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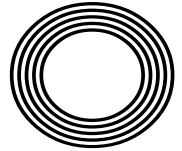
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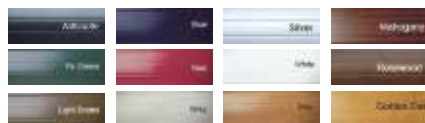
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Editor's notes...

JULY 2022



Nik Allen, Editor

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

I write this after the pomp and pageantry of the Queen's Platinum Jubilee, and still with the sounds of regal fanfare, tradition and celebration ringing in my ears.

For all the conjecture about the Royal Family and their relevance to our lives in 2022, a four-day weekend of celebrations I felt was a fitting tribute to a wonderful lady, Queen Elizabeth II.

And yet, what inspired and delighted me most weren't the big events at Buckingham Palace and St Paul's Cathedral. I was instead charmed by the plethora of street parties held in every corner of the country.

It dawned on me how much I had missed these community get-togethers, where streets were cordoned off, children played until sunset and neighbours took real time to catch up.

We'd seen this indomitable spirit in those days of lockdown, where people rallied together, but the Jubilee weekend saw that notion played out in celebration rather than fear.

Finally, after missing out for two years, we could revel in what really matters - the people around us and the streets on which we live. It's proof, if it was ever needed, that big things come from small actions.

Nik Allen

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

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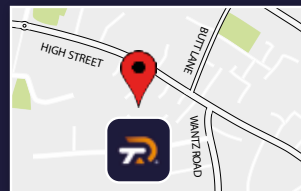
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A RACE *for the* TAPE

CELEBRATING THE LIFE OF THE LEGENDARY JOCKEY, LESTER PIGGOTT

We are used to identifying icons in popular culture – stars who have committed decades to their pursuit, taken home countless honours and, in the process, inspired a generation to try to emulate their achievements.

As far as the sporting world goes, from Muhammad Ali to Serena Williams, Freddie Flintoff to David Beckham, we can reel off the names of defining stars with relative ease, though despite their intense and varied achievements, the question of whether they can rival those of the late Lester Piggott is an interesting one.

Certainly in terms of longevity of a professional career, none comes close. Piggott, who passed away in May, rode his first winner at the age of just 12, way back in 1948, at Haydock Park. And five decades later, he was still taking the plaudits – his last winner also came at the Merseyside track, at the age of 59.

In total, Piggott rode a colossal 4,493 winners – a sporting legacy fuelled by half a glass of champagne each day, a few coffees and a handful of cigars.

Nicknamed the Long Fellow, given that at 5ft 8in he was tall for a jockey, his pedigree in the saddle never faded, and to back up the admiration he gleaned as the UK's favourite jockey, he had a rogue-like edge that, while courting admiration from contemporaries – and the opposite sex – also landed him in hot water from time to time.

This was never more the case than when the champion jockey was arrested and found guilty of tax evasion in 1986. He was subsequently given a three-year prison sentence (later reduced to one year) and stripped of his OBE, as it transpired he hadn't declared £1.3million of income received from riding, plus a further £1million from bloodstock operations.

It seemed peculiar that a multimillionaire would feel the need to defraud the public purse, but Piggott was very much a man in his own creation, and abiding by the rulebook wasn't part of his plan.

"If I was to toe the line, I would never have got to where I was in my career; I would never have ridden my first horse when I was 12," he said in an interview with the BBC. "I always wanted to take things one step further, to push the narrative, to challenge boundaries.

"I think if you want to get somewhere and if you want to be someone, this is the route you need to take... even if sometimes it may not work out the way you planned."

In 2021, Piggott was one of the first two entrants in the British Champions Series Hall of Fame – alongside the horse Frankel.

Although a private man, in later years Piggott remained active in the horse racing world, and was a close friend of the Queen. He had two daughters and a son, and passed away in hospital in Geneva, Switzerland, on May 29, aged 86.



Full of PRIDE

CELEBRATING THE PROGRESS OF PRIDE IN THE UK AND ELSEWHERE

It's perhaps surprising to note that Pride, a collection of events that celebrate the progress and popularity of the LGBTQ+ movement, actually comes from a place of conflict.

Certainly, our modern interpretation of Pride and, by association, LGBTQ+ Pride Month, which took place in June, is one where people can express their sexuality in a way that brings it into mainstream conversation.

It wasn't always like this. Back in 1969, and under the moniker Stonewall, a series of riots around Manhattan provided a watershed moment. The name referenced the Stonewall Inn, a gay bar in Greenwich Village where transgender people rioted following a raid by police.

Looking now at the way Pride is encouraged in all its forms, it's clear we have come a long way since then.

In the UK, parades in London and Brighton are some of the most popular of any live events held to celebrate Pride. Across the pond, various US presidents have committed to referencing and promoting Pride Month, while corporations the world over throw their collective marketing might behind that familiar multicoloured flag.

What's more, last year the United Arab Emirates supported the LGBTQ+ community in a way they had never before by raising the rainbow flag to celebrate Pride Month; and with the World Cup due to be held in Qatar at the end of the year, the Middle East remains under significant pressure to uphold its renewed pledge for dignity and equality.

These days, Pride is more than a dress code, a parade or a festival. It is a 24/7 lifestyle that encompasses people of all different persuasions, in pursuit of respect, tolerance and understanding. And it's a battle that's being won.



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ART THERAPY

with Rebecca Sicardi

WHY REBECCA SICARDI'S DESIGN VISION IS GOOD FOR THE HOME AND THE MIND

We can all relate to a piece of furniture, or a space, or an entire house transporting us to a place of mindful calm, but designer Rebecca Sicardi took the concept one step further when launching her interior design business in 2017.

Despite studying History of Modern Art at Manchester University, it was only when she began decorating her duplex apartment in Hackney that the concept of satisfaction and gratification really came to the fore for the designer, who prioritises subtlety, restfulness, neutral shades and stripped-back finishes in order to promote a place of sanctity, harmony and calm.

She explains: "I don't think it's a secret that most of us will respond well to relaxed, subtle shades and tones, and they really are at the heart of what I create as a template for thought."

