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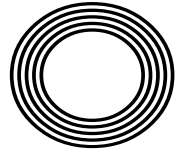
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A tribute to the iconic actress
JUNE BROWN OBE

Denise
VAN OUTEN

The actress and presenter marking 25 years on our screens



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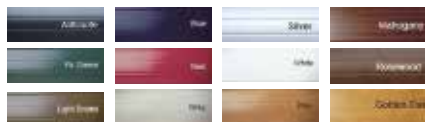


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Editor's notes...

MAY 2022



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** Maldon Burnham. 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

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

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

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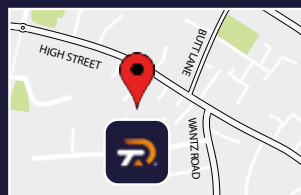
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Golden BROWN

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.

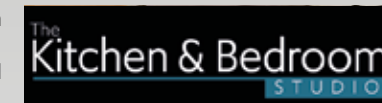
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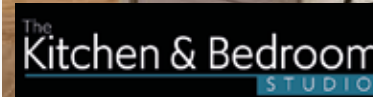
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HOME DÉCOR TRENDS 2022



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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Colourwashing

THE INTERIOR DECOR TREND YOU NEED TO TRY



HOME & DIY

Colourwashing is one of the latest interior trends to explode onto Instagram, Pinterest and other corners of the internet. It's a striking paint trend that creates a rustic, vintage feel, yet looks right at home in even the most modern spaces. Get ready to explore the art of colourwashing and how to try it in your home.

WHAT IS COLOURWASHING?

Colourwashing, also known as faux glaze painting, is a paint technique in which a layer of diluted paint is applied over a base colour to create a washed look. It's a modern and colourful take on a classic whitewash and is easy to create yourself.

WHAT YOU NEED TO DO A COLOURWASH

To create a colourwash at home, you will need:

- > Two types of paint, a lighter and a darker shade – one serving as your base, and the other to create the wash effect. It's up to you whether or not to use the light or dark shade as your base.
- > A transparent water-based glaze. You could also use water.
- > A roller or brush to apply your base colour.

- > Either a sponge or a soft brush to paint the wash.

HOW TO DO A COLOURWASH

- > After prepping your wall by using sugar soap to clean the area, you'll need to paint either one or two coats of your base layer. Allow to dry.
- > Mix the colourwash using four parts glaze to one part paint.
- > Apply your colourwash in small sections using a brush or sponge, spreading quickly once applied. You can either use a swirling motion, a criss-cross pattern or random strokes to create your desired effect.
- > Leave to dry, and apply a second coat if desired.

This is one of the most basic colourwashing methods, but you could try other methods to help you achieve the desired effect. Colourwashing creates an on-trend look and is a stylish take on the classic colour block wall.



Photo credit: Brand - Zinc Textiles, Stylist - Sarah Harwood, Photographer - Alex J Curtis via www.livingetc.com



STEPHANIE BARBA MENDOZA *world*

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.



Photo credit: hannahmendoza.com



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BEST WAY TO PAINT A ROOM

When you decide to go down the DIY route with painting, you'll want to make sure you get it right. Understanding the order to paint a room in will help you achieve the best finish, as well as make your paintwork look professional. Learn what order to paint a room in, ready for your next interior décor project.

START WITH THE CEILING

Once a ceiling has been prepped, you can get to work with painting. Start by cutting in the edges with your desired paint. Then you can quickly roller the remainder of the ceiling with the desired number of coats.

TACKLE THE WALLS

Painting the walls requires a little more precision. You'll need to cut in the edges, either freehand or by using some masking or decorators tape. Using a roller, you can paint the remainder of the wall. You may need a smaller roller to get to the hard-to-reach areas.

DO THE DOORS AND WINDOWS

Take your time applying special woodwork paint to your doors and windows. This type of paint dries slowly, so you'll need to give yourself plenty of time between coats. Remember to mask your edges for a clean finish.

FINISH WITH THE SKIRTING BOARDS

When the rest of your paintwork is dry, fill and sand any cracks between your wall and skirting, mask up the edges then apply two coats of your woodwork paint, letting it dry thoroughly between each coat.

And there you have it. Now you know exactly what order to paint a room in to get the best results.



