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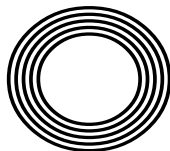
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MAY 2022

Editor's notes...



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** Leigh Thorpe Bay.

Let's cut to the chase - times are tough. We are in a post-COVID malaise, our energy bills are soaring, and you need to remortgage just to put enough fuel in the tank to get you to Tesco.

I hear the grumbles of discontent from all around, but it's worth being reminded of where we've come from.

Two years ago, the country was in panicked disarray. Furloughing, grants and an estimated total of £400 billion in losses due to COVID-19, were all going to have to be paid back at some point.

So here we are, in a tight situation, and one that's being exacerbated by events in Ukraine.

Personally, I'm trying to maintain perspective - we were always going to have to bite the bullet, and I'm afraid it seems now for everything we have taken out, we may need to pay back. I am focusing on the concessions made to me. Not only did the NHS save the lives of some of my family members, but the combined efforts of all political parties and organisations steered myself and my loved ones back on course.

While nothing comes for free, it's also true that nothing lasts forever, so please keep the faith.

Nik Allen

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Golden BROWN

BIDDING FAREWELL TO JUNE BROWN OBE, WHO DEPARTED FOR A NEW STAGE IN APRIL

Dot Cotton, played by June Brown OBE, was the cigarette-smoking, crackly voiced hypochondriac who combined a hard edge with sultry soft compassion, enveloping and influencing a bounty of characters who stepped foot onto the hallowed, concrete East London streets of Albert Square.

So synonymous was the actress with the role that few would liken her to anything else on screen. She was *EastEnders*' longest-serving character, having appeared in the opening episodes way back in 1985. And after a four-year break at the start of the 1990s, she returned to the fray for a further two decades.

Alongside the likes of Dame Barbara Windsor DBE (Peggy Mitchell), Wendy Richard MBE (Pauline Fowler), Pam St Clement (Pat Butcher) and Letitia Dean (Sharon Watts), Brown represented a golden era of forceful female characters around the Square – iconic for a girl-power generation that was a world away from the pop stars and film actors the media would have us believe were fuelling the charge for equality.

And yet June Brown was about so much more than just one character. In the years after the cessation of the Second World War, she appeared at the National Theatre, and as recently as 2009 was on the West End stage in *Calendar Girls*, for which she confidently stripped for the role.

What does link Dot Cotton to the actress herself is a strength of purpose and poise.

"I have always believed in saying how I feel," she said in an interview last year. "Life is too short to hold back and I'm not sure I have long left. And I have always been this way."

'I will always celebrate my life... I have been very lucky, but I have tried my hardest, always, and I hope I've made people happy along the way'

"Ultimately, I think people respect you more if you are upfront and honest with them. Of course, you may offend them at the start, but honesty in the end it's admirable, and as human beings we're not cut out to agree with each other all of the time."

Such assuredness clearly enamoured June Brown to a bevy of directors, producers and casting agents. Born in Needham Market, Suffolk, she was evacuated to Leicester during the war, and joined the Old Vic company when peace was restored. Thus began an acting career that took her from Shakespeare to *Dixon of Dock Green*, TV plays through touring theatre productions, fantasy adventure as Nannie Slagg in *Gormenghast* to Lady Eleanor in the Time Warrior series of *Doctor Who*. She even had three episodes as the timid Mrs Parsons in *Coronation Street*.

Brown was awarded an MBE at Buckingham Palace in 2008, followed by an OBE in this year's New Year Honours. She is survived by five children – Chloe, William, Naomi, Sophie and Louise – from her second marriage, to actor Robert Arnold, who died in 2003. She had all her children in her forties – another daughter died in childbirth.

While *EastEnders* was the project that defined the June Brown we will remember, this was ultimately someone who gave so much across seven decades as an actress, and whose efforts touched so many.

"I will always celebrate my life," she said. "I have been very lucky, but I have tried my hardest, always, and I hope I've made people happy along the way."



Long live THE QUEEN

On February 6 this year, Her Majesty The Queen became the first British monarch to celebrate a Platinum Jubilee, marking 70 years of service. So, what is the secret to her success and her longevity? Let's take a closer look.

REGULAR MEDICAL SCREENINGS

Of course, The Queen has access to some of the best medical care that the country has to offer, and she takes full advantage of this with regular preventative screenings and check-ups.

LONG WALKS

The Queen knows the importance of regular exercise, and the royal family are known for their love of long walks in the grounds of Balmoral. The Queen has always been an avid walker, taking after The Queen Mother.

MENTAL STIMULATION

The mind is just as important as the body when it comes to longevity, and The Queen is very aware of keeping herself mentally astute. Committed to staying abreast of current issues, she has previously visited Google headquarters, showing an interest in the internet and emailing her grandchildren.

MAINTAINING A CONSTANT WEIGHT

The Queen has never appeared to be overweight and has benefited from freshly prepared meals which include vegetables, game and poultry provided by the estate. Fish is also a staple on the royal menu, and The Prince of Wales is a long-time leader in the organic farming movement.

DAILY CUPS OF TEA

High tea is enjoyed at precisely 5pm and is a British ritual that is embraced by Her Majesty. Tea has numerous health benefits, including being antioxidant, anti-inflammatory and anti-cancer. The Queen is also said to credit her peachy complexion to barley water flavoured with lemon and other citrus fruits.

