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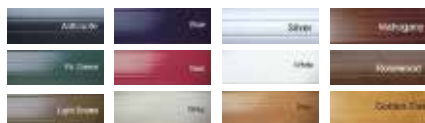
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Editor's notes...

JUNE 2022



Nik Allen, Editor

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

Isn't it strange how a bit of sun can lift the spirits?

We seem to be entering the throes of summer now and for the first time in more than two years we are able to go out, restriction-free, and enjoy ourselves.

Of course, we do this against a backdrop of political unrest, economic uncertainty and conflict in various parts of the world. The year 2022 has brought about countless challenges and tests so far - just when we thought we'd arrested the biggest spectre of them all: COVID-19.

The truth is that the current ills around us will be there throughout the next few months and beyond, but my encouragement to you is to embrace the things that are within our control.

Not since the winter of 2019 have we been able to fully throw ourselves into visiting new places, socialising with friends and going about our personal projects in a manner that now seems exhilarating and limitless.

With longer days and - hopefully - warmer weather, now is the time to spend some time in your local pub garden, plan a day out with friends, and perhaps organise a barbecue or two.

So let's try to fully embrace the good elements in our lives and make the most of every opportunity that comes our way.

Nik Allen

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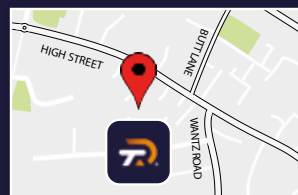




Photo credit: Kristin Calahan/Shutterstock

SPECULATE TO ACCUMULATE

FROM FLAMETHROWERS TO SPACE ADVENTURE TO TWITTER, ELON MUSK CONTINUES TO REWRITE THE RULE BOOK

He is a tech entrepreneur, an eco exemplar and an ambassador for how we might, as people, forge a future that combines function with fun. Despite all his innovation – with Tesla and SpaceX particularly, but also across other projects – Elon’s is a name to which we have really only become accustomed in the last decade or so.

Tesla, the brand, was incorporated in 2003, yet even after seven years only 5,000 of its vehicles were on the road. The total is now 200 times that, with the two-millionth car set to roll out of the factory this summer.

While Musk – who dropped out of Stanford University after just two days – is most renowned for the electric car revolution that promises to define us as motorists across the next generation, his exploration of space through SpaceX, the space vehicle, rocket and communications business, is just as big an achievement.

However, in April, as if yielding the power over the way we explore the world geographically wasn’t enough, Musk made perhaps his biggest move yet, reinforcing his icy grip on the digital world with a buyout of Twitter that now sees the 50 year old as an overarching power of social media. Not only is he putting his and investors’ money – some \$44billion – behind the acquisition, he also intends to run it himself, which spells trouble for the current incumbents who have frequently been criticised for sidelining those whose political and social values don’t fit.

His move to take over the controversial platform is a shot in the arm for free speech, in an era where the entrepreneur admits he has become tired of cancel culture.

While Twitter is arguably his biggest project yet, the South Africa-born entrepreneur has sought out countless other initiatives – from creating and selling his own computer game at age 12, to launching SolarCity, which grew to become the second-biggest provider of solar power systems in the US. Then there was Neuralink, his move into integrating the human brain with artificial intelligence; plus The Boring Company, which digs tunnel systems, and through which he manufactured and sold 2,000 novelty flamethrowers, as inspired by Mel Brooks in the 1987 movie *Spaceballs*. He has even released music in the rap and dance genres.

The fact that Musk is rapidly ascending to a personal fortune topping \$300billion is by virtue of an intense entrepreneurial mind that spreads opportunity and investment across a range of projects.

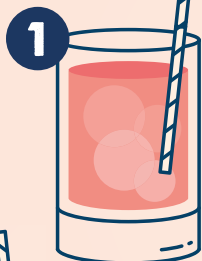
His commitment to Tesla and SpaceX only came about because he’d sold previous start-up Zip2 to HP, and merged his X.com business with PayPal (which led to a payout of \$180million when the money operator was bought by eBay).

As a phrase, ‘speculate to accumulate’ has never seemed more apt than when applied to the journey taken by Elon Musk, and those supposing his dynamic sideways step into social media is the last piece of the jigsaw would probably do well to think again.

HAVE YOU BEEN

SP KED?

HOW TO RECOGNISE IF YOUR DRINK HAS BEEN SPIKED AND HOW TO PREVENT IT FROM HAPPENING



When you go out, can you honestly say that you watch your drink at all times? Spiking is currently at high levels in the UK and can happen to anyone.

Find out how to recognise the signs of spiking and what to do if you think your drink has been spiked below.

WHAT ARE THE MOST COMMONLY USED ILLEGAL DRUGS TO SPIKE DRINKS?
The most common illegal drugs used to spike drinks are GHB, ketamine and benzodiazepines such as valium and rohypnol.

HOW TO RECOGNISE IF A DRINK HAS BEEN SPIKED

1. It has a foggy appearance
2. It has excessive bubbles
3. The ice sinks to the bottom
4. A change in colour

It is important to know that some of the most regularly used drugs to spike drinks do not produce a smell or taste, meaning it can be difficult to know if your drink has been spiked until it is too late.

THE MOST COMMON SYMPTOMS OF SOMEONE WHO HAS HAD THEIR DRINK SPIKED ARE...

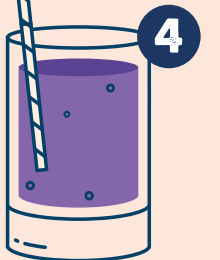
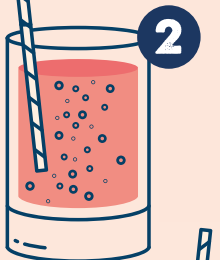
Dizziness | Difficulty walking | Confusion the next day | Nausea or vomiting | Hallucinations | Tiredness | Blurred vision | Paranoia | Amnesia

WHAT TO DO IF YOU THINK YOU'VE BEEN SPIKED

If you think your drink has been spiked, stop drinking it. Tell someone you trust as soon as possible as spiking substances can take effect very quickly. Be wary of asking strangers for help and instead, if you are alone, seek out security or venue staff. If you need urgent help, call 999 and tell them you think you may have been drugged.