"On top of that, I will add context, detail and stimulation in the form of statement pieces or effects that really stand out."

By the designer's own admission, it's not a revolutionary way of thinking; however, in an era where we are impacted by so many modes and messages, reconnecting with sanity, clarity and a sense of clearness could be the ultimate antidote to the world's ills.

The words 'sensitivity' and 'sanctuary' permeate so much of what Sicardi styles, with pastels, wood, stone and rattan offering a base on which everything else can be constructed.

As for Sicardi's recommendations for others looking to follow her design style, she suggests always checking colours carefully, especially 'off-whites', valuing texture and materiality over almost anything else, and using a pared-back palette as a starting point before adding on top, while always telling a story through the art and furniture you select.

She adds: "Don't expect it to work first time. Persist with what feels as if it might work, because with persistence, it will."



Photo credit: rebeccasicardi.com

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HOME & DIY



DESIGNING A small bathroom



Your bathroom is an essential room in your home – you'll use it multiple times a day. But many people think that a small bathroom has limited potential, making it difficult to create a modern and stylish space.

The good news is that even a modest bathroom can be beautiful with the right design. Take a look at our tips for creating a stylish, functional bathroom, even when you're working with a small space.

CREATE ZONES: You can make a space look larger by creating defined bathroom zones. Tiling or panelling your sink area, a block colour above the toilet and a contrasting floor can create the illusion of space. It will also make your bathroom look slick and modern.

FREE UP YOUR FLOOR SPACE: A freestanding bath, towel rail and wall-hung vanity units can leave you with more visible flooring, making your bathroom look much bigger. Get clever with shelving instead of opting for storage units. You can build shelving into your shower, or make the most of some wall space to store all of your essentials.

LET THERE BE LIGHT: Keep your space light to help it look bigger. Light shades on the walls, glass shower doors and a large mirror will help keep your room nice and bright.

USE THE LITTLE TOUCHES TO ADD STYLE: There are a lot of stylish touches you can add to a small bathroom to help it ooze style and class. Matte black or brushed gold hardware looks beautiful, while plants and wall art can also make your bathroom feel more inviting.

A small bathroom can still be mighty. Consider the options above to make the most of the space you have and ensure your bathroom is lovable and livable.



Photo credit: arazalvine.com/Pinterest, love renovate.co.uk/Pinterest





COME OVER TO THE DARK SIDE

While black might not be the first colour that comes to mind for a baby's room, this gender-neutral shade is becoming increasingly popular in the nurseries of the rich and famous. Here are some suggestions for decorating with black.

GO FOR GOLD: If you are looking to create a glamorous room for you and your baby to spend time in together, then a black and white nursery room with a few touches of gold is the way to go. Opt for black walls, a combination of black and white furniture, and some well-placed gold accessories.

ADD WARMTH WITH WOOD: To design an earthy, natural-looking nursery, paint a dominating wall in black to give the space a sense of drama and definition and then add warm woods and rich textures to create feelings of comfort.

USE BLACK AS AN ACCENT: If you are not ready to paint an entire wall black, then why not try adding some black accents to your nursery? You could add a black toy storage box, a black wicker basket, or mix and match black accessories with animal print.

MIX AND MATCH PATTERNS: Stick to just black and white as your colour scheme of choice and then add depth and visual interest by mixing and matching whimsical graphic patterns. Think a black and white striped rug, black and white spotty blankets, and black and white patterned wallpaper.

PAINT THE CEILING BLACK: For an ultra-modern nursery, set black against white by painting all the walls white and the ceiling black. Providing stark contrast, you can then add your choice of accessories either in a pop of colour, such as yellow or orange, or continue the monochrome theme.

Photo credit: www.nurserydesignstudio.com, @winterdaisy/Instagram, Tealrybchuck/Instagram, StyledByNinaJ/Instagram



ISLAND HOPPING BY DESIGN

Greece's design aesthetics have typically been regarded in the sense of the ancients – the coming together of the Doric, Ionic and Corinthian orders in an appreciation of the classical architecture found in towering columns, stone temples and buildings.

While the template was set by others many thousands of years ago, the classic but cool elements of design from modern style contemporaries is leading a whole new generation of fans to flock to the Greek islands.

Take **Milos**, for instance – an island whose fishing heritage has led to the creation of a proliferation of single-storey lodges made of stone and decorated with local materials with, typically, a white or grey palette.

Then there is the **Athens Riviera**, a more populous and money-motivated area, where nearby forests have provoked a string of seaside spaces that rely more on timber and versatile fabrics, such as woven leather, particularly those with weather-resistant capabilities.

In **Syros**, the island vibe leads to artistic flair dressed in a veil of sustainability and self-

preservation. A two-hour ferry ride from Athens transports people to a neoclassical paradise that offers echoes of Capri, without the unnecessary excess.

And what about **Antiparos**? Although a stylish idyll first made popular by the English poet Lord Byron, there remains a rustic, simple charm to the architecture on show, with stone walls, wicker frames, rattan furnishings and a mass of driftwood.

In **Santorini**, this volcanic isle does everything at sharp angles. Like much of the Amalfi Coast, buildings overlap and overhang, yet the dazzling white brightness of apartments disguises very well their angular elements. Medieval hilltop towns feel a world away from the seaside cafés and restaurants, but there is a cleanness to both that makes the island so special.

Finally **Mykonos**, which has discovered a recent surge in popularity, enveloping everyone from entrepreneurs to indie bands. The vibe is totally relaxed, however, on an island inspired by cubic architecture, and with a mood that combines sharp lines with stylish poolside pads.

Photo credit: @elonnie/Shutterstock.com





LOCAL NEWS

from your neighbourhood



Photo Credit: Essex Police

Members of crime group ordered to pay £800k

Maldon residents who were part of an organised crime group have been ordered to pay back more than £800,000 following a proceeds of crime hearing. Abdul Hamid, 35 (pictured left), formerly of Sassoon Way, who headed the multimillion-pound drugs ring, and his girlfriend, Danielle Stevenson-Roberts (pictured right), have been ordered to pay back a total of £811,694.07.

