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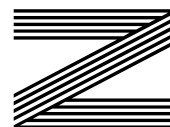
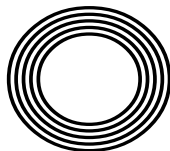
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ANNIE MAC

Radio DJ steps down after 17 years

Laura
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Presenter back in the limelight with new series of Love Island



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Editor's notes...

JULY 2021



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** Leigh Thorpe Bay. Has anyone else noticed it's light at 4.30am these days? I reckon the demand for blackout blinds is right up there with England flags and disposable barbecues.

While we're doubtless all hugely frustrated by the extension to the current lockdown restrictions, we can at least rely on the day's glorious wake-up call as light, air and energy come flooding into our homes.

This is why I love the summer. The days feel impossibly long, the nights only give way to darkness as we're thinking about bedtime, and each day feels full of optimism.

For me, it's the time of the year when I can change my habits, such as getting up as the sun rises in order to sample the peace and tranquillity. But the trick is to extend that positive frame of mind into other things - to go for a walk, to talk to the neighbours, to undertake new work targets and initiatives.

Of course, we still have challenges, but the vaccine is here, the sun is out, and the sense is the world is opening up again with positivity and confidence, as fear ebbs away. Let's embrace this new dawn, and just as importantly, as I always say, let's be nice to each other as we do it.

Nik Allen

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BRIDGE

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,

TOO FAR?

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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Olympic Month: Are you a Bronze, Silver or Gold Chef?! Musings of an OvenGleaner

Bronze Medal (and about my level!) cooking is one of life's simple pleasures and the skill level is simple too. In my eyes you use the microwave and can cope with a pan of boiling water for pasta and potatoes. I have even managed a three course meal with my combi-microwave. I cheated with the starter buying ready made prawn cocktails, then cooked a chicken using the grill function that browned the top and heated the 'steam in a bag' vegetables to produce a Roast Dinner. For dessert I "pinged" chocolate sponge puddings with chocolate sauce and my meal was complete...simples!

But my microwave now needs a clean as it's covered in chicken bits on the walls - the chicken partly exploded! Oops!

More budding chefs (most of you) come in at least a Silver Medal standard. You're great at using a hob and an oven with several pans boiling away on the hob top whilst a delicious joint is roasting away in the oven. You are classic multi-tasker with better time-management skills than me. My partner falls in this category - she does a mean Roast Beef, Yorkshire puddings and mountains of vegetables - all cooked to perfection and appearing on the table at the same time. For dessert she produces an apple pie out of oven with creamy custard. She then expects me, a professional oven cleaner, to clean our cooker? Does she not understand that it's my day off?

Personally I believe the Gold Medal winners are you BBQ

cookers! How anyone can produce an array of succulent steaks, juicy sausages and melt in the mouth burgers as well as foil wrapped salmon from just a metal grid over some heat producing fuel, I'll never know. Then to serve them with a selection of fresh salads and summer cocktails - that skill level is way beyond my reach. My friends manage this Olympian feat without even breaking into a sweat and I can enjoy the fruits of their labours! Then with a messy BBQ they phone me to clean it - fed and paid - Gold Medal for me on that one!

So where do you fit into my medal parade - are you a bronze, silver or gold medal Chef? I promise you a Gold Medal service, call today: Rob Garnett OvenGleaners on 01702 680828*.

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HOME & DIY

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.





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.



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LOCAL NEWS

from your neighbourhood



Former officer gets BEM

A retired member of Essex Police has been awarded a British Empire Medal (BEM) as part of the Queen's Birthday Honours List 2021.

Eddie Clarke BEM, from Leigh-on-Sea, retired from Essex Police in August 2020, just days after his 75th birthday and following 55 years of outstanding police service.

He started his policing career with Southend-on-Sea Borough Police in 1964 – before it merged with Essex County Constabulary to become Essex Police – and was working in emergency planning when he retired.

Chief Constable Ben-Julian Harrington said: "It

really is a privilege to see one of our longest-serving colleagues being recognised with one of the nation's highest honours for his hard work, commitment and long service.

"Each day, our officers, staff and volunteers help people, keep them safe and bring criminals to justice, and Eddie's story is a real example of this. It makes me really proud to be their chief constable."

Eddie's commitment to Essex Police remained undiminished over his entire career. He was very widely respected by all his colleagues, both in his command and across the force.

Art project relaunched for new exhibition

Leigh-on-Sea Town Council has announced that the Community Art Wall will relaunch with a joint exhibition from past and present artists-in-residence, Kerry Doyland and Susan Allen.

