

**MEET THE  
WORLD'S  
LARGEST  
DINOSAUR**

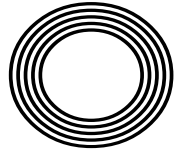
**SPRING REFRESH**  
Tips for the season

*Celebrating the life of*  
**JOHN MOTSON OBE**

**COBALT BLUE**  
*How to wear the on-trend colour*

**SUSANNA REID**

Breakfast TV presenter celebrates 20 years on screen



**FREE**

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# ST GEORGE'S DAY AT THE VICTORIA INN

POOL & DARTS  
TOURNAMENT FROM 2PM  
ALL MONEY RAISED GOES  
TO ESSEX & HERTS AIR  
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# Editor's notes...

APRIL 2023



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** Maldon Burnham. As our communities continue to face the challenges imposed by the pandemic, it's more important than ever to support our local businesses. On our local high streets, we are fortunate to have a wealth of independent shops and small businesses that offer a personal touch, excellent customer service and a range of unique products that you won't find in big chain stores. By choosing to shop with these businesses, you are investing in the community and supporting the growth of our local economy. So, whether you're in need of groceries, gifts or home essentials, be sure to check out your nearest independent shop or local high street store. Not only will you be supporting the community, but you'll also benefit from the personalised service of small business owners.

It's also worth noting that many of the businesses featured in this magazine are independently owned and operated. When you call to make a purchase or enquiry, be sure to mention that you saw their advert in our publication. It's this kind of support and feedback that allows us to keep producing high-quality magazines that celebrate and promote our local businesses and communities.

In short, shopping local is crucial to ensuring the prosperity of our businesses and communities.

*Nik Allen*

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

HOME & DIY | GARDENING | PETS | HEALTH & FITNESS | BEAUTY | FASHION | HISTORY | LOCAL NEWS | FOOD & DRINK | TRAVEL | BUSINESS & PROPERTY | SPORT | PUZZLES | MOTORING | KIDS | WHAT'S ON | TECHNOLOGY | THE LISTINGS

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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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# THE VOICE OF FOOTBALL

## JOHN MOTSON OBE

On occasion, sports commentators can be more famous than the very stars they report on. John Motson OBE ascended to such a level – larger than life in the best sense, instantly recognisable by sight or voice, and arguably the most iconic football reporter the country has ever produced. His death in February may have saddened the nation, but his legacy lives on.

“Oh, what a goal! What a goal! Radford the scorer. Ronnie Radford! And the crowd... the crowd are invading the pitch...”

These are the magical words that John Motson uttered as Hereford United legend Ronnie Radford – who himself passed away just three months before Motty – thundered an equaliser into the top corner, on a quagmire of a pitch, in an FA Cup third round reply against Newcastle United in February 1972.

The Salford-born Motson has since described this as the moment he put himself on the map at the BBC, as those in power quickly pushed a three-year contract his way and promoted him to their commentary team for high-profile matches.

Motty's contribution to English and international football folklore past that point is mesmerising. He covered 29 FA Cup finals, 10 FIFA World Cups, 10 UEFA European Championships, and more than 200 England national team matches.

Motson's first work with the BBC was as a sports presenter on Radio 2, in 1968. He stepped up for his first radio commentary game a year later, in December 1969, as World Cup winner Alan Ball scored the only goal in Everton's victory over Derby County at Goodison Park.

“It felt like the start of something big for me,” Motty said in a recent interview, “and really it was my absolute dream to be commentating on football.”

**‘He covered 29 FA Cup finals, 10 FIFA World Cups, 10 UEFA European Championships, and over 200 England national team matches’**

“Whether it was Wembley in front of 90,000 or a non-league game in front of a few hundred, the pleasure was in covering every shot, every run, every pass. I do believe I have been so, so lucky.”

While fans can reel off Motty's commentary to accompany special moments for their respective sides, there were darker moments in the broadcaster's career too. Indeed, on April 15, 1989, during an FA Cup semi-final between Liverpool and Nottingham Forest, Motson had to draw upon professionalism and humanitarianism, while keeping his emotions intact, as the horrific events of Hillsborough unfolded in front of him. He later appeared as a witness at the Hillsborough inquiry.

While his own club allegiances were kept secret for much of his professional career – which also branched out into radio commentary for BBC 5 Live and talkSPORT – Motty actually revealed in his book that he was a Chelsea fan.

