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JOY OF  
HOLI  
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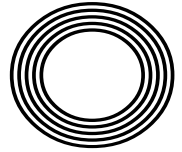
TOP 5  
tech-free  
holidays

*Why we celebrate*  
ST PATRICK'S DAY

VIVA MAGENTA:  
Pantone Colour of the Year

PETER  
JONES CBE

How this dragon proved he's impossible to slay



FREE

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# Editor's notes...

MARCH 2023



Nik Allen, Editor

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

I recently saw a picture of basketball player LeBron James making a shot that would break the all-time scoring record in the NBA. Although this was an iconic moment, it was the crowd that caught my eye.

Out of around 200 people in the shot behind him, in the crowd you could count on one hand how many of them did not have their smartphones out videoing this moment. In a world where you can see every sporting moment on video nowadays, it made me realise how important it is to remember to live in the moment and enjoy it with our own eyes, rather than through a

camera lens.

I have been more conscious of this now, even when I'm at home, to spend less time on my phone and more time in the moment. Having a daily cut-off point when my phone gets locked away for the evening and also on weekends has helped me spend less time staring at a screen.

So how about setting yourself the challenge of stepping away from your phone this month? You'll be amazed at how your quality time with family and friends improves when you no longer have this distraction to hand.

*Nik Allen*

This is your town's hyperlocal magazine, delivering to homes and businesses every month.

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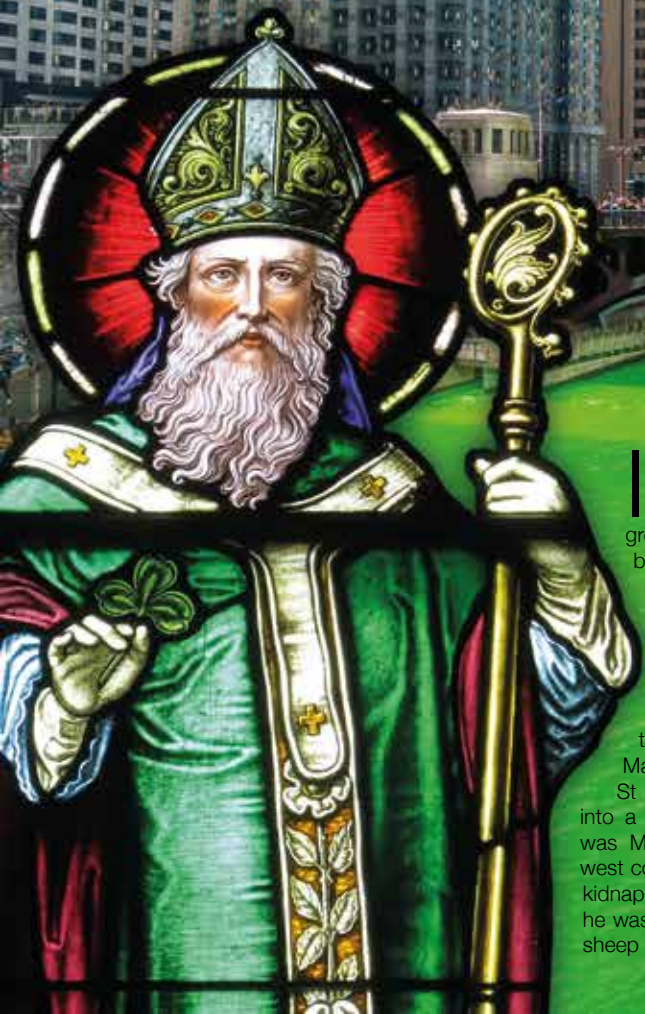
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# The story of ST PATRICK



In the USA, some people celebrate St Patrick's Day not just by wearing green clothes, but also by drinking green beer or milkshakes and eating green bagels and grits. Chicago even dyes its river bright green. If you think all this sounds more American than Irish, you're spot on. People join in the parades and celebrations whatever their heritage, but about one in every 10 citizens in the USA claims to have Irish ancestors. So what's the real story behind St Patrick's Day on March 17?

St Patrick was born in Britain around 386 AD into a well-to-do Roman family. His birth name was Maewyn Succat, and he grew up on the west coast, probably in Wales. At age 16, he was kidnapped by pirates and taken to Ireland, where he was sold as a slave. His job was to look after sheep for his master, a Druid high priest.

During his time as a slave, Maewyn devoted himself to Christianity, his parents' faith, and became determined to convert pagan Ireland.

After six years in captivity, Maewyn persuaded some local sailors to let him board their ship. After landing in France, he made his way back to his family in Britain. And from there, he travelled back to France to train as a priest in Auxerre.

When he was ordained, Maewyn changed his name to Patricius – or Patrick – which comes from the Latin for 'father figure'. Then, Pope St Celestine sent him to Ireland to spread the Christian message.

At first, the Irish people weren't keen. Patrick was threatened, robbed and beaten. But his strategy of persuading the most influential people first, including his former slavemaster, eventually paid off. He also had the good sense to incorporate pagan rituals into church practices to make them more appealing. Over the years, Patrick and his fellow missionaries spread their teachings across the country and set

up churches, monasteries and schools.

It's believed that Patrick died on or around March 17, 461 AD, when he would have been in his mid-70s. He died in Saul in County Down, Northern Ireland, and he's said to be buried in Downpatrick.

The Catholic church never formally declared him a saint, because the system for creating saints didn't start until the 12th century. But the Irish people and their leaders recognised him as one because of the decades he'd spent spreading the gospel.

The Irish have celebrated St Patrick's Day for more than 1,000 years. Traditionally, it involved donning a shamrock, going to church and tucking into a traditional meal of cabbage and bacon. But over the years, some St Patrick's Day fun from the USA has caught on back home. You won't find green beer – and certainly not green rivers. But there are plenty of lively parades, particularly in Dublin, with traditional singing, dancing and colourful floats.

Photo credit: TZIDO SUN/Shutterstock.com

# Holi

## THE FESTIVAL OF COLOURS

If you're lucky enough to experience the Hindu festival of Holi in India, it's an experience you'll never forget. People put aside their differences and come together to celebrate the end of winter and the beginning of spring, based on the Hindu lunar calendar.

