

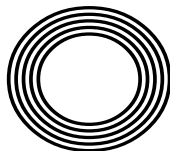
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# IDRIS ELBA OBE

The actor's rise to the big screen as he turns 50



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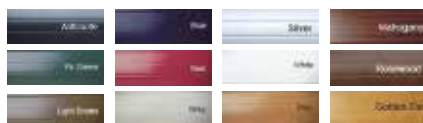
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SEPTEMBER 2022

# Editor's notes...



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** Maldon Burnham. As they say, time really does fly. Often in our publishing world, it feels like the months just whizz by, largely owing to the fact we are always planning months ahead when it comes to content, advertisers' campaigns and editorial.

My son is going into pre-school in September and my daughter is going into the big kid part of the nursery - this blows my mind. My wife and I are always in awe of how quickly the kids develop, how they communicate with one another and, of course, their ever-improving tantrums. I remember those wise words: "Enjoy the younger years; they won't last forever." And they really don't. It's all about savouring those little moments as they do go quicker than I ever could have imagined.

The moral of the story is to enjoy the present, be present and enjoy the sleepless nights. It's hard sometimes, but just remember that you will miss these days one day.

I heard a quote recently that summed it up perfectly when they are this age: "The days are long, but the years are short." This really hit home for me.

Until next month, take care of yourselves and each other.

*Nik Allen*

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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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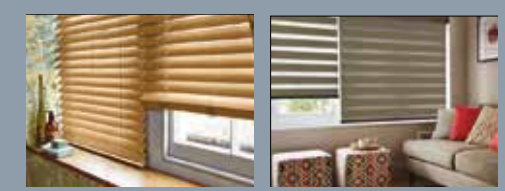
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# STAR QUALITY

One of the most enduring television programmes in broadcast history has certainly lived up to its famous quote – “Live long and prosper”.

And if the legacy of the iconic sci-fi series wasn't reason enough to don the Starfleet uniform, the so-called Star Trek Day – September 8 to you and me – surely is.

Legendary actor Leonard Nimoy committed almost 50 years of his life to playing the Vulcan character Spock, dating right the way back to the first *Star Trek* pilot episode in 1964. And until his death in 2015, the actor presided over a franchise that never lost its edge or appeal.

In fact, it's because the series is as admired today as it was on its original run back in 1966 that director J.J. Abrams has been tempted back for a third reimagination, expected to air sometime in 2023.

Before then, Trekkies have a special date in the calendar upon which they can hang their USS Enterprise hat. That's thanks to the growing popularity of September 8 on the sci-fi calendar, a date affectionately known as Star Trek Day.

The date mirrors when Trekkies got their first glimpse of the crew in 1966 – the result of Gene Roddenberry's vision of a drama inspired by *Forbidden Planet*, *Horatio Hornblower*, and *Gulliver's Travels*.

To say that *Star Trek* has blown apart pop culture over the course of its existence is something of an understatement – with revenue approaching £10 billion, it's certainly one of the highest-grossing media productions on record.

The 2009 *Star Trek* reboot movie by Abrams saw a new alternate timeline so as to continue with the original characters, albeit portrayed by a new cast. Indeed, the franchise has so far managed to swerve some of the prequel/sequel criticism levelled at its distant sci-fi relation, *Star Wars*.

Perhaps the reason for that is because *Star Trek* has always succeeded in showing a strong regard for humanity because it's the universe – our own shared universe – they're all fighting for. Maybe that's why it has stood the test of time for seven decades. It's certainly what fans the world over will embrace on September 8, with thousands of meet-ups celebrating characters, friendships, memories and just a bit of old-fashioned sci-fi sorcery.

Strangely, it's possible Roddenberry, the show's creator, had the Second World War to thank for his vision of space warfare; he was a brave bomber pilot for the US Army Air Force, during the conflict, and was awarded the Air Medal and the Distinguished Flying Cross, before becoming a police officer in Los Angeles.

He got his big television break soon afterwards, and so too did the likes of James T. Kirk, Dr Leonard McCoy, Montgomery Scott and others.



# STAR TREK





Photo credit: Anthony Harvey/Shutterstock

# OLD SPICE?

IT'S 26 YEARS SINCE THE RELEASE OF THE SPICE GIRLS' DEBUT SINGLE, *WANNABE*, BUT MEL C IS STILL GOING STRONG

**M**elanie Chisholm has stuck close to her roots – following the phenomenal success of her stint as Sporty Spice with the Spice Girls, her solo career has sparked eight albums and produced three number-one singles, and will see embarking on a UK-wide book tour.

For those of us old enough to remember it, the summer of 1996 was a golden one. Britpop had given the country a unique swagger, the Euros were here, the sun was out and beer was cheap. And riding on the coat-tails was a new thing called 'girl power', pushed by a spectacular PR machine and fronted by the Spice Girls.

The legacy of the band that followed, both musically and in inspiring a generation of girls to stand tall and be heard, is well known; though perhaps the greatest accolade you can give to Simon Fuller's creation was that each member went on to achieve great things – and Mel C is no exception.

