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YEARS
OF THE
BBC**

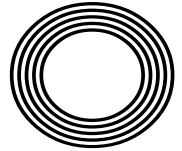
**PAYING
TRIBUTE**
to rock legend
Meat Loaf

THE SECRETS
to a successful stir fry

GET CLEANING
with our spring clean checklist

STEVEN BARTLETT

From university dropout to youngest ever Dragon



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Editor's notes...

MARCH 2022



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** Maldon Burnham. Since the start of the year, I've managed to get through one book and am now halfway through another. I have always been interested in life stories and biographies. I find those who I am big fans of - actors, sportspeople or musicians - easiest to read.

One trait I find comes up in many successful people's life stories is their ability to bounce back from failures - in fact, they glorify their losses more than their wins and wear them like badges of honour.

Whether it be a missed penalty in a cup final, bad auditions as an actor or a comedian not making people laugh at a show - it is these moments of

feeling uncomfortable and wanting to hide away from the world that really does bring out the real winners in us all. Such moments in some cases can fire you up to never want to feel that way again, which can then propel you to success.

Getting comfortable being uncomfortable is one of my mantras for this year as I know the more I can put myself in situations that I may find uncomfortable, the more it means I am growing as a person.

Nik Allen

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YEARS OF THE

A CENTURY TO CELEBRATE – THE BBC HITS 100

It's perhaps ironic, maybe unfortunate, and undoubtedly inconvenient that the British Broadcasting Corporation's (BBC) 100th anniversary comes at, arguably, its lowest ebb.

The BBC has spent the vast majority of its lifespan as an exemplar for entertainment, across many strands of its output. From radio to TV, online to live events, it is a unique entity whose impact and prestige is felt and accepted in all corners of the globe.

'Auntie' deservedly holds that reputation, despite the 'new world' struggles the corporation now finds itself encountering. As publicly funded state broadcasters go, it has always been a world away from the controlling propaganda that many churn out overseas; it has a reputation of listening to those who fund it, and its output is as wide and varied as the UK's own demographic.

Yet there wasn't such a strong blueprint when the BBC set out. 2LO was the first radio station launched, in 1922, airing for just a few hours each day, with news, music, drama and conversation.

The publication of the *Radio Times* followed a year later, though it was during the general strike of 1926 that newspapers ceased printing and the BBC – who refused to stop broadcasting, or to hand over control to the government – subsequently gained the upper hand, and one it has assumed ever since.

In 1930, the BBC broadcast the first television play in the UK, named *The Man with the Flower in his Mouth*, with Broadcasting House opening two years later in London to provide the first purpose-built radio centre.

Regular scheduling of television programmes began in 1936, and within three years, as Britain descended into the Second World War, the BBC's broadcast bravery and expertise saw it endowed with a sense of trust and national pride it would never lose.

Post-war, as attitudes became less stiff and the prospect of colour television came into the equation, the BBC sought success in a vast array of programming. From *Woman's Hour* to *Last Night of the Proms*, *Blue Peter* to *Eurovision*, *The Archers* to coverage of the Olympics, *Songs of Praise* to *Top of the Pops*, every cultural shift was breathlessly played out across TV and radio.

As a state broadcaster, the Beeb also realised it needed to focus on smaller communities both in the UK and abroad. *Pobol y Cwm* started in 1974 and remains the BBC's longest-running soap, while Madhur Jaffrey, *Live Aid* and *Goodness Gracious Me* embraced diversity long before it was a trendy term.

The last 25 years have seen DAB and online move the corporation into vast new areas, while geographically the relocation to its new Salford HQ, MediaCityUK, has been a huge success.

For all the BBC's prolific legacy of success, the political hot potato that is the licence fee remains. There is an audience, particularly the young, who are consuming media now in very different ways, while the move to tax the elderly again has done nothing to change the perception that the broadcaster needs to push forward with a certain level of corporate responsibility.

And yet, despite the recent challenges and criticisms, the BBC remains a subject of huge national pride and an exemplar of modern media, in a landscape where so much output is dumbed down. Its century must be something we celebrate.



“THE BRITISH BROADCASTING CORPORATION HAS SPENT THE VAST MAJORITY OF ITS LIFESPAN AS AN EXEMPLAR FOR ENTERTAINMENT”

A TRIBUTE TO MEAT LOAF:

A ROCK LEGEND

THE LIFE AND CAREER OF MEAT LOAF, WHOSE TIME SPENT DINING AT THE TOP TABLE OF ROCK CAME TO AN END IN JANUARY

He was a rock god in an era where they were few and far between. He surfed on the heavy metal superhighway that his own iconic anthem, *Bat Out of Hell*, laid the foundations for; all the while going about his business with stagemanship, style and humour.

Meat Loaf plucked his last chord at the end of January, but the Texan's legacy will live on through his anthemic contribution to music and culture.

And yet the artist – real name Marvin Lee Aday – was so much more complex than his big, ballsy persona suggested. For starters, he arrived in the entertainment world via theatre – notably the

musical *Hair* – although he had already started making music with debut band, Meat Loaf Soul.

His time in theatre and film was significant – from *Rainbow* to *The Rocky Horror Show*, he brought a brand of unique showmanship to his roles. And when the album *Bat Out of Hell* arrived in 1977 (some five years after he and Jim Steinman began working on tracks), the stars had aligned perfectly. To date, the album has sold more than 43 million copies.

Further albums followed, including *Dead Ringer* and *Midnight at the Lost and Found*, before a career resurgence at the start of the 90s with *Bat Out of Hell II*, from which the single *I'd Do Anything for Love (But I Won't Do That)* took the rocker back to the top of the UK singles charts, as well as landing him a Grammy.

For all his continued success, Meat Loaf was shy and reserved behind the scenes. He admitted to never socialising, saying it terrified him even at the height of his fame, and he led a "largely boring life" away from the flashbulbs.

In his passing, the original *Bat Out of Hell* has surely assumed a new home... in rock heaven.



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IT'S THAT TIME...
Spring cleaning



YOUR CHECKLIST

Embarking upon a major spring clean can be overwhelming to say the least, which is why we've created this spring cleaning checklist that you can stick on your fridge. Remember to tick each task off as you go.