Hamid was previously sentenced to 18 years in jail, while Stevenson-Roberts was jailed for eight years. The profits they made from selling class A drugs in

Essex were laundered through businesses run by the pair in Maldon, including a tanning salon.

Following a proceeds of crime hearing at Chelmsford Crown Court on June 15, Hamid was ordered to pay back £775,011.07, while Stevenson-Roberts was ordered to pay £36,683.

Both face an additional seven-year sentence if they default on the payments.

Detective Inspector Frazer Low, of Essex Police, said: "The message this sends is clear: we will pursue you if you are involved in organised crime in Essex."

Funding approved for new primary school

A new primary school will be built in Maldon after multimillion-pound funding was approved.

Essex County Council (ECC) gave the green light on June 21 for a new school at the Limebrook Way housing development in Maldon, where approximately 1,800 homes will be built.

The approved £20million of funding will also go towards a new school in Basildon.

The school in Maldon will create 420 school places, with 56 spaces in early years and childcare provision. It is expected to be complete by September 2024.

A spokesperson for ECC said: "This new school will ensure even more children in Maldon get their preferred school place. It will also negate the need for families to travel out of area for school, which in turn reduces the number of cars on the roads."

Paul J King

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LOCAL NEWS MALDON

Asbestos found in 38 council-owned buildings

Asbestos has been found in 38 council-owned properties in Maldon.

Following a survey conducted by the Labour Research Department and commissioned by the Trades Union Congress, the published report states that the 38 buildings in Maldon "mostly" had public access, but for some, the duty to inspect lies with the leisure management company or leaseholder.

The inspection excluded schools and houses but did include other buildings open to the public, including leisure centres and burial ground chapels.

Asbestos was banned as a building material in the UK in 1999, as inhaling it can lead to serious lung conditions, but it can still be present in older buildings.

Councillor Penny Channer, Leader of Maldon District Council, said in a statement: "All of the properties for which we have direct responsibility have been inspected by a specialist contractor, samples taken and analysed, and a management plan put in place.

"This plan includes annual inspections to ensure they [the buildings] pose no risk to members of the public who use them. Unless the asbestos becomes damaged, there is no risk to anyone. In line with the Control of Asbestos Regulations 2012, we will only remove the asbestos if there is a need to do so.

"We continue to monitor these sites on an annual basis, and we will shortly be engaging a specialist contractor to undertake a further inspection."

New Italian restaurant set to open this summer

A new Italian restaurant will open in Maldon this summer. SALT, which will be located in the High Street, is an independent Italian grill and bar offering pizza, pasta and cocktails.

It will be run by Francesco Caruso, Armando Stringa and Roberto Muca. A spokesperson said: "SALT offers a menu that gives local residents and visitors alike a taste of authentic and modern Italy.

"This is paired alongside exceptional quality cocktails and some of the finest Italian and worldwide wines served within a superb atmosphere."

The restaurant has set up an Instagram and TikTok to provide updates. Follow it @saltbarpizza. An opening date is expected to be announced soon.



Photo credit: SALT Restaurant

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LOCAL NEWS

from your neighbourhood



Photo credit: @mironical_owner

Beloved pontoon damaged beyond repair

The future of the ferry landing in Burnham-on-Crouch is in doubt as insurers have refused to pay for damage caused by storms.

Maldon District Council (MDC) confirmed on June 17 that damage caused by Storm Eunice earlier this year will not be covered by insurers as the pontoon was already in need of repair.

MDC says it will provide an update "once a suitable solution has been identified", but in the meantime, the public ferry landing, which was installed in 2006 to replace the Burnham-on-Crouch Town Steps, is uncertain.

In a statement, a spokesperson for MDC said: "We had already identified the pontoon was in need of replacement prior to the storm, and arrangements

were due to be put in hand.

"Various independent safety checks have confirmed the asset has come to the end of its life and is beyond economic repair.

"Our insurers have said that they will not cover the cost to replace the pontoon as it was already in need of replacement, so the council will investigate options for a suitable replacement and proactively explore the funding opportunities.

"In addition to the storm damage, during the recent safety checks it was noted that the steps and foundation stone, which date back to 1943, are showing signs of structural movement and this has now been raised with the Environment Agency as the steps are part of the sea wall."

Political leaders visit primary school as part of tour



Photo credit: Essex County Council

Education was on the agenda as political leaders visited Burnham-on-Crouch as part of a tour of the local area.

While touring the Maldon district, councillors from Essex County Council visited Burnham-on-Crouch Primary School and Treetops Preschool.

County councillors Tony Ball (pictured above left) and Beverley Egan (pictured above fourth from left) spoke to parents at both locations and listened to their concerns about the lack of post-16 and -18 education and skills opportunities in the district, and the strained school capacity particularly for special educational needs and disability.

The tour was also an opportunity to strengthen the partnership between Essex County Council and Maldon District Council (MDC).

Leader of MDC Penny Channer said she hopes to work with county councillors in areas such as economic and cultural renewal, equality of opportunity and tackling social challenges.

She said: "I am very proud to represent the Maldon district. There is a sense of pride that exists in the area, from historic high streets to coastal towns and villages, fabulous landscapes and buildings, amazing food and drink, open space, big skies and opportunities.

"But we are not without our challenges."

Cabinet members on the tour said they hoped to gain understanding from their visit to help them with future decision making around services and investment in Burnham and the wider area.

Acts confirmed as exciting carnival plans take shape

Planning for this year's Burnham-on-Crouch Carnival is underway, with numerous family-friendly entertainment acts already confirmed.

The carnival, which is one of the most popular events in the Burnham calendar, will take place from 10am on Saturday, September 24, with an illuminated procession from 7.30pm.

Entertainment confirmed includes Miraiker Wallace and her circus workshop, Ormiston Rivers Academy performance, E and E dance, singer Miss Morgan, tug of war, Zumba display by Amanda Poll, 999 races, a funfair, and much more.

Organisers are also on the hunt for volunteers to help with the festival.

A post on the event Facebook page reads: "We need help putting out barriers and manning road closures. Even just one hour of your time would be great.