HOW TO PREVENT YOUR DRINK BEING SPIKED

- > Do not leave your drink unattended
- > Invest in anti-spiking lids from StopTopps, available from stoptopps.com
- > Do not accept drinks from strangers
- > Be vigilant of changes to your drink
- > Don't drink anyone else's drink.



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CHINTZ

is making a comeback



HOME & DIY

If you're a millennial or younger, you'd be forgiven for not knowing the word chintz. Often regarded as a dated decor trend, you'll be more likely to see it in your grandmother's house than on Instagram or Pinterest. But could chintz be making a comeback?

WHAT IS CHINTZ?

Chintz has a very long and fascinating history. It's a cotton textile dating to 4,000 years ago, originating in the Indus Valley between India and Pakistan. Made using a specialist dye method, chintz fabrics typically feature colourful floral designs. As the fabrics were traded around the world, they soon found their way into home textiles, made popular in more recent times by designers such as William Morris.

WHERE DID IT GO?

In more recent times, chintz was seen as a dated fabric, and it has been declining in popularity since the 1980s. IKEA caused a stir in the 1990s by encouraging people to "chuck out your chintz" in favour of its own interior products, based around simple details and block colours.

For a long time, neutrals have reigned supreme, but now chintz is starting to reappear. This time around, colours are bolder and brighter and patterns are even more lavish.

BRINGING CHINTZ INTO YOUR HOME

There are a lot of great ways to bring chintz into your home, including:

- > Chintz sofas and upholstery add a contrasting detail to neutrals and solid colours
- > Curtains in floral patterns add a little romance to your space
- > Patterned chintz-inspired wallpaper can add some colour and character to a room, bringing fantasy and fun to a child's bedroom or creating a feature in a cloakroom or dining room
- > Invest in cushions, table linens and other accessories to add a subtle hint of chintz to any interior style.

Incorporating some chintz into your home brings a modern take on a classic style. Keep an eye out for chintz-inspired décor making its way to a homeware section near you.



HOME & DIY

MOVE OVER Midas!

Who doesn't love an Ikea hack? Enabling you to incorporate the latest designer trends into your home at a fraction of the price, we have fallen head over heels with gold leaf furniture.

WHAT YOU NEED:

Imitation gold leaf | Sandpaper | Furniture primer | Water-based gilding size | A soft brush | A clear gloss spray sealer or permanent solvent-based varnish

HOW TO APPLY GOLD LEAF TO FURNITURE:

Step 1: Prepare your furniture

For wooden furniture, sand down or fill in any bumps or holes so that you have a smooth surface to work with. Then apply your chosen primer to ensure it is not porous. If you are upcycling metal furniture, give the item a dust or clean it with soap and water.

Step 2: Apply water-based size to the area

Decide where you want to apply the gold leaf and section off this area with masking tape. Then apply a thin and even layer of water-based gilding size. This is the adhesive that will bond the gold leaf to your furniture. Leave this adhesive until it is nearly but not completely dry.

Step 3: Start adding your gold leaf

Your gold leaf should be backed by tissue so lay it tissue-side up and then gently rub the gold onto your furniture. Keep going until the area is completely covered. To avoid any gaps, you can overlap the squares of gold leaf slightly. Leave until fully dry. This can take up to six hours.

Step 4: Remove any excess gold leaf

Once the area is dry, take your soft brush and gently remove any excess gold leaf. You then need to leave your item for a further 24 hours so that the gold leaf can cure.

Step 5: Cover with a sealant

The final step is to cover the area with a sealant so that it is protected from chips and scratches. Leave this to dry for 24 hours, and then your gold leaf furniture project is complete.



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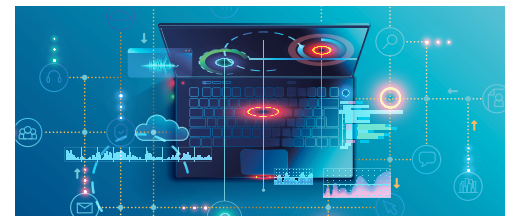
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NO vacuuming ALLOWED

A GUIDE TO HELP YOU DECIDE WHEN YOU SHOULDN'T USE YOUR VACUUM WHEN CLEANING

Some people love vacuuming; others can't stand it. Either way, there is no denying how quickly it can clean up your home.

However, did you know that there are some items that you should never hoover up?

PIECES OF GLASS

If you have smashed a glass, then you may reach for your vacuum cleaner to quickly clear the area. However, large pieces of glass can puncture the bag, get stuck in the hose and damage the interior. Instead, use a dustpan and brush for the large pieces and a damp cloth to pick up small shards. Be sure to wear gloves to protect your hands.

FINE DUST

Have you recently renovated your home? If yes, then your furniture is probably covered in dust particles. Sadly, you should not hoover these up as sanding residue and other tiny particles will clog the filters and cause your hoover to spit dust back into the air.

WET FOOD

Wet food, or anything wet or moist, should not be cleaned up with a vacuum cleaner. This includes soggy cereal, dog food and even small spills. Instead, use some kitchen towels or a tea towel.

SMALL METAL ITEMS

Small metal items such as paper clips and coins can easily become stuck in the rotating part of your vacuum cleaner and stop it from working properly. They can also sometimes break off plastic pieces from the interior of your appliance.

MAKE-UP

Dropped an eyeshadow palette on the carpet? Or some foundation? Although you may be tempted to use your hoover, this is not a good idea. Firstly, the vacuum brush could smear the make-up further into the carpet, and secondly, if you do manage to successfully clean it up, it is highly likely to melt once inside the appliance.



OUT OF MANCHESTER

STYLE AND A SMILE, WITH DESIGNER MATTHEW WILLIAMSON



Photo credit: BBC/Darlow Smithson Productions and matthewwilliamson.com

Matthew Williamson, by his own admission, doesn't perhaps have a name that screams 'style, exuberance and panache', and considering this is someone who grew up in the murky confines of 1970s Manchester, there was no indication of the creative elevation that was to come.