This year's festival takes place on March 7 and 8 in India and among Hindu communities across the world. But what really happens at Holi, and how did it come about?

On Holi day itself, people take to the streets, singing and dancing and throwing powdered dyes and coloured water at each other – so it's no surprise that everyone ends up drenched in a rainbow of colours.

The colours of the dyes are significant. Red is associated with purity, green with vitality, blue with calm, and yellow with piety.

In the evening, when everyone's had a chance to freshen up and put on clean clothes, people visit their friends and exchange sweets.

In some places, people start celebrating the evening before Holi by lighting a bonfire. As a token of gratitude for the harvest, people throw coconuts, wheat sheaves and green chickpeas into the flames.

The bonfire tradition is based on the tale of a witch called Holika. She was burned to death in a fire by the Hindu god Lord Vishnu for trying to kill her devout nephew. To this day, some people burn an effigy of her on their bonfire.

The origin of the coloured dyes may lie with another Hindu deity, Lord Krishna. When he was a boy, he loved practical jokes, including throwing coloured water over his playmates.

But others say the custom comes down to Holi falling at a time of year when people are most at risk of catching diseases. Before the tradition of flinging around colourful dyes started, people threw herbs to keep ailments at bay.

Whatever the reason, Holi is definitely a time to celebrate life – and long may it last.

Photo credit: BearPhotos/Shutterstock.com

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# DOUBLE YELLOW LINES

## DOUBLES, SINGLES AND MORE... ROAD MARKINGS AND HOW TO WORK THEM IN YOUR FAVOUR

We're all familiar with the sight of single and double yellow lines – yet where many of us have fallen foul of road markings, it's because we may not understand what they mean.

This guide to road markings may not make it any easier to find a parking space in your local area, but at least you'll know the risk you're taking when you apply the handbrake.

### SINGLE LINES

Single yellow lines are an indication that waiting restrictions are in place, albeit only at certain times of the day. The intention is to eliminate congestion at busy times.

Always look for the accompanying signs, which will state the times when parking is prohibited. However, you may stop there.

If you see a single red line, stopping is also prohibited at certain times.

### DOUBLE LINES

Parking on double yellow lines is prohibited at all times, unless there is accompanying signage which may indicate an ability to park there on rare or seasonal occasions.

With both single and double yellows, the good news is you get five minutes' grace, and a traffic warden must observe your car for the full duration of those five minutes before writing out a ticket.

If you see a double red line, the message is simple – no stopping (or parking) at any time.

### ZIGZAG LINES

White or yellow zigzag lines offer the same instruction as double red lines, except they are placed near places of high public footfall, such as on level crossings or outside schools and places where emergency services may operate, such as hospitals.

### LOADING OR UNLOADING

To confuse matters, loading and unloading is permitted on double and single yellow lines, but only if it's continuous. You'll get between 20 and 40 minutes, depending on your vehicle.

However, if two yellow stripes are seen emerging from the road and up the curb, even loading and unloading is prohibited. For one yellow stripe, stopping is permitted based on the times shown.



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HOME & DIY

Pantone Colour of the Year 2023:

# Viva MAGENTA

A bold and brave shade, Pantone's Colour of the Year for 2023 is Viva Magenta. Perfect for anyone who wants to start the spring feeling empowered and unstoppable, there are lots of ways that you can incorporate this colour into your home.

### What is Viva Magenta?

According to the colour experts at Pantone, Viva Magenta is "a pulsating colour whose exuberance promotes a joyous and optimistic celebration, writing a new narrative". A hybrid shade of red, pink and purple that provides the perfect balance between warm and cool tones, Viva Magenta is an inclusive colour that is easy to add to your home.

### What does Viva Magenta represent?

The story behind Viva Magenta is all about the balance between our digital and physical lives. In recent years, people have become drawn to nature in their homes and Viva Magenta has been chosen to reflect our pull towards natural colours. Furthermore, it reflects the movement surrounding climate change, sustainability and land protection.

### How can you use Viva Magenta in your home?

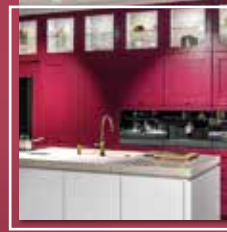
Incorporating Viva Magenta is an easy way to add a touch of fun to your home. Some of the best ways to incorporate this shade into your existing interior design include:

- Paint a magenta feature wall in your bedroom or living room
- Invest in an eye-catching magenta sofa
- Add pops of colour through rugs, curtains, pillows and other soft furnishings
- Paint your kitchen cabinets a rich pink or invest in a magenta splashback
- Try magenta dinnerware to create a sense of opulence in your dining room

### What colours go well with Viva Magenta?

Viva Magenta pairs well with both yellow and turquoise, as well as being a good match for most dominant colour categories.

Photo credit: zen-living.ca, snugsofa.com



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# BACK TO THE

# eighties



If you're planning to paint your walls white and buy a sleek grey sofa, it's time to rethink. After years of Scandinavian minimalism, things in the world of interior decorating are changing. So it's time to ditch those clean lines and cool colours – and plump for something warmer and more inviting instead.

Interior experts predict that brown-based colours, like caramel, coral and terracotta, are set to make a big comeback this year. Pastels are proving popular, too – especially dusky pink and soft greens.

If you're after new wallpaper or soft furnishings, there's an eighties vibe here, too. Think ditsy country florals, colourful gingham and tropical prints. Choose cushions with frilly edges. And instead of the hard lines of a minimalist sofa, opt for something chunkier, curvier and squishier instead. It's all so much cosier. While you're at it, don't forget to buy a rattan chair or two – and treat yourself to a glass-topped table.

If you want to put up some shelves, opt for brass ones, preferably with curved edges. To adorn the shelves, choose rounded vases and bowls. And if you can get hold of some eighties-style candlesticks, show them off by adding some twisted candles – they're easy to find and cost just a couple of pounds.

For those decorative touches, add a touch of macramé. This could be a wall hanging, lampshade or plant hanger. And talking of plants, check out the Maidenhair and Boston ferns in your local garden centre. You won't find many plants more reminiscent of the eighties than these.