KITCHEN

- Empty all drawers and cabinets and wipe down
- Wash cabinet doors and knobs
- Clean and organise the fridge and freezer
- Vacuum under the fridge
- Clean the dishwasher
- Sanitise the sink drain
- Clean and organise the pantry

BEDROOMS

- Store out-of-season clothing
- Flip mattresses
- Clean and organise dresser drawers
- Shampoo carpets
- Wash pillows and duvets
- Clean and organise wardrobes
- Launder curtains
- Dust light fixtures/ceiling fans
- Wash windows

BATHROOMS

- Clean and organise cabinets and drawers
- Properly dispose of any old medicines and toiletries

- Descale the taps, hoses and screens for your shower/bath
- Wash shower curtains and bath mats
- Dust light fixtures
- Reseal grout lines if needed
- Clean bathroom extractor fan
- Sanitise and clean drains

LIVING ROOM

- Clean windows
- Dust light fixtures/ceiling fans
- Remove and launder curtains, throws, cushion covers and blankets
- Clean blinds
- Vacuum sofas and chairs
- Spot-clean upholstery
- Shampoo carpets
- Wash or dry clean rugs

HOME OFFICE

- Clean keyboard
- Disinfect mouse and office phone

OUTDOOR AREAS

- Remove any unwanted items and reorganise garage/shed
- Pressure wash decking, patio area and outdoor furniture
- Clean out and wash rubbish/recycling bins
- Wash outside windows



SIGNS YOU NEED A NEW MATTRESS

If you're not sleeping well, you may blame it on stress, poor lifestyle choices or a health condition such as insomnia.

However, it might just be your mattress that is keeping you up at night.

1. SAGGING

All mattress types will start to sag eventually as the springs break down or the foam gets softer. However, even minor sags of one or two inches can result in insufficient support for the body.

2. INCREASE IN ALLERGIES

Over time, mattresses accumulate mould, mildew and dust mites, which can trigger allergies. If you notice you are sneezing when you get close to your bed or you feel stuffy in the morning, you may need a new mattress.

3. LASTING IMPRESSIONS

If you have a memory foam mattress, then you need to pay close attention to the impressions left behind when you get up. Although these types of mattresses are designed to remember your body shape, if your mattress has lost its ability to

bounce back, it needs replacing.

4. LUMPS AND BUMPS

When the padding within a mattress starts to shift around, this can cause visible lumps. This uneven density can result in uncomfortable pressure points which can cause pain, discomfort and a poor night's sleep.

5. PREGNANCY

If you are expecting, it can be a good idea to invest in a new mattress that provides the extra support your changing body needs. Look for a mattress with custom support for side sleeping, which will help to prevent back pain and offer extra support to your belly.

6. OLD AGE

Even if your mattress appears to be in good condition, once it reaches a certain age, it will not be able to provide you with an optimal sleeping experience. Typically, your mattress should be replaced every seven to 10 years.



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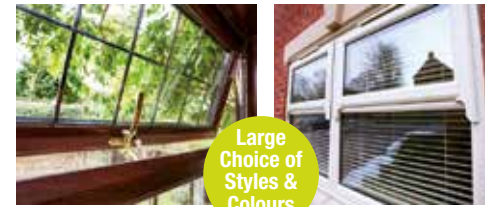


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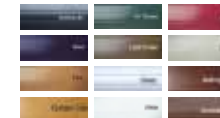


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LOCAL NEWS

from your neighbourhood



Photo credit: Maldon Fire Station



Storm Eunice causes damage throughout town

Storm Eunice caused havoc in the Maldon district last month, with power outages and fallen trees.

Strong winds prompted the Met Office to issue a rare red 'danger to life' warning for Essex.

The warning was in place between 10am and 3pm on Friday, February 18, with people told to expect severe disruption and possible damage.

Essex Police and Essex Fire and Rescue issued statements advising residents to remain at home.

A number of highways were blocked by fallen trees, several car collisions took place and some homes were left without power.

Among the buildings to be badly affected in the district was the Blue Boar Hotel in Maldon, where the chimney stack was destroyed and the roof was badly damaged by the strong winds.

A spokesperson for Essex County Fire and Rescue Service said: "Crews were called to Silver Street in Maldon at 12.14pm on Friday, February 18, to reports of a chimney that had collapsed in the storm. "Crews helped to make the scene safe by 1.08pm."

A spokesman for Maldon Fire Station said at the time: "As expected, it's been a very busy day for us, dealing with incidents as a result of Storm Eunice."

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Businessman to take part in 24-hour charity challenge



A Maldon businessman is raising funds for Cancer Research UK by participating in a 24-hour motorcycle challenge.

Shaun Baker (pictured), who is the director of the independent garage Shaun Baker Car Care Ltd in Maldon High Street, is one of 42 motorcyclists who will take part in the Longest Day Up challenge.

Longest Day Up is a 24-hour motorbike challenge in which participants travel from Land's End to John O'Groats on June 21 – the longest day of the year.

Shaun said: "The charity ride is something I wish to do as it's a cause that is close to many people's hearts. Most of us have or will be touched by this awful illness at some point in our lives, either ourselves or someone close to us.

"My mother is a survivor of breast cancer, I recently lost an aunt to lung cancer, and I have a close friend with bone cancer, so I want to do this in dedication to them as well as anyone else who is going through it."

To donate, please visit fundraise.cancerresearchuk.org/page/shaun-baker

Council approves fees and charges for the year

Maldon district councillors approved the council tax and fees and charges for 2022/23 at a full council meeting held last month.

The average Band D property in the Maldon district will see a council tax increase of £5 per year or 9.6p per week, in the amount which is retained by the district council.

The government has recognised the pressures currently facing councils and residents and has introduced a £150 refund for those in band A-D properties, as well as allocating money for a discretionary fund.

In presenting the budget, leader of the council, councillor Penny Channer, said: "This financial year has been a challenging one for Maldon District

Council. Again, we have been impacted by the pandemic, but I'm proud to say a great deal has also been achieved.

"We have continued to support our businesses, distributing more than £10million of government support.

"Core services throughout the past year have been maintained, and important new strategies came forward, including our Climate Action Strategy.

"The work to review our Local Development Plan has begun by launching the Issues and Options consultation.

"Looking ahead to the pressures faced and the services needed, an increase of 9.6p a week council tax has been approved. With inflation at 5.5 per cent, this council tax increase is well below, at 2.41 per cent.

"Budgets need to be sustainable. We need to prepare for additional pressures and continue to find ways to generate income from commercial activities."

Town to host first stage of women's cycling race

The opening stage of a women's world tour cycling race will take place in Maldon.