LOCAL NEWS

from your neighbourhood



Photo credit: Blackwater Show



Popular annual show returns soon for its 15th year

One of the most popular events in the Maldon calendar will return to the town next month. Blackwater Country Show, which will take place on Chigborough Road on Sunday, June 19, is now in its 15th year and is continuing to raise funds for Essex & Herts Air Ambulance. The wide range of attractions at the 2022 show includes Newfoundland dogs demonstrating how they save humans in trouble, the chance to paddle a canoe around the lake, and a performance by the Tigers Children's Motorcycle Display Team. Skilled craftsmen and local producers will also attend

the event, including exhibits from potters, sculptors, bakers, artists and fabric crafters. The organisers of the show said: "Foodies will be delighted with the range of local producers of savoury and sweet delights, with fun activities for children too. "There is something for everyone, and for those who enjoy nostalgia, a variety of classic cars and bikes will be on display to admire, and a collection of vintage and modern agricultural machinery showing how farming has moved through the ages." To find out more, visit the event website at www.blackwatercountryshow.co.uk








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Man arrested as robbery investigation continues



A man has been arrested as police continue to investigate an armed robbery in Maldon.

The 25-year-old man from Kent was arrested on suspicion of robbery and was due to remain on bail until May 16, as **VISION**MaldonBurnham went to print.

His arrest follows an armed robbery which took place shortly after 10.15am on March 30.

Two men riding a small dark motorcycle and wearing dark clothing and motorcycle helmets pulled up outside Mitchells Jewellers in Maldon High Street.

One of the men forced entry into the jewellers and stole three watches, valued in the region of £70,000.

Both suspects then left the scene on the motorcycle travelling down Butt Lane.

Detective Inspector Dan Jeffries, from Essex Police, said: "This incident occurred very publicly in Maldon High Street, and we know it will have caused a great deal of concern in the area.

"Specialist officers are pursuing a number of lines of enquiry, and we have seized a number of items from the scene for examination.

"I would like to thank the members of the public who have already come forward to speak to us and provide us with CCTV and images."

Anyone with information about the incident should call 101 quoting incident 318 of March 30.

Customers evacuated from shop following freezer fire

A shop in Maldon had to be evacuated after a freezer caught fire last month.

On Tuesday, April 19, staff at the Co-op on Cross Road had to ask customers to leave the store after smoke began coming from the freezer aisle.

Essex County Fire & Rescue Service received a call about the incident and fire crews arrived at the scene at around 1.45pm.

One witness shared what happened on Twitter.

They said: "The East of England Co-op at Cross Road, Maldon, is current [sic] evacuated after a freezer caught fire and melted with thick smoke.

"Staff outside and Essex County Fire & Rescue on the scene with a fire engine. Unknown when it will reopen."

A spokesperson for Essex County Fire & Rescue Service said: "On arrival, crews reported that the shop was smoke logged with smoke coming from a fridge.

"Crews ventilated the smoke-filled shop and made it safe by 1.47pm."

Have your say on where dogs should be on leads

Residents are being asked for their feedback as Maldon District Council (MDC) reviews where in the district dogs should be kept on leads.

MDC's Dog Control Order Consultation runs until May 31 and all members of the public, whether they are dog owners or not, are invited to give their opinions on a variety of proposed dog control measures.

Some of the new proposals include making it compulsory to keep dogs on leads at locations across Maldon. This includes at Promenade Park around the lake and the extension to the statue of Byrthnoth – but only from April 1 to September 30.

Councillor Penny Channer, Leader of MDC, said: "We want to encourage responsible dog ownership and healthy enjoyment of parks and public spaces, while making sure that canine companions don't cause a danger or nuisance to others.

"We hope that as many people as possible will respond to this consultation to help us continue to strike the right balance."

Feedback on the consultation can be completed online at www.maldon.gov.uk/consultations





LOCAL NEWS

from your neighbourhood



Photo credit: Burnham-on-Crouch Junior Parkrun

Huge turnout for first two-kilometre Junior Parkrun

More than 100 children took part in Burnham's first-ever Junior Parkrun. The run took place on April 24, with 112 finishers completing the two-kilometre route in an average of 13 minutes and 58 seconds. Burnham Riverside Park is hosting the free event for youngsters aged four to 14 every Sunday at 9am. Organisers said: "Wow, what can we say? A huge well done to all the fantastic juniors who attended our first Junior Parkrun. "We are overwhelmed by the support from our local

community in helping us get to this point." Participants must register before they first join in and bring along a scannable copy of their barcode. The courses are marshalled so juniors will be in sight of at least one marshal at all times. Parents and guardians are also welcome to run alongside their child. The event is run by a dedicated group of volunteers, with 30 people helping out for the inaugural event. Email burnhamriversidejuniors@parkrun.com for more information.