THE OCCASIONAL TIPPLE

Small amounts of alcohol appear to have beneficial effects on the heart and brain, and The Queen has been honest about her enjoyment of German sweet wine, as well as gin and Dubonnet.

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WAYS TO GET SUPER *soft towels*

HOME & DIY

There is nothing quite like getting out of the bath or shower and wrapping yourself up in a big, fluffy towel. Sadly, over time, your towels can turn from super soft to super stiff. Discover five simple tricks for softening your towels below.

WASH IN WARM WATER: Washing your towels in warm water, ideally around body temperature, can help to keep them softer for longer. This is because it helps them to absorb the detergent better, resulting in less build-up on your towels.

REPLACE FABRIC SOFTENER WITH VINEGAR: Most fabric softeners contain silicon, which makes your towels repel water, meaning they will not get the best wash. Instead, add one cup of white vinegar once every six weeks when washing your towels to remove soapy residue and restore full absorbency.

USE LESS DETERGENT: As mentioned above, a build-up of detergent can leave your towels feeling stiff. Counteract this by adding a little less detergent when washing them so that your machine's rinse cycle can eliminate every last bit of stubborn soap.

ADD BAKING SODA: Another staple from the storecupboard, baking soda can help to loosen the fibres in your towels, as well as clean off any chemicals and dirt. Mix half a cup of baking soda with your normal detergent and wash as normal. Baking soda can also banish any musty odours from damp towels.

TOSS IN A TENNIS BALL: If you have any unused tennis balls lying in your garage or garden, toss a couple of these into your next load of towels. As they bounce around your machine, they will remove any lumps of soap and simultaneously fluff up your towels. Dryer balls can also be used.



HOME DÉCOR TRENDS 2022



Looking to update your interior design for summer? Discover the top five home décor trends for 2022. Plus, our top tips on how you can incorporate them into your home.

ARTIFICIAL GREEN WALL: Going green has never been more on trend, with sales of houseplants surging since the start of the pandemic. Perfect for those who want to bring the outdoors in, you can create a faux foliage wall using affordable, artificial succulents and foliage and a basic box frame.

VELVET FURNISHINGS: If you love the style of the 1970s, then you'll be pleased to hear that velvet is making a huge comeback in 2022. Although this opulent material went out of fashion when minimalism dominated the interior design world, it has now returned to favour, and is bolder and brighter than ever before.

AUTHENTIC DESIGNS: Handmade home décor items are becoming increasingly sought after, as homeowners look for a more personalised and authentic-looking home. From bespoke furniture to heritage collections, anything made on a smaller scale is in this year. They may be more expensive, but one-of-a-kind items will transcend any trends and last a lifetime.

ROYALCORE: Spurred on by the likes of *Bridgerton* and *The Crown*, royalcore embodies everything ornate and aristocratic. Whether you opt for an abundance of gold, intricate detailing or rich colour schemes involving purples, blues and reds, this is one TikTok trend that isn't going away any time soon.

SOFTER SHAPES: Say goodbye to straight lines and sharp angles and hello to rounder, more feminine shapes. Referred to as the 'curve comeback', look for rounded chairs, tables and sideboards. Providing a natural feel, softer shapes are both more practical and aesthetically pleasing.



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EXPLORING THE ART OF CONTRASTING
STYLES THAT SYNERGISE SEAMLESSLY

As a designer, finding a defined route between contemporary and classic is no mean feat. It requires vision, patience and nerve to throw energy behind contrasting, conflicting styles, before emerging with something precise and exact.

Interior designer Stephanie Barba Mendoza's ability to do this stands her apart from many of her contemporaries.

For more than 40 years, the London-based designer has toyed with vintage and modern, classic tiling and smooth walls, rich sprays of flowers and hard-edged furniture, producing a sumptuous smorgasbord of style that layers material and colour, and completing a look with an abundance of warmth.

Mendoza works with talented craftspeople to create interiors, often bringing antique items into a space to add not just visual interest, but also a feeling of provenance and purpose.

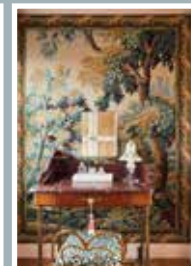
She cites influences as diverse as Freddie Mercury, René Magritte and Serge Roche, and admires others who push their boundaries to the limit.

"It all comes from a rejection of conformity for me," she says, "and when I find clients who share that idea of rebellion, it inspires me as much now as it did the first time I took to styling a space."

"We must appreciate in interior design, in art, in creativity, the fact that escapism and fantasy is as deep and wide as the imagination, and in that respect is endless."

"If we can live in a space, then we can envision anything, and it will always be correct."

The trick to replicating Mendoza's statement style is to individualise on carpets, fabrics, furniture and objects. No matter the style or era, the devil is truly in the detail, and the designer proves the sum total is most definitely greater than the parts.



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LOCAL NEWS

from your neighbourhood

LOCAL NEWS LEIGH-ON-SEA

Photo credit: Essex Police



Man sentenced to life for the murder of MP

A man has been jailed for life for the murder of Sir David Amess (pictured left) in Leigh-on-Sea.

