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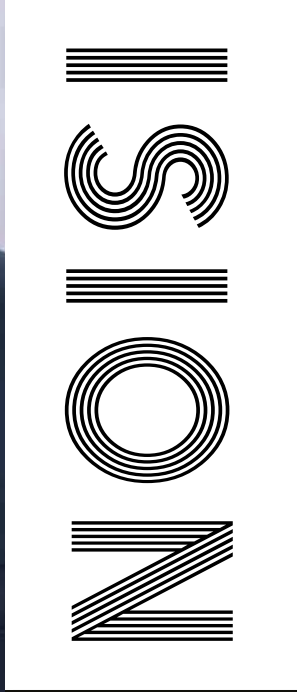
*The benefits
of upside-down
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NEIGHBOURS
ends after 37 years

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ADIL RAY OBE

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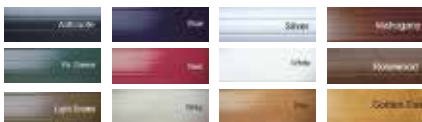
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Editor's notes...

AUGUST 2022



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** Maldon Burnham. When is Fast Food not Fast? When it takes 18 minutes for a cheeseburger and chips to be served, or when you're asked to park up and wait after ordering a solitary Happy Meal in the drive-thru.

McDonald's has a problem; and it is not alone. The root of this mass inefficiency that has swept through our fast-food joints comes in the form of those with large boxes strapped to their back, and their accompanying electric bikes and L-plate-adorned scooters.

The appeal of Just Eat, Uber Eats and others is decimating the experience of those who still want to eat the old-fashioned way... in person.

On my last visit to McDonald's, where so great was the population of huddled delivery drivers that I was forced to queue outside.

At that point, I decided enough was enough. No more of this nonsense - I am now ordering my food from the independent local restaurants and cafés that I know value my custom, who prioritise real people, and who can empower their staff to stick to their establishment's blueprint, because Fast Food that takes 15 minutes is no longer fast food!

Nik Allen

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

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

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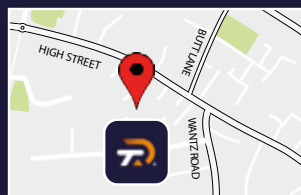
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B^{OWEL} babe

THE AMAZING IMPACT DAME DEBORAH JAMES DBE HAD ON OUR AWARENESS OF BOWEL CANCER, AND THE COURAGE TO FIGHT THIS DISEASE

It's a marker to the strength and resilience of Dame Deborah James DBE that, even in her final days fighting against cancer, she was still able to laughingly refer to herself by a nickname that had done more than just provide a natty piece of alliteration for headline writers.

The self-confessed Bowel Babe, Dame Deborah James, had immersed herself in a wholly public battle with cancer after being diagnosed with the illness back in 2016. She was just 35 at the time. When she received the news that she had stage 4 bowel cancer, Deborah immediately threw herself into work as a patron for Bowel Cancer UK.

And rather than recoil at the shock of the news, Deborah, who at the time was working as a teacher at The Matthew Arnold School in Staines-upon-Thames, found incredible support across social media. Her outspoken voice was picked up by *The Sun*, for whom she began working as a journalist and columnist.

BBC 5Live stepped in shortly afterwards to take on her original, no-holds-barred podcast, entitled *You, Me and the Big C*, with its unapologetic, graphic and unrelenting portrayal of the many elements of cancer gaining admirers from all quarters.

'Find a life worth enjoying; take risks, love deeply, have no regrets, and always, always have rebellious hope. And finally, check your poo—it could just save your life'

In October 2018, her book, *F*** You Cancer: How to Face the Big C, Live Your Life and Still Be Yourself*, became a cult read. However, while she publicly continued to show strength and courage, the scourge of her disease sometimes made the easiest parts of everyday life difficult.

Two years on, she revealed that her body's tolerance to the drugs was waning. By May 2022, she posted on social media that she was receiving hospice-at-home care and was, ultimately, entering the final stages of the disease. Within 48 hours, more than £3million had been raised for her Bowel Babe campaign, and just two days after that she was awarded the title Dame Commander of the Order of the British Empire. Her damehood was conferred on her by Prince William, Duke of Cambridge, at her parental home.

Dame Deborah passed away on June 28, 2022, leaving behind a husband and two children. At the time of her death, she had raised a colossal £7million to fund clinical trials and research into personalised medicine for cancer patients, and to support campaigns raising awareness of bowel cancer.

This inspirational person used her platform to put perhaps the most candid slant on cancer treatment we have ever seen in the public space. As she said: "Find a life worth enjoying; take risks, love deeply, have no regrets, and always, always have rebellious hope. And finally, check your poo – it could just save your life."

For more information, please visit www.bowelcanceruk.org.uk



Photo credit: Ken Mckay/TVShutterstock

Neighbours ...NO LONGER

IT'S THE SOAP OPERA THAT PERMEATED BRITISH CULTURE – AND OUR POP CHARTS – LIKE NO OTHER, BUT THE RAMSAY STREET ERA IS APPROACHING AN END

Some of us are old enough to remember the early episodes of *Neighbours* in the UK, when a sparky mechanic named Charlene (AKA future global superstar Kylie Minogue) was caught apparently breaking and entering the home of Madge Bishop by her son, Scott (Jason Donovan, no less).

As the storylines unfolded, so the characters became part of our teatime routines, as Aussie life seemed a sun-drenched fantasy world that became all the more accessible as its stars swapped Erinsborough for record contracts and model photoshoots in London.

When the Reg Watson-produced series was first picked up by the BBC in 1986, the UK was some 18 months behind episodes being created Down Under, yet such was the efficiency of the team in Melbourne that it would take three years for UK viewers to catch up.

The success was extraordinary, however. At its peak, 16 million UK viewers watched

the daily lives of these cool kids and their parents – that's more than the population of Australia.

Yet the advent of the internet brought a new era of TV consumption, where viewers no longer wanted to be tied by time. In 2008, the BBC gave up the rights to *Neighbours*, and only Channel 5's interest kept production alive in Australia.

When Channel 5 stated its aim to end the commitment, the death knell finally sounded in Ramsay Street.

Across almost 9,000 episodes, hundreds of stars – including Margot Robbie, Holly Valance, Guy Pearce, Liam Hemsworth, Natalie Imbruglia and more – have gone on to impressive careers in entertainment, and with an instantly recognisable theme tune, *Neighbours* has occupied a special place in our hearts.