Art in the Attic is running at Leigh Community Centre until August 13.

The exhibition will showcase a variety of work created by both artists during their residencies at the centre. Some of their plein air landscapes will also be on display.

In addition, there will be pieces painted by local artists who were invited to the painting sessions at the centre, hosted by the artists during their residencies.





SIR DAVID AMESS MP



Member of Parliament for Southend West



I know how desperately disappointed everyone was with the further delay in the relaxation of lockdown measures. I reluctantly supported the government, as the way the motion was put, if it were not supported by the majority of MPs, it would have created difficulties with financial support for businesses and in so many other ways. I realise what a nightmare it has been for many families planning holidays and couples planning weddings. Again, if I can help in any way, please do let me know.

I welcome the news that there will be increased police visibility along the waterfront, Marine Parade and Old Leigh following recent events. Antisocial and criminal behaviour of any kind will not be

tolerated in our town, and officers will take a robust, proactive approach to offenders.

I am pleased that we have now launched the Dame Vera Lynn Memorial Statue Fund. To watch the wonderful launch video, featuring the Speaker of the House of Commons and many celebrities who knew Dame Vera, please find it on my YouTube channel: youtube.com/channel/UCQhudNlnFkz9EkYjDAjavg. If you would like to make a donation to help fund this tribute, however large or small, please visit justgiving.com/dameveralynnmemorialstatue

From July 2, I have resumed my regular in-person surgeries. To book an appointment, email amessd@parliament.uk or call 020 7219 3452.

Two charged after boy injured

Essex Police have thanked members of the public for their help after a teenager was found injured.

Police were called to reports that a teenager had been injured in Broadway in Leigh-on-Sea at around 8.50pm on Thursday, June 3.

When officers arrived, members of the public had given assistance to the injured boy, and others who had witnessed the incident provided officers with information to help progress their investigation.

Within minutes, three arrests were made. The teenager was taken to hospital for further treatment and his injuries are not considered to be life-threatening or life-changing.

Superintendent Michelle Davies, of the South Command team, said: "We would like to thank the members of the public who valiantly stepped in to provide urgent medical assistance and those who helped officers with our enquiries.

"We are confident that there is no threat to the wider public.

"We believe that both parties involved are known to each other and that this was a targeted attack."

A 17-year-old boy, from Leigh, has now been charged with grievous bodily harm with intent, possession of an offensive weapon and possession of a class B drug.

A 15-year-old boy, from Westcliff, has been charged with two counts of possession of a bladed article.

A third boy, aged 15, was arrested in connection with the investigation but will face no further action.



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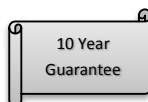
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LOCAL NEWS

from your neighbourhood



Free masks for taxi drivers

Taxi drivers in Thorpe Bay have taken advantage of
a government scheme providing 80,000 free face
coverings.

Taxi companies across the borough have been
contacted to see if they want to take advantage of the
initiative for their drivers, with 150 coverings offered to
every licensed taxi for drivers to give to passengers. A
separate arrangement has been put in place for bus
companies to also access free face coverings.

Councillor Ron Woodley, cabinet member for
transport, capital and inward investment, said: "While
some restrictions have eased, we are still living with
coronavirus and we need to do what we can to protect

others. Wearing a face covering is for the protection
and wellbeing of other people, but sometimes it is
easy to leave the house without one.

"I'm really pleased we're able to support taxi drivers
in this way and give them a little added protection
while they go about their jobs."

The town's four largest taxi companies – Andrews,
AC, Radio Cars and 333444 – are all taking part in the
scheme, along with independent operators.

Andy Rice, from Andrews, said: "So far, there has
been pretty good compliance with our passengers, but
this just gives our drivers an extra level of reassurance,
knowing we have free masks to give out."

Essex Police issue warning after jellyfish stings

Essex Police have warned residents after multiple people were stung by jellyfish on
beaches in Southend-on-Sea, including in Thorpe Bay and Leigh-on-Sea.

The force's Twitter account posted a tweet which read: "There are large amounts of
purple/white jellyfish along Southend seafront, with multiple people being stung."

"It has been reported that hundreds of the jellyfish have washed up on the beach and
are floating in the water."

The NHS website advises people who have been stung by jellyfish to rinse the affected
area with seawater, not fresh water. You should also soak the area in very warm water,
as hot as can be tolerated, for at least 30 minutes.



JAMES DUDDRIDGE MP



Member of Parliament for Rochford and Southend East



A lot has been said about Southend High Street lately. Shopping trends have changed, and our High Street has declined as a result. While there are plenty of ideas as to how we can improve the town centre, one thing we can all agree is that we need fundamental change.