Like any style revival, of course, there are some things you'll need to leave firmly back in the eighties. So don't revive anything that's yellow pine, think carefully before you decide to reinstate those frilly roman blinds, and whatever you do, don't lay carpet on your bathroom floor.

Photo credit: thegoodpainter.com, wrenkitchens.com, lifrad.com



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# How to use LEFTOVER paint



Anyone who's decorated their home will know the dilemma of what to do with leftover paint. You'll often find tins left over after painting projects, which normally end up gathering dust (or rust) in your shed or garage.

So what should you do with all that leftover paint? Here are five ideas for some simple projects for your unused paint.

### ADD A COLOURFUL ACCENT

While you might not have enough paint left over for a whole wall, you can use it to paint part of a wall. An accent behind some shelving, around a photo frame or simply to break up a block of colour can add a nice contrast to your walls.

### UPCYCLE SOME FURNITURE

Leftover paint can be used to upcycle old furniture. From a pop of colour to a more neutral hue, your unused paint can bring a new lease of life to a piece in need of a facelift.

### PAINT A PATTERN ON THE WALL

Patterned walls don't just have to come from wallpaper. From polka dots to lines and animal-style splodges, you can use your paint to create a cool contrasting pattern that will add some interest to your space.

### GIVE PLANT POTS A MAKEOVER

Want to brighten up your plant pots? Use your leftover paint to give them a new look and instantly brighten up your garden and windowsill.

### PAINT PHOTO FRAMES

Adding a little colour to photo frames can make them stand out and is an ideal way to upcycle them, saving you some money and helping the environment too.

Finding ways to use up your leftover paint will help you prevent waste and help you do some interesting and colourful DIY projects around the home.





# LOCAL NEWS

*from your neighbourhood*

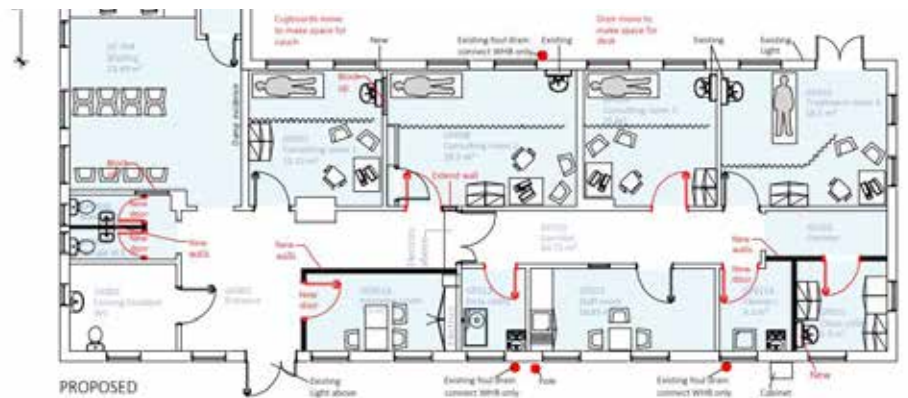


Photo credit: Chaplin Farrant, Geographer, Google Maps



## Planning application submitted for new GP surgery

A former X-ray block at Halstead Hospital could be converted into a new GP surgery under plans submitted by NHS Property Services.

The building, which is currently unused, has recently been given approval for conversion by Essex County Council's highways and historic buildings teams.

However, one resident of nearby Hedingham Road, Carol Atkins, has expressed concern over the impact a new surgery could have on parking in the area.

In a comment posted on the planning application's page on Braintree District Council's (BDC) website, she stated: "Whilst I am thrilled that the old building

is being revived, I have strong reservations that the additional cars will be problematic. Parking is very tight at the moment, and I fear that the additional staff parking, plus the patient parking, will be horrendous."

To view the application, go to [www.braintree.gov.uk/planning-building-control/view-comment-planning-applications](http://www.braintree.gov.uk/planning-building-control/view-comment-planning-applications) and search reference '23/00246/FUL'.

A BDC spokesperson said: "We have received a planning application and a decision will be issued in due course."

NHS Property Services has been contacted for comment.



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## Tributes paid to councillor and former mayor



Photo credit: Halstead Town Council

Staff and councillors at Halstead Town Council (HTC) are in mourning following the sad passing of long-time representative and former mayor, councillor David Hume (pictured above).

Cllr Hume served on both HTC and Braintree District Council, spending two decades of his life with the former. He was also Mayor of Halstead and chairman of HTC for eight years between 2008 and 2016.

Aside from his council work, cllr Hume had a long career as both a teacher and a headteacher at primary schools, and took roles in several organisations and community groups, such as St Andrew's Church, Halstead in Bloom, Courtaulds Sports Ground Management Committee, and the Rotary Club.

A spokesperson for HTC said of cllr Hume: "He was a man who looked outwards to the community to see what he could do to help, in any way.

"At the council, we remember him for his thoughtfulness, his full consideration of issues, his modesty and his total commitment.

"We will miss his advice drawn from his many years of experience, but we celebrate a life so well lived."

## Survival beckons for football club despite poor form

Last month was a difficult one for Halstead Town FC, who played five league games, drawing two and losing three, and were knocked out of a cup quarter-final by Romford.

Although only picking up two points in the process, all four defeats were by relatively small margins.

With other results going the Humbugs' way, a couple more wins from upcoming games should ensure survival in their rookie Essex Senior League season.

The club are now looking forward to holding a

number of social events throughout the year, the first of which is an ABBA tribute night on Saturday, May 20, with doors opening at 7pm. Advanced tickets are limited and priced at just £10, available from the club's website.

For more information and to keep up to date with fixtures, as well as news and events, visit [www.halsteadtownfc.com](http://www.halsteadtownfc.com)

## Town council opposes housing development

Halstead Town Council (HTC) has opposed the second phase of plans that would see 34 houses built on the outskirts of the town.

The homes, 24 of which would be market units and 10 of which would be social housing, would be built on land to the north and west of Halstead Hall care home.

The application is the second part of a three-phase plan submitted by Stow Healthcare Group, the owner of the care home. The first phase for 20 homes on Russell's Road was approved in June last year.

However, at a meeting on February 15, HTC stated it did not want to see the new plans go forward.