Ali Harbi Ali (pictured right), 26, of Kentish Town, attacked Sir David with a kitchen knife in October 2021, during a constituency surgery event at Belfairs Methodist Church Hall.

Ali was sentenced at the Old Bailey on April 13 to life imprisonment with a whole life order for murder and plotting to commit a terrorist attack in the UK.

Following his arrest, Ali explained to officers that he had long held a desire to attack an MP who had previously voted to support airstrikes in Syria.

He also told detectives that he had researched other political figures as possible targets, with his planning stretching over a period of more than two years.

An investigation by the Met's Counter Terrorism

Command uncovered evidence of Ali carrying out hostile reconnaissance around the Houses of Parliament weeks before the murder.

Detectives found evidence and CCTV footage showing that in 2019, Ali visited the home address and the constituency surgery of two other MPs. Officers found attack planning notes on his phone, as well as evidence that he had accessed extremist content.

In an emotional statement, Sir David's widow, Lady Amess, said: "There is no elation in our family today following this sentencing. Our amazing husband and father has been taken from us in an appalling and violent manner. Nothing will ever compensate for that.

"We will struggle through each day for the rest of our lives. Our last thought before sleep will be of David. We will forever shed tears for the man we have lost."



Tree labels help to educate garden visitors



New identification labels will help to educate visitors to Leigh Library Gardens about its range of tree species.

The labels have been put in place by the Friends of Leigh Library Gardens (FOLLG) after its volunteers surveyed all the trees and, with the help of Southend-on-Sea City Council parks department, prepared an up-to-date inventory.

Labelling helps the tree management process by identifying different species and their growing habits, as well as helping to educate visitors.

Nigel Morris, a volunteer with FOLLG, said: "With the UK government's ambitions for a net-zero carbon emissions economy, it occurred to us that the variety of trees in Leigh Library Gardens should be celebrated. "Southend-on-Sea City Council kindly funded the purchase of 40 high-quality engraved labels – one for each variety of tree identified. Special fixings secure the labels to the trees without causing them any harm. "FOLLG hopes that visitors to the gardens will enjoy discovering all the different varieties of trees."

As they continue their work in the gardens, the Friends are keen to recruit new volunteers. To find out more, email follg2018@gmail.com

Pub to be transformed in new joint venture

A pub in Leigh-on-Sea is set to reopen under a new name and new management in a move to transform the pub into a unique venue for residents and visitors to enjoy.

The Harry, located on London Road, will reopen as the Legra Tap and Kitchen when it officially reopens in June.

This move is part of the joint venture from the Leigh on Sea Brewery and Black Circus Food, which will take over the pub to serve local beers as well as tasty market food.

A spokesperson for the Legra Tap and Kitchen took to Facebook to share the exciting news.

They wrote: "We are excited to announce a new joint venture between Black Circus Food and Leigh on Sea Brewery. We will be taking over The Harry, a traditional pub on the London Road, and aim to create Legra Tap and Kitchen – a unique, landmark destination venue with the best beer and food offer in Essex."

Search 'Legra Tap and Kitchen' on Facebook to find out more.

Town heroes recognised at annual awards ceremony

Leigh Town Council recognised outstanding people from across the local community at an annual awards ceremony last month.

The Good for Leigh and Volunteer of the Year Awards were presented at the annual community meeting at Leigh Community Centre last month.

Bob and Jill O'Leary won the Donald Fraser Volunteer of the Year Award for their invaluable work with the Royal British Legion (RBL). Not only do they complete all the branch admin voluntarily, but they have also raised thousands of pounds over the years for the Poppy Appeal, supported local veterans, and organised events for the RBL centenary in 2021.

The award is named in honour of late Leigh councillor, Donald Fraser, who passed away in 2018.

The 2022 Good for Leigh winners were also announced at the meeting. These awards highlight the work of individuals and groups throughout the town who do their best to make Leigh a better place.

Jack and Theo Chapman were awarded for sending notes to all their neighbours during lockdown and offering their help to collect shopping, walk dogs or provide friendly phone calls.

Debbie Fox was awarded for her litter picking along with Friends of Love Leigh Cliffs, who put in hundreds of hours of work to rejuvenate the area, and Rose Johnson, who has raised money for art enrichment projects. James Paul was also recognised for making a difference to climate change, while Carolyn Sherwin was celebrated as the founding member of Friends of Love Leigh Cliffs.



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LOCAL NEWS

from your neighbourhood



Photo credit: Clip My Horse TV



Photo credit: Thorpe Hall School Facebook



Photo credit: Thorpe Hall School

Teenager crowned champion in competition

A teenager from Thorpe Bay has won the national British Showjumping competition, after an impressive performance in the final.

Leva, a Year 9 pupil at Thorpe Hall School, was crowned champion at the South View Winter Pony Finals, which took place from April 22 to 24.

The equestrian sports channel, ClipMyHorse, said: "What a pair, what a pony! We love how Leva Keenan and Betty fly over these fences and make it look easy at the South View Winter Pony Finals. Look at them race for the win at the Springboard 138cm Final. The big smile in the end says it all."