RideLondon, a festival of cycling, was established by the Mayor of London in 2013 following the 2012 London Olympic Games.

The event was cancelled in 2020 and 2021 owing to COVID-19 restrictions, but it will return this year with a new format, a new partnership with Essex County Council and a new three-day Union Cycliste Internationale Women's World Tour road race.

The race will take place over three days from May 27, when the Maldon district will welcome some of the world's best female cyclists to compete in the first day.

RideLondon 2022 will also feature shorter, family-oriented rides on traffic-free roads. The full format of the event will be announced over the coming months.

For more information, visit www.ridelondon.co.uk



Photo credit: RideLondon

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LOCAL NEWS MALDON



LOCAL NEWS

from your neighbourhood



Royal British Legion celebrates 100th anniversary

A charity recently celebrated its milestone anniversary at a church in Burnham-on-Crouch. The bells of St Mary's Church rang out last month to celebrate 100 years of the Burnham-on-Crouch branch of the Royal British Legion.

The vicar opened the service by saying that the event was to acknowledge the work of the local branch since it was formed in January 1922, and also to mark 100 years since the town's First World War memorial was unveiled.

The service was conducted by Reverend Suzie Fryer, vicar of St Mary's and padre of the Burnham branch of the Royal British Legion. She was supported by Reverend Anne Sardeson, minister of Maldon, Burnham-on-Crouch and Southminster United

Reformed Churches, and Mrs Karen Smalley, minister of Burnham Baptist Church and padre of 2531 DF Squadron Burnham Air Cadets.

Also attending were Mr Robert Villa, president, and Major David Swann (pictured right), chairman, from the Royal British Legion, County of Essex; Mr David Price (pictured left), chairman of the Burnham-on-Crouch branch; members of the branch; local councillors; representatives of Essex Police and Fire and Rescue, and many residents.

The Royal British Legion, which is the UK's largest Armed Forces charity, provides lifelong support to serving and ex-serving personnel and their families. To find out more, please visit its website at www.britishlegion.org.uk

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MP gives seal of approval to new housing development



Photo credit: David Wilson Homes

The MP for Maldon recently visited a new housing development in Burnham-on-Crouch.

David Wilson Homes welcomed John Whittingdale OBE MP (pictured second from left) for a tour of its Corinthian Place development on Maldon Road.

The tour was led by site managers Jordan Cannon, James Armstrong and Rob Ruffy (pictured left to right).

Each of the site managers has previously won Pride in the Job Quality Awards from the National House Building Council in 2021. James's award was in recognition of the high-quality homes at Corinthian Place, while Rob and Jordan were recognised for their work at Riverside Grange in North Fambridge and Blackwater Reach in Southminster respectively.

Mr Whittingdale OBE MP said: "I was delighted to visit Corinthian Place in Burnham-on-Crouch and was most impressed by the high quality of the new homes, as well as the standards of construction.

"I congratulate the site manager, James Armstrong, on achieving recognition of this by winning a Pride in the Job Quality Award, and also Rob Ruffy and Jordan Cannon on their awards for managing the construction sites in North Fambridge and Southminster."

Work is ongoing to provide 174 new homes on the site, the plans for which were approved in 2016.

Police launch appeal after reports of man striking dog

Police are appealing for information about an incident in Burnham-on-Crouch in which a man reportedly struck a dog with a shoe.

Essex Police launched the appeal after a man was seen walking down Station Road at around 3.10pm on January 28 with a black dog, which had white markings on its nose, paws and chest.

The man is described as white, aged in his 30s to early 40s, stocky, with short hair and wearing a white top, black or grey tracksuit bottoms and black Lyle & Scott sliders.

He was reported to have struck the dog on its back

with a shoe.

The man was seen heading from the top of Station Road near Burnham Bakery towards the Oyster Smack Inn and Tesco Express.

Officers are appealing for anyone who saw anything or has any CCTV, dashcam or doorbell footage to contact them.

If you have any information, you can submit a report online at www.essex.police.uk or use the live chat button to speak to an online operator between 7am and 11pm.

Please quote the crime reference number 42/25613/22.

Artists to show off their work as trail returns

Burnham Art Trail will return to the town this year after it was previously cancelled in recent years owing to COVID-19 restrictions.

The trail is a nine-day event from Saturday, June 18, to Sunday, June 26, where artists display their work in shop windows, studios and the gallery space at Burnham-on-Crouch and District Museum, enabling visitors to follow the trail of exciting and vibrant artworks.

The trail will have a mixture of old and new exhibitors ranging from painters, photographers, wood carvers, sculptors, ceramicists, printers and jewellers. Established regulars include artists Tracy Saunders and John Green, ceramicists Margaret Skerit and Moira Goodall, wood carver Kevin Harber, textiles artist Iona Hawkins, jeweller Anne Hendry and photographer Marion Sidebottom.

Other events will take place during the trail, including various art demonstrations.

A spokesperson for Burnham Art Trail said: "We are all looking forward to meeting the public again outdoors and in the studios and the museum."

The details for the event will be available online at the Burnham Art Trail Facebook page bit.ly/3tFqXwL and in the leaflets distributed nearer the time.



LOCAL NEWS BURNHAM

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BROADBAND PAIN?



UK ADDRESSES WITH THE FASTEST (OR SLOWEST) BROADBAND SPEEDS

In recent years, our digital connectivity – boosted by the installation of fibre technology and backed with 4G and 5G mass integration – has never been better.

Rarely these days do we find ourselves bemoaning the speed at which we can connect and interact with others, and complaints about our broadband not working are increasingly rare.

And yet, there are still parts of the UK that can offer broadband efficiencies much greater than other areas. You may expect to find these dynamically digital hotspots in the major cities – London, Birmingham, Manchester, or Edinburgh.

Yet the place you need to head to for the fastest possible download of the latest movie or video game is... Haul Fryn, an innocuous-looking street in Swansea, South Wales. There, you can download a two-hour film in just 47 seconds, given a download speed of 882 megabits per second (Mbps).

Less fortunate are the residents of Wistaston Road in Crewe, whose paltry rate of just 0.24Mbps means the same movie would take more than two days to download.

The average download speed in the UK currently stands at around 80Mbps. The draw on our broadband depends on what we're doing at the time – simple social media browsing uses between 1 and 3Mbps, with video streaming and gaming using between 3 and 5Mbps. At the top end, streaming a video in high definition uses up to 7Mbps.