Councillor Jackie Pell argued that the local primary schools are full, the development would erode the town's boundaries, and there would be a loss of local wildlife and extensive archaeological remains.

She proposed HTC object to the development, which was then seconded by councillor Janet Atkinson and then agreed upon unanimously.

Despite its opposition to the plans, HTC cannot reject the plans outright, as that decision lies in the hands of Braintree District Council. However, its views will be taken into consideration.

To view the application, search '22/03366/OUT' at [www.braintree.gov.uk/planning-building-control](http://www.braintree.gov.uk/planning-building-control)

Stow Healthcare Group has been contacted for comment.



Photo credit: Melville Dunbar Associates



LOCAL NEWS HALSTEAD



# LOCAL NEWS

*from your neighbourhood*



Photo credit: Essex Police, Google Maps

# Man found guilty of attempted murder

A 53-year-old man from Braintree has been found guilty of attempted murder and racially aggravated harassment.

Geoffrey Ryan (pictured left), of Brick Kiln Way, offered a plea to the lesser offence of grievous bodily harm with intent. However, this was rejected as detectives and the Crown Prosecution Service felt there was a clear intent to kill.

He denied the charges but was found guilty after a week-long trial at Chelmsford Crown Court. He will be sentenced at the same court on Wednesday, April 5.

Ryan had spent the night drinking at The Lounge in Market Square on September 9, 2022, causing "issues" with other customers.

At 9pm, he approached two security staff and "abused" them, and at 9.30pm, he was reported to have harassed a group of women.

Following a warning from security, he continued

to "religiously abuse" them and threw a drink at the victim.

As a result, he was escorted out of the venue and then attempted to assault the door staff.


Ryan was told to leave but continued to abuse the staff. He approached the victim, flicked a cigarette at him and threatened to kill him. He then left the area, walking towards a nearby taxi rank.

Just before 11.30pm, he drove back to the town centre in a SEAT Ibiza, parking in a parent and baby space in Sainsbury's car park.

He returned to The Lounge, approached the victim, and slashed his neck with a razor.

The victim sustained a serious wound that needed immediate medical care, but has since recovered.

Emergency services arrived at the scene within minutes and Ryan was arrested. A blade was found in a bush nearby.



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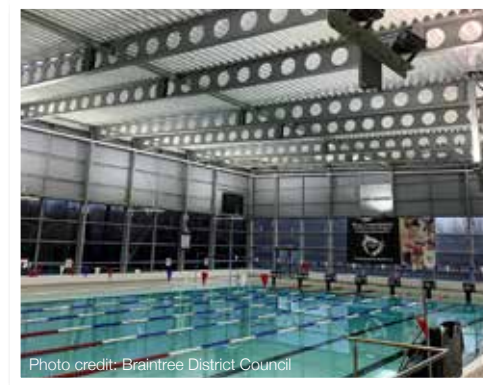
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## New LED lights at pool to save energy and money



New energy-saving LED lights have been installed at the pool hall at Braintree Swimming & Fitness. The initiative was spearheaded by Braintree District Council (BDC) and operators Fusion Lifestyle. The LED lights are more energy efficient than the previous halogen lights and will save 20 kilowatts of energy per hour.

This change will further bolster Braintree Swimming & Fitness' eco-friendly reputation. Previously, in 2016, solar panels producing more than 17,000 kilowatts of energy per month were installed.

Anthony Cawley, CEO of Fusion Lifestyle, said: "We are really pleased we have been able to introduce LED lighting at Braintree Swimming & Fitness and would like to thank our partners at BDC for this joint investment.

"We are working hard to ensure all our centres are as energy efficient as possible to help the environment."

Councillor Peter Tattersley, BDC's cabinet member for health and wellbeing, said: "Not only is the lighting great for swimmers and staff, but it also means we can cut back on our energy use, which is really important as the lights are on for around 10 hours a day."

A £25 New Homes and Growth Dividend of up to £25 will also be paid to council taxpayers who have a council tax liability, providing universal support to residents impacted by the cost-of-living crisis.

Councillor Graham Butland, Leader of BDC, said: "The current wider economic crisis is impacting our finances, like it is all households and businesses. But we're fortunate that, owing to our strong financial management, we have been able to set aside more than £2million to provide our residents with support during the cost-of-living crisis.

"BDC's council tax remains one of the lowest in Essex. The £25 refund means that, depending on their property, almost everyone will pay between four per cent and 17.5 per cent less council tax than they are currently paying."

## Police appeal after boy assaulted

A 12-year-old boy was assaulted in a Braintree shopping centre in what appeared to be an attempted robbery.

The incident took place at the George Yard Shopping Centre at around 4.15pm on Tuesday, February 14.

The boy was approached by three other boys, before being attacked as they attempted to steal items from him.

Though no arrests have been made as of yet, Essex Police confirmed that enquiries concerning the incident are still ongoing.

If you have any information about the incident, you can submit a report online at [www.essex.police.uk](http://www.essex.police.uk) or call the non-emergency number 101.

You can also report information to Crimestoppers anonymously at [crimestoppers-uk.org](http://crimestoppers-uk.org) or by calling 0800 555 111.



## Council budget for next fiscal year approved

Braintree District Council (BDC) approved a new annual budget at a full council meeting on Monday, February 20.

As part of the package, BDC announced that support will be offered to the most vulnerable residents in the area via £1million worth of funding from its New Homes Bonus.

This money will be used to work with council partners to provide food security, giving more rural communities better access to groceries.

East Anglian Traction Engine Society - Registered Charity No. 296027

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# PETER JONES

AND A HOST OF TALL TALES

At 6ft 6", formidable *Dragons' Den* mainstay Peter Jones CBE has a lofty view over more than just his business landscape.

His is a stature that has evolved over four decades of being at the cut and thrust of business, on the way amassing a personal fortune of more than £1.2billion.

The idea of standing up to one of the formidable commercial minds in *Dragons' Den* is, ultimately, a thing few entrepreneurs relish. The hit BBC reality business show puts pitchers through their paces en route to a prospective investment offer, yet few who duel with telecoms wizard Peter Jones ever emerge victorious.

The 56 year old has been the only Dragon to appear in every season of the hit show, the 20th series of which is currently airing on BBC One.