And yet, in art just as in physics, equal and opposite reactions can provoke explosions of inspiration from very simple ripples of provenance. That is certainly the case with Williamson, who for more than two decades now has specialised in the wonder of colour.

He is an interior designer of great originality and acclaim, as his recent work with John Lewis determines. He is someone whose passion for colour, aesthetics and design was catalysed by his mother, but who has taken those principles to another level of optimism.

"If you're going to use colour, you have to be an optimist," he says. "You have to look at the beauty

of contrast and the potency of the shades and tones you put together.

"There is no point being afraid of trying things, and you should never enter a project imagining something isn't going to work. Only by trying will you know, and only through knowledge can you grow.

"Of course, it's about mixing up tones, but also enabling a background to act as a template for the colour detail you want to layer on top."

Replicating Williamson's colour-driven style of interior design is no easy task. It has, after all, taken the designer the best part of half a century to refine an interior design ethos that even he admits is still a work in progress. But the Central Saint Martins graduate insists the way to use colour is to follow your smile.

"If it makes you happy, it's working. If it paints pictures and provokes memories and inspires in you ideas to move forward, then you probably have what is right."



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LOCAL NEWS

from your neighbourhood



Photo credit: Chris Davies/The Skateparks Project

People power could lead to park improvements

A teenager from Maldon has started a petition calling for urgent improvements to the town's skatepark.

Kieren Blackbourn, 16, launched the appeal last month and the petition has so far received more than 400 signatures.

He said: "Maldon skatepark continues to become unsafe. Ramps are rusting and have visible cracks. There is damage to the paint and the ramps are not flush to the floor. The petition raises awareness and shows what people can do when they come together."

Kieren recently received an email from Maldon District Council (MDC) officers saying they would look

into making the improvements.

A spokesperson for MDC said: "We are exploring ways of making improvements and last year spent £4,000 on a partial refurbishment. This year, we have allocated £45,000 for improvements. We can also reassure users that the skatepark has recently been inspected for safety and there weren't any issues flagged as needing urgent attention.

"We will continue to listen to the concerns of skatepark users as any plans are made."

To view the petition, visit www.change.org/p/get-maldon-a-new-skatepark

Resident praised in Queen's Birthday Honours

A Maldon resident has been recognised as part of the Queen's Birthday Honours 2022.

The Honours were announced on June 1 to coincide with the Platinum Jubilee celebrations, and the Queen has recognised individuals up and down the country.

Among those awarded was Maldon resident William Richard Mervyn Christopher Foyle. William was awarded a Deputy Lieutenant (DL) for his services to

publishing, aviation and charity. DLs are appointed to assist the Lord-Lieutenant with his duties.

The Queen has the sole right of conferring titles of honour on people in public recognition of their merit, service or bravery. A total of 1,134 people have been honoured this year for their remarkable contributions to public service, the environment and youth participation.

A. Clarke

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Homegrown hero has town beaming with pride



Photo credit: EBU, Andres Putting

A former construction worker from Maldon was the talk of the town last month after he finished second at this year's Eurovision Song Contest.

Sam Ryder (pictured above) amassed 466 points with his power ballad, *Space Man*, to give the UK its best result for nearly 25 years.

While Sam defied expectations at the contest in Turin, Italy, locals back in Essex were full of praise as fans packed into The Carpenters Arms to watch the competition.

Regular Adam Harris, who played football with Sam, summed up the local feeling.

He said: "There couldn't be a nicer guy up there doing it for us and he absolutely smashed it."

Taking to Twitter the day after the contest, Sam said he was grateful for all the support he received.

He tweeted: "Still up in Space, Man! Thank you all for blazing with love, positivity and kindness throughout this wild and euphoric experience. We completely felt your support and we so deeply appreciated it."

A week after the contest, Sam's meteoric rise continued when he went to number two in the UK singles chart. Sam also performed at the Platinum Party at the Palace in London for the Queen's jubilee celebrations on June 4.

Zoo directors go wild for successful licence

Two partners who set up a petting zoo in Maldon in 2015 were celebrating after their zoo licence was granted last month.

Craig and James Williams set up Maldon Promenade Petting Zoo when James was diagnosed with lymphoma. They initially took on rescue animals, but when their collection started to grow, they decided to upgrade their animal activities licence to a zoo licence.

James said: "Through the dedication of myself and Craig, our general manager and our team of keepers, we worked tirelessly to ensure not only that the admin was in order but also that our animals met

the requirements. By the time the inspection date came round, we were as ready as we could be. This is a massive achievement."

James and Craig have taken on an additional building and are investigating taking on more space to expand their animal enclosures.

Visit www.jandcpartyets.com for more information.



Photo credit: jandcpartyets.com

Town to welcome Queen's Baton Relay

Residents in Maldon are being invited to cheer on the Birmingham 2022 Queen's Baton Relay when it comes to town next month.

The Relay has been a tradition of the Commonwealth Games since 1958 and involves a specially commissioned baton visiting Commonwealth nations and territories.

On July 8, it will be carried on a two-kilometre route around Promenade Park by 10 Batonbearers chosen for their inspirational achievements or service to the community. The Relay ends in Birmingham before the Commonwealth Games start on July 28.

Leader of Maldon District Council, councillor Penny Channer, said: "We are delighted that Maldon district was chosen to welcome the Birmingham 2022 Queen's Baton Relay during its incredible journey. We are looking forward to welcoming the local community to Promenade Park."

For more details, visit www.visitmaldondistrict.co.uk/baton-relay



Photo credit: Birmingham 2022



LOCAL NEWS MALDON

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LOCAL NEWS

from your neighbourhood



LOCAL NEWS BURNHAM



Historic vehicles go on display at charity event

An event in aid of three local churches is set to return to Burnham next month.

Wheels and Paws is taking place at the Elmwood Equestrian Centre from 11am to 4pm on July 10 and will feature historic vehicles including cars, motorcycles and tractors, as well as a dog show.

