMUNITY FUND Essex Community Foundation NHS North East Essex Clinical Commissioning Group

A partnership between: HARWICH CONNEXIONS tendring community transport



In 2020, **Home Domus 360** was the only estate agent that achieved, on average...

100%

of the original asking price across all CO postcodes.

We have also helped home sellers all across the Essex county in South Ockendon, Pitsea, Leigh-on-sea, Maldon, Chelmsford, Wickford, Sible Hedingham and St Lawrence.

When you sell your property with Home Domus 360 in 2021

- Free valuation/marketing plan
- Free pro photography
- Free 360 virtual tour
- Free Premium listing
- Free Featured listing for 3 weeks minimum

Basic fee of 0.30% inclusive of VAT

Performance fee only over the target price agreed

With Home Domus it's simple, no upfront fee and no sale no fee.

How confident are we?

If we do not reach the promised minimum selling price, there is no fee at all.

Talk to Home Domus 360 about your property today and find out how this could work for you.

01702 987933 • 01268 627922 • 01245 987877 • team@homedomus360.com



Outstanding service from start to finish! Nothing is too much trouble for Florent. He is open about his pricing and gives you an honest value for your property, not the usual overvaluing a lot of estate agents do to get your custom. I cannot recommend Florent and his team highly enough.

Ruby Jegatheswaran (seller), Colchester



The innovative and refreshingly different style of presentation stands out from their peers. They succeed in capturing the potential buyer's attention by highlighting quality features and stunning photographic representation. HomeDomus also offer a unique way of selling property as well as a service which is personalised and highly responsive. We appreciated all their support.

Linda Fisher (seller), Maldon



Home Domus approach was new and refreshing. The marketing and photography was superior as was the house description and detail. The concept of selling an overall package was novel. Not just the house but what the town has to offer. Their follow up and bookings were first class.

Robert Wallace (seller), Frinton-on-Sea

Use your phone to scan the code and follow the link to our customer review page. Learn what it means to be a seller with Home Domus 360.



Follow this link to our performance page and discover what our home sellers have achieved.

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PROMOTION

HOME

— DOMUS 360 —

Are you thinking of selling your home in 2021?

At Home Domus 360 we provide you with a full valuation analysis and a complete marketing plan to illustrate how to best sell your home and buy the next one, we take care of everything:

- Professional photography with twilight pictures (free)
- Bespoke 360° virtual tour (free)
- Rightmove premium listing (free)
- Featured listing for a minimum of 3 weeks (free)
- High quality glossy brochures (upfront fee)
- Magazine advertising (free)
- All viewings conducted by ourselves (free)
- Unlimited buying advice for your next home (free)
- We work as sole agent
- We provide you with £1,000 worth of marketing
- Dynamic selling strategies
- 2 weeks minimum contract
- No sale no fee!
- Not reaching the promised price = no fee!

You may check our performance data from getagent.co.uk over the last 6 months - we help you reach over the asking price all across Essex.

Talk to Home Domus 360 about your property today and find out how this could work for you on 01206 377 888/889 & 01255 617 978/979 or drop us an email at team@homedomus360.com



% of Asking Price
100%

GETAGENT.co.uk
Avg. Sale Time
9 Weeks

Average Rating
★★★★★