The High Street, in my view, is too long. We have a big shopping centre at each end (Victoria Shopping Centre and The Royals) and a long line of shops, some now empty, in between.

The idea that these premises will be filled with traditional shops that will last for years is no longer plausible in our modern age. Quite frankly, our High Street needs a new purpose.

In my last column for **VISION** LeighThorpeBay,

I wrote about Thorpe Bay Broadway and the fantastic mix of independent shops, cafés and other businesses on offer. If you look above these premises, you will notice housing too.

Southend High Street is home to historic, high-ceilinged buildings which are often used as storage facilities for shops. These could be utilised and turned into great places to live, breathing new life into the town centre.

There is also no reason why we couldn't have a school on the High Street, or even an outpost of Southend Hospital. Mix in a combination of other business and leisure offerings, and we begin to rebuild our High Street, ensuring that it is fit for the future.

Four new defibrillators donated

Southend Borough Council has thanked Leigh and Thorpe Bay Rotary Clubs for donating four new defibrillators to keep residents and visitors safe along Southend seafront.

Leigh and Thorpe Bay Rotary Clubs, together with the Carli Lansley Foundation, have donated and will maintain the defibrillators on a monthly basis, ensuring that seafront visitors have access to the life-saving equipment 24 hours a day.

Currently, four defibrillators can be found at the Thorpe Bay Yacht Club, pier entrance, Thames Estuary Yacht Club, and the foreshore office at Uncle Tom's Cabin car park.

It is suggested that the four new defibrillators are installed at Roberto's, The Beach Zhuhai cafés, Anglian Water Board building, and the public toilets opposite Thorpe Hall Avenue.

Councillor Martin Terry, cabinet member for public protection, said: "With the great weather we are having, we know that many residents and visitors will be out and about making use of our town's attractive seafront and facilities, and this is why it's important to have these additional safety measures in place.

"I would like to give thanks to the Carli Lansley Foundation and Leigh and Thorpe Bay Rotary Clubs for providing and maintaining the defibrillators."





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GARDENING



Forest Feast

A basic guide to foraging

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.



Find your perfect GARDEN ROOM



If you are considering building a garden room, it is important to understand the different types and the benefits of each.

POTTING SHED OR GREENHOUSE

If you are into gardening or want to learn more about it, then having a designated potting shed or greenhouse can be helpful. A room like this can help you break into the world of gardening or expand your interest in growing different kinds of plants. If you have a small garden with minimal planting space, this is a good option for you, as you can grow a lot in one area.

PURPOSE-BUILT GARDEN ROOM

A purpose-built garden room is a more expensive option for those looking for some more living space. This style can work with any type of house. It is the most versatile option as it can be used for different purposes, such as a home office, a place to entertain friends, a playroom for children, a home gym, a garden kitchen, a lounge bar area or even a guest room. Also for this option, you may want to consider adding a water and electricity supply, which will allow you to add components such as a sink, fridge/freezer, TV, computer, lighting, electronic gym equipment and so on, depending on your needs. With a purpose-built room, you will have to ensure that you have a strong foundation for more stability; if not, this will need to be created.

POP-UP TENT

A pop-up tent is a great, affordable option for those looking for something quick to assemble that is also easy to remove. They come in many different sizes to suit different gardens. It can be a playroom for children, a place to entertain friends, a place to keep plants safe from the elements, or even for camping. This option is mostly suitable for the summer months.

SHEPHERD'S HUT

A shepherd's hut can be used as a place to entertain guests when you grill or cook outdoors. This type of garden room works best with country-style homes. You could use the hut to create a guest house, a chill-out zone, hobby room or home office. This option also requires a foundation to be added underneath.

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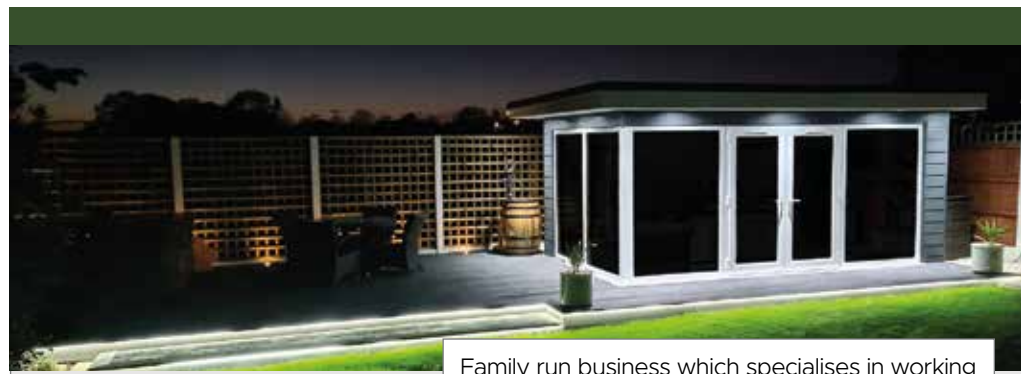
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We're loving LAURA