Funds from the event will be split between restorations at Althorne, Creeksea and Steeple churches.

Peter Ingram, one of the organisers, said members of the three churches decided to hold the event to

raise some much-needed funds.

He explained: "We do what we can to help each other out and as we have a few motor enthusiasts, we decided to run a classic vehicle show. There will be something for all the family and we can guarantee a good local family fun day out."

Entry is free but donations will be requested from those attending. Last year's event raised £3,000.

Vehicle enquiries should be directed to johnw.ward@yahoo.co.uk while other enquiries should be sent to jeaningram@btinternet.com



Girl raises £1,500 and donates hair to charity

A selfless 12-year-old Burnham Girl Guide has raised more than £1,500 for charity by donating her hair to the Little Princess Trust. This is the second time Élodie Bennett (pictured) has donated her hair, as in 2018 she donated 35cm of her hair to the Little Princess Trust, which provides free wigs to children and young adults who have lost their own hair owing to treatment for serious illnesses. She also raised nearly £700 for Centrepoint, a charity that

helps homeless young people. Last month, Élodie had 45cm of hair cut off at Matrix Hair Art in Burnham and again donated the cuttings to the Little Princess Trust. She also raised £1,580 for Médecins Sans Frontières, which provides emergency medical care worldwide to people affected by conflict and disasters. Donate to Élodie's fundraiser at [justgiving.com/fundraising/elodie-haircutmsf](https://www.justgiving.com/fundraising/elodie-haircutmsf)

Runners encouraged to sign up for 10k race



Hundreds of runners are expected to take part in this year's Burnham & Dengie Hundred Rotary Club 10k later this year. Participants will gather at the Sports Centre in Burnham at 10am on Sunday, October 9, and follow a route through the town and across the local countryside, along the seawall and back into town before finishing in the sports field. This year's event is raising money for Knightswood Day Care Centre, an independent care provider for people of all ages; Farleigh Hospice, which looks after terminally ill patients and supports their families; and Ukrainian refugees. The event is open to entrants aged 15 and over. Free parking and changing and toilet facilities will be available on the day. To register, go to www.eventrac.co.uk/e/burnham-on-crouch-10k-2995



Photo credit: Unredieq/AP/Shutterstock

OUR QUEEN
Perfectly Platinum

CELEBRATING THE QUEEN'S PLATINUM JUBILEE

Few would dispute the notion that Queen Elizabeth II is our most impressive monarch ever. She has presided not just over seven decades of exemplary rule, but also across a social and cultural timeframe in which so much has changed and evolved. This summer's Platinum Jubilee is not only a celebration of Her Majesty's time at the top table of British society, but also recognition of a job that's been done impeccably.

Even in the last year, in the wake of the passing of her husband Prince Philip, the scandal involving son Prince Andrew, and the turning of public opinion against her grandson Prince Harry, Queen Elizabeth, now aged 96, has presided over her nation with faultless grace and dignity.

And while the Queen still values her privacy, she respects too the need to be visible and approachable, and perhaps this relatability is what makes her so endearing, so popular and so special.

It was way back in February 1952 that the death of Elizabeth's father, King George VI, triggered her accession to the throne. The Platinum Jubilee marks the 70 years she has served the United Kingdom, and 70 years from when, upon her coronation, she declared herself fully at the service of the nation she served.

She said, in that characteristic crisp and measured voice: "I declare before you all that my whole life, whether it be long or short, shall be devoted to your service and the service of our great imperial family to which we all belong."

“I declare before you all that my whole life, whether it be long or short, shall be devoted to your service and the service of our great imperial family to which we all belong.”

Taking strength from those around her, the Queen has never professed to have all the answers. She has admitted that trial and error has often been the way forward, and that sense of humility permeates right up to the present day. "I know of no single formula for success," she said, "but over the years I have observed that some attributes of leadership are universal and are often about finding ways of encouraging people to combine their efforts, their talents, their insights, their enthusiasm and their inspiration to work together."

Certainly she has excelled in that, with the Platinum Jubilee, beginning on Thursday, June 2, stretching across a weekend of celebrations. Queen Elizabeth II, family, friends and the nation will look back over seven decades of exemplary rule, and forward to the future.

From Trooping the Colour, which marks the Queen's birthday celebrations with more than 1,400 parading soldiers, 200 horses and 400 musicians, to the traditional RAF fly-past, the 1,500 Platinum Jubilee beacons that have been distributed across the UK in a tradition that dates right the way back to 1897, to a thanksgiving service on Friday, June 3, at St Paul's Cathedral, to The Derby at Epsom Downs, the events over Elizabeth's special weekend are as memorable as the thousands of others held during her years on the throne.

And yet the Platinum Jubilee is about much more than just Queen Elizabeth II. It is an opportunity for people across the UK to share in what it means to have a strong, proud, resilient monarch, particularly in an era where so much around us feels restricted or under threat.

With communities encouraged to head into their streets to mark celebrations of the seven-decade reign in their own special way, the Platinum Jubilee is a universal event that celebrates not just the Queen, not just royalty, but also the people of this country.



BURNHAM PRIDE

Pride is for everyone,
celebrate our differences and
embrace the diversity among us

Saturday 16th July

2pm pre event

4pm DJ Prucey b

6pm Disney guy

8pm Chamonix Aspen

10pm Saffron Slaytor

free glitter bar

Ground coffee house and
Dandelions gourmet vegan food truck

event sponsored by JJ WHITLEY

first 100 people receive a free shot of flavoured vodka

Coming Soon

19TH JUNE

Father's Day

Every dad will receive one **FREE**
drink when you book a table
for Sunday lunch

24TH JUNE

Pay Day Party

26TH JUNE

Sunday sessions

Miss Morgan

live from 7pm

3RD JULY

Sunday sessions

Aaron Kelly

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7TH JULY

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17TH JULY

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Robust Rosemary

V
FOOD & DRINK

A hardy herb that will grow with abandon once established, rosemary has a long history of culinary, aromatic and medicinal uses.