A spokesperson for Thorpe Hall School said: "Please join us in saying a huge congratulations to Leva from Year 9 who won a national final this weekend for British Showjumping."

"Leva hopes to excel at the Pony of the Year show later this year and we wish her the best of luck."

Leva previously put on strong performances at The Longines Royal International Horse Show qualifiers, finishing ninth out of 32 competitors, one place away from qualification.

You can watch Leva in action on the ClipMyHorse. TV Facebook page.



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LOCAL NEWS THORPE BAY

Dear reader, with the days getting longer and COVID-19 restrictions in the rear-view mirror, summer is almost upon us and there's a lot to look forward to.

History will soon be made as Queen Elizabeth II becomes the first-ever British monarch to celebrate a Platinum Jubilee.

To celebrate this historic milestone, the government announced that the end-of-May bank holiday will be a four-day weekend, taking place from Thursday, June 2, to Sunday, June 5.

Not only will pubs be able to stay open for an extra two hours, but a number of public events are also taking place locally across the bank holiday weekend.

This includes the Queen's Platinum Jubilee Beacon, which will be lit on Thursday, June 2, at 9.45pm, by the Cenotaph at Clifftown Parade.

Another exciting event returning to our newly crowned city is the flagship Southend Half Marathon. After a two-year hiatus owing to coronavirus, the well-attended 13.1-mile race is back on Sunday, June 12.

Now in its 26th year, this fantastic fundraising event has raised more than £1.2million for Havens Hospices.

As a keen runner myself, I will be one of around 2,000 individuals expected to take part in the event, which sets off and finishes at East Beach in Shoeburyness.

It's always a brilliant atmosphere, so if running isn't your thing, do come along and line the route if you can – a bit of gentle encouragement is always welcome.

I wish you a relaxing summer – and I look forward to writing to you again next month.

Photo credit: Philip Stalham



Warning to smokers after fire

Firefighters are giving advice to smokers after a lit cigarette caused a fire in Thorpe Bay.

Two sheds, six fence panels and a tree were damaged during the fire last month.

Firefighters were called to Butterys, Thorpe Bay, and on arrival reported that a fire had spread from one shed to fence panels and a tree.

The fire was beginning to spread to a neighbour's shed and crews worked quickly to prevent further damage.

With lots of smoke coming from the scene, staff at the Essex County Fire & Rescue Service (ECFRS)

control room contacted train operators to warn them of smoke near the tracks. Trains were slowed down while crews dealt with the incident.

The fire was caused by a discarded cigarette.

Scott Ford, watch manager for ECFRS, said: "Please take care when discarding cigarettes. Make sure they are properly stubbed out. Embers from cigarettes can catch nearby materials alight which can quickly spread, especially in dryer weather, so please make sure to properly extinguish your cigarettes."

"Crews worked hard to prevent this fire spreading and were able to save the neighbour's shed."



Penny FOR YOUR THOUGHTS

HOW THE SIMPLE PENNY BLACK STAMP KICKSTARTED A SOCIAL REVOLUTION IN THE UK

In 2022, the Penny Black is one of the most sought-after stamps philatelists seek out. Not just expensive, it also represents a cornerstone in the world of collecting; it's something of a rite of passage to own one.

Yet for all its perceived collectable and material worth today – the first Penny Black stamp was recently listed by Sotheby's with a possible sale price of up to £6million, although it failed to sell – the name itself reveals very simple beginnings.

The stamp, impeccable in its design and rich in simplicity, and bearing the image of Queen Victoria in profile, was a communication revolution upon its launch on May 6, 1840.

Quite simply, it enabled anyone to send a letter weighing up to half an ounce to any destination in the country, for just one penny.

It opened up a platform for people in all locations and of all social classes to be able to connect with

one another – previously, the idea of sending a letter was complex and expensive, with the recipient required to pay to receive mail.

This dawning of social communication was brought about by Robert Wallace, an MP who led a commission on postal reform, and was brought to life by Sir Rowland Hill in the form of prepaid postage. As well as enabling all levels of society to communicate with each other, it led to a huge boom in business and commerciality.

In total, 68 million of these stamps were used – that's a considerable number given that the entire UK population in 1840 was around a quarter of that figure.

These days, our postal system is complex, convoluted and extremely competitive. While the Penny Black had simplicity at its heart, it also represents the kind of revolution that modern postal service providers will never be able to replicate.



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WATCH OUT(EN) *Denise is about*

CELEBRATING THE STAR QUALITY OF DENISE VAN OUTEN, WHO MARKS 25 YEARS ON OUR SCREENS

Denise van Outen is Essex's doyenne of design – a star who has risen up through the soap world and carved a brilliant niche in mainstream entertainment, plus retained a sense of dignity when things have gone against her.

In many ways, she is an exemplary example of someone who has successfully crossed over the changing face of the celebrity world. When she first appeared on our screens, as a presenter on Saturday morning kids' TV show *Massive!*, van Outen instantly caught the eye. She'd progressed through the famous Sylvia Young Theatre School and worked with the Royal Shakespeare Company before landing that debut role. While she was also seen on the mean streets of Sun Hill on *The Bill*, acting roles would quickly take a back seat when the opportunity to host *The Big Breakfast* came about in 1997.