What is clear is that broadband speeds across the UK are experiencing a sharp increase. Almost half of UK customers are experiencing so-called 'superfast' speeds of at least 30Mbps – that figure stood at a quarter of this speed just six years ago. Although that may not come as much consolation to a group of residents in Crewe.

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STEVEN BARTLETT:

“QUITTING IS FOR WINNERS”



Steven Bartlett is rapidly becoming a fan favourite on *Dragons' Den* – an entrepreneur and the founder of one of the most influential social media companies in the world, and someone unafraid to rock the apple cart of business... as long as it turns him a profit.

It's fair to say the personalities on *Dragons' Den* are all cut from a certain cloth. They're wily, experienced, of a certain age, and have dined at the top table of business for a long while.

Indeed, when fellow Dragon Peter Jones launched his first business, aged 16, Steven Bartlett was still a decade away from being born.

Having young blood in any business environment is essential – even if the format is a reality TV show. Yet Bartlett, the Botswana-born whizz, brings about a digital edge to proceedings that not even tech-savvy Jones can rival.

After applying to pitch on *Dragons' Den* aged 18 – to no avail – the digital tycoon's first money-making venture came in 2013 when he founded Wallpark, a Manchester-based social sharing network that overtook his studies at the city's university, to the point where he quit his degree... after one lecture.

Social Chain arrived a year later – a social media marketing company that gained instant traction within a booming digital landscape. Bartlett exited the company six years later with a \$200million bounty and has since gone on to invest in numerous companies, both through and separately from the BBC reality TV series.

While success has been prolific and constant for the 29 year old, the catalyst for it comes from a much darker place. In a recent interview, the businessman admitted that his stimulation for making money came from feeling neglected and sidelined in his childhood.

"The reason I'm sat here today, I am 100 per cent sure, is because of things you would consider parental failures. I didn't have nice gifts and presents, and my parents weren't around much because they were so busy working," he said.

"My mum is the hardest-working person I've ever met – she would sleep in her shop in Plymouth in the back room on a bag of rice, wake up and run the shop.

"However, I learned that if I was to have anything in life, it wouldn't appear on the kitchen counter or under the tree by itself. It would need to be of my own doing."

This element of self-motivation epitomises Bartlett's style as a business leader who deserves to be respected – it's also why he loves being part of *Dragons' Den*, a programme he first started watching as a 12 year old and, pretending to be the sixth Dragon, would pause the TV between pitches as he decided whether to invest.

Ten years to the week since he first applied to *Dragons' Den*, it became official that he would be joining the show, bringing with him charisma, intelligence and positivity. Even the title of his debut book, *Happy Sexy Millionaire* – a *Sunday Times* bestseller in 2021 – outlines the entrepreneur's laser-guided focus; while his *The Diary of a CEO* podcast is currently on a sold-out tour.

Bartlett also has a canny ability to flip convention. One of his business mottos, 'quitting is for winners', comes from personal experience.

"In our society, we always glamourise starting, and quitting is seen as something losers do. But quitting is the incredibly important thing you have to do before you start," he said.

"I've been an unbelievably peaceful quitter for my entire life. I quit school, quit university after one lecture, started a company and did it for three years, raised investment and quit out of the blue, quit my last company which was generating £600million in revenue, because I knew within me that I'd overstayed my welcome and it could no longer serve me.

"I don't quit things because they're hard, but when things suck and they become not worth the fight it would take to change them, then you have to quit. I really believe quitting is for winners.

"We're in industries now in which to be noticed you've got to be bold, be brave and shout loudest.

"If you can do that, and back it all up with a solid, well-constructed, well-delivered idea that can make money, you've got half a chance."

BE A GOOD EGG

This Easter wouldn't it be nice to do something amazing? Burnham pub launches Easter campaign, to help underprivileged children in the local area.

The Victoria Inn Burnham on Crouch, launches its Easter campaign after the success of their Christmas campaign. It will work just the same as the Christmas campaign only this time with Easter eggs, you bring an Easter egg to the pub and they will distribute it to the underprivileged children in the local area in time for Easter.



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The secrets to a successful STIR FRY

Although a stir fry may seem like a simple dish, the cooking process is actually fraught with potential disasters. From soggy veg to uncooked meat, find out below how to avoid these common pitfalls and create the perfect stir fry.

1. ENSURE YOUR WOK IS HOT

Although a stir fry is often the meal that you turn to when you want delicious food fast, you do need to exert some patience when waiting for your wok to heat up. Ideally, heat a dry, non-stick wok for 5-10 minutes over the highest heat on your gas range. If you have an electric hob, set to 6 or 7, as any higher could damage your pan.

2. COOK MEAT IN BATCHES

Meat intended for a stir fry should always be at room temperature, never chilled, and you should only cook up to 200g at a time or your meat will end up simmering or steaming rather than frying.

3. CUT YOUR VEGGIES TO THE SAME SIZE

If you want to save cooking time, cut up your veggies to the same size so that they can all be cooked together. If you are washing your veg first, make sure they are completely dry before adding to the wok. Any leafy veg such as spinach or shredded cabbage should be added last, as well as bean sprouts, to ensure they remain crisp.

4. ADD PRAWNS LAST

If you are using cooked prawns, add these last as they will only need one minute to heat though. For uncooked prawns, you are best off cooking them first, removing from the pan, and then adding again once your veggies are done.

5. MIX UP A SLURRY IF NEEDED

If you find you have added too much stock, wine or soy sauce, don't despair. Simply mix up a slurry of 1tbs cornstarch and 2tbs cold water and stir in to thicken your sauce.



SORRY FOR

celery

THE UNFAIR WRAP THIS VIBRANT VEGETABLE GETS

If celery were an animal, it would be a black sheep. It's long, scrawny, feels like rubber, and resembles the world's smallest halfpipe. But worse than that, it gets labelled as the most useless of all vegetables; it's said that the exercise of eating a stick of celery actually uses up more energy than it provides in return.

However, it's not all bad. Celery is rich in vitamins – A, C and K respectively – which are good for boosting eye, bone, cartilage and even reproductive health, not to mention your immune system.

Then there are minerals such as potassium and folate, which will help you on your way to maintaining DNA health, fluid balance and muscle memory, as well as preserving nerve signals.