Visually, she's a world away from the tracksuit-clad kung-fu kicking star who pirouetted around stages and *Top of the Pops* studios – these days

the singer, at 48, is stylish and motherly; yet can still mix romantic anthems with dancefloor anthems.

"For me, music has always been about evolving with the things around you," she says. "You need to follow trends, while still keeping your own sense of originality and creativity over the music you make."

Away from the bright lights, Mel C has encountered her own fair share of challenges. She's battled depression, eating disorders, and admits that up until the birth of her only child, Scarlett, in 2009, she never fully had a sense of responsibility to herself.

2022 is an exciting year for the singer, as not only has she got a number of upcoming performances, but she is also publishing her first-ever autobiography, which promises to tell all about her time with the Spice Girls as well as the years that followed. It will take readers behind the scenes of her showbiz lifestyle, as well as revealing the darker side of fame, and finally gives Mel C the chance to tell her story in her own words.

*Who I Am: My Story* is available to purchase from September 15.

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Carl and Lora, owners of Dream Doors Chelmsford, will be on hand to help you create the perfect kitchen for your home. The Dream Doors showroom features kitchen cabinets, worktops and appliances, as well as designs and styles ranging from monochrome kitchen spaces to traditional country, so you can find the inspiration you need to make over your kitchen. Carl and Lora will be happy to talk through your ideas and help you design and build a practical but stylish kitchen that serves your everyday needs.

## ENTIRE KITCHEN REFURBISHMENT

Should you wish to start from scratch, our Dream Doors designers can work with you to oversee an entire kitchen refurb, from initial design to final fitting conducted by our local expert kitchen fitters.

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kitchen is made to measure so you can design your own kitchen to suit your lifestyle. Cabinets, worktops, lighting, flooring and furnishings are all part of the service, and we supply and install appliances too.

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# LIMESCALE elimination!

## NATURAL REMEDIES FOR LIMESCALE THAT YOU CAN FIND IN YOUR KITCHEN CUPBOARD

Over the past year, one in three Brits claims that hard water in their home has worsened, with limescale becoming an increasingly common problem in many UK households.

If you are looking to eliminate limescale without the use of harsh chemicals, the below home remedies are just what you need.

## VINEGAR

Have you noticed a build-up of limescale on your taps and showerheads? If so then you need to act fast as this can cause dullness, chipping and peeling. One of the most effective methods for removing this is to fill a plastic bag with white vinegar and then attach it to the affected area. Leave for 15 minutes to soak, or overnight for stubborn limescale build-up.

## BAKING SODA

Limescale on the glass of your shower can be tricky to shift, especially if it has been allowed to build up. To remedy this, create a cleaning spray using 1 tsp baking powder, 1 tbsp white vinegar and ½ cup warm water. Spray onto the glass, leave for 3-4 minutes and then wipe with a clean cloth. You do not need to rinse the glass.

## LEMON JUICE

Lemon juice is one of the most versatile natural cleaning remedies available, having the ability to dissolve dirt, remove grease, deodorise and tackle limescale. Simply pour pure lemon juice into a spray bottle, spritz on the affected area, leave for 30 minutes and then clean off with water and a soft cloth.

## CITRIC ACID

If you do not like the strong smell of vinegar, then citric acid is a good choice for descaling your kettle. Simply boil a half-full kettle, turn it off and unplug it. Next, add 2 tbsp of citric acid and leave for 20 minutes. Pour out the water and rinse twice before using.



HOME & DIY





# pretty pumpkin

Who says pumpkins are only for Halloween? And they're not just for eating, either. Find out how to make a pumpkin spice candle at home.

## MAKE A PUMPKIN SPICE CANDLE

### YOU WILL NEED:

- > A wide-necked 370g jar with lid (a Mason jar or old jam jar is perfect)
- > 370g soy wax pellets
- > A candle wick (15cm)
- > A candle wick holder
- > Glue dot (heat resistant)
- > 1 tsp (5ml) pumpkin spice essential oil
- > Pumpkin spice (ground) plus a few whole spices, such as cinnamon, star anise, cardamom, clove or allspice, for decoration (optional)

### HOW TO MAKE:

- > Thread the wick through the holder and apply the wick tab to the inside bottom of the jar.
- > Warm the jar in the oven at 30°C.
- > Gently melt the wax in a microwave or double boiler.
- > Cool for a few minutes then stir in the essential oil, mixing thoroughly.
- > Fill the jar to 1cm below the rim and make sure the wick is still in the centre.
- > When the wax gets cloudy, sprinkle a pinch of pumpkin spice on the top and scatter the whole spices.
- > Cool at room temperature then trim the wick.

Add a homemade label or check out Etsy for something really stylish. Remember to remove the whole spices before lighting your candle.

There are loads of other ways to decorate your home with pumpkins this autumn. Why not try one of the below ideas?

- > Arrange a group of pumpkins and decorate them by painting, drawing or spraying them in metallic colours – and add a few chunky faux candles. Remember, odd numbers of items work best.

- > Hollow out a pumpkin, fill with water and add seasonal flowers – or pop in a pot filled with small succulents.