He has mastered the art of pulling off a devastating look of utter incredulity, although the element of surprise is part of what makes the show so entertaining.

"Over so many years in business, there should

be few things that surprise me," he begins, "and by now I thought I might have exhausted the ability to be surprised or shocked by some of the ideas or investment valuations that come my way.

"In truth, though, people will always surprise you, and that's what makes the show so entertaining. You can expect the unexpected, because it will always arrive."

That line perfectly encapsulates Jones's climb to becoming one of the country's most successful and best recognised entrepreneurs. Growing up in Langley, Berkshire, before moving to Maidenhead at the age of seven, his first business was in the production of personal computers, a venture he began at the age of just 16.

While the business excelled at first, the evolution of home computing in the 90s saw Jones lose ground. A series of bad decisions led to the collapse of his enterprise, and with it went his millionaire status. At 28, he was forced to sell the remnants of the company to IBM and start again.

Subsequently joining Siemens, he was soon branching out again by himself, launching Phones International Group in 1998, a business that garnered more than £14million in sales in its first year alone.

Further personal ventures in TV, retail and lifestyle projects have been supplemented with more than 60 investments via *Dragons' Den* – where Jones is regarded as the most plain-speaking and shrewdest on the panel.

"I think when it comes to business, it's important to be polite and engaging, but ultimately you can't hang about," he says. "If something needs to be said, it needs to be said, and tiptoeing around the issue has been the death of many a good idea."

As well as gaining a CBE in 2009, he runs The Peter Jones Enterprise Academy and The Peter Jones Foundation – both committed to driving and promoting the next generation of business minds, no matter what barriers exist in someone's life.

As for the most salient business lesson of them all – Jones insists there is nothing more defining than starting again from scratch. "Failure is arguably the best route to success," he says. "Most entrepreneurs have been at the point where the hopelessness seems profound. I've been there myself, and to be that low, only to rise back up, is one of the most fulfilling things you can do. Ultimately, never give up."

Photo credit: BBC Studios



GARDENING

# GET wildlife READY



**O**ur gardens start to bloom in earnest this month – but March can be a surprisingly tricky time for wildlife. That includes humble but helpful insects and worms, as well as bees, birds, amphibians and hedgehogs. So what can you do to help?

### LEAVE FOOD FOR HEDGEHOGS

Leave out water and meat-based cat or dog food – ideally chicken in jelly. Do this when it's getting dark, and remember to throw away any uneaten food the next morning. If you have hedgehogs in your garden, you could also buy a hedgehog house or even build one.

### FEED THE BIRDS

Birds need calorie-rich food at this time of year to get ready for breeding. Choose sunflower hearts (seeds without the husk), fat balls or suet pellets. Steer clear of peanuts just in case adult birds feed them to their young and cause them to choke.

### BEE KIND

If you're adding new garden plants, choose ones with open flowers that are rich in pollen and nectar. Good choices include aconites, evergreen clematis, primroses, and winter-flowering heather and honeysuckle.

### BUG LOVE

Helpful insects and even earthworms find it hard to flourish in March as food sources can be scarce. To help them, create a log pile in a shady spot. You might also want to start a compost heap. And, while you don't have to turn your garden into a jungle, insects will love it if you let a corner of your garden grow wild.

### POND LIFE

March is the main breeding month for frogs, toads and newts. To make your pond amphibian-friendly, select the plants they like to breed around, such as marsh marigold, water forget-me-knot and brooklime. You could add plants such as hornwort and curled pondweed to keep the water oxygenated and help shelter tadpoles from predators.



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# TECH-free TRIPS



**D**o you and your family need a break from technology? Are screens taking over your lives? Then these phone-free holiday destinations are just the antidote you need.

### QUIRPON ISLAND, NEWFOUNDLAND, CANADA

If you can think of nothing better than spending your next getaway marvelling at the wonders of Arctic life such as polar bears, puffins and icebergs, then this is the holiday destination for you. Located in the far reaches of the North Atlantic, there is virtually no phone service and definitely no wi-fi.

### PARRANO, ITALY

If you're looking for a remote destination in Europe, then the Eremito retreat in Parrano, Italy, is just what the doctor ordered. Boasting 21 rooms and only a 90-minute drive from Rome, there is no internet, wi-fi or television, so you're guaranteed a tranquil and restorative stay.

### DENALI NATIONAL PARK & PRESERVE, ALASKA

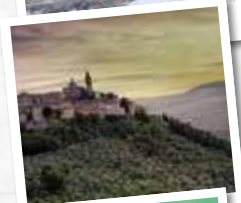
Denali National Park is home to the Sheldon Chalet, a luxury five-bedroom lodge that is only accessible by plane or helicopter. Perfect for those who want to experience nature in the extreme, the panoramic views of snow stretch for miles. Plus, with no mobile phone coverage or internet, you can enjoy the peaceful silence with zero distractions.

### BADEN-BADEN, GERMANY

If you love a spa break, the Villa Stéphanie mansion and spa is just the digital detox destination for you. Located in the famous spa town of Baden-Baden, this decadent five-star hotel boasts a sauna, plunge pool, thermal suite and private gym. And, of course, no technology in sight.

### TOP END, NORTHERN TERRITORY, AUSTRALIA

As you would expect, there is no wi-fi deep in bush country, so you can kick back and relax or enjoy the local wildlife, including blue-winged kookaburras, magpie geese, wallabies and crocodiles. Book into the Bamurru Plains safari lodge for a restful night's sleep and five-star dining.



TRAVEL

Photo credits: wehretalians.com, theluxuryartoftravelcompany.com, theluxurytraveldi.com, kuoni.co.uk





MARKSHALL  
ESTATE



Markshall Estate is home to 200-acres of leafy woodland walks to explore, and new to April 2023 is Percy's Adventures!

This Easter Holiday is the launch of Percy's Adventures, a brand new "edutainment event" with the team bringing the history of the gardens back to life with special activities. Every Essex half-term, Percy's Adventures will be available for children to let their imaginations run wild while they explore and learn.