Carnival royalty set to be crowned at event

An event will take place next month to decide who will be this year's Burnham-on-Crouch Carnival royalty. The carnival itself is set to return on September 24, but the hunt is already underway to find the carnival queen and princesses. To help decide who will be crowned, an event will take place at Carnival Hall on Friday, June 10, at 7pm. The winners will win £200 and an evening gown. Application forms can be found on the Burnham-on-Crouch Carnival Facebook page.



Photo credit: Wayne Martin



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Pub to hold town's first-ever pride event

LOCAL NEWS BURNHAM



A pub in Burnham is set to host the town's first-ever pride event in July.

The Victoria Inn, located on Belvedere Road, will host the Burnham Pride event from 4pm on Saturday, July 16, and is inviting the whole community to come along.

Hosted two weeks after the 50th anniversary of the Pride in London parade, the adult-only event will be the first time a pride event is held in Burnham.

Landlady Lorna Hart said the pub is excited to be hosting the event.

She said: "We could not believe that there has never been a pride event in this area, so we are excited to be hosting one."

"Pride is for everyone. It's about celebrating our differences and embracing the diversity among us."

Lorna added that there are several special acts planned for the day.

She said: "We have secured DJ Prucey B to help host it all. He is one of the main DJs for Essex Pride, so he really knows how to please the crowds. We also have two fabulous drag acts, Ruby Violet (pictured above) and Chamonix Aspen, who are both amazing entertainers."

"Matthew Haslam-Hammond will be here with his unique renditions of Disney songs."

"We also have a free glitter bar so everyone can look glamorous. Food on the day will be taken care of by Ground Coffee House and Dandelions gourmet vegan food truck."

Volunteers called to help stricken boats

Volunteers at Burnham-on-Crouch's Royal National Lifeboat Institution (RNLI) have been sent out three times in recent weeks after boats became stuck.

On April 16, Burnham's RNLI crew received a call in the early hours to assist a sailing boat that had run

aground in the Fambridge area on the River Crouch.

The reports were made more urgent as the casualty had been stuck all day, and with only 45 minutes of the tide left, this raised concerns that it would require assistance to refloat.

Thankfully, news then came through that the boat had refloated.

This was followed on April 24 by another early call, when crews were tasked by HM Coastguard to assist a sailing boat that had run aground off Foulness Point with two people on board.

On arrival, it was established that the vessel had run aground prior to high tide and had been pushed further aground by the strong wind.

The two people from the boat were taken to shore, where they arranged their own recovery of the boat.

Then, on April 25, a 14-metre yacht became stuck on the sands in the vicinity of Buxey.

The boat was able to refloat but Burnham's crew still attended as the two people on board were shaken.

Poppy Appeal volunteers celebrated at annual dinner

The Burnham-on-Crouch branch of the Royal British Legion (RBL) celebrated its Poppy Appeal volunteers and its 100th anniversary at its annual dinner last month.

The event was held at the Royal Corinthian Yacht Club with the Lord Lieutenant of Essex, Jennifer Tolhurst (pictured third from left), as the guest of honour.

Mr James Cousins, branch secretary and Poppy Appeal organiser, thanked everyone who had supported the 2021 Poppy Appeal, which raised more than £16,000.

Lord Lieutenant Jennifer Tolhurst then presented awards to local poppy collectors who had been collecting for 10, 15, 30 and 50 years respectively.

The collectors awarded were Jeremy Cousins, Peter Giles, Neil Pudney, Molly Morris and Ann Fagg.

For more information about the Burnham-on-Crouch branch of the RBL, contact Jim Cousins on 01621 783136.



The history of BANK HOLIDAYS



Who doesn't love a bank holiday? They offer the chance to sit back and relax and spend time with family and friends, and this year, many Brits will enjoy an extra day off to celebrate The Queen's Platinum Jubilee.

But how did bank holidays first come about?