- > Fill a hollowed-out pumpkin with a glass jar. Twist a small bendy branch with berries around the top and add a candle (a faux candle is safest).

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## Staffing shortages result in closure of birth unit

A birthing unit at St Peter's Hospital in Maldon was forced to temporarily close its doors last month as a result of staff shortages.

The Mid and South Essex (MSE) NHS Foundation Trust, which runs the hospital, said the closure from August 15 was temporary and would be reviewed every two weeks.

A spokesperson for the trust said: "The safety of women, birthing people and babies using our maternity services remains our absolute priority."

Parents-to-be were given other options, such as travelling to Broomfield Hospital to give birth or opting for a home birth.

Kirstie Broughton, chair of Mid and South Essex Maternity and Neonatal Voices Partnership, told **VISION**MaldonBurnham: "The safety of the women and babies using our maternity services is our absolute priority."

"We constantly review our activity and staffing levels

to make sure that we are providing women with the very highest standards of care.

"We have a recruitment campaign underway to attract more midwives to the trust, but in the short term we want to make sure that our staffing is concentrated in the right areas.

"For that reason, we have made the difficult decision to temporarily suspend deliveries at our midwifery-led birthing unit at St Peter's Hospital in Maldon.

"While women will not be able to give birth at St Peter's from August 15, we will be running antenatal and postnatal outpatient clinics, and offering antenatal triage between 9am and 3.30pm for low-risk women.

"We get fantastic feedback from families who give birth at St Peter's – or go there after they have given birth – but our priority has to be providing the very best care while we work to recruit more staff.

"Mums who were planning on going to St Peter's will still have the option to deliver at Broomfield Hospital."





## Students celebrate top exam results



Sixth form students at a Maldon school celebrated excellent results last month, despite the challenges of completing their studies during the pandemic.

Plume Academy students achieved improved results in comparison to previous years, with an excellent A\*-C pass rate including 19 A\*s.

Top-performing students include Martha Carlin, who achieved three A\* grades and an A in the Extended Project Qualification, and will now study art and design at Central Saint Martins in London.

Kian Tozer achieved A\*s across the board and will study physics with theoretical physics at the University of Nottingham.

Carl Wakefield, executive principal of Plume Academy, said: "I am exceptionally proud of the results achieved by our college students this year, particularly given the massively disrupted period they had to work through and the unrelenting resilience they had to show."

"I am also extremely pleased that virtually all of our Year 13 students have secured their first-choice university place, with a number also securing high-quality apprenticeships at reputable organisations both locally as well as in the city of London."

"The results achieved by our Year 12 cohort were also excellent and this bodes well for next summer."

## Famous author to visit town for sold-out event

An acclaimed author who has sold more than 40 million books worldwide will visit Maldon next month.

Dame Jacqueline Wilson DBE FRSL, who has written more than 100 books including *The Story of Tracy Beaker*, will visit Maldon United Reformed Church on Saturday, October 8, for a sold-out event.

A total of 150 tickets were available for the event, organised by Maldon Books, which were quickly

snapped up by fans of the former Children's Laureate.

At the event, Dame Jacqueline Wilson will discuss her new novel, *Project Fairy*, giving attendees an insight into the tale about fairies, families and friendships.

Although the event is sold out, pre-signed copies of *Project Fairy* are still up for grabs.

A spokesperson for Maldon Books told **VISION**MaldonBurnham: "We're so looking forward to welcoming Jacqueline to Maldon. We know that she has a huge fanbase and is an inspiration to both children and adults."

"Although the event has sold out, we're still able to take orders for signed copies of *Project Fairy*, and if you'd like a copy, please do get in touch either by email at [maldonbooksLtd@gmail.com](mailto:maldonbooksLtd@gmail.com) or by calling 01621 854968 ahead of the event."

To find out more about the event, visit [rb.gy/l4mkbc](http://rb.gy/l4mkbc)

## Social media influencer appears on TV game show

An online influencer from Maldon is using her social media platform to raise awareness of a rare muscle and nerve condition.

Ella Middleton, 23 (pictured below), creates videos to inform her 1.2 million TikTok followers about dystonia, which causes uncontrolled muscle movements.

Ella has lived with the condition since she was injured in a horseback riding accident when she was 11 years old.

Ella recently travelled to Manchester to film the Channel 4 show *Moneybags*, hosted by Craig Charles, at MediaCity, with the episode airing on August 22.

Despite the fact that she failed to win big on the game show – which tests contestants' ability to think quickly as they answer each question by grabbing the moneybag with the correct answer from a conveyor belt – Ella said she enjoyed the experience.

She said: "I had the best time filming with Channel 4. I have met such wonderful people, so friendly and thoughtful."

To follow Ella on TikTok, search 'itsellamidd'.



Photo credit: Channel 4



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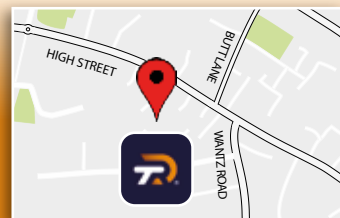
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# LOCAL NEWS

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LOCAL NEWS BURNHAM



## Women's social group celebrates first anniversary

A social group made up of like-minded women from Burnham has celebrated a successful first year.