Visitors can feed the greedy monster fish in the lakes and take on the Easter Trail challenge, all included within the Percy's Adventures entry fee. A new adventure play area will be opening too. Percy's Play and Picnic Paddock will be the ideal place for little ones to go crazy on the exciting equipment whilst adults relax over a hot drink and snack from the Orchard Kitchen Cafe.

And that's not all. Markshall have also frozen their prices for 2023! "We are very excited to launch a suite of improvements at Markshall. We have listened to visitors and responded. Markshall is now truly a family destination where memories can be made" Dave Finkle, CEO at Markshall Estate.

Now taking online bookings at [www.markshall.org.uk](http://www.markshall.org.uk). Located in Coggeshall, just off the A120 between Colchester and Braintree.



# SPRINGTIME EXPLORERS



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2023 PRICE FREEZE



KIDS



# DIY Mother's Day BEAUTY GIFTS

**D**o you want to help your child make a handmade gift for their mum, grandmother or mother figure this Mother's Day? Beauty gifts are always welcomed and provide the perfect opportunity for mums to enjoy a little me-time.

**Microdermabrasion scrub**  
Combat the signs of ageing with this super simple microdermabrasion scrub.  
**How to make:**  
Mix 6 tbsp of sugar with 3 tbsp extra virgin olive oil | Add 3-5 drops of lemon juice | Add ½ tsp baking soda and 3 drops of lavender oil | Mix thoroughly | Spoon into a small pot and add a handwritten label

**Rose whipped body butter**  
Give the gift of super-soft skin with this luxurious body butter.  
**How to make:**  
Melt 1 cup of coconut oil and 1 cup of shea butter in a small bowl | Leave the oils to cool slightly | Mix the oils using a whisk or standing mixer until you have

a whipped cream-like consistency | Add 8 drops of rose absolute and whip for a further 1-2 minutes | Spoon into a mason jar and add a pretty bow

**Lemon peppermint bath salts**  
Add an element of fizz to bath time with this aromatic bath salt.  
**How to make:**  
Mix ½ cup of fine sea salt and 1 cup of Epsom salt in a medium-sized bowl | Stir in 15 drops of lemon essential oil and 5 drops of peppermint oil | Scoop the bath salts into a mason jar and tie on a small measuring spoon with some ribbon

**Honey facial mask**  
Soothe sensitive skin with this natural facial mask.  
**How to make:**  
Mix together 1 cup of honey, 1 tbsp of cinnamon and ½ tsp nutmeg | Stir until the spices are fully incorporated with the honey | Pour into a bottle that has been sterilised with boiling water | Cover the bottle with some pretty parchment paper or fabric.

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HISTORY

# THE HOT DRINKS hero

## MEET THE MAN BEHIND THE INVENTION FOR HOT (AND COLD) DRINK LOVERS EVERYWHERE

The next time you unscrew your flask to pour a coffee, spare a thought for Scottish scientist Sir James Dewar. He was the man who made it happen – even though keeping your drinks hot wasn't what he had in mind.

Dewar, who died 100 years ago this month, was best known for his work on the liquefaction of gases. It's not the right place for a chemistry lesson, but when gases are in liquid form, they're much easier to store, so it was important work.

The problem was that Dewar couldn't keep the liquid gases cold enough for long enough to study them. And when they got too hot, they turned into gas again.

To solve the problem, he put his glass flask of liquid gas into a bigger flask. Then he created a vacuum between them and mirrored their outside walls. So the inside flask was almost perfectly insulated, and heat couldn't reach the liquid inside.

Dewar exhibited his creation at London's Royal Institution on Christmas Day 1892. The principle behind his flask is the same one behind the vacuum flasks manufactured today.

Dewar's invention could have made him a wealthy man. The problem was he didn't take out a patent. But the German glassblower who made Dewar's flask had an idea: he realised that the flask could keep liquids warm as well as cold and spotted a gap in the market. He created a flask in a protective metal casing and set up a company called Thermos – Greek for 'hot'. He successfully applied for a patent in 1904 – and the Thermos flask was born.

Dewar sued Thermos for using his invention. Sadly for Dewar, he lost the case. But, refusing to retire, he carried on working as a professor at the Royal Institution until his death at the age of 80 in 1923.



DEWAR'S VACUUM FLASK

## Plan for the future, protect your interests and preserve your wealth

Property Life Interest Trust Wills are becoming increasingly popular among couples due to the desire to preserve family assets for younger generations. But many are not familiar with these types of Wills or realise their benefit until speaking with a solicitor.

Property Life Interest Trust Wills can be of particular benefit to couples considering planning for future care and preservation of assets. Specialist advice on Property Life Interest Trust Wills can provide for both protecting the financial position and living arrangements of the surviving spouse, as well as protecting assets for future generations. For couples with children from a previous relationship, Property Life Interest Trust Wills can also prove an effective legal solution.

### Taking advice and making early decisions to plan effectively

It is often the case that a couple's main asset is their family home, and many are conscious of this when considering planning their estate and inheritance for their loved ones. However, many couples can limit their ability to effectively plan and preserve their estate, or limit their available options for this, if planning their estate is left too late. This is certainly the case in respect of how their home will be treated upon death. The earlier advice is sought, the better in this regard.

### How your property is owned is important

Property can be held jointly in one of two ways. Property held as "Joint Tenants" will pass automatically to the surviving owner under survivorship rules whereas, property held as "Tenants in Common" will pass under the terms of a Will. For couples to effectively plan their estate, it is often necessary for their main residence to be owned as Tenants in Common, providing each with a % share ownership which can be directed into a Trust upon death.

### What is a Property Life Interest Trust Will and what does it do?

A solicitor is able to re-organise a couple's ownership of a property alongside preparing a Will for you, so as to ring fence each individual's

property share in a Trust for future generations and identified beneficiaries. The surviving spouse/partner is protected by having a lifetime right of residence in the property and can be one of the trustees (managers) of the Trust.

Therefore, the gift of your respective share in your principal residence at death is made to your trustees on trust and is subject to the surviving spouse/partner's right to live in the property for their lifetime. The Trust can be flexible in that the surviving spouse/partner will be able to move to another property using all or part of the value of the property.