WHAT ARE THE HEALTH BENEFITS OF ROSEMARY?

- > A rich source of antioxidants and anti-inflammatory compounds
- > Improves digestion and helps to treat indigestion
- > Enhances memory and concentration
- > Relieves stress and anxiety
- > Protects against cancer
- > Contains carnosic acid which can protect the brain
- > May be able to help prevent Alzheimer's.

HOW TO USE ROSEMARY IN THE KITCHEN

Rosemary salt

To create a rosemary-infused salt, fill a cup with rosemary leaves pulled from the stem and place in a bowl with 3 cups of salt. Stir together, cover and leave to sit for 2-3 weeks.

Rosemary oil

To make rosemary-infused oil, pour 2 cups of olive oil into a small pan and allow to simmer. Remove from the heat and add 3-4 dry sprigs of rosemary. Pour into a sterilised jar and cover with a lid.

Rosemary sugar syrup

Rosemary sugar syrup can be drizzled over cakes, yogurt or fresh fruit for a sweet and fragrant twist. Bring 1 cup of water to the boil and add 2 cups of sugar and 3-4 sprigs of rosemary. Once the sugar has dissolved, remove from the heat and take out the rosemary. Pour into a sterilised jar.

Rosemary lemonade

To make refreshing rosemary lemonade, simply bring 2½ cups of sugar to a boil, remove from the heat and add 9 sprigs of rosemary. Leave to steep for 30 minutes and strain. Add ½ cup of fresh lemon juice and 4 cups of cold water. Chill and serve over ice on its own or with your favourite gin.

Rosemary butter

Soften a stick of butter (but don't melt it) and blend with rosemary leaves that have been removed from the stem and diced into small pieces. Slather on crackers, bread, meat or fish.





Sustainable Salad

Are you fed up with finding soggy, slimy and generally sorry-looking salad in your fridge?

Keep your leaves looking (and tasting) lovely for longer with our top tips for how to keep salad fresh.

GIVE IT SOME TLC: If you fling your salad in your shopping bag with heavier food and drink items such as tins and bottles, then your leaves are highly likely to become bruised and battered. Instead, handle your salad with care and it will be less likely to spoil.

DRY YOUR SALAD: Pre-packaged salads are usually ready to eat and do not require washing. However, sometimes the leaves can look a little damp. If this is the case, give them a quick spin in a salad spinner to remove any excess moisture. Alternatively, gently pat them with a dry cloth or tea towel.

REMOVE ANY SPOILT LEAVES: When you get

your salad home from the supermarket, open it up and remove any spoilt or squishy leaves that could potentially cause fresher leaves to wilt. It can also be a good idea to fluff up your salad before storing.

PLACE IN AN AIRTIGHT CONTAINER: Store your salad leaves in an airtight plastic container that has been lined with a paper towel. This will help to absorb any moisture and keep your leaves fresher for longer.

STORE IN THE FRIDGE: Salad leaves should be kept in the crisper drawer of your fridge as this provides the optimal temperature for fresh fruits and vegetables. This should also help to ensure that your salad does not become partially frozen.

FOLLOW THE SEVEN-DAY RULE: Even if you follow the above tips, bagged salad leaves are not designed to last longer than a week. After this time, it is usually a case of use it or lose it.



CLEAN YOUR CAR like a pro

THERE IS NOTHING LIKE THE LOOK OF A CLEAN CAR. HOWEVER, IT TAKES MORE THAN JUST A BUCKET OF WATER AND AN OLD RAG TO ACHIEVE A SHOWROOM FINISH



Always carry out a pre-wash

This is one of the most important tricks of the trade – any professional car washer worth their salt will remove as much dirt as possible using a hose or jet wash before they start to use their hands to clean a vehicle. This is because both dirt and grime can drag along the exterior and damage the paintwork.



Use multiple buckets

You should always have two buckets to hand, one that contains your washing solution (ideally you should use car shampoo) and one filled with water for rinsing. It is also advisable to use a grit guard to catch the dirt.

Invest in a wash mitt

Although you can use a large sponge and still achieve a good finish, if you want optimum results,

you need to invest in a wash mitt. Typically made from lamb's wool or microfibre, these are much less likely to leave surface scratches as the deep and fluffy fabric absorbs the dirt better than a sponge.

Do not leave to dry naturally

Never leave your car to dry naturally. Instead, use a purpose-built blower, or even a leaf blower, or a triple-layered microfibre cloth to dry your car.



Avoid extreme heat and direct sunlight

Although you may think that the ideal time to wash your car is when the sun is shining, this is actually not the case. Not only will you have to work harder and faster as your car will dry quicker than normal, but extreme heat can affect the strength of the chemicals in the products you are using. Instead, wash early in the morning or after 5pm.

The LONGEST WORDS

that exist

What would be the longest word you can think of right now? Perhaps it could be **Llanfairpwllgwyngyllgogerychwyrndrobwllllantysiliogogoch** – the village on the Isle of Anglesey? At 58 letters, it's actually the second-longest place name in the world after New Zealand's **Taumatawhakatangihangakoauauotamateaturipukakapikimaungahoronukupokaiwhenuakitanatahu** at a whopping 85 letters, which translates to 'St Mary's Church in the Hollow of the White Hazel Near to the Rapid Whirlpool of Llantysilio of the Red Cave'.

Eighty-five letters is a lot for one word, so what are the other longest words that exist?

Pneumonoultramicroscopicsilicovolcanoconiosis (45 letters)

This is a type of lung disease caused by inhaling quartz dust or silica.

Hippopotomonstrosesquipedaliophobia (36 letters)

Of course, the word for a fear of long words would be long.

Supercalifragilisticexpialidocious (34 letters)

While it may have been a word invented for the film *Mary Poppins*, it does appear in the dictionary. As the title character says, it's a word to say when you have nothing else to say.

Pseudopseudohypoparathyroidism (30 letters)

A mild form of pseudohypoparathyroidism, a genetic disorder in which the body fails to respond to the parathyroid hormone.