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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**State of
INDEPENDENCE**

CELEBRATING JULY 4 - AMERICAN INDEPENDENCE DAY - AND ITS HISTORY

Independence is a real buzzword at the moment – from Brexit to the failed European Super League to our friends north of the border, everyone appears to want to be free.

Of course, the most famous example of this was undertaken by the Americans on July 4, 1776, when the Yanks broke away from us Brits, who had been resident in North America for more than 200 years.

Back then, people living in the 13 colonies – New Hampshire, Massachusetts, Rhode Island, Connecticut, New York, New Jersey, Pennsylvania, Delaware, Maryland, Virginia, Georgia, North Carolina and South Carolina – had to pay taxes to Britain, even though they had no representatives in Parliament.

Tired of being ruled by a superpower some 4,000 miles away, the rather wordy Colonies' Second Continental Congress in Philadelphia came together to put forward a document – the Declaration of Independence – which was sent to

the UK on July 4, 1776.

The British did not want to give up the United States without a fight, and battles ensued.

The war ended on September 3, 1783, with the British Parliament finally granting America's wish to go it alone.

By 1880, Independence Day was recognised as an official holiday, and 60 years later it became a paid holiday, ensuring people could come together to recognise what is effectively regarded as the birth date of the United States of America as we know it today.

In 2021, the day is marked with parades, barbecues, fireworks, concerts, political speeches, and parties. It reinforces the fierce patriotism Americans have, and in troubling times seeks to bind together everyone who lives and works under the stars and stripes in the world's most powerful country.



HISTORY



PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

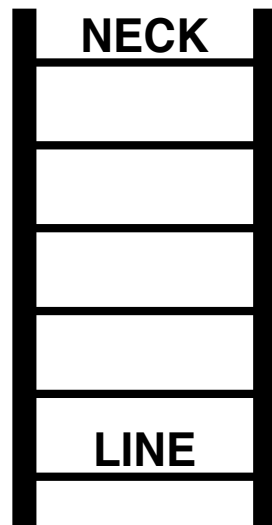
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- ▶ KENNEDY
- ▶ MADISON
- ▶ MCKINLEY
- ▶ MONROE
- ▶ NIXON
- ▶ OBAMA
- ▶ REAGAN
- ▶ TRUMP



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.

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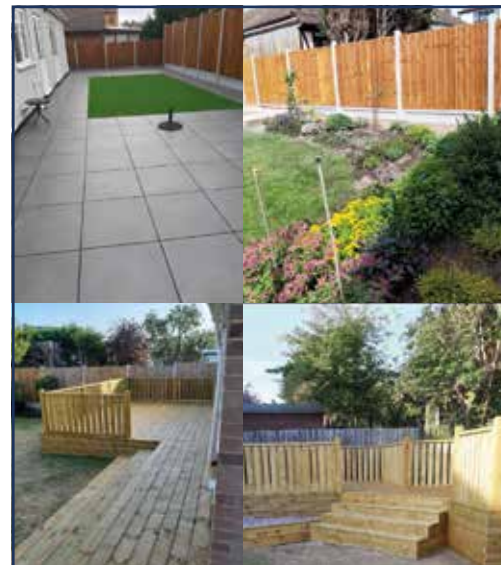
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Adopt me!



Whether you are looking to get your first pet or you want to add another furry friend to your household, there are many reasons why you should choose to adopt a pet from a rescue centre or animal shelter.

The chance to save a life

Sadly, even with the best will in the world, some shelters are forced to euthanise animals owing to a lack of space and resources. By adopting a pet from one of these over-stretched facilities, you could be literally saving an animal's life.

To fight against puppy mills

When you buy a puppy from an online seller, or even from a pet store, it is highly likely that this animal came from a puppy mill. In factory-style breeding facilities that always put profit above welfare, puppies from puppy mills are often kept in shockingly bad conditions and tend to have behavioural problems as a result.

You will save money

If you are thinking about approaching a breeder, you should know that this can be a very expensive route to go down. However, when adopting from a shelter, animals are often microchipped, spayed or neutered, and vaccinated already, saving you a pretty penny.