"Also if anyone knows any entertainers or celebrities who want to be involved, please get in touch.

"We have one, maybe two, 30-minute slots left on the day."

More information can be found on the Burnham-on-Crouch Carnival 2022 Facebook page.

Residents give praise for 'excellent' art trail

This year's Burnham Art Trail has been hailed a success after a huge number of people took part.

The annual trail took place from June 18 to 26 with a total of 34 venues across the town displaying a wide variety of creative talent.

Burnham Museum was the hub of the event, with all participating artists having at least one piece of work represented on a display in the museum for visitors to view.

Many of the locations and themes represented in the trail were recognisable to visitors, as several artists were inspired by Burnham's unique environment.

Margaret Wood, who visited the art trail from Chelmsford, said: "I thought it was an excellent trail and clearly a lot of organising had gone into the event.

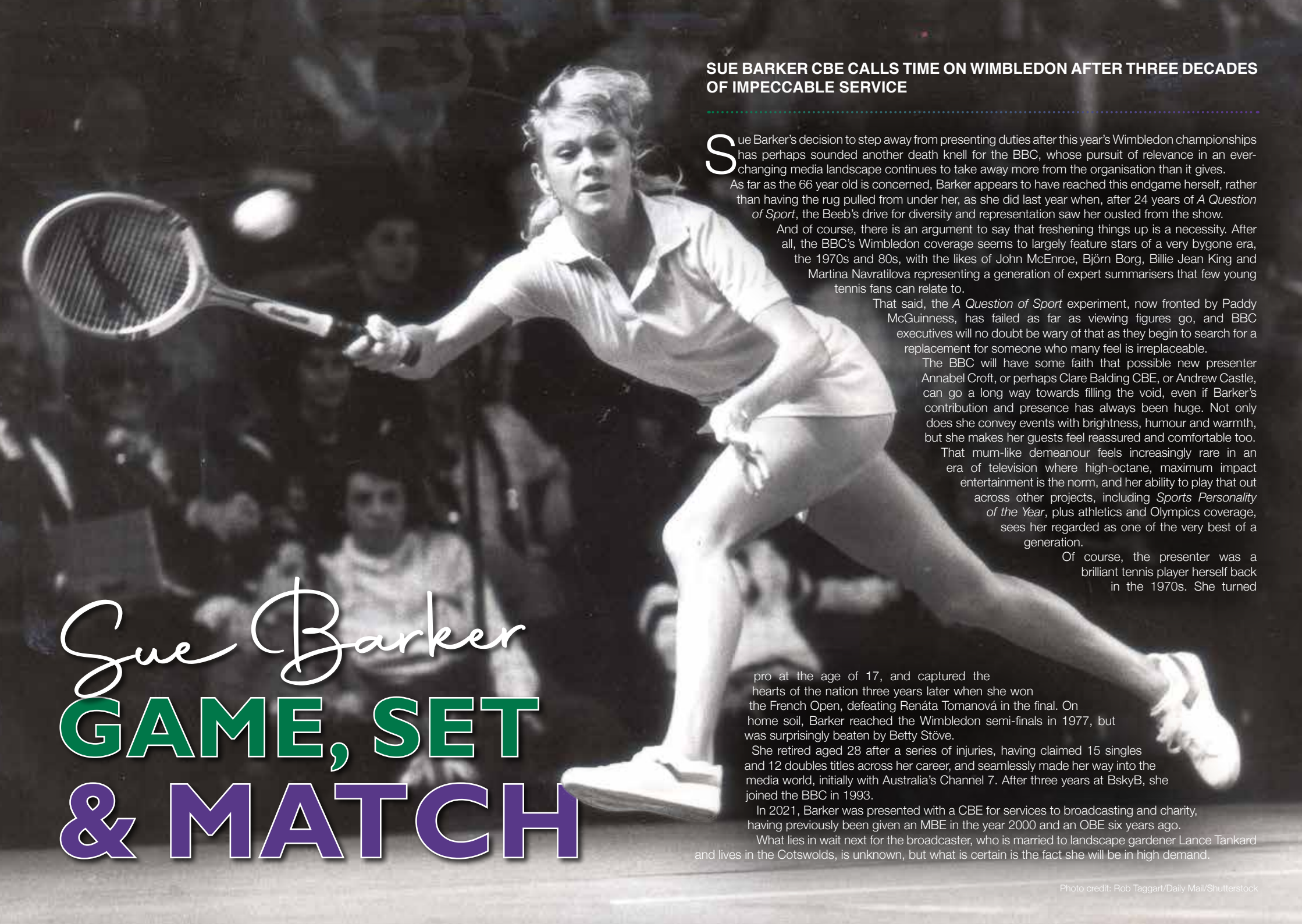
"I found the art in the museum a great way to get an insight into the artists taking part and couldn't fault the volunteers who were cheerful and helpful."

For more information on the Burnham Art Trail, visit www.burnhamarttrail.co.uk



Photo credit: Burnham Art Trail





SUE BARKER CBE CALLS TIME ON WIMBLEDON AFTER THREE DECADES OF IMPECCABLE SERVICE

Sue Barker's decision to step away from presenting duties after this year's Wimbledon championships has perhaps sounded another death knell for the BBC, whose pursuit of relevance in an ever-changing media landscape continues to take away more from the organisation than it gives. As far as the 66 year old is concerned, Barker appears to have reached this endgame herself, rather than having the rug pulled from under her, as she did last year when, after 24 years of *A Question of Sport*, the Beeb's drive for diversity and representation saw her ousted from the show.

And of course, there is an argument to say that freshening things up is a necessity. After all, the BBC's Wimbledon coverage seems to largely feature stars of a very bygone era, the 1970s and 80s, with the likes of John McEnroe, Björn Borg, Billie Jean King and Martina Navratilova representing a generation of expert summarisers that few young tennis fans can relate to.

That said, the *A Question of Sport* experiment, now fronted by Paddy McGuinness, has failed as far as viewing figures go, and BBC executives will no doubt be wary of that as they begin to search for a replacement for someone who many feel is irreplaceable.