Simply Social is an independent not-for-profit group where women can find and offer support and meet new people.

The group, which was established by a group of seven local women in August 2021, has seen great success so far, with more than 60 women from the area joining in the first year.

The first birthday celebrations included food and drink, a raffle, and a quiz in the style of BBC show

*Would I Lie to You?* which allowed members to get to know each other better.

The group also raises funds for charity. Member Lorraine Avery (pictured above right) bravely shaved her head for Breast Cancer Now ahead of the group's one-year celebrations and raised more than £1,450.

A spokesperson for Simply Social said: "We're popular because we're an independent group and are very informal. Apart from monthly meetings, we have coffee mornings and lunches, plus day trips."

To find out more, please email ssboc@outlook.com

## Pensioner achieves goal of flying in paraglider

A Burnham pensioner has fulfilled one of his lifelong dreams – to fly in a glider plane.

Geoff Charge, 87 (pictured right), was chosen as the winner of the Bringing Sunshine competition, run by Wiltshire Farm Foods, which encouraged customers to share an experience that would lift their spirits. Geoff, an ex-RAF pilot, decided to enter the competition and share his dream of flying in the cockpit of a glider plane. To his surprise, he was chosen as the winner and was given a front seat on a flight over Essex in a glider plane.

In a video speaking about the experience, Geoff said: "I like being up there, looking at everything. It's so exhilarating and fascinating; you feel as though you could go anywhere in the world."

Photo credit: Wiltshire Farm Foods



# LONDON CALLING

OPEN HOUSE FESTIVAL LONDON – SEPTEMBER 8 TO 21



Are you itching to nose around London buildings usually closed to the public? If so, the Open House London Festival is a must. It's a two-week celebration of the city's architecture, homes and outside spaces that runs from September 8-21. And it's back this year, after a two-year break, to celebrate its 30th birthday.

There's something going on in every borough. This includes not just open buildings but also special events, guided tours, walks and family activities. The great news is that all visits and events are free – but book early to avoid disappointment. You'll need tickets for most visits and some get snapped up very quickly.

The organisers stress that the festival is not just about grand buildings; it's about celebrating every aspect of London's urban landscape in all its shapes and sizes. As well as award-winning modern offices and historical buildings, you could have the chance to step inside a

suburban semi, a studio flat or even a houseboat.

In past years, around 800 buildings have flung their doors open for the event. They include 10 Downing Street, the Foreign & Commonwealth Office, the Gherkin and several private clubs. There have also been windmills, train stations, tunnels and even cabbies' shelters. So there really is something to suit all tastes.

Each year, around 250,000 visitors attend an Open House event in London, making it the biggest festival of its kind in the world. The festival is organised by a charity called Open House, and the aim is to encourage people to learn more about their environment and each other, to help make their city a better place for everyone who lives or works there.

As we go to press, the full list of 2022 events isn't yet available, so please check the festival website at [openhouselondon.org.uk/2022](http://openhouselondon.org.uk/2022) for the latest information.

Photo credit: open-city.org.uk



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IDRIS ELBA

# OFF SCRIPT?

**WHEN YOU'RE A DJ SUPERSTAR, A FASHION DESIGNER, MOVIE DIRECTOR, HOLLYWOOD A-LISTER, AND ALL-ROUND LOVEABLE MOGUL, ATTENTION TO DETAIL IS EVERYTHING – JUST ASK IDRIS ELBA OBE**

“I’m probably a perfectionist,” admits Idris Elba OBE, who turns 50 this month. “With what I do, I need to be, whether it comes from film, music, whatever. You’re putting a piece of art out there, and you need to be confident with it because once it’s out there, it’s out.”

For a perfectionist, however, Elba is chilled and agreeable in conversation. He offers cool, considered responses with ease.

The man radiates so much energy and intensity that you can’t escape it, and that permeates through an increasingly diverse slew of roles, embodying the likes of DCI John Luther, Heimdall in the Marvel Cinematic Universe, *The Wire*’s Stringer Bell and Charlie Jaffey in *Molly’s Game*.

And yet those iconic characters only represent half of what the Londoner is all about.

His style, swagger, gruff exterior and devastating charm mean he is a man who can flit between so many different worlds; and yet he pulls off the look with respect and humility.

“I think a lot of that comes from the fact I had to struggle to get to this point,” he says. “For many years, I was a nobody who couldn’t catch a break and just blended into the crowd.

“There were very few directors who wanted to take a chance on me, and as time went on, so too did I begin thinking that I should just focus on my music, or my art, or perhaps just get a real job.”

The relief is that Elba didn’t. In 2022, he has George Miller’s epic fantasy adventure *Three Thousand Years of Longing* opposite Tilda Swinton, and *Thor: Love and Thunder*, plus the film version of *Luther*, which will screen on Netflix.

“*Luther* returning as a film is a really big new thing, and I think for it to work it needed to be different.