True, celery is an acquired taste, but its dark, rich, peppery flavour makes it a favourite for use in soups, stocks, stews, broths and more. It can add an edge to potatoes, gives a smoky aside to meats, and, of course, adds a nutty crunch to floppy salads.

Celery offers more than you think. The final proof – it's a major ingredient in everyone's favourite condiment, ketchup.

Celery and apple smoothie (serves 2)

Smoothies are an excellent way to get more veg into your diet, and this celery and apple smoothie comes packed with sweetness and has a creaminess you may not expect.

Ingredients:

- > ½ cup celery (chopped)
- > One apple (peeled and chopped)
- > 1 or 2 cups of milk
- > A pinch of sugar

How to make:

1. Puree the celery and apple together with the milk in a blender
2. Add the sugar
3. Strain before pouring into glasses.

Top tips:

- > Use a sugar-free sweetener instead of sugar
- > For a creamy texture, add a dollop of Greek yogurt, half an avocado or a frozen banana.



Photo credit: Shutterstock

THE WEST MURDERS

THIRTY YEARS ON FROM THE HORROR OF CROMWELL STREET

This dawning of spring marks 30 years since the investigation into the crimes committed by Fred and Rosemary West began, which would ultimately lead to justice for so many victims. The married couple, Gloucester's most infamous residents, and owners of 25 Cromwell Street (which has since been demolished) undertook a two-decade-long campaign of abuse and murder, including killing their own daughter, Heather.

The crimes are ones that need not be repeated as another milestone anniversary ticks by, but the dawning of the investigation was vital. Not only did it serve justice and provide proper resting places for the many bodies found buried at the property, but it also finally brought an end to the couple's sickening crimes.

Police have been roundly criticised for failing to put together the pieces that constructed the Wests' gruesome puzzle. They were painfully slow to connect the disappearance of so many girls, many of whom they knew had connections to the house, and were arguably culpable in failing

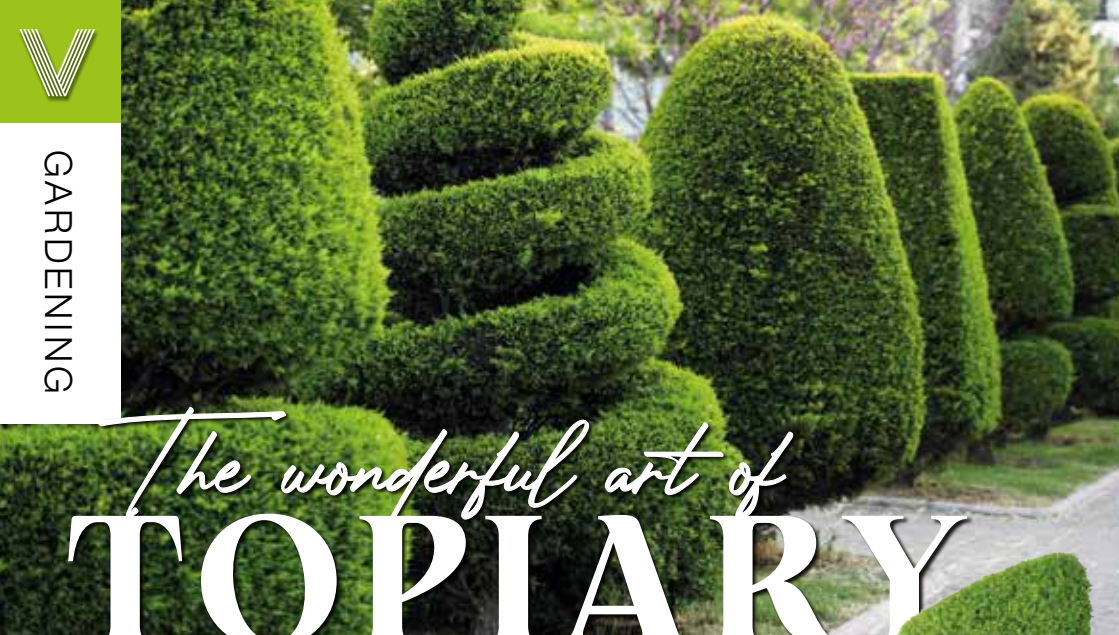
to bring Fred West to justice despite a legacy of allegations and complaints.

Ultimately, Fred West's repeated attacks on his own daughter, Louise, in early 1992, finally accelerated steps to ensure justice was served. The chief perpetrator had evaded scrutiny for so long that he arguably felt he may never be caught, but the 13-year-old girl's statement to police, although later retracted, brought about a chain of events that eventually led to the couple's crimes coming to light.

Finally, in 1994, Rose and Fred West were arrested and charged with a litany of crimes, the details of which confound comprehension. Fred was charged with 12 murders, and Rose with 10 murders.

Fred evaded trial by committing suicide at Birmingham Prison on New Year's Day 1995. Rose was found guilty for all 10 murders and was sentenced to life in prison.

Rose, now 68, resides in New Hall Prison, West Yorkshire.



The wonderful art of TOPIARY

If you're looking for a hobby that's not only calming and enjoyable, but also helps make your home look instantly more stylish, then welcome to the world of topiary.

Topiary is the art of pruning hedges and trees to create different shapes, resulting in a look that is sculpted and interesting. In Japan, it's known as Niwaki, which means 'cloud pruning'. It's a great way to add some character to your home and garden and can be a really fun hobby. Here are some beginner's tips to help you get started.

CHOOSE THE RIGHT TYPE OF PLANT: The perfect type of plant for topiary is a perennial, such as box and yew plants. These evergreens grow slowly, which means they're easier to maintain once trimmed into shape.

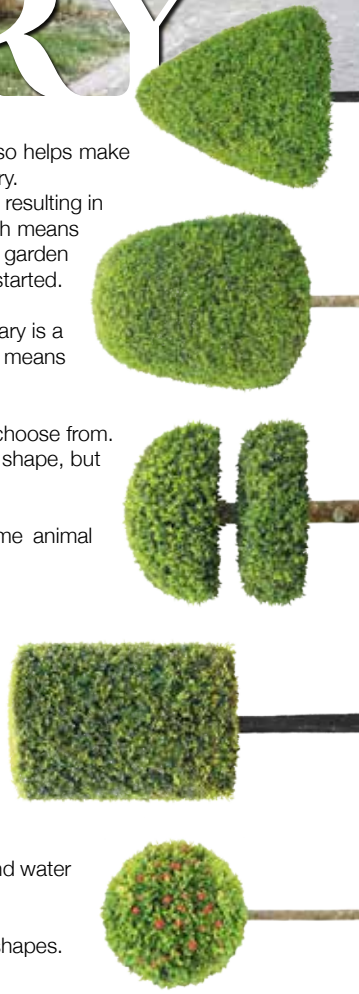
DECIDE ON YOUR STYLE: There are a lot of great topiary styles you can choose from. For beginners, you might want to start off simple with a square or a sphere shape, but other fantastic topiary styles for you to choose from include: Cube | Ball | Spiral tree | Square/round pyramid | Double sphere

If you want to get even more adventurous, you could try creating some animal shapes, like a deer or a dog.