Any surplus capital not used in the purchase of a new property can be invested and the income can be paid to the surviving spouse/partner for their lifetime. The surviving spouse or partner can decide to make gifts to the family if they do not need the surplus capital or income.

Property Life Interest Trust Wills are very flexible, with the surviving spouse/partner even able to rent out the property and receive the rental income.

These types of Wills and arrangements can often be recommended where couples (married or unmarried) wish to plan for future care and preservation of assets for future generations and/or provide for children from a previous relationship, whilst at the same time providing security and peace of mind to the surviving spouse/partner.

### Speak to an expert from Holmes & Hills Solicitors

It is always a good idea to take advice when thinking about planning for the future, planning your estate and planning for care. When considering whether Life Interest Trust Wills are appropriate for your circumstances and wishes, your solicitor will also consider your Inheritance Tax position. As mentioned, it is advisable to seek advice sooner rather than later to ensure all legal solutions and options remain available to you.

**For expert advice on planning for the future, contact Holmes & Hills on 01787 475312 or email [advice@holmes-hills.co.uk](mailto:advice@holmes-hills.co.uk) and organise to speak with one of our specialists from your local Holmes & Hills office.**



# How to get A PATENT

Thinking about applying for a patent to stop others from copying or selling your invention without your permission? Find out everything you need to know about how to get a patent in the UK below.

- ✗ Essentially biological processes such as crossbreeding animals or plants
- ✗ Software that has a non-technical purpose

### HOW MUCH DOES A PATENT COST?

When you apply for a patent, you must pay fees to the Intellectual Property Office (IPO) when you file your application and also for processing your application after you file. This costs at least £310 if you complete the process. You may also want to hire a patent attorney for help and advice.

### HOW TO APPLY FOR A PATENT IN THE UK

Getting a patent in the UK is a fairly complicated process and it can take several years, even with professional help. Therefore, you should only start the application process if you are confident that your invention is new and that a patent meets your needs. If you decide to go ahead, then you need to:

- Prepare detailed documents that describe your invention
- File these documents with the IPO

Typically, around 18 months after you apply, the IPO will publish your application in full. You may then have to amend your application based on its recommendations.

### WHAT CAN YOU PATENT IN THE UK?

To patent an invention in the UK, it must be:

- ✓ New – it must not have been made publicly available anywhere in the world
- ✓ Inventive – it cannot be an obvious change to something that already exists
- ✓ Something that can be made and used, a technical process or a method of doing something

### WHAT CAN YOU NOT PATENT?

There are some things that you are not allowed to patent, including:

- ✗ Literary, dramatic, musical or artistic works
- ✗ A way of doing business, playing a game or thinking
- ✗ A method of medical treatment or diagnosis
- ✗ A discovery, scientific theory or mathematical method
- ✗ The way information is presented



**CELEBRATE BRITISH PIE WEEK, STARTING MARCH 6, WITH SOME TASTY TREATS**

**INGREDIENTS:** 1 onion, thickly sliced | 50g small broccoli florets | 2 red peppers, cut into chunks | 350g courgettes (2 medium), thickly sliced | 2 tsp cumin seeds | 1 tbsp avocado oil | 200g low-fat houmous | 50g coriander (chopped) | Zest of one lemon | A pinch of chilli flakes | 375g packet of ready-rolled puff pastry (dairy free) | 225g sweet potato, peeled and thinly sliced | Non-dairy milk

**HOW TO MAKE:**

- > Heat the oven to 220°C/fan 200°C/gas 7.
- > In a roasting tin, mix all the vegetables (except

the sweet potato) with the oil and cumin. Roast for 25 minutes then mix in the houmous, coriander, lemon zest and chilli flakes.

- > Turn the oven down to 200°C/fan 180°C/gas 6.
- > Cut the pastry into two rectangles and lay one on a baking tray. Layer the sweet potatoes on top, leaving a 2cm border, then top with the vegetable mixture.
- > Drape the remaining pastry over the filling and press the edges to seal.
- > Brush with milk and bake for 25-30 minutes till golden brown.

**INGREDIENTS:** 150g granulated sugar | 4½ tsp cornflour | 225g rhubarb, cut into 1.5cm slices | 1 orange (juice and zest) | A pinch of cinnamon | 4 sheets of filo pastry (each approx. 48cm x 25.5cm) | 2 tbsp melted butter | 2 tsp icing sugar

**HOW TO MAKE:**

- > In a medium saucepan, mix the sugar and cornflour together, then add the rhubarb, 4 tbsp of orange juice and a teaspoon of zest. Cook gently till it's thickened. Add the cinnamon and cook for 10 minutes, then leave to cool.
- > Heat the oven to 200°C/fan 180°C/gas 6.
- > Lay the filo sheets on top of each other, brushing with melted butter between layers.
- > Spread the filling along one of the longer sides and roll it up, folding in the ends as you go.
- > Make a few cuts in the top, then bake for 15-20 minutes till golden.
- > Cool, then sprinkle with icing sugar.



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## THE DORRINGTON

HOTEL • BAR • NIGHT CLUB

The Dorrington is in the heart of the small market town of Halstead. Halstead means 'healthy place' and it certainly is that. Convenient for the person staying over for business or for a family away for a short break there is loads to do in and around Halstead

### Staying at The Dorrington

There are 15 rooms at The Dorrington. You have the choice of singles, doubles, twins or family rooms. Some are within the hotel and some are situated at the rear annexe. There is also a two-bedroom cottage and a two bedroom apartment.



### Events

There are two main event areas at The Dorrington. Larger events can be held in the Trinity



Suite which has its own bar, dance floor and music system. It is ideal for larger parties, and the venue is completely self-contained.

The River TableRoom is a separate room to the main bar and is ideal for smaller gatherings, birthday get togethers, wakes etc.

### The Bar

The Bar at The Dorrington is a great place for people to meet, drink and have a good time. There is plenty of space. You can sit at the Bar or one of the snugs for a little more privacy.

The Dorrington Bar has a great selection of drinks, from

the finest lagers to real ales, and from exciting cocktails to a wide range of soft drinks.

Food is coming soon by way of lunch and evening fast food menus which can be served either in the main bar or in The River Lounge



### The Club at The Dorrington

Fabulous laser shows, great sound systems and the best DJ's are just some of the attractions at the Night Club in The Dorrington.