“You are elongating what you have to play with, yet at the same time shortening the whole story into two hours, so the very fabric is altered.

“I think for that reason you can regard it as original and very exciting.”

Asked whether he actually affords himself the ability to stop and take stock, the father-of-two notes: “I don’t have much time to rest, and I don’t really like long sleeps. They don’t put me in a place of urgency and that’s where I want to be, certainly in terms of work and productivity and happiness. That’s not to say I don’t try to get as many hours of good sleep as I can – I’m just not very good at it,” he laughs.

“It’s a real balancing act and it’s safe to say I’m not there yet.”

Elba’s laid-back approach is a factor that will win him a bounty of script offers moving forward. He is someone who, in these troubled times of panic, indecision and hysteria, emits an effortless sense of cool. “I think it’s easy to confuse being laid-back with being laissez-faire about things,” he says. “I think you can be calm and charged at the same time.

“Your actions don’t always reflect your emotions – hey, I’m an actor, after all.”

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# The Blackberry Day

**T**hey look good, they taste good, and they do you good too. What more could you ask of a fruit you can gather for free?

Blackberries have been eaten in Britain since Neolithic times. And there are plenty of places to pick them throughout most of September. You'll find them in straggly clumps, in woods, hedges, heaths, roadside verges, and perhaps in your own garden.

Blackberries are a great source of vitamin C, potassium, manganese and antioxidants. Research indicates they may help prevent heart disease, certain cancers and inflammatory conditions such as arthritis.

You'll need to pick the berries when they're ripe – when their colour changes from red to purplish black. Once you're home, wash them in cold water. Add a little salt and leave them to soak for 5-10 minutes. This will get rid of any bugs, which should float to the surface.

Remember, fresh blackberries don't last long. So make sure to use them within a day or two or freeze them for later.

There are loads of delicious blackberry recipes – both sweet and savoury. This one's a twist on an old favourite.

### Blackberry fruit crumble squares

#### INGREDIENTS:

250g sugar | 375g plain flour | 1 tsp baking powder | 200g butter (soft) | 1 egg | 450g blackberries (washed) | 1 tbsp cornflour

#### HOW TO MAKE:

- > Preheat the oven to 190°C/170°C fan/gas mark 5 and grease a 20x30cm tin.
- > Stir together 200g sugar, flour and baking powder. Using a fork, blend in the butter and egg. The dough will be crumbly.
- > Pat half the dough mixture into the tin.
- > Mix together the fruit, the remaining 50g sugar and cornflour. Mix gently (it doesn't matter if the mixture is a bit squishy).
- > Spread the blackberry mixture evenly over the dough.
- > Crumble the remaining dough mixture on top.
- > Bake for 35-40 minutes, till the top is golden.
- > Cool, then cut into squares. Enjoy!



FOOD & DRINK



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HOW TO MAKE YOUR OWN

# eyeliner

EYELINER IS A MUST-HAVE MAKE-UP ITEM FOR MOST, BUT SHOP-BOUGHT VARIETIES CAN CAUSE A WHOLE HOST OF ISSUES, INCLUDING IRRITATED SKIN

## HOW TO MAKE EYELINER USING ACTIVATED CHARCOAL

- > Break a few capsules of activated charcoal into a small dish.
- > Dip your eyeliner brush directly into the charcoal and apply.
- > You do not need to add any other ingredients as the charcoal will naturally mix with the oil on your skin and stay in place once applied.

## HOW TO MAKE EYELINER USING ALMONDS

- > Use a pair of tweezers to hold an almond while you burn it with a lighter. Make sure you wear heatproof gloves to protect your hands.
- > Continue to burn the almond until half of it has turned to soot.
- > Scrape the soot into a dish using a butter knife.
- > Try to avoid scraping any large chunks of unburned almond into the dish.
- > Dip your eyeliner brush into the soot and apply it in your preferred style.
- > If you prefer a more gel-like consistency, you can add a few drops of jojoba, almond or coconut oil.

## HOW TO MAKE DIFFERENT COLOURED EYELINER

**1. Cocoa to make brown eyeliner:** Mix unsweetened cocoa powder with a few drops of water or jojoba oil and apply.

**2. Spirulina to make green eyeliner:** Pour spirulina powder into a dish and apply directly or mix with water or oil for a gel effect.

**3. Beetroot to make red eyeliner:** Add beetroot powder to either activated charcoal or cocoa powder to create a reddish hue.

**4. Mica powder to make a rainbow of colours:** Mica powder can be bought online and comes in every colour of the rainbow. Use this powder the same way you'd use activated charcoal.

## EYELINER HACKS YOU SHOULD KNOW

- > Draw small dots on the top of your lash line with a pencil and then join with liquid liner
- > Use a magnifying mirror
- > Always start with the eye you find the most difficult.



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# FRINGE FASHION

*is back in town!*

Fringe is back with a vengeance this autumn and has already been spotted on stars such as Charlize Theron and Olivia Palermo. From tasseled denim jackets to fringed mini-dresses, there are so many stylish ways you can embrace this trend in 2022.