The BBC will have some faith that possible new presenter Annabel Croft, or perhaps Clare Balding CBE, or Andrew Castle, can go a long way towards filling the void, even if Barker's contribution and presence has always been huge. Not only does she convey events with brightness, humour and warmth, but she makes her guests feel reassured and comfortable too.

That mum-like demeanour feels increasingly rare in an era of television where high-octane, maximum impact entertainment is the norm, and her ability to play that out across other projects, including *Sports Personality of the Year*, plus athletics and Olympics coverage, sees her regarded as one of the very best of a generation.

Of course, the presenter was a brilliant tennis player herself back in the 1970s. She turned

pro at the age of 17, and captured the hearts of the nation three years later when she won the French Open, defeating Renáta Tomanová in the final. On home soil, Barker reached the Wimbledon semi-finals in 1977, but was surprisingly beaten by Betty Stöve.

She retired aged 28 after a series of injuries, having claimed 15 singles and 12 doubles titles across her career, and seamlessly made her way into the media world, initially with Australia's Channel 7. After three years at BskyB, she joined the BBC in 1993.

In 2021, Barker was presented with a CBE for services to broadcasting and charity, having previously been given an MBE in the year 2000 and an OBE six years ago.

What lies in wait next for the broadcaster, who is married to landscape gardener Lance Tankard and lives in the Cotswolds, is unknown, but what is certain is the fact she will be in high demand.

Sue Barker
**GAME, SET
& MATCH**



Lady THRILLER

THE LEGEND OF THE DARING LADY GODIVA

If you thought public displays of nudity were a risky manoeuvre in 2022, then consider the furore kicked up way back in 1040 when Lady Godiva went parading through the streets of Coventry wearing nothing but her birthday suit.

Not only was this plucky nude undertaking the bold move on horseback, but the subject also turned out, no less, to be the wife of the Earl of Mercia, the man responsible for putting in place an oppressive taxation policy in the city.

In fairness, Lady Godiva had given her husband fair warning of the brazen task she was about to undertake. Legend states that she made repeated pleas to the Earl, though they fell on deaf ears.

In preparation for her jaunt through the cobbled streets, Godiva did issue a proclamation that all persons should stay indoors and shut their windows.

There is said to have been just one person who disobeyed the lady's wishes, a tailor ever afterwards known as Peeping Tom, whose legend is arguably now even greater than her own.

The people of Coventry still, to this day, celebrate Lady Godiva's attempt to create a better life for residents – the Lady Godiva Clock, in the main shopping thoroughfare, displays her ride through the town, and also features Tom's voyeuristic actions from an upper window.

She is also featured in a permanent exhibition at the city's Herbert Art Gallery & Museum.

It's unclear as to whether this brave lady's efforts were successful, with different versions of the story passed down over the course of the past millennium.

What is accepted, however, is that Lady Godiva died in September 1067... fully clothed.

Photo credit: chrisforney/Shutterstock.com

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BEGINNER'S GUIDE TO COOKING WITH *banana leaves*



We are literally going bananas for banana leaves. Beautiful to look at, fun to use and easy to cook with, once you've finished reading the below, you'll wonder why you didn't take advantage of these cheap and plentiful cooking aids before.

HOW TO PREPARE BANANA LEAVES FOR COOKING

- > Gently wash the leaves and then cut off the thick spine.
- > Pass over an open flame quickly until the leaf turns bright green and glossy. This will soften the leaves for folding. Make sure to wear heat-resistant gloves when doing this and keep any flammable items out the way.
- > Place on a chopping board and cut to the desired size.

TO STEAM FISH

A banana leaf makes a fragrant and convenient steaming packet that will ensure your preferred fish is both succulent and tasty. Wrap the leaf around any kind of firm-fleshed fish, such as halibut or snapper, and then simply add your favourite herbs and spices as well as some form of moisture, such as broth, wine or lemon juice. Secure with toothpicks. You can also use banana leaves to steam rice and meat.

TO GRILL VEGGIES

If your vegetables always stick to the grill, then a banana leaf provides the perfect solution. Just place the leaf on the grill first and then arrange your vegetables on top of it. This method will also add a mellow, smoky-sweet flavour to your vegetables. Also great for grilling prawns and other shellfish.

TO SERVE SUSTAINABLY

Banana leaves aren't just for cooking with; they also make great biodegradable serving platters, place settings and even linens for formal tables. Banana leaf boats make pretty bowls for rice, salads and desserts.

TOP TIPS

- > Although not toxic, banana leaves are hard to digest, so you should not eat them.
- > Banana leaves are porous, so if you are baking, place the leaf packets in a pan to catch leaking juices.
- > Banana leaves freeze really well. Blanch first and then wrap in greaseproof paper and place in freezer bags.

Bubble BONANZA

Bubble tea has been trending on social media for a while now, with this Insta-perfect colourful beverage being every bit as tasty as it looks.

consistency that is somewhere between jelly and chewing gum.

WHAT IS BUBBLE TEA?

Bubble tea is a Taiwanese recipe that is made by blending tea with milk, fruit and fruit juices and then adding tapioca pearls. While it is now all the rage in the UK, it has been enjoyed in countries such as China since the 1980s.

HOW TO MAKE BUBBLE TEA

You will need:

Tea | Milk | Tapioca pearls | Honey or agave

How to make:

- Bring 3 cups of water to the boil and add 1 cup of tapioca pearls.
- Simmer until the pearls float to the top.
- Brew your chosen tea and allow to steep for 5 minutes.
- Chill the tea in the fridge or pour over ice to cool.
- Place the cooked pearls in a tall glass.
- Add honey or agave to sweeten if desired.
- Pour your chilled tea two-thirds of the way up the glass.
- Add a splash of milk if you want a creamier drink.
- Stir and enjoy with a thick straw.

WHY IS IT CALLED BUBBLE TEA?

It is the fasty tapioca pearls that sit at the bottom of bubble tea and the floating bubbles that are created by vigorous shaking that give this increasingly popular drink its name.

Bubble tea can be served hot or cold, but always in a transparent cup and with a thick straw so that the pearls can be seen and sucked up with ease.