Floccinaucinihilipilification (29 letters)

This means the estimation of something having no value or being worthless.

Antidisestablishmentarianism (28 letters)

This word was once used to describe opposition to the disestablishment of the Church of England, but now refers to the opposition to withdrawing government support for a religion or church.

Honorificabilitudinitatibus (27 letters)

Seen in Shakespeare's *Love's Labour's Lost*, this means 'the state of being able to achieve honours'.

Thyroparathyroidectomy (22 letters)

The name for the process of removing the thyroid and parathyroid glands.

Incomprehensibilities (21 letters)

A word that you might actually be able to use, this means something that is difficult to understand or comprehend.

With so many of the longest words irrelevant to daily conversation, we think we'll stick with the shorter words.



ALL ABOARD

FOR 5G

THE BRITISH GOVERNMENT IS ACCELERATING THE ROLL-OUT OF 5G TECHNOLOGY... COMING TO A BUS SHELTER NEAR YOU

Take a look at your mobile phone and, if you're in one of the UK's bigger towns or cities at the time, you may see the 5G symbol in the top-right corner (providing you have an up-to-date 5G-enabled phone, that is). This form of telecommunication technology that, at its peak, is 100 times faster than 4G, its rapidly ageing brother, has the capability to completely transform our interconnectivity.

The issue with 5G is that while speeds are seriously impressive, range is not. This is down to the use of millimetre waves, which are a lot shorter than the wavelengths 4G uses.

As a result, the government has been rapidly releasing licences whereby buildings and facilities can be equipped with kit that will boost 5G connectivity.

The good news is that these 'cell sites' can be put up easily and, in most cases, you won't even

know they're there. From streetlights to signposts, bus shelters to CCTV poles, the government has slashed the red tape associated with the roll-out of the project. This is good news for us all – meaning easier installation, quicker connecting of new areas and faster speeds.

In simple usage terms – messaging, checking football scores and so on – you may not notice much difference, but for tasks that used to take hours, such as downloading a HD movie to your phone, the difference is astonishing. A recent survey by Uswitch found that Haul Fryn, a road in Swansea, South Wales, had the fastest download speed of anywhere in the country – 882Mbps, meaning a two-hour HD movie could be downloaded in just 47 seconds.

For years, the internet has meant the world is at our fingertips. With accelerated roll-out of 5G technology, it now feels even closer than that.





KNOW YOUR BITES

Most of the time, insect bites are more irksome than perilous, but that doesn't mean you shouldn't try to identify what has bitten you. It's always better to be safe than sorry.

Bedbugs | Danger rating: 2/5

Bedbugs leave a small bite mark on the skin that can be red and very itchy. They are often found on areas of the body not covered by clothing, such as hands, neck and feet. In rare cases, someone may experience a serious allergic reaction to a bedbug bite.

Bees/Wasps | Danger rating: 3/5

Bee stings result in a red skin bump that has a white circle around it. You are also likely to experience swelling, itching and some pain. With a wasp sting, a raised welt will appear around the site and you may feel itching, burning and a sharp pain. A severe allergic reaction to a bee or wasp sting can be life-threatening.

Fleas | Danger rating: 1/5

Flea bites are instantly recognisable by an itchy welt on the skin which is surrounded by a red halo. These are often found in clusters on the ankles and legs.

Mosquitos | Danger rating: 2/5

Mosquitos leave a raised, itchy, pink skin bump. You may find you have multiple bites in the same area. In rare cases, someone may experience a serious allergic reaction.

Spiders | Danger rating: 4/5

Most spider bites cause minor symptoms, such as red skin, swelling and pain at the site. However, some spiders found in the UK are venomous and their bites can cause nausea, vomiting, dizziness and/or sweating. Spider bites can also become infected or cause a severe reaction in some cases that requires immediate medical care.

Ticks | Danger rating: 3/5

If you are bitten by a tick, you may notice a red bite, a rash, itching and burning. Around two per cent of tick bites cause Lyme disease, which can result in fever, fatigue and rashes.



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5 DISTURBING FACTS ABOUT *drowning*

To raise awareness of Drowning Prevention Week, which takes place between June 18 and 25 this year, we have collated five disturbing facts about drowning that you should be aware of.

1. YOU CAN DROWN IN AS LITTLE AS 30ML OF LIQUID

Although most people associate drowning with large bodies of water such as swimming pools and the sea, you can drown in as little as 30ml of liquid. There are reported cases of people, particularly children, drowning in buckets, toilets and even puddles.

2. PEOPLE WHO ARE DROWNING WON'T SHOUT AND WAVE THEIR ARMS

When people are drowning in films, they tend to be shouting for help and waving their arms in the air to attract attention. Sadly, when someone is drowning, this is not physically possible. The body goes into survival mode and prioritises breathing over all other actions.

3. MOST DROWNING DEATHS OCCUR WHEN SOMEONE IS INTOXICATED

As many as 70 per cent of deaths caused by drowning in adults and adolescents involve the use of alcohol. When you are intoxicated, your judgement, balance and motor skills all become impaired, which puts you at much greater risk of drowning.

4. YOU DROWN DIFFERENTLY IN FRESHWATER AND SEAWATER

While you may think that drowning in the sea would be more common, as many as 90 per cent of drowning cases occur in freshwater. Owing to the composition of freshwater, which is more similar to our own blood than seawater, you can drown in freshwater in as little as two or three minutes. However, drowning in seawater can take up to 10 minutes.

5. DELAYED DROWNING CAN OCCUR AFTER YOU GET OUT OF THE WATER

There are two types of delayed drowning: dry drowning and secondary drowning. Dry drowning occurs when you inhale water through the nose or mouth, causing a spasm in the airway and preventing air from entering the lungs. Secondary drowning results from a swelling of the air sacs in the lungs.



5 NATURAL ALTERNATIVES TO *deodorant*



If you are looking for a more natural way to banish body odour, then we can help you. Check out these five deodorant alternatives that are completely chemical-free and promise to keep you feeling and smelling fresh for longer.