And there was no better way to go out than to see Kylie, Jason and a host of other alumni return on July 29 for a special reunion show.

Fair dinkum!

Photo credit: Fremantle Media/Shutterstock - mediasect/oa.media



The original cast

The 2020 cast

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Colour Code

Banjo Beale INTERIOR DESIGN WHIZZ AND HIS DRIVE FOR DESIGN

Anyone who has seen the BBC's *Interior Design Masters* series will have been wowed by the verve, voracity and vision of some of the country's most impressive amateur interior designers.

The series was eventually won by sparky designer Banjo Beale, and the Australian revealed after the show that he employs an unconventional technique when it comes to styling the perfect space.

"I still feel like a fraud when it comes to colour," he said. "I always picked my colour last. I don't know if that's what interior designers do, but because I'm a collector and curator first, I like to take a step back and look at my pieces, then pick a colour that might tie it all together."

Beale's confession, that his priority in a room is always to provide a base of variety and personality that inspires and entertains the mind, may not be a first for interior design, but it's an original perspective as far as the expected norm of makeover shows goes. Previously, there has been an almost assumed start point that the colour of a room is the first thing, not the last, that's decided upon.

Subverting that expectation not only meant the visionary won first prize, but it has also set him on the path to potentially a full-time career in the design world from his sleepy home on the Isle of Mull in Scotland.

He added: "I always say interior design is 99 per cent logistics and one per cent design, and through the contest hopefully I've given others the chance to look at projects from a different angle too. It's been a brilliant ride."



Photo credit: banjobeale.co.uk, BBC and Darlow Smithson Productions

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HOME & DIY



Did you know that dusting sprays contain toxic ingredients that are bad for the environment and your health? Fortunately, there are several natural alternatives that promise to banish dust without any negative side effects. Plus, all you need is a few storecupboard staples to make them.

DIY CITRUS SPRAY

Ideal for all types of surfaces, this homemade citrus spray will eliminate dust and make your home smell wonderful.

You will need:

1 cup water | ¼ cup white vinegar | 2 tsp olive oil | 10-15 drops orange essential oil

Pour all the above ingredients into a spray bottle and shake vigorously.

DIY VINEGAR SPRAY

The simplest DIY dusting spray available, vinegar is a versatile all-purpose cleaner which cuts through grime and acts as a disinfectant. Ideal for use in the kitchen and bathroom.

You will need:

½ cup water | ½ cup white vinegar

Add both to a spray bottle, shake, and spray where desired.

DIY ESSENTIAL OILS SPRAY

Similar to the citrus spray, this DIY recipe will

effectively get rid of any dust and fill your home with lovely scents.

This spray is perfect for creating a relaxing vibe in the bedroom.

You will need:

1 cup water | ½ cup of witch hazel or vinegar | 1 tbsp olive or sunflower oil | 1 tbsp unscented liquid soap | 15 drops of lemon essential oil | 1 drop tea tree oil

Add all ingredients to a spray bottle and shake vigorously.

DIY WOOD DUSTING SPRAY

This DIY dusting spray is specially designed for use on wooden surfaces and will effectively remove both dust and dirt.

You will need:

1 cup water | ½ cup vinegar | 2 tbsp olive, sunflower or grapeseed oil | 10 drops lemon essential oil | 5 drops cedarwood essential oil

Mix the ingredients together in a spray bottle and spray directly onto any wooden item or surface.

Once sprayed, all of the above DIY dusting sprays should be wiped with a clean cloth, preferably a microfibre one.



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LOCAL NEWS

from your neighbourhood



Praying for REINVENTION

MONASTERIES FINDING NEW LIFE THROUGH SENSITIVE REINVENTION

Dare we say it, there may just be something godlike about the way British designer John Pawson has masterminded an incredible range of renovations across Europe.

The realities of religion's dwindling appeal (at least in the sense of parishioners needing to congregate in a towering space) has created an availability of incredible buildings – churches, monasteries and more – the sensitive reinvention of which into extraordinary, iconic hotels has certainly saved them from disrepair and, in some cases, total collapse.

Pawson represents a breed of architects taking the best traditional features and enveloping these former religious spaces in a veil of luxury and style.

With huge ceilings, elegant windows, sumptuous arches and a wondrous feeling of space and freedom, these are structures so extroverted and unrestrained that they would never make it past first base were they designed as hotel spaces from scratch today.

Pawson says the technique used is almost at odds with itself. "You need to accentuate what is already a huge space," he says, "yet at the same time be respectful and cautious that you are not interfering with the sensibilities of generations who have gone there for comfort and solace.

"I think if we were turning these buildings into nightclubs or shopping precincts, we may encounter more pullback, but the reality is we're repurposing them with a similar goal – to offer those who go there calm, hope and mindfulness."

From the Jaffa Hotel in Tel Aviv to the conversion of an old chapel in Antwerp by Belgian architect Vincent Van Duysen, to all manner of ecclesiastical bases across famously religious countries like Italy and Romania, the sweeping tide of change is creating incredible travel experiences for those on a pilgrimage looking to try something a little different.



Photo credit: Anfil Ceron via architectureonline.com



Photo credit: Google Maps

Academy awarded for efforts to become inclusive

A Maldon school has been awarded for its efforts to become a dementia-friendly community.

Plume Academy has been working with the Alzheimer's Society and Maldon Dementia Action Alliance (DAA) to make students more aware of dementia, as well as championing inclusivity across the district.

Alzheimer's Society's Dementia Friends programme is an initiative aiming to change people's perceptions

of dementia and to transform the way the nation thinks, acts and talks about the condition.

Sarah Troop-Lasker, of the DAA, said: "Plume Academy used their knowledge to develop a flyer for local businesses, focusing on changes they could make to become dementia friendly.

"This piece of work has been taken up by the DAA and we hope to encourage more local businesses and organisations to look to receive accreditation."

Firefighters called to battle huge blaze at barn

Firefighters were called to a barn fire in Maldon last month.

Six crews attended the scene on Friday, July 15, where they found approximately 650 tonnes of hay on fire inside a barn.

Crews worked with the farmers to move bales from the neighbouring barn in case the fire began to spread.

Due to the remote area, a water bowser – a standalone water station – was needed to extinguish the fire.

The landowner thanked crews for their efforts.

Station manager Dan Wastell said: "I'd like to say thank you to all of our crews that attended this incident in extremely hot conditions."

An investigation will be carried out into the cause of the fire.