“When I got to *Match of the Day* in 1971, Chelsea was my first commentary. Somehow, my Chelsea loyalties were pushed into the background, as I always wanted to be unbiased and neutral.

“I deliberately avoided answering honestly when someone enquired who I supported. ‘Barnet’ was my usual response!”

Motson, who was famous for his sheepskin coat, had an encyclopaedic knowledge of the game, and always carried with him his own self-penned book of statistics relating to the clubs he was covering.

He passed away peacefully on February 23, 2023, aged 77 years old, thus concluding more than half a decade of exemplary service.

The influence he had over the modern game has been immense, and will continue to be even after his passing.

# MEET THE MIGHTY TITANOSAUR

Imagine coming face-to-face with a creature four times as long as a London bus and weighing as much as 15 African elephants.

Sadly, the colossal titanosaur that meets this description, probably the largest-ever land creature, died out about 66 million years ago. But from March 31, the Patagotitan mayorum will be displayed in Europe for the first time at London's Natural History Museum.

So what can you expect to see? For starters, you can walk beneath the spectacular titanosaur cast, moulded from the most complete fossil specimen ever discovered. But there's so much more to this interactive exhibition than that.

While you're gawping in awe at the Patagotitan, you can also check out the plants and animals that were around at the time by admiring the surrounding illustrations. And you can follow the life history of a titanosaur on film, from its birth from a football-sized egg to a fully grown adult.

You can also handle fossil specimens, stare into the creature's giant skull, measure yourself against its massive thigh bone, and even smell its poo.

The original Patagotitan fossil consists of bones from seven creatures, found in the same area just nine years ago. It all began when an Argentinian farmer spotted his lost sheep on an odd-looking rocky ledge. Dinosaur finds in the area aren't rare, so he called the scientists in to get their thoughts. The rocky ridge turned out to be a thigh bone of a new species – the biggest dinosaur ever.

*Life as the Biggest Dinosaur* is open from March 31, 2023, till January 7, 2024, at the Waterhouse Gallery, National History Museum, South Kensington. The exhibition is suitable for children aged five and over. Tickets cost £16 for adults and £9 for children. Concessions and family tickets are available.

For more information, visit [www.nhm.ac.uk](http://www.nhm.ac.uk)



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Home Office/Studies

# A SPRING REBOOT

for your home

Spring cleaning is all very well. But sometimes you might feel the need to do something more. So why not bring in the new and throw out – or better still, recycle – some of the old? You'll feel energised and refreshed, all ready for the brighter days ahead.

wildflowers from the garden can look great when arranged in a big glass jar. Have a hunt for some unusual containers – galvanised watering cans, terracotta pots and woven baskets can all work well.

**ADD A SPLASH OF COLOUR:** The terracotta and dark greens we all loved in winter can look a bit dowdy in spring, so perk things up with something brighter. Yellow, bright green and pink can all liven up a home. You don't need to redecorate completely; painting a piece of furniture in a new colour can help to put a fresh spin on things. And if you don't want to go that far, add a few cushions, lightweight throws or an art print. Floral designs are perfect and look great with stripes or gingham.

**LIGHT UP YOUR LIFE:** You won't have to draw your curtains or blinds so early with the longer evenings. This is often enough to make your room look bigger and brighter, but don't forget to wash the windows. If you like, add some inexpensive sheer curtains. You could also choose some spring-scented candles – though remember to follow safety guidelines.

**BRING IN THE GREEN:** Not the colour this time, but foliage. Think fresh flowers, potted plants and terrariums. If you want to be super-thrifty, a bunch of

**GET MOVING:** Rearranging existing decorations costs nothing and can give a room a new lease of life. Try moving mirrors, lamps and furniture to see how it makes you feel.

*Above all, have fun!*





ALTERNATIVE USES FOR

# KITTEN



If you have a feline friend, then chances are you always have a bag or two of cat litter in your cupboard. But did you know that this pet essential also has many other uses in the home?

### TO ABSORB ODOURS FROM SHOES

If you or anyone in your household suffers with smelly feet, then you may be interested to know that cat litter is highly effective at absorbing unpleasant odours. Simply sprinkle a small amount in the offending footwear, leave for 30 minutes and then pour out.