## WHAT IS FRINGE FASHION?

Fringe first came into fashion in the 1920s as part of the flapper look, with dresses that were typically cut from luxurious materials and ornamented with fringed trim. Over the decades, fringe has gone in and out of fashion, but is now back bigger and bolder than ever before. It can be found in many different styles on garments made out of a variety of fabrics, from leather and suede to denim and silk.

## HOW TO ROCK FRINGE THIS AUTUMN

### 1. Fringed midi leather skirt

Why rock only one autumn 2022 fashion trend when you could embrace two? Leather is a great material for fringing and, when showcased on a midi skirt, guarantees you will look super stylish.

### 2. Fringed denim jacket

The denim jacket is the perfect wardrobe staple to take you from summer to autumn, and adding a little (or a lot) of fringe detailing can inject a touch of fun to any outfit. Look for an oversized and boxy shoulder with plenty of fringe for maximum effect.

### 3. Fringed wrap dress

Ideal for taking you from shopping to a hot date, a fringed wrap dress promises to make you look sophisticated and stylish. Pair with some strappy shoes and minimal accessories for an effortlessly glam vibe.

### 4. Fringed accessories

If fringed clothing is a little bit too far outside your fashion comfort zone, then why not try adding a few fringed accessories? For your first foray, fringed earrings are a great choice, or why not pick up a tasseled handbag?



# Gorgeous GARDEN GREENS

**D**oes your garden boast beautiful blooms during spring and summer but look a little bleak and bare the rest of the year? If yes, then check out these flowering evergreen plants that promise to provide colour all year round.

**Heather:** Heathers are compact, evergreen shrubs that boast tiny bell-shaped flowers in an array of stunning shades including white, pink, red and mauve. You can find varieties that flower in summer and autumn, and even ones that bloom during the coldest months of the year.

**Creeping myrtle:** Creeping myrtle, aka Vinca minor, is a blue-flowering vine that boasts shiny evergreen leaves on long, arching stems. With the ability to provide ground cover for shade, creeping myrtle can grow up to six inches tall, with a spread of 18 inches. Ideal for those who want an attractive and hardy evergreen plant in their garden.

**Azaleas:** If you have a shady spot in your garden that needs brightening up, then azaleas are the ideal choice. A small evergreen shrub that showcases bright flowers in spring and vibrant greenery all year round, plant azaleas in the ground or opt for dwarf varieties in pots if you are short on space.

**Camellias:** Camellia sinensis is a welcome sight in late winter and early spring, offering an abundance of colour when most other plants are not in bloom. With glossy evergreen leaves that promise to look good throughout the year, camellias thrive in shady spots and acidic soil.

**Choisya:** Choisya, also known as Mexican orange blossom, is a low-maintenance evergreen shrub that proudly displays white star-shaped flowers and glossy green leaves. Plant in a sunny and sheltered spot and enjoy the delicious smell of orange blossom in late spring/early summer.





# Know your NAILS

DISCOVER THE SIX MOST COMMON NAIL PROBLEMS AND HOW TO RECOGNISE THEM

**C**hances are you don't pay that much attention to the condition of your nails. However, did you know that a change in their appearance can indicate an underlying health condition?

**BEAU'S LINES:** Beau's lines are deep grooved lines that run from side to side on the fingernail or toenail. They often look like ridges or indentations on the nail plate. Beau's lines can indicate uncontrolled diabetes, a zinc deficiency or peripheral vascular disease.

**YELLOW NAIL SYNDROME:** If you have yellow nail syndrome, your nails will thicken and nail growth slows down. This results in a yellowish discolouration of the nails. Yellow nail syndrome is often a sign of respiratory disease or lymphedema.

**TERRY'S NAILS:** Terry's nails is a condition that makes the nails appear white apart from a narrow pink band at the tip. This nail condition can occur because of ageing, but it can also be a sign of a more serious health concern such as liver disease, kidney failure or diabetes.

**SPOON NAILS:** As the name suggests, spoon nails are soft nails that look as if they have been scooped out. Spoon nails are often a sign of an iron deficiency or a liver condition known as hemochromatosis. They are also associated with heart disease and hypothyroidism.

**NAIL CLUBBING:** Nail clubbing occurs when the tips of the fingernails become enlarged and the nail curves around the fingertips. Nail clubbing can be a sign of inflammatory bowel disease, cardiovascular disease or liver disease. It is also sometimes the result of low oxygen in the blood.

**NAIL PITTING:** Ice-pick-like depressions in the nail are known as nail pitting. This nail condition is common in people with psoriasis. Nail pitting can also be related to connective disorders such as Reiter's syndrome and alopecia areata.



Photo credit: Christophe Ena/AP/Shutterstock

BRITAIN'S GREATEST SPORTING MOMENTS...  
**VICTORIA PENDLETON CBE**  
*cycling to gold*

**B**y the time she retired in 2012, Victoria Pendleton CBE had risen to become

Britain's most successful female Olympian of all time. Her list of accolades includes two Olympic gold medals, a record nine World Championships, two European Championships and a Commonwealth gold.