GET THE RIGHT TOOLS: You'll need to make sure you have the right tools for the job. Long-handled lopping sheers are ideal for trimming off the excess, while hand pruners will help you make precise cuts. You can also buy wire or wooden frames to act as guides to help you get the desired shape.

MAINTAIN YOUR PLANTS WITH CARE: After trimming your trees and hedges into shape, you'll need to maintain them regularly to keep them looking their best. Regular trimming in the warmer months can help encourage growth, with pruning at the end of the summer helping to maintain the shape throughout the winter months. You'll also want to feed and water your plants to keep them looking lush and green.

With your new topiary expertise, you'll be able to create all kinds of beautiful shapes.



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GARDENING



Photo credit: sarahraven.com

sarah raven

WHY SARAH RAVEN'S LOVE OF BUOYANT, BOUNTIFUL FLOWERS IS A WORLD AWAY FROM HER GENTLE COMMENTARIES ON OUR GARDEN SPACES

Sarah Raven, who gardens at her Perch Hill Farm base in Robertsbridge, East Sussex, is one of a modern breed of horticulturalists whose passion, enthusiasm and energy infuses everything they do.

The fact that the 58 year old opens up her gorgeous 18th-century home to all is evidence of the passion she feels for the colours and scents of the outdoors. To that end, it's probably no surprise that she names the dahlia as her favourite flower, with its bushy, patterned perfection lighting up gardens from spring through to autumn.

Sarah, whose talents extend into cookery and writing, has presented BBC *Gardeners' World*, *Great British Garden Revival*, the series *Bees, Butterflies and Blooms*, and showcased BBC2's *Big Dreams, Small Spaces* project, where she shared her love and enthusiasm for cut flowers.

Sharing her home with writer Adam Nicolson, her two daughters and three stepsons, Sarah admits that she will always come back to flowers over

anything else in pursuit of the perfect outside space. She said: "Flowers bring such happiness and harmony, as well as encouraging a whole array of insects, who in turn feed all our other creatures."

"I like to think so much comes from our flowers, and the more I can give back in celebrating them and teaching others how to look after and maintain them, then great."

When she's not appearing on our screens, collating material for one of her hugely successful cookbooks, or scribbling a column for the likes of *The Daily Telegraph*, *Gardens Illustrated* or *Sainsbury's Magazine*, her eponymous garden brand provides the perfect digest for others looking to replicate what is a museum-like spread of flowering finesse.

Fans can purchase everything from plants to bulbs, seeds to gardening kit, as well as booking events and courses with the premise of making both their outdoor and indoor spaces as organically awesome as possible.

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GARDENING BLOGGERS

Whether you are a green-fingered fanatic or are new to the wonderful world of growing your own, the below gardening blogs guarantee to deliver the latest news, tips, tricks, and inspiration for your next outdoor project.

Two Thirsty Gardeners

If you have always dreamt of brewing your own booze, then this is the gardening blog for you. The brainchild of two thirsty men, Rich and Nick, who started making their own cider in 2008, Two Thirsty Gardeners offers practical advice on everything from home brewing and collecting seeds to preserving surplus fruit and veg.

The Middle-Sized Garden

As the name suggests, this popular gardening blog is aimed at people with medium-sized gardens (i.e. bigger than a courtyard but smaller than an acre). Discover easy-care plants, the best trees for privacy, how to revamp your garden on a budget, and much more.

The Frustrated Gardener

Created by Dan Cooper, garden writer, amateur photographer and blogger, The Frustrated Gardener sees him share his passion for plants, as well as the joys of gardening in London and Kent. A great blog for both amateur and advanced gardeners.

Growing Family

For those who want to introduce the joy of gardening and growing your own produce to the whole family, this home and gardening blog is all about making the most of family life, both indoors and out, and overflows with tips on gardening, exploring nature, and family days out.

The Garden Ninja

The Garden Ninja is Lee Burkhill, an award-winning garden designer, blogger and vlogger whose life mission is to get more people into gardening. Featuring articles and YouTube videos on gardening basics and garden design guides, Garden Ninja is a fun and engaging blog that can help you get the garden of your dreams, whatever your current know-how.





PUZZLES & TRIVIA

PUZZLES

Answers: see end of The Vision Listings

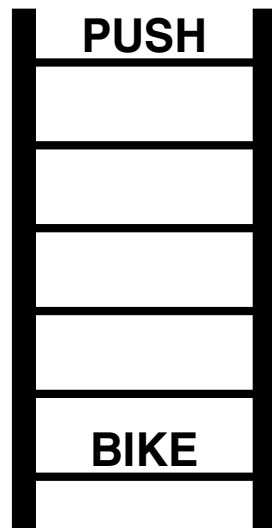
- ▶ BATON
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- ▶ HAMMER
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- ▶ HIGH JUMP
- ▶ HURDLES
- ▶ JAVELIN
- ▶ LONG DISTANCE
- ▶ LONG JUMP
- ▶ MARATHON
- ▶ OLYMPICS
- ▶ PENTATHLON
- ▶ POLE VAULT
- ▶ RELAY
- ▶ SHOT PUT
- ▶ SPRINTS
- ▶ TRACK
- ▶ TRIPLE JUMP



DID YOU KNOW?

- ▶ During the Victorian era, postmen were nicknamed 'robins' for frequently wearing red jackets
- ▶ House sparrows have chunky beaks which are excellent for opening seeds
- ▶ In the past, chaffinches were caught and used as caged songbirds
- ▶ Studies have shown that the front of a blue tit's head glows under UV light
- ▶ Blackbirds feed mainly on the ground. They continually run and pause, scanning the area for prey
- ▶ Dunnocks can raise a number of broods of chicks each year
- ▶ Most starlings live in the UK all year round, but some migrate here from northern Europe in the winter months.