In the post-Chris Evans/Gaby Roslin era, van Outen excelled opposite Johnny Vaughan, and the pair would reunite a decade later on Capital Radio, even if the relationship between the two was eventually to sour.

That disintegration has been one of a number of setbacks the Basildon-born star has recovered from. Her marriage to actor Lee Mead – who was victor of the *Any Dream Will Do* talent show for which van Outen was a judge – ended in 2015, although the couple had split up two years previously. They have a daughter together, named Betsy.

Most recently, the presenter was in a long-term relationship with sparky commodities trader Eddie Boxshall. She has also famously dated Jamiroquai frontman, Jay Kay.

In the interim, though, van Outen has excelled in every way. By her own admission, her autobiography, *A Bit of Me*, released in March, was a candid and poignant reminder of the successes in her life.

She said: "I actually found writing it very therapeutic – it reminded me how much I had done, and at a time when I was perhaps fixating on the things that didn't go to plan, made me think about so much that has gone well.

"I feel we should all take time to look back on positive elements of what we do and who we are. It's good for the soul and it gives us energy to move forward and be positive."

At present, van Outen is on tour with *The Masked Singer*, ITV's hit talent show on which she played Fox. The bravery to put herself in the spotlight and under pressure is at the entertainer's heart – across *Strictly Come Dancing*, *Dancing on Ice* and *Celebrity Gogglebox*, the comfort, charisma and 'girl next door' image is one viewers love.

"On television and in life, I just strive to be myself. You need self-worth and self-respect in what you do, and you need to focus on retaining and celebrating that at all times.

"The point where you feel you are losing that is the point at which you need to adjust and evolve."

While we applaud van Outen's bravery in making change, in many ways we'd like her to stay just the way she is.

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POTATO MILK

THE NEW VEGAN AND DAIRY-FREE ALTERNATIVE

FOOD & DRINK

Potato milk? As in milk from potatoes? While it may seem weird, potato milk – which is actually just starchy water that resembles milk – is packed full of nutrients and can make a great alternative to dairy milk.

WHAT IS POTATO MILK AND WHAT DOES IT TASTE LIKE?

Potato milk is a creamy, milk-like liquid that is made from potatoes. You can find potato milk that is sweetened and unsweetened, with the latter tasting slightly salty. In terms of consistency and colour, it is more like soy milk than dairy milk and offers both the creaminess and fattiness you expect from a milk product.

WHAT ARE THE HEALTH BENEFITS OF POTATO MILK?

- Low in sugar and saturated fat
- Contains vitamin C
- Contains fibre
- Rich in antioxidants
- Can enhance digestion
- Good for vegans and those with dairy allergies or intolerances

WHY CHOOSE POTATO MILK?

The main selling point of potato milk as a vegan and dairy-free alternative is its sustainability credentials. Growing potatoes is twice as land-efficient as growing oats, uses 56 times less water than growing almonds, and has a much smaller climate footprint than dairy milk.

HOW TO MAKE POTATO MILK

You can buy potato milk from some supermarkets (it can be found under the brand name DUG) or you could try making your own with the below recipe:

- Boil 1½ cups of sliced potatoes in 4 cups of water until tender but not falling apart.
- Pour the leftover liquid into a blender.
- Add the cooked potato with 1 tsp vanilla extract, ¼ cup of almonds and 2 tbsp of honey or maple syrup to sweeten, and blend well.
- Strain your potato milk through a fine-mesh sieve, cheesecloth or tea towel – you may need to do this twice.





Create your own DIY BAR



When it comes to entertaining at home, there's one thing everyone needs – a garden bar. Garden bars have grown in popularity in recent years, and you can easily build your own with a little creativity and determination.

Get ready to transform your garden into your new local with these tips for building the perfect garden bar.

HOW BIG CAN YOU GO? Garden bars come in all shapes and sizes. From a tiki bar to your own garden pub complete with flat-screen TV and pool table, you can be as ambitious as you like. Decide on your budget and how much space you have to create the perfect outdoor bar.

TRY DIY OR READY-MADE. A DIY garden bar is the perfect chance to get creative. You can use recycled materials and design a space that's ideal for your needs. Alternatively, you can find ready-made garden bars in places like Argos or Etsy, or hire someone to custom build your bar.

Using a pre-existing structure, such as a shed or potting bench, your extension or garage, could also help you make the most of your garden space, and give you a good foundation for your garden bar.

MAKE IT SHELTERED. Some shelter is a must for any British garden bar. Whether you choose to have your bar enclosed or build a solid weatherproof canopy, having shelter will protect your bar while helping you make the most of it in any weather.

ADD APPLIANCES AND STORAGE. From fridges to pumps and spirit dispensers, your garden bar can have it all. Buy your equipment and get it installed by professionals to make sure the job is done safely. Don't forget to add storage.

BUY SOME ACCESSORIES. Some of the essentials you'll need for your garden bar include:

Glasses (you could create your own labels too) | Bottle holders | Ice bucket | Cocktail shakers | Towel hooks | Bottle openers/corkscrews

GIVE IT A NAME. Once your bar is all in place, the last thing to do is give it a name. Name it something unique – it's your bar, after all.



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KNOW YOUR *knotweed*

Two little words that spark fear in the hearts of homeowners across the UK – Japanese knotweed. Known for its ability to spread rapidly, this destructive weed sets down strong roots that can cause havoc with the foundations of your property.