The Club at The Dorrington is on the first floor and is ideal for large parties and celebrations. We also regularly have themed parties including 80's and 90's.

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BEAUTY

# LET THERE BE LIGHT!

Do you want younger-looking skin? Then you need to know about LED light therapy. Originally used to treat wounds, LED – which stands for light-emitting diode – is now used by aestheticians to help regenerate ageing skin and treat other skin problems.

### WHAT IS LED LIGHT THERAPY?

LED light therapy is a skincare technique that uses varying LED wavelengths to help treat a whole host of different skin complaints, including acne, inflammation and ageing skin. Unlike other types of light therapy, LEDs do not contain ultraviolet rays, which means they are safe for regular use.

### HOW DOES LED LIGHT THERAPY WORK?

You can choose to have LED light therapy carried out by a trained professional or you can buy LED devices that you can use at home. There are two main types of light frequencies: red and blue. The former is used primarily for ageing and the latter to treat acne. Typically, each LED light therapy session lasts around 20 minutes, and, for best results, you need up to 10 treatments.

### ARE THERE ANY DRAWBACKS TO LED LIGHT THERAPY?

Some of the potential downsides to LED light therapy include:

- > It can be expensive
- > The results are not guaranteed
- > It is not safe if you have an active skin disorder or take certain medications
- > Side effects are rare but may include redness, rashes and inflammation of the skin

### BEST LED FACE MASKS

If you want to try LED light therapy at home, check out the below top-rated LED face masks:

- > CurrentBody Skin LED Light Therapy Mask – Best for all skin types
- > No7 Laboratories Age-Defying LED Mask – Best for budget buy
- > Project E Beauty Skin Rejuvenation Photon Mask – Best for acne-prone skin
- > Dr Dennis Gross Skincare DRX Spectralite Faceware Pro – Best for ageing skin.



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# PACK IT IN



IN HONOUR OF NATIONAL NO SMOKING DAY ON MARCH 8, HERE ARE SEVEN TIPS ON HOW TO QUIT SMOKING FOR GOOD

### BE PREPARED

It's unlikely you'll simply wake up one morning and decide to never smoke again. Smoking is an addiction, so take time to come up with a plan that gives you the best chance of quitting for good.

health to finance to the feeling of having achieved something important – will help you stop smoking.

### DON'T GIVE UP

Quitting is hard. Know that and give yourself a break should you fail. Each day is a new day, and it is never too late to stop.

### REWARD YOURSELF

Put away those pounds you would have spent on cigarettes and you'll soon see the benefits. Treating yourself to something special is the least you deserve for persevering with such a difficult task.

### SEEK ALTERNATIVES

Though they may be tempting, e-cigarettes are not the ideal way to quit, as they still contain nicotine. However, they are less harmful than tobacco cigarettes. Nicotine replacement therapy, on the other hand – in the form of gum, lozenges and patches – can help with withdrawal side effects.

### BE TRIGGER AWARE

If you crave a cigarette every time you have a few drinks at the pub, it may be best to stay home or, even better, hit the gym. Knowing what makes you want to smoke and then doing the opposite is a useful technique to help you avoid temptation.

### TELL YOUR FRIENDS

Not only is it reassuring to have some enthusiastic cheerleaders on your side, but your buddies can also help you on your way.

### KNOW YOUR REASONS

Whether you want to run a marathon or are motivated to quit for the sake of your young children, having a clear purpose – from



UNUSUAL SPORT...

# CHEESE ROLLING

A lump of dairy, a hill, an ambulance on standby – it's the Cooper's Hill Cheese Rolling Championship

We've all heard of cheese rolling. Indeed, many of us have seen the frankly terrifying sight of grown men and women hurtling down Cooper's Hill in Gloucestershire on a balmy spring bank holiday in pursuit not just of a 9lb lump of Double Gloucester cheese, but also of the respect of the local community.

The annual event, which takes place on a slightly terrifying 200-yard slope in the town of Brockworth, has become iconic as the go-to cheese rolling event in the UK, yet it attracts competitors from all corners of the world.

While the perception is that anyone who catches the cheese takes the title, in truth this is a 'race to the bottom', with the first person across the finish line claiming the delightful dairy.

Now classed as an extreme sport, there is a series of individual races for have-a-go heroes to compete and contort in, with local legend Chris Anderson the most successful participant in the event's near 200-year history, having won a record 23 races. Ironically, the ex-1st Battalion light infantryman doesn't even like the cheese on offer, insisting on a passion for cheddar instead.

Injuries are commonplace – not just to participants, either. On many occasions, spectators have been struck by the tumbling cheese, which can reach speeds of up to 70mph as it tumbles downhill.

While COVID-19 halted the 2020 and 2021 events, the festival returned in 2022, complete with all manner of sprains, bashes, aches and breaks. Perennial champ Anderson has since announced his retirement, clearing the decks for a new era of southwestern sadist when the event returns this year on Monday, May 29.

While Brockworth hosts the country's most famous competition, there are other cheese rolling events across the UK with their own take on the concept, albeit none quite as flavoursome.

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# PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

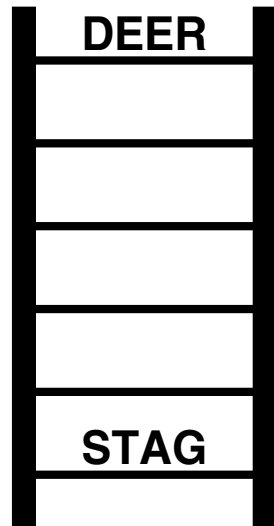
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## DID YOU KNOW?

- ▶ There are 63 million pairs of chopsticks manufactured in China every year – that's 126 million single sticks.
- ▶ In Pakistan, a small city called Sialkot is where 40 per cent of the world's footballs are produced.
- ▶ Covering 2,653 miles, Chile is the world's longest country from north to south.
- ▶ There are more than 2,100 castles stand in Germany.
- ▶ Canada has more lakes than every other country in the world put together.
- ▶ Iceland has no army and is recognised as the world's most peaceful country.
- ▶ Disneyland Paris is the most visited place in Europe.

## 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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