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.

Paul J King

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BRUCE KING

on the intricacies of time management

TIME MANAGEMENT

- OBJECTIVE
- PRIORITY
- SCHEDULE
- REMINDER
- EFFICIENCY
- ALERTS
- CONTROL

In his latest column, sales mentor and personal growth coach, Bruce King, discusses the intricacies of time management.

Here's a technique I developed many years ago, which I use to manage my time effectively and which I've taught to thousands of others. It's called the ISWAT Technique, and you can use this in every area of your life.

ISWAT stands for: Is what I am doing now or about to do now going to help me achieve my goals?

We all have goals we want to achieve. They could be complex goals such as a large work-related project that could take days, weeks or months to achieve; or something really simple like going for an enjoyable walk or having a great evening out with friends. Whatever you have planned to do is a 'goal', and your objective is to achieve the goal.

While investing your time achieving this goal, other things may come up. They may be interruptions from other people, or thoughts you have that start

to take you off in a different direction. Whenever that happens, you must stop and ask yourself: is what I am doing now or about to do now going to help me achieve my goals?

If the answer is 'yes', you can do it right away, or you can allocate some specific time to do it later.

If the answer is 'no', dump it right away.

To help remind you, get a pad of sticky notes. Write on five to 10 of them, in capital letters, ISWAT. You already know what that stands for.

Post these notes where you will come across them frequently during the day. Every time you're about to start a new task or project, make sure to read the ISWAT note.

More information:

Bruce King is recognised internationally as a leading sales, marketing and personal growth strategist, addressing audiences and coaching sales teams and managers in 23 countries. For more information, visit bruceking.co.uk



When buying your home, you may have come across the terms 'freehold' and 'leasehold'. These are the two main ways of owning property in England. But what do they mean when it comes to buying your home?

WHAT IS FREEHOLD?

Buying a freehold property means buying the home in its entirety. There is no time limit on a lease, and you're free to rent out the property if you wish. You will own the home and the land it sits on.

WHAT IS LEASEHOLD?

A leasehold property, meanwhile, has a different set of terms. With a leasehold, you'll have the right to occupy a property for a set amount of time. After the leasehold period is complete, you could either extend it or consider selling your property. A lease can be applied for more than 100 years, but it's important to check how long the lease has left when buying the property.

FREEHOLD VS LEASEHOLD: WHICH SHOULD YOU CHOOSE?

It's difficult to decide whether freehold or leasehold is better for your purchase. For properties like flats and apartments in city centres, these are typically

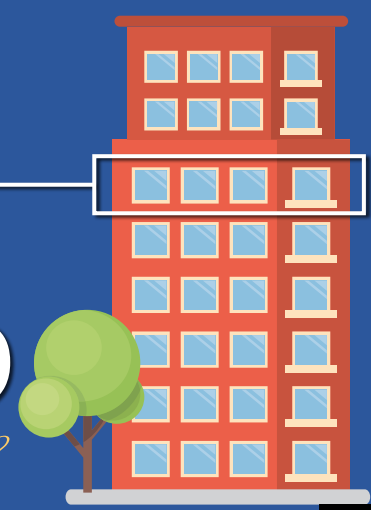
leasehold. Leasehold owners tend to be short-term buyers, or those looking for an investment property.

With a leasehold property, you may have to seek permission from the landowner before you make any changes to the property. Freeholders have free rein within planning permission limits.

The right choice will depend on your unique circumstances, but further research can help you find an option you're comfortable with to make owning your first home a reality.

LEASEHOLD

What does it mean when buying your home?



BOBBY BLUNDERS

Kirby grips – or bobby pins as they are known in the USA – are a beauty essential for many families.

However, are you using them correctly? Or have you fallen victim to the five most common bobby blunders?

INSERTING GROOVE SIDE UP

If you have been putting your bobby pins in with the groove side up, then we are sorry to tell you that this is not right. These grooves are designed to help keep the grip in place, so facing them outwards is not effective.

USING THEM WHEN THE END HAS FALLEN OFF

You know the little plastic balls found on the end of the pin? These are there for a very good reason: to protect your hair from snagging and breaking. So, once a grip no longer has these, it is time to throw it in the bin.

PICKING THE WRONG COLOUR

Hair grips are there to do a job, not to be seen. Therefore, you need to pick a grip that matches your hair colour. If you are blonde, opt for a lighter shade, and if you have dark brown hair, pick either black or brown grips.

PLACING INTO WET HAIR

If you are in a rush, you may be tempted to pop a hair grip or two into wet hair. Don't. This will leave you with lots of little indents in your hair that will be hard to shift.

SPREADING THEM APART

As with most beauty items, hair grips become less effective over time. This is especially true if you spread them apart too much when fixing in your hair. If you find your grips are not doing their job anymore, it is probably time to throw them out.

ENAMEL ERODERS vs. saviours

Enamel is the thin outer covering of the teeth and is vital for protecting them from daily activities such as chewing, biting, crunching and grinding.

However, as your body cannot repair chipped or cracked enamel, you need to make sure you look after it.

ENAMEL ERODER: SLEEP

Although your body needs sleep to remain in optimal condition, while you are in the land of nod, your saliva production decreases, meaning your tooth enamel is more at risk.

ENAMEL SAVIOUR: BRUSH TWICE A DAY

Always brush your teeth twice a day and ensure that one of these times is just before you hit the sack. Plus, if you do wake up in the night, moisten your mouth with a sip of water.

ENAMEL ERODER: FRUIT JUICE

Regularly drinking citrus fruit juice or fruit smoothies is hugely detrimental to your teeth's enamel, as fruit juice contains a lot of acid.

ENAMEL SAVIOUR: A STRAW

If you can't give up your favourite juices, minimise contact with your teeth by sipping them with a straw and swishing your mouth out with water immediately afterwards.

ENAMEL ERODER: SNACKING

Snacking on foods that are high in sugar and starches can increase your risk of tooth decay and damage your teeth's enamel.

ENAMEL SAVIOUR: CHEWING GUM

Chew sugar-free chewing gum between meals as this boosts your saliva production up to 10 times the normal flow and helps to strengthen your teeth.

ENAMEL ERODER: HARD-BRISTLE TOOTHBRUSHES

Brushing with hard-bristle toothbrushes that are often aimed at smokers and those with stained teeth can damage your tooth enamel.