WHAT DOES BUBBLE TEA TASTE LIKE?

There are lots of different flavours of bubble tea that you can try, and you can even get various flavours of tapioca pearls. These pearls have a chewy

POPULAR BUBBLE TEA FLAVOURS

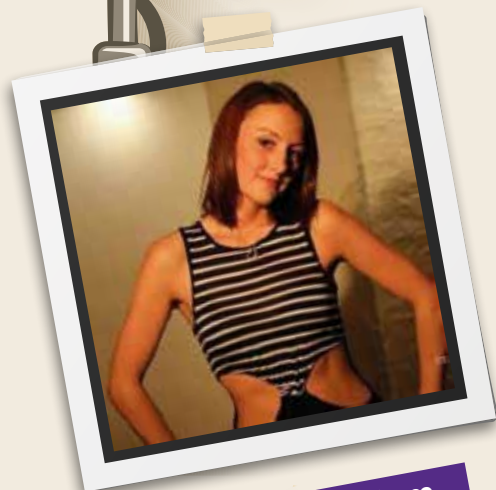
Taro milk tea | Matcha green tea | Mango tea | Brown sugar milk tea.



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FUELLING THE DIVIDE

A HISTORY OF PETROL AND DIESEL PRICES OVER THE YEARS, AND WHERE THEY MAY GO FROM HERE

The devastation caused by the conflict in Ukraine has affected no one more than those immediately impacted by the war; and while it feels churlish perhaps to complain about the price of fuel at the pumps, it's not unreasonable to highlight the extraordinary increase in the price of filling up, and the very real impact it's having on home shores.

The current cost-of-living crisis is about much more than fuel, but the extent to which we rely on the ability to transport both ourselves and our goods around the UK means that even small fluctuations in petrol and diesel can have an onward effect across all retail and service sectors.

It's not just the war either – there is a multitude of other global factors contributing to an increase in logistics and refining costs.

Going forward, the threat of a full EU ban on Russian energy imports could see the cost of fuel climb even higher above the record prices we've seen – around £1.91/litre for petrol and £1.98/litre for diesel.

Even as recently as 2017, filling up at the pump was more than 30 per cent cheaper, and back in 2005, the amount we spend today would have got us twice as far down the road.

PETROL PRICES OVER TIME		DIESEL PRICES OVER TIME	
15 years ago (Jun 2007)	96p/litre	15 years ago (Jun 2007)	97p/litre
10 years ago (Jun 2012)	£1.32/litre	10 years ago (Jun 2012)	£1.37/litre
5 years ago (Jun 2017)	£1.15/litre	5 years ago (Jun 2017)	£1.16/litre
3 years ago (Jun 2019)	£1.27/litre	3 years ago (Jun 2019)	£1.31/litre
1 year ago (Jun 2021)	£1.30/litre	1 year ago (Jun 2021)	£1.32/litre
7 months ago (Dec 2021)	£1.45/litre	7 months ago (Dec 2021)	£1.49/litre
4 months ago (Mar 2022)	£1.67/litre	4 months ago (Mar 2022)	£1.78/litre



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CRAZY COMPANIONS

FROM GIANT SPIDERS TO PYGMY HEDGEHOGS, HERE ARE SOME OF THE THE CRAZY PETS KEPT IN BRITAIN

TARANTULA

The very notion of having a pet tarantula crawling about the place as you sit down for your evening meal seems totally perplexing, yet while many of us view these incredible arachnids as dangerous, many tarantulas offer a bite that's little worse than a bee sting.

Naturally, you'd rather avoid that if possible, but that shouldn't rule out having a Chilean Rose, Mexican Redleg or Costa Rican tarantula as a pet.

SUGAR GLIDER

This possum offers affection (once it gets to know you), inquisitiveness, a tail that's as long as its body and an ability to glide through the air with almost Tarzan-like abandon.

One slight downside is it's strictly nocturnal, meaning if you really want to bond with one, you'll be staying up late.

GIANT AFRICAN LAND SNAIL

Who would have thought owning a snail implied you were living on the edge? It is indeed the case, though, given that the giant African land snail is illegal in many parts of the US for the destruction it can cause to agriculture.

We're a bit more relaxed in the UK, though it is against the law to release them into the wild; and contrary to the marketing, they're not really so 'giant' after all, coming in at around 15cm long (which is still impressive as molluscs go).

CHINCHILLA

A bit like a squirrel on steroids, the chinchilla is an adorable member of the rodent family and rarely puts a paw out of place, though does require a fair bit of maintenance.

AFRICAN PYGMY HEDGEHOG

Anyone who has spotted a hedgehog going about its nightly duties will know that – horrific waistcoat of lethal-looking spikes aside – they are one of our cutest garden visitors. The pygmy (or four-toed) hedgehog is a smaller version more suited to life as a pet, and their popularity in the UK is soaring.





NATURAL SUNBURN REMEDIES



According to a poll by the British Association of Dermatologists, 35 per cent of Brits have been sunburnt in the last year. Although we all know the dangerous effects of the sun's powerful UV rays, we can all be guilty of being a bit lax when it comes to applying sunscreen, so here's what to do if you start feeling the burn.

BAKING SODA AND OATMEAL

If your skin is feeling sore after too long in the sun, an oatmeal and baking soda bath is just what you need. Adding a few tablespoons of baking soda to a cool bath can help to minimise sun damage, and adding a cup of oats can soothe any irritation and help the skin to retain moisture.

COCONUT OIL

Once your initial sunburn has calmed down, coconut oil can be applied to the skin to moisturise and hydrate it. Coconut oil is also good for dry or peeling skin, as it helps to lock in moisture and keep the skin soft.

ALOE VERA

One of the most common ingredients in after-sun products, aloe vera is known for its cooling and soothing properties. If you have your own aloe vera plant, simply break off a chunk of the plant and apply the gel directly to the affected area. Alternatively, pick up some aloe vera gel at your nearest pharmacy or supermarket.

CHAMOMILE TEA

Did you know chamomile tea can soothe not only your mind but also your skin? To use chamomile as a sunburn remedy, brew a cup of tea as you usually would and then allow to fully cool. Soak a clean cloth in the tea and apply to the skin. Do not use this treatment if you are allergic to pollen.