Witch hazel

Not just great at soothing sunburn and stopping spots, witch hazel is also a natural astringent and an anti-inflammatory, meaning it can soak up excess moisture and kill unwanted bacteria. Plus, it gets rid of odour fast.

Simply place a dab of witch hazel onto a cotton cloth and rub it on your underarm area. Reapply as and when needed.



Baking soda

Baking soda makes a great natural personal hygiene product and can be highly effective in banishing underarm smells. Mix 1/8 tsp with a little water and rub under your arms. Or to combat perspiration, mix one part baking soda with six parts cornflour and dust the affected area. Avoid if you have sensitive skin.



Lemon juice

Lemon juice contains citric acid, which has the ability to naturally get rid of odour-causing bacteria. All you need to do is squeeze 1 tsp of lemon juice onto a cotton ball and apply to your underarms. Do not do this directly after shaving.



Apple cider vinegar

This clever ingredient is antibacterial and is able to both absorb and neutralise unpleasant odours. Simply mix 1 tbsp with 1 tbsp of water and apply under your arms using a clean cloth.



Coconut oil

Coconut oil is antiviral and antibacterial, so is the perfect ingredient for eliminating odours caused by bacteria. Take 1/4 tsp of coconut oil and rub it directly under your arms using a cotton cloth. Allow to dry completely before dressing as it can stain clothes.



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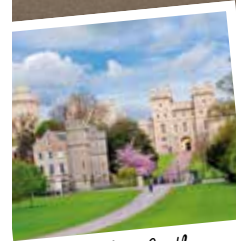


TRAVEL

Your guide to the best SMALL TOWNS IN ENGLAND

When it comes to exploring England, you probably think of taking in the big cities like London, Manchester and Liverpool. But the truth is, there are a lot of great towns in England that are worth your time.

Here's your guide to the best small towns in England.



Windsor Castle

Windsor, Berkshire

It may be home to The Queen, but Windsor is still considered a small town. You can explore the beautiful streets in the main part of the town, or travel a little further to enjoy Legoland.

Windsor Castle should be at the top of your must-visit list, as well as St George's Chapel.



Castle Combe

Castle Combe, Wiltshire

The Cotswolds is full of many gems, but not all have the honour of being dubbed 'the prettiest town in England'. Castle Combe offers plenty to do, including some beautiful walks where you can spot familiar settings from movies such as *War Horse*, *Downton Abbey* and *Stardust*. Many of the homes put out fresh produce in honesty boxes, which are worth visiting to collect goods for a picnic in the countryside.



St Nectan's Glen

Tintagel, Cornwall

Tintagel is found on Cornwall's Atlantic coast, an incredible town with a lot to offer.

A hike to St Nectan's Glen – which has been voted an area of outstanding natural beauty – will take you to the stunning 60-foot waterfall.

Explore different tea rooms, pasty shops, cafés and more to soak up everything Tintagel has to offer.



Chatsworth House

Bakewell, Derbyshire

Bakewell is a charming town that is famous for the Bakewell tart, but it's the scenery that will really resonate with you. It has some beautiful locations, as well as plenty of pubs to dine in and have a quiet and relaxing drink.

While you're in Bakewell, be sure to visit Chatsworth House, the filming location for many period dramas, including *Pride and Prejudice* and *The Duchess*.

Next time you're looking to plan a day out, consider one of these fabulous small towns. There are so many great spots to explore in England, so be sure to find out what's out there and make the most of this incredible country.





Cashback CATASTROPHE?

DO CASHBACK CREDIT CARDS REALLY WORK? AND WHAT SHOULD YOU LOOK OUT FOR WHEN USING THEM?

Offering incentives to put purchases on one card over another is an obvious way of engaging consumers, but the psychology behind cashback cards means you can very quickly be sucked into a trap where the pursuit of a discount becomes a cost, not a reward.

going to be paid off, then there's no reason not to sign up to a cashback deal... providing you only buy things you'd be equally happy to purchase for cash.

The harsh reality is lenders will quickly tap into the psychology of people not only getting money back on a purchase, but also not having to pay for 30 days or more, and that leads to treating ourselves when there's little justification, and making expensive purchases that we may come to regret. To ensure you are clearing the balance, consider setting up a direct debit.

WHEN CASHBACK CREDIT CARDS DON'T WORK

If you're not clearing your balance each month, or you pay an annual fee for your card, the amount you will pay will very likely wipe out the cashback earned on your card, making it a false economy. Explore the various rates and do the maths.

A cashback credit card needs to be handled by someone who is regimented, knows their numbers and can exercise self-control. Many of us just aren't configured that way... and if that's you, steer clear.

THE PREMISE

For every pound you spend, you are paid a percentage back by the card provider. Typical rates are one per cent, but bigger rewards and other initiatives are available if you shop around.

WHEN CASHBACK CREDIT CARDS WORK

Cashback credit cards should only be used for things you are going to buy anyway, and never as a method for justifying a purchase because it in effect offers a small discount.

Consider your ability to clear the credit card balance, too – if what you're putting on a card is



CAN YOU manage?

WHAT YOU NEED TO KNOW ABOUT HIRING A PROPERTY MANAGEMENT COMPANY

Renting out a property and being a landlord is not an easy job. If you have a property to let, hiring a property management company could be one way of making the job a little easier.

Should you hire a property management company to take care of your rental? Take a look at the pros and cons to help you make the right choice for you.

Pros of hiring a property management company:

- Ease the responsibility of property management. From collecting rent to maintenance, they'll take care of everything on your behalf.
- Property management companies will source and vet tenants, taking the responsibility off you.
- Management companies with their own vendors and contractors could save you money on maintenance costs compared to sorting the work yourself.

Cons of hiring a property management company:

- You'll pay a fee to use a property management company, which will affect how much money you take home from rental fees.
- As property management companies manage multiple properties, tenants might not get the same attention a hands-on landlord would provide.
- Using a property management company could

make you less aware of what's going on with your property.