Photo credit: Essex County Fire and Rescue Service



Resident takes on motorbike challenge



A Maldon resident has raised thousands of pounds for charity by taking part in a 24-hour motorbike challenge.

Shaun (pictured above) completed the Longest Day Up on June 21 – the longest day of the year – and travelled from Land’s End to John O’Groats to raise money for Cancer Research UK.

Having set off at 4am, Shaun fell behind the main group after staying to help his friend and fellow rider who was having issues with his bike. Throughout the day, Shaun was fighting to catch up with the main host. He missed the ferry from Gourock to Dunoon and was forced to take the motorway.

He said: “I was devastated to miss out on the best roads. The motorway riding was awful; it was tedious, boring and painful on the body being stuck in one riding position for hours.”

The motorway ride did offer some interest, however. Somewhere along a Cumbrian stretch of road, Shaun saw a cow wandering over a motorway bridge.

He said: “I had to do a double take and thought to myself, “Do I need a lie down?””

Shaun continued through the night and eventually reached John O’Groats at around 4am.

He had hoped to raise £1,000 for Cancer Research UK, but managed to raise nearly £3,000.

The whole group of riders together raised approximately £60,000 for the charity.

Shaun added: “Would I do it again? At the time I thought never again. Now? Never say never.”

Former president reappointed to lead Rotary Club

Maldon Rotary Club (MRC), a community organisation focused on bringing people together, has appointed a new president.

Judy Smith, who previously served as president in

2018, has taken over the role from John Williams. She also holds the office of club secretary.

Judy is renowned for running the Santa Sleigh, which visits areas around the town at Christmas and has raised more than £5,000 for local charities.

MRC celebrates its 60th anniversary this year and a special lunch was recently held to commemorate the club’s service to the Maldon community.

A spokesperson for MRC said: “All of our events this year will be a part of that celebration as most can be traced back to the early years of the MRC’s existence, such as the Maldon fireworks, plant sale and vintage fayre.”

Baton passes through town for celebrations

A community festival took place at Promenade Park in Maldon on July 8 to welcome the arrival of the Commonwealth Baton, just weeks before the opening ceremony of the Games.

The UFest event at Promenade Park saw a line-up of musicians and entertainment, a food court and a marquee with local organisations offering activities for all to enjoy.

The Baton itself was carried on a 2km circuit around the park by local Batonbearers.

Lord-Lieutenant of Essex Jennifer Tolhurst was delighted to see Maldon put on the map.

She said: “To be on the Prom in Maldon on Friday, July 8, when the Commonwealth Baton arrived for the special relay was a wonderful experience.

“It was extraordinary to think that this symbolic emblem had been to 72 nations around the world, with many different people carrying it by turns, and now here it was in Maldon.

“It was a wonderful occasion for Maldon, and they laid on an excellent event which also included UFest showcasing many different community organisations. I felt very proud of the town.”



Photo credit: David Baker

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Photo credit: Tammy Fisher, Nigel Teather

Royal visitor helps club celebrate anniversary

A Burnham-on-Crouch yacht club welcomed a special visitor as part of its 150th anniversary celebrations last month.

Princess Anne, the Queen's only daughter (pictured centre), visited the Royal Corinthian Yacht Club on July 18 and presented the winners of the races held to mark the occasion with their trophies.

The Princess is a patron of the club, which promotes amateur sailing for all ages and abilities.

Ollie Mears, 16 (pictured right), beat 29 other sailors to win the Acorn Trophy, taking after his father, who raced with Zara Tindall, Princess Anne's daughter,

when he was a member of the club's youth section.

The Princess, who is a keen sailor herself, was accompanied on her visit by Jenny Tolhurst, the Lord-Lieutenant of Essex (pictured inset, right).

Club commodore Phillip Aspinall (pictured left) gave the special guests a tour of the club.

He said: "The visit was the high point of a long weekend, which was enhanced by sunshine and fresh sea breezes – a perfect combination to celebrate such a significant milestone for the club.

"It was a day to be proud of our youth and everything Corinthian."



Hundreds attend pub's first-ever Pride event

A Burnham pub held its first-ever Pride event last month.

As reported in **VISION** Maldon Burnham May 2022 edition, the Victoria Inn on Belvedere Road organised the event on Saturday, July 16, to mark the 50th anniversary of the first Pride event in the UK.

It proved to be a great success, with hundreds of guests enjoying entertainment from DJ Pucey B and drag queens Chamonix Aspen and Saffron Slayter.

The pub also ran a free glitter bar and offered the first 100 guests a free shot of flavoured vodka.

Lorna Hart, landlady of the Victoria Inn pub, said: "We had an amazing day full of fun and laughter. We are overwhelmed by the amount of people who attended and thanked us for holding the event.

"We will most definitely be doing it again next year and really hope we can get the whole town involved. We have set a date already – July 15, 2023."

Tributes paid to celebrated late teacher

Students, staff and parents are mourning the death of a much-loved teacher from Burnham who died unexpectedly last month.

Alan Elkins, 54, passed away in July after a short illness. He lived in Burnham-on-Crouch and had been teaching business studies, economics and IT at The Billericay School since 2000.

After graduating from the University of the West of England, he began his teaching career in 1989 at a school in Hampshire.

In a letter to pupils and their parents, Patrick Berry, headteacher of The Billericay School, said:

"Our thoughts are with Alan's family and friends and I am sure you will join me in passing on our sincere condolences to his family."

Mr Berry said that all tributes and flowers left at the school would be passed on to Mr Elkins' family.

The school set aside a quiet room for anyone wishing to remember Mr Elkins and opened a book of condolences for tributes and sketches, while the school counsellor and staff responsible for pastoral care were available during breaks and after school.

Mr Berry described Mr Elkins as "kind, dedicated and selfless in his desire to support students".



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5 unspoken rules of BOTTOMLESS BRUNCH

Bottomless brunches seem to be popping up everywhere – at chain restaurants, luxury hotels, your local pub... the list goes on.

However, how do you navigate these events with dignity and decorum? Or at least without waking up the next morning with the dreaded 'beer fear'. Find out below.

1. DO NOT MAKE PLANS FOR AFTERWARDS

Think you are going on a bar crawl after a bottomless brunch? Planning to take a leisurely walk around the shops? You are sadly mistaken. If you are attending a bottomless brunch, do not make any plans for afterwards as you'll most likely want to spend the rest of the day catching up with the same friends and family you went to brunch with.