WHAT NOT TO PUT ON SUNBURNT SKIN:

Petroleum jelly (Vaseline) | Ice or ice packs | Fragranced moisturisers.



Strawberry LEGS: SYMPTOMS, CAUSES AND TREATMENTS

While this may be one of the more cute-sounding skin conditions, strawberry legs can be more than a little annoying, especially when you are getting ready to bare your pins for summer.

WHAT ARE THE SYMPTOMS OF STRAWBERRY LEGS?

- ◆ A dotted or pitted appearance on the skin of your legs
- ◆ The darkening of open pores on your legs
- ◆ The appearance of brown or black spots after shaving

WHAT CAUSES STRAWBERRY LEGS?

- ◆ **Shaving:** If you shave with an old or dull razor or you fail to use shaving cream, this can sometimes result in ingrown hairs which can lead to strawberry legs. Razor burn can also cause this condition.
- ◆ **Clogged pores:** The skin on your legs contains thousands of pores and these can become clogged with bacteria, dead skin and other debris. Known as open comedones, when the oil inside the pores is exposed to air, it oxidises and turns black.
- ◆ **Folliculitis:** Caused by shaving, waxing or other hair removal techniques, folliculitis occurs when a hair follicle becomes inflamed. This leaves the follicle open and more at risk of exposure to bacteria.
- ◆ **Very dry skin:** Although dry skin does not directly cause strawberry legs, it can make you more susceptible to irritation after shaving, which can cause razor burn or folliculitis.

HOW TO TREAT STRAWBERRY LEGS

Depending on the cause and the severity, you can choose to treat strawberry legs at home or you can seek professional help.

Home remedies: Shave in the direction of hair growth with a moisturising shaving cream | Use an epilator to avoid traumatising the skin | Moisturise the skin on your legs daily | Dry brush the skin daily | Use a body wash that contains salicylic or glycolic acid.

Professional treatments: Electrolysis | Laser therapy.



HOW TO REMOVE sun cream FROM CLOTHES



Sun cream is a summer essential, helping to protect your skin from the harmful rays. However, do you know how to protect your clothes from sun cream stains? Find out how below.

STEP 1: REMOVE ANY EXCESS CREAM

Start by scraping off any excess sun cream from the item of clothing. This can be done with a dry cloth or your fingers if you do not have anything else to hand.

STEP 2: RINSE UNDER WARM WATER

Rinse the garment under warm water to remove further residue from the stain. Do this for between 10 and 15 seconds.

STEP 3: POUR WASHING LIQUID DIRECTLY ONTO THE STAIN

Look for a washing liquid that specifically offers stain removal aimed at these types of stains, such as Persil Small and Mighty Bio, which is designed to tackle grease and oil stains.

STEP 4: LOAD INTO YOUR MACHINE

Place your garment in your washing machine with

other similar items and add your usual laundry detergent to the drum.

STEP 5: WASH YOUR GARMENT

Wash your items on the usual cycle but use the hottest wash temperature indicated by the instructions on the garment's fabric care label.

STEP 6: DRY YOUR GARMENT

Remove the garment from the washing machine and allow to air dry outside for optimal results.

TOP TIPS FOR GETTING SUN CREAM STAINS OUT OF WHITE CLOTHING:

- > After washing, hang your item out to dry in the sun, which can naturally bleach your clothing and banish sun cream stains.
- > For stubborn stains, squirt a little lemon juice onto the affected area before drying on the washing line.
- > Apply a chemical bleaching agent that is diluted with water to the stain. Always make sure you do this in a well-ventilated area and ensure pets and children are kept out of the way.

HIRE CAR *high-fives*

CLEVER TRICKS TO CONSIDER WHEN HIRING A CAR

Being taken for a ride when hiring a car is probably one irony too many, but it's possible to steer clear of hire car horror and save some additional money by following a few clever tricks.

INSURANCE INSANITY: Car hire companies profit from every level of insurance they sell, and as with most policies, you'll not need it 99.9 per cent of the time. Beware convoluted offerings, including a super collision damage waiver which, despite the name, still won't save you having to pay your excess. Others can take the excess down to zero but will cost you more than arranging private insurance. Alternatively, see what's covered on your credit card benefits.

THE POWER OF THE HOUR: Beware returning your hire car after hours – bringing it back late may well cost you an extra day's hire. Alternatively, think about the free trick on car hire when it comes to having a car on a day when the rental

centre isn't open. You'll find the cost for hiring Friday to Sunday is the same as Friday to Monday – in other words, you're getting a free day.

THE FUEL RULE: It always pays to return the car with the same fuel level in the tank. Returning it having not refilled will incur additional fees.

BOOK IN ADVANCE: As is usually the case, booking in advance will save you money. And in the COVID-19 era, many rental centres are insisting on pre-uploading your driver's licence and other ID documents, meaning you can save time on collection.

THE AIRPORT AGGRO: As we get back into the mindset of holidaying abroad, try to avoid airport rentals. They are notorious for expensive add-ons at a time when people are in a tense state of mind. The better solution is to get a taxi to a nearby town to pick up a prearranged rental.



How to deal with...

The average total debt for an adult in the UK is a whopping £32,053. If you are one of the many people struggling with debt, it can feel all-consuming. Fortunately, there is light at the end of the tunnel.

Step 1: Make a list

If you have been burying your head in the sand about your debt, then now is the time to make a list of everything you owe. Although it can be scary to see this on paper, this is an essential task in becoming debt-free.

Step 2: Prioritise your debts

The next step is to put your debts in order of importance; these are known as priority debts. These may include:

- Mortgage repayments
- Rent
- Secured loans
- Utility bills
- Taxes

• Court fines

These debts need to be paid back first as they could result in you losing your home or being disconnected from a service.

Step 3: Work out a budget

A weekly or monthly budget helps you to see what your monthly income and expenses are and allows you to find out how much you can realistically pay your creditors. If you need help working out a budget, the MoneyHelper offers a free budget planner at www.moneyhelper.org.uk/en

Step 4: Communicate with your creditors

Once you know what you can afford to pay back, you should contact your priority creditors to talk them through your situation. Make sure you are realistic about what you can afford to pay and don't assume you will be able to pay more in the future.