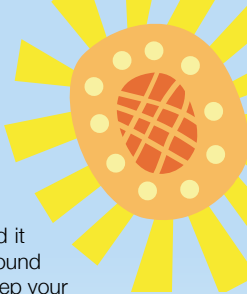
Why hire a property management company?

Ultimately, hiring a property management company saves time, helping you benefit from a rental income without the hassle of dealing with tenants or maintenance. It's not a choice for everyone, but it could be the ideal solution if you don't have much time on your hands. Make some enquiries and find a company you can trust.





AS THE WEATHER HEATS UP, MAKE SURE YOU DO YOUR BIT FOR LOCAL WILDLIFE



The temperature is hotting up, and while most of us welcome these sunnier days, the same isn't always true for our community critters. The good news is that there are a lot of things you can do for wildlife in the hot weather to help keep them safe from the sun.

Fill up your feeder: Birds can find it tough to find food when the ground is dry and worms are scarce. Keep your bird feeder topped up and put out some fruit, such as apples and soaked raisins, for animals on the ground.

Create shaded spots: Animals may struggle to find shade on a hot day, but you can help by putting logs, large rocks or wooden planks around your garden to help create shade.

Keep your pond topped up: Remember to keep an eye on your pond and top it up if needed. This will help any fish that you have, as well as other visitors who use your pond as a water source.

Provide fresh water: Spells without rain can mean that a lot of natural water sources have dried up for your garden visitors. Putting out some fresh water will help thirsty animals and insects. Keep it shallow and put some rocks in there to help insects get out if they fall in.

Put in a bird bath: A bird bath is a great way for birds to keep clean and cool. You can buy them at garden centres and other retailers, or you could make your own as a fun DIY project.

These simple steps will make a big difference to your local wildlife.



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GARDENING

Create your own outdoor CINEMA

There's no better way to spend a warm summer evening than watching a film under the stars. Outdoor cinemas have become very popular in recent years, and with just a few simple steps, you could build one in your own garden.

Get ready to make those summer nights even better with your own outdoor cinema.

CHOOSE THE RIGHT SPOT

First, you'll need to find the perfect spot for your cinema. You'll want somewhere that's dry, preferably flat, and where you can easily set up your screen.

BUY A PROJECTOR, SCREEN AND OTHER ESSENTIALS

Find a projector that fits your budget. Anything over 3,000 lumens is ideal for being able to see a film in bright conditions. There are a lot of budget projectors that produce a high-quality image that's ideal for home theatre use. You may also need to invest in a screen (or a white bedsheet) and some speakers or headphones.

GET YOUR KIT SET UP

Get everything connected and ready. You'll need to choose how you're connecting your projector, whether that be wireless, Bluetooth or via a game console/DVD player.

CREATE A COMFY SETUP

Make your setup nice and cosy with plenty of cushions and blankets. Use your garden furniture, deckchairs or even outdoor beanbags. Cushions from your garden furniture also make excellent seating if you fancy perching on the ground. You might want hot water bottles to hand to keep you warm if things get a little chilly.

GET YOUR SNACKS READY

Finally, get your snacks ready. Popcorn and sweets are a classic, or you could opt for nachos, burgers, hot dogs or pizza for something a little more filling.

An outdoor cinema is the perfect addition to any garden, providing night after night of entertainment in the comfort of your own home.

Photo credit: idealhome.co.uk, ao.com, cinemahire.co.uk



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PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

ACROSS

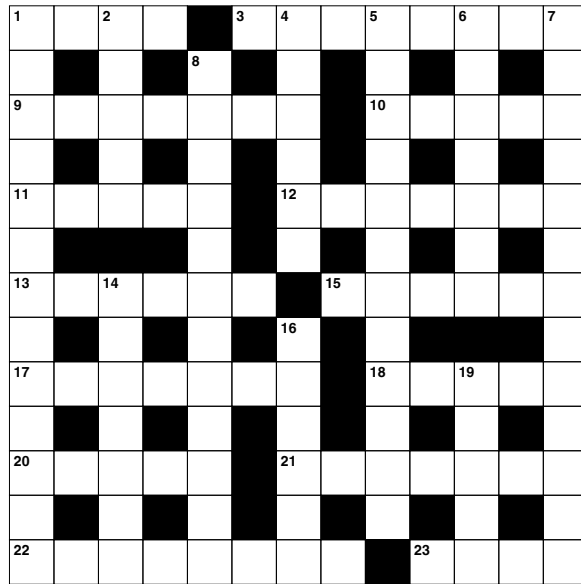
- 1. Eurasian crow (4)
- 3. Excessively emotional (6,2)
- 9. Time off (7)
- 10. Sudden movement (5)
- 11. Steer (anag) (5)
- 12. Wicked look that causes harm (4,3)
- 13. Possessing (6)
- 15. Wind instrument (6)
- 17. More sugary (7)
- 18. Freight (5)
- 20. Deduce or conclude (5)
- 21. Currents of air (7)
- 22. Disregarding oneself (8)
- 23. Depend on (4)

DOWN

- 1. Connections or associations (13)
- 2. Willow twig (5)
- 4. Complied with a command (6)
- 5. Children's toy (12)
- 6. Medieval cell (7)
- 7. Affectedly (13)
- 8. Occult (12)

- 14. Necessary (7)
- 16. Eats grass (6)

- 19. Verse (5)



DID YOU KNOW?

► There are more than 500 species of shark, with around 143 of them listed from vulnerable to critically endangered by the International Union for Conservation of Nature.

► Great white sharks are partially warm-blooded, meaning they can move faster when hunting prey.

► Less than 10 per cent of whale sharks are thought to survive to adulthood, but those who do can live up to 150 years old.

► The Antarctic blue whale is the largest animal on the planet.

► Humpback whales in the Southern Hemisphere don't eat for much of the year. They live off fat reserves for around five-and-a-half to seven-and-a-half months each year as they migrate.

Facts courtesy of WWF-UK

SUDOKU

7	5						2	
		6		5				
					4		8	1
6			9					
1		8				9		4
					3			8
2	4		7					
				3		4		
	6						9	3

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