2. ARRIVE ON TIME

Whether it's one, two or three hours, bottomless brunch hosts can be ruthless, and they will stop serving you when your time slot is over. Therefore, if you want to get maximum bang for your buck, make

sure everyone in your party arrives on time and that you order asap.

3. BE POLITE TO YOUR SERVER

Manners cost nothing, but they can help you to have a more enjoyable bottomless brunch experience. Even if you and your friends are getting a little rowdy, that doesn't mean that you can't be polite when ordering your drinks.

4. CHOOSE YOUR FOOD WISELY

Although brunch conjures up images of scrambled eggs, smoked salmon and avocado on toast, most bottomless brunch packages offer much more substantial food choices such as burgers, pizzas and even pancakes. To avoid all that fizz going to your head, make sure you stock up on plenty of stodge.

5. HAVE FUN

Rather than stressing about your empty glass or worrying about how much time you have left, just sit back, relax and have fun with your family and friends.



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KHAN'T *stop Adil*

ADIL RAY OBE CELEBRATES 25 YEARS IN THE ENTERTAINMENT INDUSTRY

We're in an era where some claim the path for ethnic minorities is blocked by prejudice, bias, racism and more. Adil Ray OBE, the DJ, presenter, scriptwriter and unashamed cricket fanatic, is one man who roundly disputes that assumption.

In fairness, the 48 year old need only look at the success of his own career to see how a constant battle to innovate, inform and enthuse an audience will not only create great TV or radio, it will also keep an ambitious career moving forward.

"I'm not blind enough to suggest there aren't challenges for a lot of people in our society, pretty much all across the board," begins Adil, "and that applies to indigenous members of the population too.

"Yet my own experiences are that if you are original, open, confident and malleable to the norm while also looking to push beyond it, you really can get on, and when that happens, life gets exciting."

Adil kicked off an impressive voyage through the entertainment world in pirate radio during his degree at the University of Huddersfield. Before graduating with a 2:1 in marketing in 1997, the son of a Pakistani father and Kenyan mother had already landed a gig with Choice FM, and he was swiftly to move on to Galaxy 105, Century Radio in Manchester, and Ministry of Sound.

Things really began to accelerate when he joined BBC Asian Network in 2002, with the station having just gone digital to a nationwide audience. His award-winning stint included hosting the *Breakfast Show* and led him to BBC 5 Live, where he quickly worked his way across to TV projects, with presenting duties on *The One Show*, as well as taking on a number of documentary commissions, notably about community, Asian integration and, of course, cricket.

Versatility had always been at the heart of what Adil preached, and back in 2012 he co-wrote the comedy *Citizen Khan*, featuring central character Mr Khan and his long-suffering family. The sitcom was taken up by the BBC and went primetime, and to date has returned for five series and 34 episodes, clinching four Royal Television Society Awards along the way.

In recent times, Adil has switched allegiance to ITV, filling in for former host Piers Morgan on *Good Morning Britain* and, as if to push his versatility even further, has entered the space of quiz show host, as in 2021 he began fronting *Lingo*.

Fans of the cult word game Wordle, which has gone viral over the past year, will recognise the format, where contestants have to identify a word using correctly and incorrectly placed letters from past attempts.

"I've always loved words and wordplay, so this one has fitted into my portfolio nicely, to be honest," laughs Adil.

"Mostly, what interests me is moving forward with new ideas. I've still got a big box of them at home – most are rubbish, but you only need to get one right, and that could lead to a lucky break.

"TV execs these days are looking for something a bit different. Shock factor will work, for a while at least, but courage and charisma will always carry people forward the furthest."



How to Bakewell

National Bakewell Tart Day falls on August 11 this year. But let's face it, any day is a great day to enjoy this delicious treat. Legend has it that these lovelies originated in Bakewell, Derbyshire, in the 1860s. A pub landlady asked a member of staff to make a jam tart, but instead of mixing the almonds and eggs into the pastry, the cook poured the mixture

on top. The result was a baking sensation. So much so that a local lady got hold of the recipe and made a handsome living off the back of it. It's a great story. However, the recipe had apparently already featured in a cookbook published 15 years previously.

Food historians also squabble over the tart's topping. Viewers of *The Great British Bake Off* took to social media to share their outrage when the bakers decorated their tarts with white icing and glacé cherries. Your traditional Bakewells are apparently topped with just a smattering of flaked almonds. Those other ones are Cherry Bakewells.

THE RECIPE Ingredients for shortcrust pastry base:

- 175g plain flour
- 75g cold butter
- 55ml water

Ingredients for filling:

- 1 tbsp raspberry jam
- 125g butter
- 125g caster sugar
- 125g ground almonds
- 1 egg, beaten
- ½ tsp almond extract
- 50g flaked almonds

Method:

Make the shortcrust pastry in the normal way and use it to line a 20-cm flan tin. Chill for 30 minutes. Preheat oven to 200°C/180°C fan/gas mark 6. Bake blind (using foil and baking beans) for 15 minutes. Remove beans and foil and bake for another 5 minutes. Spread the jam all over the base. Melt the butter. Then stir in the sugar, ground almonds, egg and almond extract. Pour the mixture into the tin over the pastry and sprinkle over the flaked almonds. Bake for 30-35 minutes (cover with foil if the almonds are browning too quickly). Chill and enjoy.



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Go crazy for COURGETTE

Incredibly underrated, the humble courgette is in abundance this month, so why not step outside your veg comfort zone and try one of these tasty and nutritious courgette recipes?

COURGETTE PIZZA

Pizza is a family favourite in most households, but there are several ways that you can incorporate courgette into a pizza. Thinly slice and use as a topping, make some courgette pizza boats, or bake your own courgette pizza base using the below recipe.

You will need: 3 medium grated courgettes | 30g cornflour | 2 cloves crushed garlic | 1 large egg | 300g shredded mozzarella | 50g parmesan

How to make: Add the courgette, egg, garlic, cheese and cornflour to a bowl, mix and season with salt and pepper | Stir until completely combined and make into a dough | Transfer to a baking tray lined with parchment and pat into a crust | Bake for 25 minutes at 230°C/210°C fan/gas mark 8 until golden | Add your preferred toppings and bake for a further 10 minutes.

COURGETTE FRITTERS

For fussy kids who don't like to eat their greens, this is a simple dish that allows you to sneak in one of their five-a-day with ease.