How to identify Japanese knotweed in your garden

Japanese knotweed has several distinctive characteristics that can help you identify it in your garden, including:
Zig zag stems | Lush green-coloured leaves | Heart or shovel-shaped leaves with a flat base | Bamboo-style stems | Red-tinged shoots | Often found in dense clumps | In July, look out for creamy white flowers | Between September and November, it will leave brown stems once the leaves have died back

How to stop Japanese knotweed from spreading

Although it is not illegal to have Japanese knotweed in your garden, you are required to take steps to stop it becoming a problem in neighbouring gardens.

Spray with chemicals

If you choose to tackle Japanese knotweed yourself, you need to make sure you are using the right chemicals to carry out the job efficiently and safely. Look for a glyphosate-based product such as Roundup Tree Stump Weedkiller that has a label recommendation for controlling Japanese knotweed. It typically takes three years to treat Japanese knotweed using this method.

Bury it

You are legally allowed to bury Japanese knotweed at the site as long as you bury it at a depth of at least five metres, cover the plant remains with a material that does not allow the plant to grow through it (known as a root barrier) and do not bury any other waste with it. CuTex Copper Root Barrier is ideal, functioning as both a physical and a chemical barrier.

Seek professional help

The Royal Institution of Chartered Surveyors has worked with the Property Care Association to establish a trade body for Japanese knotweed specialists in the UK, where you can find a register of vetted consultants and contractors. Find out more at www.property-care.org



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Planting A PALM TREE

A huge trend this summer, palm trees make a great addition to any garden. Although most palm trees need warmer climates, there are some that are suitable for planting outdoors in the UK.

CHOOSING A PALM TREE: You need to choose a hardier variety of palm tree if you want it to be able to survive the cold and frost. There are three types of palms that have a track record of growing well in the UK. These are Chusan Palm (*Trachycarpus*), Dwarf Fan Palm (*Chamaerops*) and Needle Palm (*Rhaphidophyllum*).

PLANTING A PALM TREE: You can plant palm trees at any time of the year, although during spring or early summer is best as this will give your palm five or six months to grow strong before the first frost. Palm trees love a sunny position so are perfect for patio pots or for areas in your garden that get ample sunlight.

TO PLANT IN THE GROUND:

- > Dig a hole twice as wide and a few

inches deeper than the root ball.

- > Add a handful of slow-release palm fertiliser to the centre of the hole.
- > Remove the root ball from its container and carefully straighten out any coiled roots.
- > Place the top of the root ball in the hole and fill with one-half soil and one-half rotted manure or compost.
- > Make sure that the palm trunk is not deeper than it was in its original container and that the roots are not at all exposed.
- > Water the palm tree – aim for between 10 and 20 per cent of the original container size. The soil should be wet, not soggy.
- > Apply a six-inch layer of mulch over the root zone.
- > Water again.

CARING FOR A PALM TREE:

- > Water your newly planted palm daily for the first two months.
- > After three or four months, apply a slow-release fertiliser for palms.
- > Wrap the trunk in the winter with water pipe insulation or heat tape.



Photo credit: palmoertire.co.uk



GARDENING

Flip OFF

A summer footwear essential for many, you may be surprised to learn just how bad this flimsy footwear can be for your overall foot health.

RISK OF SPRAINS: Although flip flops are fine for the occasional trip to the beach, when worn all day, they can cause your feet to start to turn towards the middle of your body instead of staying straight. This can put you at a much greater risk of spraining your ankle.

LACK OF SUPPORT: Flip flops provide a distinct lack of arch support, which can cause your plantar (the band of tissue in the arch of your foot) to start to pull. This can lead to a painful condition called plantar fasciitis, which may need a combination of physical therapy, anti-inflammatory medications and possibly even cortisol injections to treat.

TWISTING OF TOES: As the name suggests, flip flops tend to be floppy, meaning you will often have to curl your toes down to stop them flying off while you walk. Over time, this can mean the toes stay fixed in this curled position, causing an affliction called hammertoe.

COULD CAUSE DANGEROUS DRIVING: Although there is no law in the UK that explicitly bans wearing flip flops while driving, it does put you at higher risk of an accident. Their lightweight design makes them prone

to falling off, which could lead to dangerous driving. It is, however, illegal to ride a motorcycle while wearing flip flops.

EXPOSURE TO SHARP OBJECTS: Flip flops are not known for their sturdiness, and as they become worn down, you may find your feet on the receiving end of a sharp nail or piece of glass.

Footwear styles that are healthier AND more stylish than flip flops: Sandals | Espadrilles | Woven slip-ons | Boat shoes | Penny loafers.