You will get a great animal

Contrary to popular belief, most animals from rescue centres are not damaged or dangerous; they are happy and healthy pets that, through no fault of their own, have been made homeless.

Where can you adopt a pet?

Pet Adoption UK is a great online service that allows you to find a pet by relevant search criteria, such as age, type and location. With thousands of pets looking for homes each day, you can also search for local charities that have specific pets looking to be rehomed, such as Cats Protection and Dogs Trust.



TRAVEL

LONDON'S Top 10 attractions

What better way to celebrate our return to some normality than by ticking off London's best tourist attractions? A lack of overseas travel means that, in 2021, these iconic hotspots will be less busy and more accessible than ever.

TEN: Borough Market

Based in Southwark, this iconic centre for high quality food and sustainable production has been pulling in admirers for almost as long as London has existed and dates back to the 12th century.

NINE: Natural History Museum

Showcasing modern science interspersed with taxonomy and biodiversity, the Natural History Museum, based in South Kensington, is a maze of walkways and corridors that continues to enchant adults and children alike.

EIGHT: St Paul's Cathedral

Sir Christopher Wren's London masterpiece, St Paul's, is an example of architectural and ecclesiastical excellence dating back well over a thousand years.

SEVEN: Victoria and Albert Museum

Design, art and style come to the fore at the V&A in a celebration of culture and craft from the UK and beyond.

SIX: Westminster Abbey

The setting for every royal coronation since 1066, Westminster Abbey is one of the most important Gothic buildings in England.

FIVE: The British Museum

A celebration of more than two million years of human history and culture, and it's free to enter.

FOUR: National Gallery

Towering over Trafalgar Square, the National Gallery is also free to visit, showcasing some of the finest artists from the UK and overseas.

THREE: Churchill War Rooms

This popular attraction allows visitors to explore the offices where Winston Churchill and his team plotted Britain's fight against the Nazis during Second World War.

TWO: Tower Bridge

Take in stunning panoramic views over the Thames from Tower Bridge's walkway and explore the atmospheric Victorian engine rooms.

ONE: Tower of London

And finally, a fortress, a palace and a prison all in one – learn how royalty reigned in London over the course of a thousand years.



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I am on hand to give up to the minute advice and help wherever possible, should you want details on great cruise destinations, or information for first time cruisers, or something different for seasoned cruisers – please feel free to contact me.

Alternatively, if you're booking a cruise or a holiday to celebrate that special occasion, I can put together the best package for you and I can also help with your celebrations at sea whether it be your honeymoon, anniversary, birthday or for any other occasion that you can mention.

I look forward to speaking to you soon -

Tracey

Hi Tracey,

Thanks for the emails and for booking the two cruises

it's such a pleasure dealing with you nothing is too much trouble for you and it's so nice to deal with someone who takes an interest in making sure they have done everything they can to make sure the customer has exactly what they want.

Kind Regards, Ted

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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.



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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.



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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.



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 keep 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.

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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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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.



150 years of the HIGHWAY CODE

The Highway Code is something everyone is familiar with – but only a few know where it comes from and what it first looked like.

Every driver in the UK has looked through the strict set of rules that make up the Highway Code at least once. However, only a few know its history and how it has changed over time. First introduced in April 1931, the original Highway Code looked a lot different from the one we know today.

The one-penny, 24-page-long booklet was the first attempt to reduce the whopping 7,000 fatalities occurring every year on the road – at a time when there were only 2.3 million motor vehicles circulating in Great Britain.

The first edition of the Highway Code contained some advice modern drivers will be familiar with – such as being mindful of others and always putting safety first. However, the original Highway Code did not mention mirrors (as they weren't a requirement for motor vehicles at the time) and recommended drivers sound their horn while overtaking.

Most of the pages of the original booklet were dedicated to describing hand signals to be used by drivers, pedestrians and police officers – recommendations that are today collected on a single page of the 189-page modern Highway Code.

The changes in motor technologies and road design led to the introduction of new colour illustrations, a dedicated section to motorway driving, and road sign diagrams – even if there were

only 10 described in the second edition.

Although these facts might sound curious to today's drivers, the modern Highway Code still contains some unusual rules. For example, under the Road Traffic Act 1998, it is illegal for drivers to splash pedestrians with puddles, sleep in their car if drunk, and pay at a drive-through using their phone.

Undoubtedly, the Highway Code will continue to adapt to any future changes in technology and the road environment, but so far, the results of its introduction have been impressive. Today, while the number of cars in the UK has skyrocketed to 33 million, fewer than 1,700 people are killed on the road annually.

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