You will need: 2 medium courgettes | 2 tbsp self-raising flour | 25g parmesan or vegan alternative | 1 tsp olive oil

How to make: Grate the courgette and combine in a bowl with the flour and cheese | Shape into walnut-sized balls and then flatten | Heat a non-stick frying pan over a medium heat and add the oil | Fry each fritter for 2-3 mins on each side until golden.

COURGETTE NOODLES

If you are looking for a low-carb version of spaghetti, then courgette noodles are a great idea. All you need is a julienne peeler or a spiralizer to cut your courgettes into courgetti.

You will need: 2 medium courgettes | 2 cloves garlic | Zest of 1 lemon | 150g crème fraîche

How to make: Add your courgetti to a hot pan with oil | Add all the other ingredients | Cook for 2-3 minutes | Serve as you would spaghetti with ragu or a tomato sauce.

Photo credit: iobalish.com



DIY SUMMER

GARDEN GAMES

FOUR GARDEN GAMES YOU CAN MAKE FOR YOUR KIDS TO ENJOY THIS SUMMER

Worried about how you are going to keep the kids entertained all summer long? Check out the below DIY garden games that you'll have fun making and children will love playing with.

JUMBO KERPLUNK

You will need:

A bucket | Cage mesh or tomato plant cages | 2 wooden planks | Wooden sticks | Soft play balls

How to make:

- > Roll the mesh into a cylinder and secure with black tape.
- > Place the two planks on top of the bucket and rest the mesh cylinder on them.
- > Push the wooden sticks through the holes in the mesh.
- > Fill with coloured balls.

GIANT LAWN DOMINOES

You will need:

28 ft of 2-inch x 6-inch wood board | Chalk paint | Saw | Hand sander | White paint

How to make:

- > Cut the wood into 28 individual dominoes and sand down to prevent splinters.
- > Paint using chalk paint.
- > Paint on the dots using the white paint.
- > Leave to dry.

POOL NOODLE TENNIS

To make two rackets you will need:

2 foam pool noodles | Mesh vegetable or fruit bag | Duct tape | Lightweight sponge rubber ball

How to make:

- > Cut off 4 inches from one end of each noodle.
- > Make an angled cut on each end.
- > Fold the noodle so that the two angled cuts meet to make the head of the racket and secure with duct tape.
- > Use one of your 4-inch cut-offs to create a handle by securing to the base of the racket head with duct tape.
- > Insert the noodle racket into the mesh bag and secure with more duct tape.

BOTTLE RING TOSS

You will need:

10 glass bottles (wine, milk, etc) | 6 wooden rings or bangles | Bottle crate | If you would like to paint the bottles you will also need gloss paint and a paintbrush

How to make:

- > Remove all the labels from the recycled bottles.
- > If you wish, paint each bottle in a bright colour and leave to dry.
- > Place the bottles in the crate.



Photo credit: scout.org, ironandtwine.com, ziggyzoom.com, playpartyplan.com



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GARDENING



August is the perfect month to collect seeds from your garden plants so you can sow them next spring and enjoy them all over again. It's simple and quick to do – all you need is some secateurs or sharp scissors, a few paper bags and some envelopes. And it costs you absolutely nothing.

Some seeds are easier to collect and grow than others. Annual plants are ideal because they produce lots of seeds.

Here's a list of some of the best: Allium | Aquilegia | Cleomes | Dahlias | Larkspur | Marigolds | Morning Glory | Nasturtiums | Petunias | Poppies | Snapdragons

When you're planning to collect your seeds, choose a dry day. Seeds definitely don't like getting damp. And make sure it's not too breezy, or your seeds could blow away before you catch them.

Now let's get started. All you do is trap the seed

head or pod in your paper bag and snip it off the plant. Before you do this, write the name of the plant on the bag. You might think you'll remember, but often this isn't so.

When you're done and back inside, tip the seed heads onto a piece of plain white paper or kitchen towel. Remove any bugs or debris and check the seeds are completely dry. Then tip them carefully into named envelopes and keep them somewhere cool and dry. For something a little special – a great idea if you're going to give them as gifts or swap them with friends or family – why not decorate the envelopes?

Remember, it's usually better to choose heirloom, open-pollinated plants rather than hybrids. This is because the seeds of hybrids won't usually produce plants identical to their parents – not that it isn't fun to experiment.

Happy gardening!