It's incredible to think this approachable star of cycling has now been away from competitive action for almost a decade. Going out in style, she won Keirin gold at the London Olympics in 2012.

The Keirin event is one of the more peculiar, with five-and-a-half laps behind a motorised bike – the speed of which increases from 30km/hr to 50km/hr – followed by a two-and-a-half lap sprint finish.

Pendleton progressed comfortably through both heats to make it to the final. There, Australia's Anna Meares attempted to edge in front once the pacemaker had moved aside, but Pendleton's extraordinary burst of pace put her back in first place at the bell.

Around the back straight it was China's Guo Shuang who looked the biggest threat, and despite taking a wider line on the final corner, she was closing in.

With all the drama befitting an Olympic final, Pendleton crossed the line with an advantage no more than half a wheel's width, and the gold medal was hers.

The London Games came at the start of a golden period for British cycling. Bedfordshire-born Pendleton, meanwhile, continued her legacy on two wheels with the launch of a range of ladies' bikes, matching a surge in popularity in cycling – for both sport and leisure – that continues today.





# TOUR DE FORCE



Photo credit: Magic Car Pics/Shutterstock

A streamlined dream straight out of the future, the Ford Sierra was first unveiled in 1982, and the world sat up to take note.

When Ford revealed its Sierra model at the British International Motor Show at the NEC in Birmingham near the end of September 1982, it knew the reaction would be huge.

The company was in the throes of investing more than \$1.2billion into the design, production and manufacture of this sleek, slick piece of automotive engineering, and the industry immediately knew it had something big on its hands.

For Ford, the reaction was just what the doctor ordered. The pressure had been on to find a successor to the Cortina, a stylish car that was, nonetheless, constructed around convenience and practicality.

Industry experts guessed that the manufacturer's next move would be to push those ideals further forward, but instead Ford went into overdrive with a design that rivalled the comfort of Audi, the

sleekness of Citroën and Porsche (indeed, the inspiration for Sierra's quarter glass came from the Porsche 928), and as for dashboard technology, the manufacturer had taken the very best elements from the likes of Saab and BMW.

Sure enough, after a slow initial take-up (mostly because of a punchy purchase price and an excess of Cortinas still sat on forecourts, now with much-reduced process), drivers gradually fell in love with the Sierra.

The Sapphire and, of course, sporty Cosworth models nicely tweaked the Sierra proposition, and it wasn't until the Mondeo arrived in 1993 that sales began to fall.

Looking at the Ford Sierra now, some may label it cumbersome and clumsy by today's aerodynamic standards, but in the 1980s, it was the very height of motor chic, and its legacy lives on today.



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# 5 PET PARENTING *mistakes*

We are a nation of animal lovers, with 59 per cent of UK households owning a pet. However, that doesn't mean that we always get everything right with their care. Read our list of the most common pet parenting mistakes below to see if you're guilty.

#### ✗ NOT TRAINING YOUR PET

Did you forgo puppy training? If yes, then you are putting your pooch at a distinct disadvantage. When done correctly, training can help to provide guidance, support and structure, all of which your puppy needs in the early stages of their development.

#### ✗ OVERFEEDING YOUR PET

Overfeeding is an extremely common pet parenting mistake which can lead to a whole host of health problems. Whether you don't know the correct portion sizes or you are guilty of handing out too many treats, it is vital that you help your pet maintain a healthy weight.

#### ✗ AVOIDING THE VET

Vet bills can be extortionate, which can lead to pet parents avoiding essential check-ups. That being said, it is actually more cost-effective to take your pet to the vet regularly rather than wait until they require treatment. Remember, prevention is always better than cure.

#### ✗ FORGETTING DENTAL HEALTH

Oral health problems such as sore gums, tooth decay and bad breath can all affect pets in the same way that they do humans. Therefore, it is essential that you care for your dog's or cat's teeth. Daily brushing is the most effective way to prevent periodontal disease and only takes a few minutes of your day.

#### ✗ NOT GIVING ENOUGH ATTENTION

While you may have showered your new puppy or kitten with love, it can become all too easy to fall into the habit of not paying your pet enough attention. However, the more you observe your pet, the more likely you are to spot any behavioural changes or health issues.



PETS





# IN A HEARTBEAT

WHY DOCTORS ARE ADVISING CAUTION WHERE HEARTBEAT-TRACKING DEVICES ARE CONCERNED

Technology has put us more in touch with our bodies than ever before. It all began with the advent of the internet, whereby we could quickly and effectively research ailments by typing symptoms into Google.

Of course, seeing as we've all wrongly self-diagnosed a worst-case scenario, it might be said that the technology lets us down, and that concept is at the core of why a growing number of doctors are expressing fear at the breadth of heart rate monitors that now follow our every move.

From the simple Fitbit to the Apple Watch, right through to medical-grade vests measuring every throb and pulse, the data we accumulate can often be used in real-time to warn us of a possible problem, because when someone's heart skips a beat, tech companies want to let that person know about it.