England, Wales and Ireland. These holidays were: Easter Monday, Whit Monday, the first Monday in August and Boxing Day.

Meanwhile, Scotland had New Year's Day, Good Friday, the first Monday in May, the first Monday in August and Christmas Day.

THE BANK OF ENGLAND AND THE EXCHEQUER STARTED THE TREND

Before public bank holidays were made official, the Bank of England and the Exchequer were known for taking holidays to celebrate Christian festivals and royal events. In fact, they were believed to have taken around 40 days off each year. Unfortunately, this was cut down to just 18 days in 1830 and then down to just four in 1834.

THE BANK HOLIDAYS ACT IN 1871

In 1871, the Bank Holidays Act was drafted by banker and politician John Lubbock, the first Baron of Avebury. This was when the first official bank holidays became law in

ADDITIONAL CHANGES TO BANK HOLIDAYS

In the 1971 Act, New Year's Day, Good Friday and Christmas Day became bank holidays in England, Wales and Northern Ireland.

The 1971 Act also made January 2 and Boxing Day a bank holiday in Scotland only.

In 1978, the government made the first Monday in May a bank holiday in England, Wales and Northern Ireland.

A Northern Ireland only bank holiday to mark the anniversary of the Battle of the Boyne was introduced in 1926 and falls on July 12.

In 1965, the first Monday in August bank holiday was changed to the Monday following the last weekend in August in a bid to increase trade. Scotland was exempt from this.





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.

Platinum Jubilee of
The *Queen*
1952-2022

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POTATO MILK

THE NEW VEGAN AND
DAIRY-FREE ALTERNATIVE

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.



FOOD & DRINK



Go Wild

Wild garlic can be enjoyed raw or cooked and has one of the longest seasons of all wild plants. The ideal vegetable for first-time foragers, this milder variety of garlic can be added to a whole host of dishes.

by its long and pointed green leaves and white clustered flowers. It typically grows in dense clumps.

WHEN IS WILD GARLIC IN SEASON?
Wild garlic leaves appear in March and are best picked when young. These leaves are delicious added to soups, sauces and pesto. From April to June, the flowers start to emerge and these make a great addition to salads and sandwiches.

WHAT TO DO WITH WILD GARLIC
Wild garlic pesto | Wild garlic and nettle soup | Wild garlic butter | Wild garlic chicken Kiev | Wild garlic and watercress tart | Baked new potatoes with wilted wild garlic

WHAT DOES WILD GARLIC TASTE LIKE?
All parts of the wild garlic plant are safe to eat, including the bulb, leaves and flowers. Wild garlic is less pungent than standard garlic cloves, delivering a sweeter and more delicate taste. If you pick a wild garlic leaf and gently squeeze it, you will instantly be met with the distinctive garlicky aroma.

WHERE TO FIND WILD GARLIC
Wild garlic grows in damp woodlands and forests across the UK and throughout Europe and is often found near rivers or streams where the ground is damp. Wild garlic is recognisable

HOW TO STORE WILD GARLIC
Wild garlic can be stored in an airtight container in the fridge for 1-2 days. If you want to keep your wild garlic fresh for longer, place the stems in a glass of water and place in the fridge. Wild garlic is suitable for freezing. Simply wash and dry, and then place in a freezer bag and freeze.



Relieve **ACID REFLUX** *without medication*



That all too familiar burning sensation in your chest coupled with persistent acid regurgitation? Yes, we are talking about the nightmare that is acid reflux. It affects as many as one in four adults in the UK, but you don't have to turn to shop-bought medications when acid reflux rears its ugly head.

EAT SLOWLY AND SPARINGLY

If you are prone to grabbing a quick sandwich at lunch or, even worse, not eating all day and then consuming a huge meal in the evening, then you are much more likely to suffer from acid reflux. Instead, aim to eat little and often, and as slowly as you can.

SIT UPRIGHT AFTER EATING

While lying down on the sofa after a big meal is one of life's little joys, this is not a good idea if you suffer from acid reflux. Instead, remain upright directly after eating and avoid eating anything just before bedtime.

AVOID CERTAIN FOODS

Some foods are much more likely to trigger acid reflux and should be avoided, including fatty foods, tomatoes, onions, garlic, chocolate and anything spicy. You should also limit your intake of tea, coffee and alcohol.