Aquilegia

Poppy

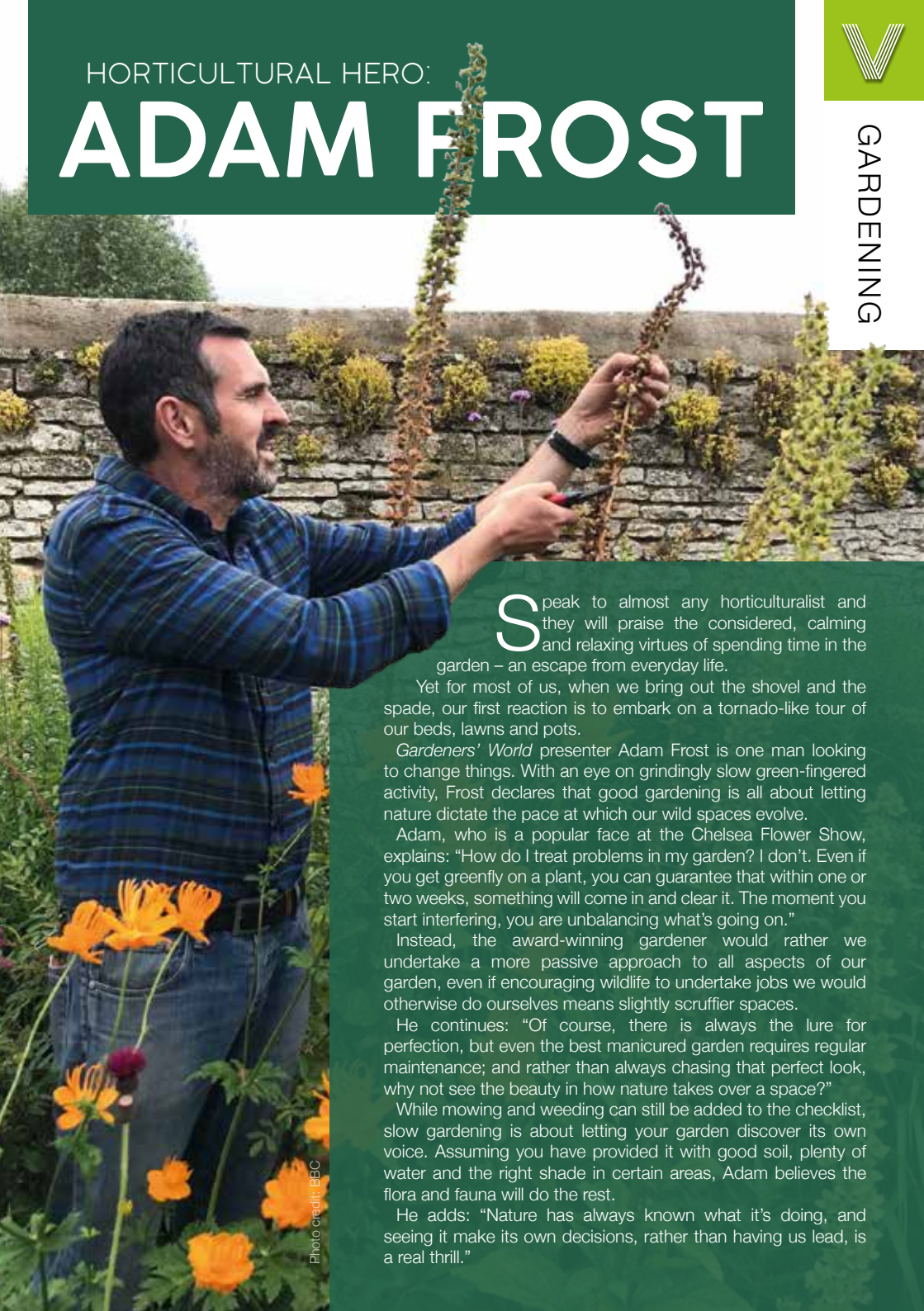
Dahlia

Marigold



HORTICULTURAL HERO:

ADAM FROST



OUTDOOR PLANTS

you can't kill

Not particularly green-fingered but still want a thriving garden? Check out these outdoor plants that promise to grow in spite of you rather than because of you.

Plus, our top tips for creating a stress-free, low-maintenance garden.



GERANIUMS: Geraniums are a popular choice for the garden owing to their vibrancy, vivid colours and stunning scents. However, they are also known for coping with even the most inhospitable situations and will thrive in the sun or shade.

EUONYMUS: Euonymus is an evergreen shrub that can bring brightness to your garden all year round. Ideal for climbing up walls or alongside brickwork, this vibrant plant requires little to no maintenance and will tolerate inferior soils, exposed areas and windy corners.

PRIMROSES: Primroses make a stunning addition to any garden and come in a wide variety of colours. This flowering plant loves both the sun and shade and will seed itself about the garden without ever becoming a nuisance.

BAMBOO: Bamboo is a versatile plant that can survive in most conditions and is ideal for bringing a touch of the exotic to your garden. It comes in a variety of colours, heights and foliage types and is great for creating bold focal points or living screens.

ASTRANTIA: If you have damp soil in your garden, then Aстранtia, also known as Hattie's pincushion or masterwort, is a great choice. Boasting attractive blooms, astrantia is another self-seeding plant that is perfect for low maintenance and wilder garden schemes.

HOW TO CREATE A LOW-MAINTENANCE GARDEN:

- > Keep plant variety to a minimum
- > Replace fine turf with hard-wearing seed or turf mix
- > Focus on hardscaping
- > Ditch the decking
- > Add a thick layer of mulch to your garden beds to reduce the need for weeding.



Speak to almost any horticulturalist and they will praise the considered, calming and relaxing virtues of spending time in the garden – an escape from everyday life.

Yet for most of us, when we bring out the shovel and the spade, our first reaction is to embark on a tornado-like tour of our beds, lawns and pots.

Gardeners' World presenter Adam Frost is one man looking to change things. With an eye on grindingly slow green-fingered activity, Frost declares that good gardening is all about letting nature dictate the pace at which our wild spaces evolve.

Adam, who is a popular face at the Chelsea Flower Show, explains: "How do I treat problems in my garden? I don't. Even if you get greenfly on a plant, you can guarantee that within one or two weeks, something will come in and clear it. The moment you start interfering, you are unbalancing what's going on."

Instead, the award-winning gardener would rather we undertake a more passive approach to all aspects of our garden, even if encouraging wildlife to undertake jobs we would otherwise do ourselves means slightly scruffier spaces.

He continues: "Of course, there is always the lure for perfection, but even the best manicured garden requires regular maintenance; and rather than always chasing that perfect look, why not see the beauty in how nature takes over a space?"

While mowing and weeding can still be added to the checklist, slow gardening is about letting your garden discover its own voice. Assuming you have provided it with good soil, plenty of water and the right shade in certain areas, Adam believes the flora and fauna will do the rest.

He adds: "Nature has always known what it's doing, and seeing it make its own decisions, rather than having us lead, is a real thrill."

Photo credit: BBC



HISTORY



Photo credit: Stefano Bianchetti/Corbis via history.com

Ring MY BELL!

The inventor of the telephone, Alexander Graham Bell, who died in Canada 100 years ago this month, was born in Edinburgh in 1847. In his early twenties, he moved with his parents to Canada. He'd just recovered from tuberculosis, which had killed both his brothers, and his parents were desperate to move to a healthier environment.

After a few years in Canada, Bell settled in Boston. And in 1875, he and his American business partner, Thomas Watson, invented a simple telephone. The machine converted sound into an electrical signal. This signal travelled down a wire to a receiver, which converted it back into sound.

In 1876, Bell was granted the first telephone patent for his machine, giving him the exclusive rights to the technology. But this caused something of a commotion because several other scientists said they'd invented the phone before him. In fact, Bell faced more than 500 court challenges in 20 years – but none were successful.

Surprisingly, Bell was a distinctly average school pupil even though he loved solving problems. His mother was deaf and his father was a linguistics professor, which without doubt triggered the young Bell's interest in sound and communication. Using a system devised by his father, he taught deaf children. And like his father, he married a deaf woman.

The Bell Telephone Company he established in 1877 eventually became the Dallas-based multinational known as AT&T, now the largest telecoms company in the world.

As well as the telephone, Bell invented several devices, including a rudimentary metal detector, a hydrofoil, an early version of an iron lung and a photophone, which transmitted the human voice over wavelengths of light.

Bell's main invention made him wealthy, but he sold most of his company shares early on. Like many inventors, after successfully developing one idea, he wanted to move on to the next.