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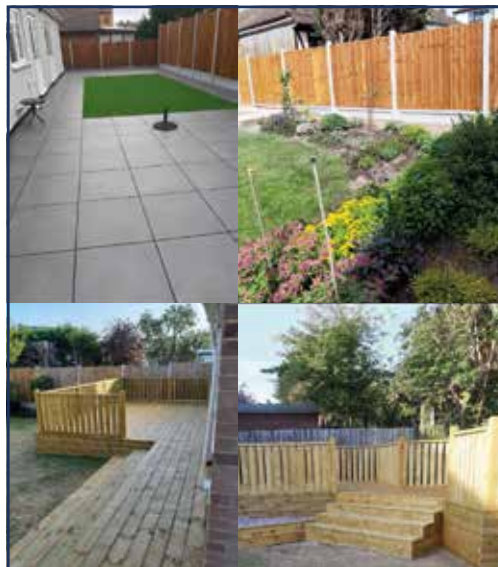


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GET READY TO ice-roll

BEAUTY

The beauty world is currently going crazy for cold, with a massive surge in popularity for treatments such as ice baths, cryotherapy and cool sculpting.

So, what is the latest freezing fashion? Introducing ice-rolling, the new skincare technique that promises to tighten and brighten in an instant.

WHAT IS ICE-ROLLING?

The process of ice-rolling is actually very simple and involves massaging your face with an ice-roller. This nifty gadget contains a mixture of gel and water which turns to ice once placed in the freezer. However, unlike normal ice, which when placed on the face melts in a matter of seconds, the ice within an ice-roller will stay solid for longer so you have more time to reap the rewards.

HOW DO I USE AN ICE-ROLLER?

For best results:

1. Roll the device in a zigzag motion up and down your forehead and then from left to right.
2. Move down to beside your nose and lower cheek, working upwards and applying a little pressure.
3. Roll outwards on the sides of your mouth and then down under your chin.
4. Finish with your neck.
5. An ice-roller can also be used on your collarbone and upper chest if desired.


WHAT ARE THE BENEFITS OF USING AN ICE-ROLLER?

There are multiple benefits to using an ice-roller, both in terms of the massage technique used and the application of cold. These include:

- > Boosts circulation
- > Restores radiance
- > Encourages optimum skin cell function
- > Reduces puffiness and redness
- > Reduces the appearance of broken capillaries
- > Decreases any inflammation
- > Tightens the skin

DOES ICE-ROLLING HURT?

Although some cold therapies can be a little bit uncomfortable, ice-rolling is not one of them. However, it is recommended that you do not leave the roller on one area for too long as it will get very cold, and this can cause discomfort.





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WHAT BENEFITS DOES IT OFFER

A stay at Hacienda AltaGracia is tailored to you, and is inclusive of all meals and non-alcoholic drinks. Throughout your stay, you'll be able to enjoy a range of adventure, wellness and cultural activities, helping you truly focus on your wellbeing.

WHAT TO EXPECT AT THE HOTEL

On arrival, guests are given a virtual health coaching consultation, resulting in a tailored plan to aid each individual's stay.

The hotel offers many different activities, including jungle hikes, botanical yoga, horse riding, trips to the bird observatory, river baths, and much more. Your visit is altered to suit you and also includes a range of dining experiences.

WHY YOU SHOULD VISIT

The hotel has already won a place on *Condé Nast Traveller's* top 50 resorts in the world and is attracting attention for its unique approach and wide range of experiences.

If you're looking to get away from it all and focus on getting your life back on track, then this could be the hotel for you.

Photo credit: aubergesorts.com, thetimes.co.uk



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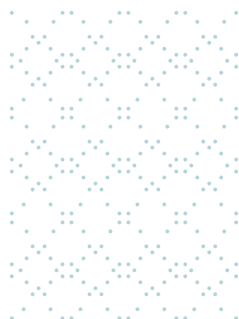
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The concept of 'Fergie time' was a familiar one throughout the nineties as Manchester United's fast-paced, ruthless, attack-minded side saw off allcomers, even if so many of those wins came in the very dying embers of matches.

And injury time was three minutes in when super-sub Ole Gunnar Solskjaer stabbed in the goal that brought European glory back to Manchester United after a wait of 31 years.

The Reds had scored just moments before to level a match in which they were outplayed by Bayern Munich for long spells, but Teddy Sheringham's 91st-minute leveller set up the most dramatic finale ever seen in a European final, and United's time had come.

Few in red, even now, dispute the fact that the Germans should have been out of sight in the game, but what matters is finding the net, and in a

decade in which so much went right for the Class of 92 and teammates, there was an inevitability that Beckham, Keane, Scholes, Giggs and co. would come good.

These days, in reflection, the stories of that night in Barcelona are muddled in with George Best leaving for a drink 10 minutes before the end. Then there's the famous shot of a United fan with his back to the pitch taking a photo of Reds fans, just as Solskjaer scored. Even Gary Lineker weighed in recently by announcing he lost his wallet in the commotion of the winning goal – another anecdotal pearl of brilliance from the presenter.

Ultimately, though, there were very few who didn't want United to bring English football back to the top table that night. That they grabbed victory from the jaws of defeat made the achievement so much more special.



PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

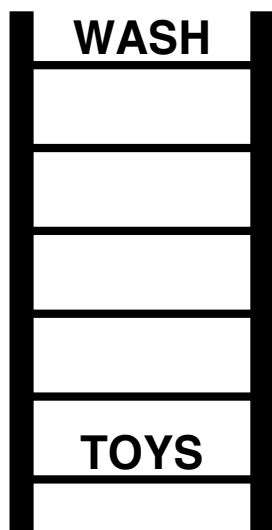
- ▶ ALMOND
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- ▶ MAHOGANY
- ▶ NUTMEG
- ▶ RUST
- ▶ SAND
- ▶ SEPIA
- ▶ SIENNA
- ▶ TEAK
- ▶ UMBER



DID YOU KNOW?