Yet cardiologists say the information these devices produce isn't always useful. After all, notifications from the devices aren't definitive diagnoses, and in our pursuit of health we are now more likely to respond in a manner that leans on the healthcare system, when what we are receiving is often a false alarm.

"The technology has outpaced us," says Rod Passman, a cardiologist at Northwestern University who's assisting with a study examining the Apple Watch's ability to screen for heart rhythm conditions. "Industry came out with these things because they could. Now we're playing catch-up and trying to figure out what to do with this information."

So while some products will call for help if the wearer has been in a car crash or had a bad fall, others are fully making patients the protagonists in maintaining their health, and that's dangerous.

Rod adds: "The fact is that these devices are lifestyle, not healthcare, devices, and the hundreds of millions of users need to enjoy their exercise without the anxiety of the unknown."



If you know your lickswishy from your snozzberry, chances are you're a fan of author Roald Dahl. September 13 – the author's birthday – marks Roald Dahl Day, and schools around the world will be celebrating the occasion with a host of fun activities.

Dahl was born in Wales in 1916 to Norwegian parents. He was just four years old when his father died. His mother decided against moving the family back to Norway, as she knew her husband wanted their children to have a British education, which he regarded as the best in the world.

Dahl's schooldays inspired many of his children's books. For instance, at his boarding school, children were asked to taste test Cadbury's chocolate bars, which inspired *Charlie and the Chocolate Factory*. But there were more sinister influences too, such as scary adults. In his books at least, the children always got their revenge.

After leaving school, Dahl worked in East Africa and was a spy and an ace fighter pilot during the Second World War.

In 1953, Dahl married American actress Patricia Neal and together they had five children. The couple divorced after 30 years and Dahl later married film producer Felicity Crosland.

From 1953 until his death in 1990, Dahl lived in Great Missenden, Buckinghamshire, in a house with a specially built writing hut in the garden. This was where he wrote all 20 of his famous children's books, from *James and the Giant Peach* in 1961 to *The Minpins*, published after his death.

In 2012, the interior of the hut was carefully removed and installed in its new home, the Roald Dahl Museum and Story Centre, also in Great Missenden.

He is buried at St Peter's Church, Great Missenden, along with his snooker cues, some good burgundy, chocolates, HB pencils and a power saw.

For more information, visit [roalddahl.com/create-and-learn/join-in/roald-dahl-day](http://roalddahl.com/create-and-learn/join-in/roald-dahl-day)



Photo credit: roalddahl.com



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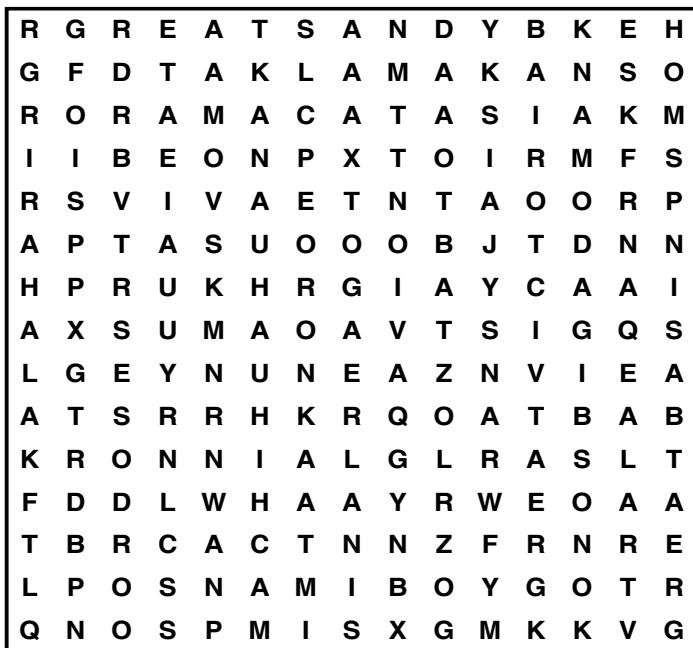


# PUZZLES & TRIVIA

PUZZLES

Answers: see end of The Vision Listings

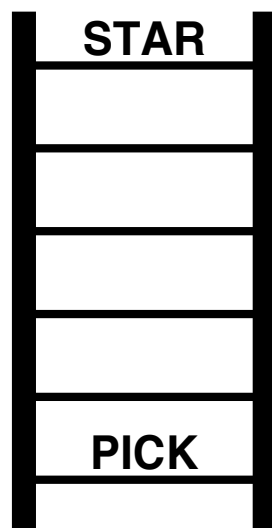
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## DID YOU KNOW?

- ▶ Trees contain quite a lot of water. When lightning strikes, most of the water reaches boiling point, turning it to steam and increasing pressure. This can cause the tree to explode.
- ▶ The average blue whale has a heart approximately the size of a car.
- ▶ Around 90 per cent of humans live in the Northern Hemisphere.
- ▶ Blue whales are able to hear each other from around 500 miles away.
- ▶ Platypuses can produce their own venom which is injected through barbs on the male's back legs.
- ▶ When threatened, ostriches run, although their powerful kick is capable of killing a human or even a lion.

## 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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