DRINK MILK

One of the most popular natural remedies for acid reflux, milk is alkaline, which means it can feel soothing to drink. However, it can worsen heartburn once digestion begins. To prevent this, opt for lower-fat milk where possible.

CHEW GUM

The act of chewing gum stimulates the production of saliva, which is another alkaline substance. This can help reduce the symptoms of acid reflux and help to push your stomach contents back into the stomach.

SIP GINGER TEA

Ginger root has been used for centuries to cure stomach aches and nausea and can help to reduce acid reflux. Sip ginger tea slowly for best results.



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.



PurrFECT CATNAPS

Cats love to sleep – it's one of the things we envy the most about them. But have you ever given much thought to what your cat's sleeping position means?

households, or for cats in new surroundings.

BELLY-UP CAT: A cat that sleeps with its belly exposed and paws splayed is a cat that feels secure and comfortable in its surroundings. It's exposing the most vulnerable part of its body, showing you it feels safe in its home.

LOAF OF BREAD: The 'loaf of bread' position is where a cat sleeps with its paws and tail tucked under its body, making it look like it has no legs. Cats choose this position for comfort and to stay warm. This position is also a sign that your cat is happy and relaxed.

CURLED-UP KITTY: A curled-up cat with its tail wrapped around its body and head tucked in, means several things. This position helps it stay warm and also helps the cat protect itself from potential threats.

SLEEPING ON YOU: A cat sleeping on you can be for a couple of reasons. It either wants to feel added protection with a 'safety in numbers' approach, or it wants to feel close to you and benefit from some extra warmth.

IN A BOX: Cats love to sleep in a box or any small space as it makes them feel safer than being in an open space. It's a normal behaviour that helps them feel warm and secure.

STRETCHED OUT: A stretched-out cat is a happy and relaxed cat, who's usually in a deep sleep. When a cat is in this position, it's best to let it stay there.

EYES HALF-SHUT: A cat that sleeps with its eyes half-shut is doing so to enable it to react quickly to any threat or disturbing noise. It's common in noisy

PAWS ACROSS FACE: A cute position to witness, paws across the face can mean your cat is trying to keep its nose warm or block out the light. A cat that's hiding its face wants to be left alone, so it's best to let your cat be in this position.



Information provided by Purrabelle of Cats. For more cat facts, visit www.purrbellocats.com



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 (*Rhapidophyllum*).

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: palmcentre.co.uk



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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.



GARDENING

Photo credit: Allen Muntought Liberty Games, Future Plc/Jocanna Henderson, Future Plc/Simon Whitmore, Future Plc/Tim Young all via IdealHome.co.uk



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



Has Rolls-Royce built the fastest electric aircraft?

The world needs some drastic changes to help combat the effects of global warming. Vehicle manufacturers are working hard to develop electric models that provide great performance, as well as being energy efficient.

While perhaps better known for manufacturing cars, Rolls-Royce also produces aircraft parts. It has recently announced that it has created the fastest all-electric aircraft, reaching a maximum speed of more than 387mph. But has Rolls-Royce truly succeeded with its bold claim? And what will this mean for an energy-efficient future?

Spirit of Innovation
Rolls-Royce has been testing its latest project, an all-electric aircraft known as the Spirit of Innovation. During the tests, the aircraft was able to reach a speed of 345mph over a distance of three kilometres, which it believes has broken the record for the fastest electric aeroplane. It's a part of the Accelerating the Electrification of Flight project, which is being partially funded by the Aerospace Technology Institute, in partnership with the Department for Business, Energy and Industrial

Strategy and Innovate UK. The data has been sent to officials for verification.

Rolls-Royce: Making 'jet zero' a reality?
Spirit of Innovation comes just as world leaders pledged to reduce the impact of global warming at COP26. In a recent press release, Warren East, CEO of Rolls-Royce, said: "Following the world's focus on the need for action at COP26, this is another milestone that will help make 'jet zero' a reality and supports our ambitions to deliver the technology breakthroughs society needs to decarbonise transport across air, land and sea."

Using innovations such as electric aircraft, this could soon become a reality.

What's next?
Rolls-Royce has a long history of breaking records, and it will no doubt seek to improve upon the Spirit of Innovation. As the company looks set to become net zero by 2050, there could be some exciting times ahead in the world of electric vehicle development.



Photo credit:Rolls-Royce



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BUSINESS & PROPERTY



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.