- ▶ Venus travels all the way around the sun before it completes a full rotation.
- ▶ All the planets in the solar system rotate anticlockwise, except Venus.
- ▶ The moon has no atmosphere, so it's likely that footprints on it will last forever.
- ▶ The sun makes up more than 99 per cent of the solar system's mass.
- ▶ Dogs, cats, monkeys, frogs and guinea pigs have all been taken into space.
- ▶ Owing to gravity not pulling you down, it's likely you'd be slightly taller if you went to space.
- ▶ Neptune's winds are the fastest in the solar system, reaching approximately 1,600 miles per hour.

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.



BUSINESS & PROPERTY

PICTURE Perfect



Getting your home ready for those seller snaps

You shouldn't judge a book by its cover, but that's exactly what happens when potential buyers explore a house for sale. Those seller images have become increasingly important for putting your home in the best light and generating interest in your property.

Take a look at these tips to get your home ready for those all-important photos:

- > Put away all clutter. If it doesn't need to be there, get rid of it.
- > Clear the worktops and put accessories away; it will help to create a more spacious look.
- > Add flowers and other decorative features to give a more homely feel.
- > Make sure windows and other glass surfaces are fully wiped and dust-free.
- > Hide away unsightly items like bins.
- > Curate your toiletries so they don't appear cluttered – put out your most premium products.
- > Fold any towels neatly, and don't leave wet towels lying around.
- > Make sure curtains are properly hemmed and dust-free.
- > Make all beds and change your bedding regularly.
- > Put away all your shoes and clothes.
- > Create an ambience with a lit fire and candles.
- > Make the front of your house more appealing by keeping the lawn mowed and bins out of sight.
- > Give your garden a once-over to remove any debris.
- > Put the toilet lid down – nobody wants to look inside someone's toilet.
- > Finally, get into the habit of regular cleaning to keep your home dust-free and sparkling.

These easy tips will help your home look its best in seller photos, and will hopefully inspire someone else to make memories there.



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BITCOIN *for beginners*

The cryptocurrency market has exploded in the last few years, with everyone from Elon Musk to Snoop Dogg enjoying a slice of this highly lucrative pie.

If you think you'd like to test the cryptocurrency waters, then the below beginner's guide is just what you need.

Choose a cryptocurrency trading programme

When choosing a trading programme, you want one that is regulated so that you feel safe in your investment. You should also look at how easy it is for you to withdraw funds. The most popular cryptocurrency trading programmes in the UK are eToro, CoinMama, PrimeXBT, and BlackBull Markets.

Pick crypto to invest in

Most active cryptocurrency traders allocate the majority of their investment to either Bitcoin or Ethereum, as these move more predictably than smaller altcoins. That being said, you may also choose to invest in smaller mid-market cap cryptos as, although riskier, this can deliver higher returns.

Select your strategy

If you google 'crypto-trading strategies', you will be met with nearly 110 million results, which can make the strategy process a little confusing. For those who are completely new to trading, we recommend that you book onto a cryptocurrency trading course such as 'Become a Trader' with TradeCobb or 'Cryptocurrency Fundamentals' by Udemy.

Consider automated crypto trading

Another option for beginners is to utilise the services of an automated crypto-trading platform such as eToro or Learn2Trade. These work by using trading bots to enact a strategy that is based on your investment goals.

Our top trading tips for beginners

- Start with a small investment
- Choose a secure wallet to keep your digital assets safe
- Research the market thoroughly first
- Set stop-loss levels and stick to them
- Don't be afraid to diversify your portfolio
- Do not let your emotions dictate your decisions.



BUSINESS & PROPERTY



DEATH TRAP

THE DANGERS POSED BY LOOSE OBJECTS IN YOUR CAR

We all know the dangers represented by cars and, as responsible drivers, invest time and effort in protecting the occupants of our cars from the dangers of the road. Yet what if there were a collection of hazards inside our vehicles – things that account for more than 15,000 injuries every year?

What we're talking about here is the threat posed by everyday items within a car. From a metal tissue box on the back shelf to dashboard air fresheners, from tablets and devices right the way through to cans of drink and snacks. The point is, when a collision occurs, it's not just the things on the outside of the vehicle that can cause harm.

A string of recent awareness campaigns has been designed to make motorists more aware of the risks when our vehicles are decorated with possessions. Securing items or, better still, putting

them away in door or back-of-seat pockets, or the glove compartment, ensures that if impact occurs, those possessions won't come hurtling through the air towards you.

Think carefully about luggage storage, make sure floor mats are secured in the correct positions, and do your best to keep pets secured and still.

Furthermore, if you think the threat of being hit by a loose or unsecured object in your car only comes about in the event of a road traffic accident, think again. Anything from sharp cornering to speed bumps may dislodge an item and send it on a path towards you or your passengers.

In the modern era, cars are more and more becoming extensions of our home. While that gives us the chance to adorn them with small items and luxuries, it's always smart to keep a close eye on the potential danger they might pose.

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