Step 5: Get independent advice

You can get free advice on dealing with debt from charities such as Step Change. Visit their website at www.stepchange.org to find out more.



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GARDENING

SHADE

seekers

Is your garden more shady than sunny? While it can be a struggle to create a blooming outdoor space with limited sunlight, it can be done. Discover below five pretty plants that thrive in the shade.

STINKING IRIS: Although this may not be the most pleasant-sounding plant, stinking iris can actually make a very beautiful addition to a shady garden, especially in autumn, when its large seedpods split open to reveal orange-red seeds. Plant in full shade for best results.

WOOD SPURGE: There are many different varieties of spurge, but our favourite has to be *Euphorbia amygdaloides* var. *robbiae*. From late spring, this pretty plant bears lime-green flowers above dark green leaves. Plant in dry, shady spots such as underneath trees or along woodland borders.

SNOWDROPS: Snowdrops appear at the end of winter and bloom beautifully for weeks until your spring bulbs start to flourish. Delicate and dainty, snowdrops thrive in full shade and particularly in heavy, moist soils.

BELLFLOWER: If you are looking for a plant that will attract bees and other pollinators to your garden, then bellflower is a great choice. Ideal for growing at the back of a border, this attractive plant displays clusters of purple-blue bell-shaped flowers from summer through until autumn.

FOXGLOVE: As a woodland plant, foxgloves thrive in dappled or partial shade, so they do require a little bit of sun. There are many different varieties to choose from, with colours including bright pink, purple and peach.

OUR TOP TIPS FOR GROWING IN THE SHADE:

- > Improve the soil with lots of organic matter before planting
- > When planting under trees, remove any dry, impoverished soil between the large roots
- > Apply weathered wood ash from a bonfire or log burner to increase the potash in the soil
- > Mulch the whole area after planting with garden compost or composted bark chippings.



To be OR NOT TO BEE



THAT IS THE QUESTION – AS IN, ‘WHAT’S ACTUALLY THE DIFFERENCE BETWEEN A BUMBLEBEE AND A HONEYBEE?’

When it comes to buzzing beauties in our gardens, most of us would be none the wiser as to exactly what we’re looking at – we’ll simply exercise caution to prevent getting too close to them.

The truth, though, is that bumblebees and honeybees look and live very differently.

APPEARANCE

Bumblebees are bigger, have a puffier, more decorated exterior and subsequently buzz at a slower rate and lower frequency.

Honeybees are more streamlined and can often be mistaken for wasps.

NESTS

Honeybees will nest whenever they can find a decent space. A tree, a cave, a roof space, even under your car bonnet – they’re happy as long as they believe it’s a safe and secure space.

Bumblebees will create homes underground.

They have less of a need to build high as they’re not protecting a mass of honey, so will typically use abandoned burrows or holes underground.

JOB

Honeybees, as the name suggests, produce honey. Bumblebees, on the other hand, are responsible for transferring nectar from flowers.

STING

We all know the peril of a bee sting, though it’s only a honeybee sting that’s terminal... for the bee. Bumblebees have the ability to sting many times – you’ve been warned.

HIBERNATION

While bumblebees will see out the cold of winter in a safe, warm space, honeybees do not hibernate and will keep going throughout the cold months. They will rely on pre-stored food to last them through to the spring.



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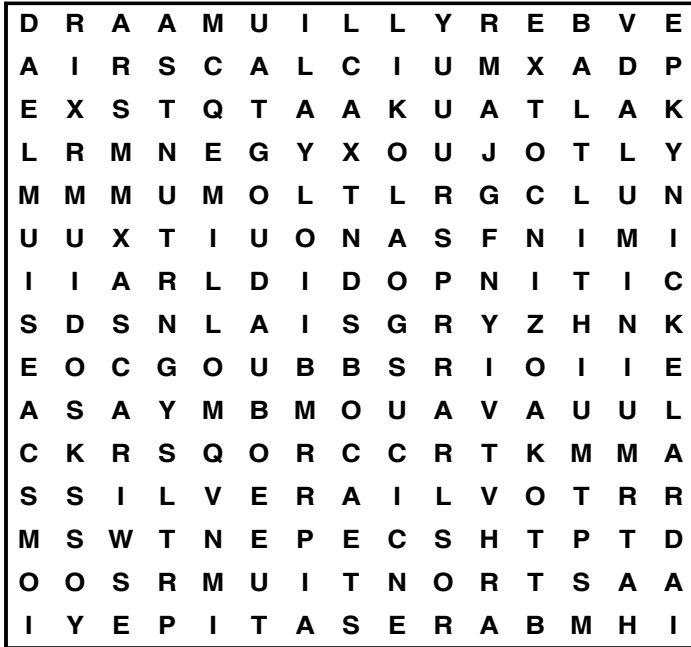


PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

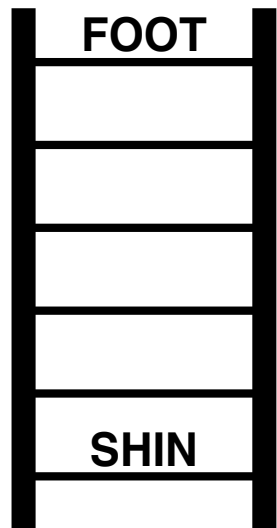
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- ▶ Every planet in the solar system could fit in the space between the Earth and the moon.
- ▶ On Venus, one day (one rotation) is equal to approximately 243 days on Earth, but its year (a trip around the sun) is approximately 224 days on Earth. This means one day on Venus is longer than one year.
- ▶ Lightning can occur in space. It's caused by black holes.
- ▶ As a gas giant, Saturn is less dense than water. It would be able to float on water.
- ▶ The sun rises and sets on the International Space Station around 15 times a day.
- ▶ In space, no one can hear you scream. Sound is vibration travelling through molecules in the air, but as space is a vacuum, there are no molecules to vibrate.

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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