TRAVEL

ENJOY A healthier HOLIDAY

Hotels are a place to go to enjoy luxury, comfort and relaxation. But one hotel in Costa Rica is taking things to the next level with a completely holistic experience.

The Hacienda AltaGracia describes itself as "an escape for those seeking total wellbeing and unbridled adventure".

You'll find the hotel in the Talamanca Mountains in Costa Rica, a truly tranquil spot that lets guests take things at their own pace and helps them recharge, reconnect and expand their horizons.

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: aubergeresorts.com, thaimas.co.uk



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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.



SCOOTER *loopy*

THE INAUGURAL E-SCOOTER WORLD CHAMPIONSHIP HITS UK SHORES

It seems you can barely step outside your house or place of work before being confronted by an e-scooter tearing its way past with almost reckless abandon.

While streets and, more worryingly, pavements are awash with e-scooters, there is also a growing abundance of them on racetracks around the UK.

Indeed, their popularity has given rise to the formation of the international eSkootr Championship, with the UK given the honour of kicking off this inaugural battery-powered procession in May.

And while many of the riders we witness on a day-to-day basis adorn themselves with work bags, shopping and, in some cases, passengers, the competitors embarking on a six-location world championship campaign are driving forward for landmark success. The scooter, designed by motorsport technology firm YCOM, boasts inflatable tyres, a 1.5kilowatt hour battery and a carbon fibre chassis.

While competition is the name of the game where e-scooters are concerned, the organisers also recognise the need for education, stating that they intend to accelerate micromobility culture and technology in forward-thinking global cities, working closely with city officials and local governments to outline the benefits of a rapidly changing mobility landscape.

Their challenge, in the UK at least, is that privately owned e-scooters are illegal unless ridden on private land. Only those hired from approved leasers are allowed on roads. However, the pressure is mounting on the government given rapidly accelerating purchase numbers – in 2021, there were an estimated one million privately owned scooters.

The 30 professional competitors taking part in the 2022 championship have their sights on different goals. After the UK race on May 13 and 14, they travel to Switzerland, France, Italy, Spain and USA – a six-race set-up performed on S1-X vehicles primed to hit speeds of more than 100kmph.

All those riders require is bravery... and a lot of it.



Photo credit: official.escooter

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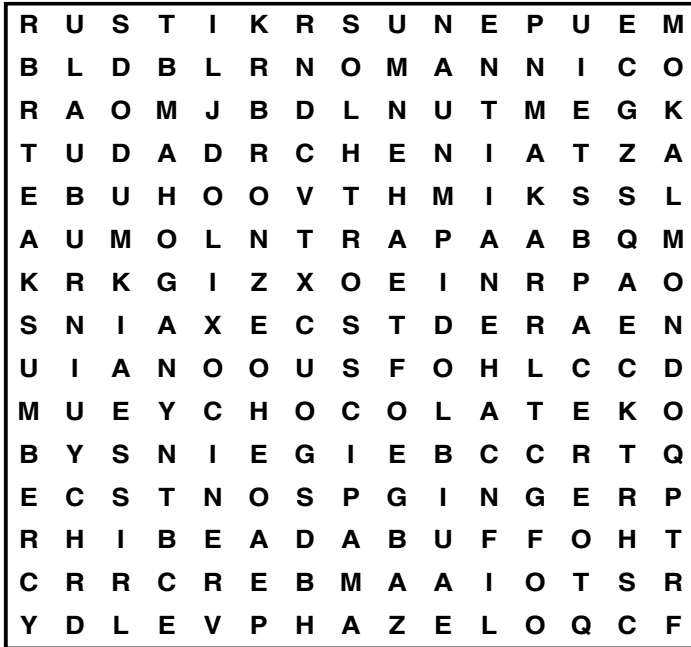


PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

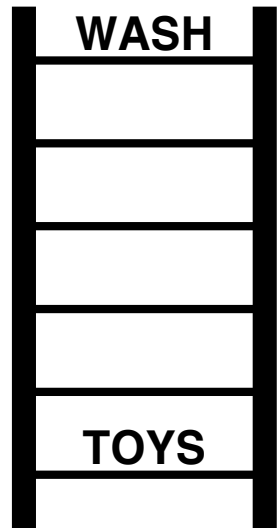
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DID YOU KNOW?

- ▶ 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.

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