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Pineapple Perfection

Pineapple skincare is all the rage, with many well-known beauty brands bringing out their own range of products containing this nutrient-rich fruit.

Why is pineapple good for your skin?

- > It contains antioxidants that protect against free radicals
- > It contains bromelain, which has anti-inflammatory and antibacterial effects
- > It can gently exfoliate the skin and remove dead skin cells
- > It has a high water content so can hydrate the skin
- > It can clear up acne and prevent future breakouts
- > It can be used to stimulate collagen production.

DIY pineapple face masks

Mask for oily skin

You will need: 1 tbsp pineapple purée | 2 tsp raw honey | 2 tsp oatmeal powder
How to make and apply: Mix the ingredients in a bowl to make a smooth paste | Apply to a clean face and leave for 10-15 minutes | Rinse and apply a lightweight face moisturiser.

Mask for acne-prone skin

You will need: 1 tbsp of pineapple purée | 3 tsp rose water | 2 tsp oatmeal powder
How to make and apply: Mix the purée and rose water together in a bowl | Gradually add the oatmeal powder until you have a smooth paste | Wash your face and apply while skin is still slightly damp | Leave on for 10 minutes | Wash off with warm water and a gentle cleanser.

Mask for dry/dehydrated skin

You will need: 1 tbsp pineapple purée | 2 tsp cucumber purée | 1 tsp rosehip seed oil
How to make and apply: Mix the pineapple and cucumber purée together in a bowl | Add the rosehip oil and mix again | Wash your face with a gentle cleanser and apply the mask | Leave on for 15 minutes and, during that time, regularly apply more of the mixture | Wash off the mask and apply a face cream.



How's it HANGING?

Have you ever tried exercising upside down? Also referred to as an inversion, there are many physical and mental health benefits to upside-down exercises. Discover them below.

1. ENHANCED MENTAL FOCUS

When you hang upside down, oxygen-rich blood flows directly to your brain. Although it may feel weird at first, as you adjust, you should start to experience better brain function and enhanced mental focus.

2. TO TREAT BACK AND JOINT ISSUES

Inversions are the ideal exercise for back and load-bearing joint issues as they help to reverse the harmful effects of gravity. Focus on straight alignment exercises such as headstands and handstands and you should notice a significant improvement.

3. REDUCED STRESS LEVELS

If you suffer with unhealthy levels of stress, then upside-down exercises can help you to unwind and relax. Enabling you to let go of any negative thoughts and feelings, even 10 minutes a day of inversion exercises can make you feel less stressed.

4. STRENGTHENED CORE MUSCLES

Upside-down exercises can help to push your body out of its comfort zone as many different muscle groups are needed to hold these types of positions. As well as strengthening your core, inversions can help to improve your balance, flexibility and posture.

5. POSITIVE INFLUENCE ON ALL FOUR BODY SYSTEMS

When you carry out inverted exercises, you can enjoy a positive effect on all the four main systems within the body. These are the cardiovascular system, the lymphatic system, the nervous system and the endocrine system.

BEST UPSIDE-DOWN EXERCISES TO TRY:

- > Headstand – this requires you to activate your core and builds upper body strength
- > Forearm stand – this pose builds strength and needs a lot of mental focus
- > Handstand – this requires concentration, technique, strength and flexibility. It can be done against a wall to give you more stability
- > Plough pose – this can relieve tension in the neck, shoulders and back
- > Inverted V plank – this tones your core and improves stability and flexibility.

YOU SHOULD NOT DO INVERSIONS IF YOU HAVE:

- High blood pressure | A heart condition | Glaucoma | A back or leg fracture | Osteoporosis | A hernia | You are pregnant, obese or overweight.



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PETS

FIVE THINGS YOUR DOG IS REALLY TRYING TO TELL YOU

Think that panting means they are thirsty? That rolling over means they want their belly scratched? Read on to discover five canine behaviours that owners often misinterpret.

1. TAIL WAGGING

If your dog wags their tail, you may automatically think that they are happy or excited. However, this can also be a sign that they are frustrated or overstimulated. If your dog holds their tail up high, this could be because they are feeling confident or aroused.

2. TEETH CHATTERING

While teeth chattering in humans most often means they are cold, in dogs this indicates something completely different. In most cases, teeth chattering in dogs is a sign of a dental health problem such as an abscessed tooth or periodontitis. It can also be a sign of anxiety.

3. LICKING THEIR LIPS

Although this could indicate that they are looking forward to a meal, licking their lips could mean that your dog feels sick or afraid. It can also be because they are nervous about something, with dogs licking their lips as a sign of appeasement to avoid injury.

4. EXPOSING THEIR BELLY

Do you always assume your dog wants their belly rubbed when they lie on their back and expose their stomach? Although this may sometimes be the case, it can also indicate that they are feeling nervous or threatened, which may result in aggressive behaviour if you touch them.

5. PANTING

While you may think that panting means that your dog is overheated, it can also be a sign of stress. If your dog is panting and they do not seem hot or tired, then try to identify any triggers that could be causing them stress or anxiety and look to avoid these.





HERITAGE

OPEN DAYS THIS SEPTEMBER



Are you keen to find out more about England's rich history and culture? Heritage Open Days brings together more than 2,000 local organisations, as well as tens of thousands of volunteers, to celebrate what makes our great country unique.

WHAT IS HERITAGE OPEN DAYS?
Heritage Open Days is England's largest grassroots festival which brings together people from all over the country to celebrate their heritage, community and history. Offering a chance to explore new places and try new experiences without needing to travel far from your home, in 2022 you can expect more than 5,500 local events across England.

WHERE DOES IT TAKE PLACE?
Each year, a huge variety of venues take part in Heritage Open Days, including country houses, collieries, museums, gardens, country parks and more. Events can showcase re-enactments, treasure hunts, film screenings, walks, street festivals, and food and drink tasting sessions. You can find your nearest event on the Heritage Open Days website at www.heritageopendays.org.uk by simply entering your postcode.

WHEN DOES IT TAKE PLACE?
This year, Heritage Open Days takes place between September 9 and 18. Coordinated by the National Trust and with support from the People's Postcode Lottery, all participating venues are completely free.

HOW TO GET INVOLVED
If you would like to volunteer to be an organiser in your local area, you can register your interest at www.heritageopendays.org.uk. Some areas may already have a local coordinator who can help you with the registration process.