ENAMEL SAVIOUR: SOFT-BRISTLE BRUSHES

Invest in a soft-bristle toothbrush and wait at least an hour after eating any acidic foods or drinks before brushing. Also use a fluoride toothpaste.



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Map that!

THE GOOGLE MAPS EXTENSION THAT GETS YOU FROM A TO GREEN

Google Maps has, in recent years, put the satnav market in the slow lane. With quick, convenient, versatile and up-to-the-minute responsive route planning and live traffic updates, the app has revolutionised travel, be that in a car, on a bike, on foot or even when using trusty old public transport.

Yet, as if the route finder wasn't already the perfect travel solution, Silicon Valley boffins are now going one step further, with an extension that offers drivers the most eco-friendly route to their destination.

It means fuel consumption, road incline and, of course, traffic congestion will all be factored in to give a driver the 'greenest' route.

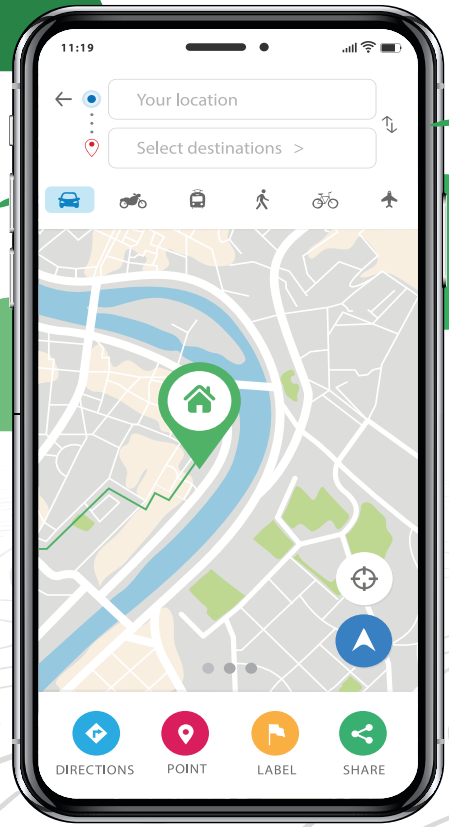
For the most part, these greener routes will only show when journey times are roughly comparable, and of course it may well be the case that the recommended route is also the quickest, in which case, off you go. Google believes up to 50 per cent of journeys we take may well have a greener option, meaning drivers will, for the first time, be given a very real choice between convenience or conscience.

The new version of Google Maps is available in the US and will be launched in Europe this year. It will also feature driver guidance for using or circumnavigating low emission zones, which have leapt in popularity and prominence across a number of major cities.

There have been some objections to the proposed changes. Driver groups have suggested that eco options could divert large amounts of traffic through routes not designed to carry it, and they also flagged

the danger of drivers being distracted by constant route adjustments.

For the most part, though, the proposals have been received positively, as Google looks to accelerate its pledge to be carbon free by the year 2030.



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REDGRAVE'S OLYMPICS RINGS

Each month, we look at one of the most significant events in British sporting history. This month, it's rower Sir Steve Redgrave CBE's incredible gold medal haul.

It's 20 years since Steve Redgrave emerged from Buckingham Palace with the word Sir bolted onto the front of his name and the letters CBE trailing after it. In fact, the idea of trailing anything for the Olympic rower was an alien concept, even then at the age of 39.

Just nine months previously, Redgrave had done what many thought impossible and grabbed a fifth gold medal in rowing, this time in Sydney.

Dating back to the Los Angeles Olympic Games in 1984, the Marlow-born powerhouse's grip on the podium proved every bit as strong as the one he applied to his oars, with rival competitors relieved when the Brit finally announced his retirement in the year 2000.

He had previously suggested his time with a sport that embodies incredible strength, endurance and true battling spirit was done, most notably in 1996 when, after landing a fourth gold, he famously said: "If anyone sees me go near a boat, you've got my permission to shoot me."

Yet Redgrave was lured back by an invitation to row in the coxless fours for one final shot at glory at the 2000 Olympics. Adding to his gold medals in LA 1984 (coxed four), Seoul 1988 (coxless pair), Barcelona 1992 (coxless pair) and Atlanta 1996 (coxless pair), he wrote himself into the record books as, at the time, the most successful British Olympian ever.

In more recent years, Sir Chris Hoy and Jason Kenny have surpassed him in terms of gold medal hauls, but in 2001, this was Redgrave's day.

In retirement, the rower has stayed in incredible shape, and now works as an expert summariser for the BBC's Olympic and World Championship coverage.



Photo credit: Andrew Cowie/Shutterstock



A DISAPPOINTING WINTER OLYMPICS FINALLY CAME GOOD FOR TEAM GB ON THE CURLING ICE, AS OUR WOMEN BROUGHT HOME GOLD

For all the hype and outside medal prospects, Team GB's Winter Olympics campaign came down to five women, five men and a collection of 42lb stones with handles fixed to the top.

The simplicity of the sport of curling is, at times, what makes it a source of amusement for many. However, the skill, tactical prowess and precision with which our brilliant women and men battled to Olympic gold and silver respectively provided the very best moments at Beijing 2022.

After defeating Sweden 12-11 in the semi-final, the women lived up to their 'favourites' tag by seeing off Japan in style in the final.

Led by the mercurial Eve Muirhead - who had experienced two previous semi-final defeats - the team crushed Japan 10-3 in the final on Sunday, February 20. Fellow victors Vicky Wright, Jen Dodds, Hailey Duff and Mili Smith have become first-time Olympic champions after the group

squeezed through the round-robin stage with five victories and four defeats.

That victory made up for the disappointment of the men losing their gold medal showdown with Sweden 24 hours earlier. The final had ended in a tense 4-4 draw, with the Swedes, led by the brilliant Niklas Edin, digging deep to see off a brave British effort from captain Bruce Mouat and his side.

Beijing 2022 will forever be an Olympics embroiled in scandal and controversy, with the doping scandal and extreme COVID-19 restrictions providing an uncomfortable backdrop to events, right up until the closing ceremony, in which a medal presentation featured a competitor previously suspended for taking a banned substance.

Thankfully, the feel-good factor provided by our curling teams will leave us with a positive reflection of the 2022 Winter Olympics, and hope for greater rewards in Italy in four years' time.

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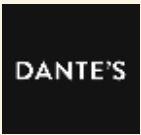


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