- HERITAGE OPEN DAYS TO VISIT:**
- > British Vintage Wireless and Television Museum – September 10 and 11, Greater London
 - > Buckland Abbey, Garden and Estate – September 10 and 17, Devon
 - > Heritage Day and Classic Car Rally – September 11, Greater London
 - > Bobbit's Hole Nature Reserve – September 11 and 18, Essex
 - > St Michael Tilehurst – A Celebration of Church Bell Ringing – September 17, Berkshire
 - > Electra Boat Heritage Weekend Adult and Family Talks – September 17, Buckinghamshire

© National Trust / Getty Images



Enter NEOM McLaren

MCLAREN THROWS ITS WEIGHT BEHIND THE ELECTRIC CAR REVOLUTION

You may permit yourself to scoff very quietly when it comes to major car manufacturers rolling out terms such as sustainability, eco-consciousness and global change. The motor industry is, after all, responsible for around 30 per cent of the Earth's carbon emissions, so any virtue-signalling pledges should be taken with a pinch of salt.

However, UK manufacturer McLaren is at least aligning strong portions of its competitive arm as it enters the Formula E championship in place of reigning champion Mercedes, who is quitting to focus on road car development.

The switch enables McLaren to take on the progress Mercedes has made so far, as well as claiming the fourth quarter of its competitive motoring proposition – it will now have vehicles racing in Formula E, Extreme E (the off-road spin-off), IndyCar and, of course, Formula 1.

What's more, the team announced a new strategic partnership with NEOM, a sustainable region in northwest Saudi Arabia, with the combined e-teams

known as NEOM McLaren Electric Racing.

While leading the charge, literally, in electric car competition may seem like the work of marketing and PR, the truth is that Woking-based McLaren wants to push its competitive research edge as far as possible in creating a car that's great on the track, while adapting an engine that can be used for everyday road vehicles.

Certainly, the efficiencies gained in both specialisms lend faith to the incredible advances that continue to evolve, from the simplicity of quicker charging times and better batteries to the reality that electric sports vehicles are no longer derided or disrespected by fervent racing fans.

In this sense, Mercedes' loss is most definitely McLaren's gain, with Formula E set to make further ground on motor racing's showpiece, F1, this season.





SPORT



FOOTBALL CAME HOME

England's women's team have done it! In an incredible night of drama, emotion and relief, the Lionesses overcame the mighty Germany to claim the European Championship title for the first time.

It was a final that lived up to the billing – the two best sides in Europe going head-to-head in a showpiece for the women's game – and proof if ever it was needed that the sport's surge in popularity is going to continue.

Mostly though, it cemented one thing: England's women are the Euro 2022 champions.

Not only was the win a first major trophy for this incredible group of ladies; it also went some way to arresting the pain of the 2009 final when the same two teams met. Germany hit England for six that day, and the 2-1 victory 13 years on was particularly sweet for Jill Scott MBE, the sole survivor from that Helsinki massacre.

On the day, goals from Ella Toone and Chloe Kelly

– the second coming just 10 minutes before the end of extra time – made history in front of more than 87,000 spectators at Wembley and 17.4 million people watching at home.

So much of the credit has to go to Three Lions' Dutch coach Sarina Wiegman. In August 2020, the English Football Association broke new ground with their appointment of the first non-British permanent manager of the women's national football team.

Wiegman was already a Euros champ with her home nation, and the 52 year old's impeccable record with both the Netherlands and England at the Euros – six match victories with each and the winners' trophy on both occasions – has taken us to the very top of a sport that's never been at a higher tide.

As for what comes next – iconic status for Toone, Kelly, the rest of the England team, and the small matter of a World Cup in three years' time.

Photo credit: Katie Chan/Action Plus/Shutterstock

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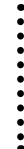


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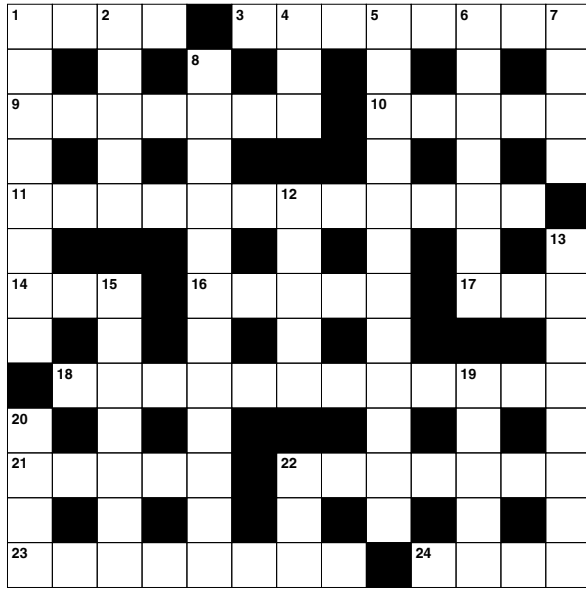
Answers: see end of The VISION Listings

ACROSS

- 1. Guinea pig (4)
- 3. E.g. resident of Cairo (8)
- 9. Cause to absorb water (7)
- 10. Wanderer (5)
- 11. Large Brazilian city (3,2,7)
- 14. Short sleep (3)
- 16. Explore or examine (5)
- 17. Our star (3)
- 18. Someone skilled in penmanship (12)
- 21. Pale orange tropical fruit (5)
- 22. State emphatically (7)
- 23. Estimating (8)
- 24. Change (4)

DOWN

- 1. Orderly and logical (8)
- 2. Record on tape (5)
- 4. Command to a horse (3)
- 5. Persistence (12)
- 6. Turns upside down (7)
- 7. Standard (4)
- 8. Butterfly larvae (12)
- 12. With a forward motion (5)



- 13. Most annoyed (8)
- 15. Appease (7)
- 19. Detected a sound (5)
- 20. Highly excited (4)
- 22. Animal lair (3)

DID YOU KNOW?

- ▶ Art competitions used to be part of the Olympic Games from 1912 to 1948. This included disciplines such as mixed painting, sculpture, literature and music.
- ▶ The Olympics have been hosted by several countries that no longer exist, including Yugoslavia who hosted the Winter Olympics in 1984.
- ▶ The netball final at the 2018 Commonwealth Games was the first time since 1998 that the final did not feature both Australia and New Zealand. Australia and England faced off in the final, with England taking the gold.
- ▶ Sergio Agüero holds the record for the highest number of goals scored in the English Premier League by a football player for one club. He scored a total of 184 goals for Manchester City between August 15, 2011, and May 23, 2021.

SUDOKU

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			3					
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