### TO MOISTURISE PLANTS

Cat litter is great at retaining moisture, which means it is perfect for use in the garden. When planting shrubs, trees or new flowers, add cat litter to the hole in the ground and then fill with soil. You can also use cat litter to keep houseplants hydrated.

### TO PREVENT SLIPPING ON ICE

Icy pathways and steps are incredibly hazardous, but can easily be remedied with just a sprinkling of cat litter. It is very similar to the grit that is used on roads; pour anywhere where you see ice to help prevent accidents.

### TO DRY FLOWERS

If you have some cut flowers that you would like to preserve, then all you need to do is place them in a tray of clean cat litter and then wait for all the moisture to be absorbed. Take note, this can take several days.

### TO SALVAGE A MOBILE PHONE

If you have dropped your phone in the bath – or worse, the toilet – then cat litter is even more effective than rice at stopping the liquid from getting into the device. Simply slide your phone into an old sock, fill with cat litter and leave for one or two days.



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# Shake your



Forget weird little pom-pom creatures with googly eyes.; these fuzzy balls of fun have just got a whole lot cooler.

Pompoms have been decorating the tops of hats for centuries; even Vikings wore them. More recently, they've been spotted on the hats of soldiers, sailors, priests, and all manner of berets and beanies.

### How to make:

Traditionally, pompoms are made using two cardboard circles.

- For a 6cm diameter pom-pom, draw and cut out two cardboard circles, each 5.5cm diameter.
  - Then draw and cut a section out of the circles and cut a 2cm hole in the centres.
  - Place the two circles together.
  - Using long lengths of yarn, feed your yarn through the centre hole and wrap all the way around the edges of the circles and back up. Continue till the hole is nearly full.
  - Break the yarn, then push your scissors between the two circles from the outside edge and cut through the yarn all the way around.
  - Tie a length of yarn very tightly around the middle then remove the circles.
  - To finish, just give your pom-pom a neat haircut.
- To speed things up, get hold of some pom-pom makers from your local craft shop or online; they only cost a few pounds.

### Pom-pom ideas:

- Use your pompoms to create furry animal decorations – add googly eyes and even little ears and tails cut out of card
- Hang them on a key to make a keyring
- Make a pair of dangly earrings
- Thread them on a long piece of yarn to make a garland
- Sew a large pom-pom or three smaller ones onto the corners of a plain cushion
- Attach them around the top of a plain basket
- For some simple wall art, hang a few lengths of yarn from a piece of dowel and thread a few pompoms on each.



Photo credit: thehomesiteavenue.com



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Like many families, we spend a lot of time at home meaning we understand the importance of making your house feel like a home and giving it that extra special feel when it comes to designing a 'Yew' space.

We will look after you from start to finish and ensure you receive the after-care you deserve.

*We'd be delighted to hear from you if you need any help, advice or a free quote.*



## FIVE REASONS TO CHOOSE FITTED FURNITURE



Fitted furniture may not be the first option that springs to mind when you're thinking of updating your home, but for many, it's the best option to maximise space, increase storage and create a look that feels true to you.

Here are a few reasons why it might just be right for you, from Sliderobes – the fitted furniture experts.

### 1 Extra storage

Inside a fitted wardrobe, you can add however many shelves, drawers and rails you need to hold your belongings – whereas with standard wardrobes, you're limited to the one rail or shelf that it comes with. Sliderobes fitted solutions typically go from floor to ceiling, making the most of the height in your room, as well as the depth. Fitted options also don't have to have a back panel that creates a gap between the wardrobe and the wall, wasting space.



### 2 It's designed specifically for you, your taste and your lifestyle

People often don't realise just how bespoke their fitted furniture can be. Sliderobes has a collection of colours, materials and finishes to choose from. How the wardrobe looks is your decision, right down to the door handles. Sliderobes designers learn about your preferences and use their knowledge of trends and styles to help you make the right design choices.



### 3 Well made and is long lasting

With forty years of experience, Sliderobes knows a thing or two about quality to ensure your furniture stands the test of time and we're so confident in that, that we offer a 10 year guarantee. And, instead of you sitting down with an instruction manual and screwdriver, with Sliderobes, your piece will be installed by a professional fitter.

### 4 Suitable for every room in your home and any awkward spaces

Fitted furniture works in any room in the home, from built-in media units in the living room to integrated home office shelving. It can also be designed around features like slopes, alcoves, chimney breasts or beams in our homes that create pockets of wasted space.

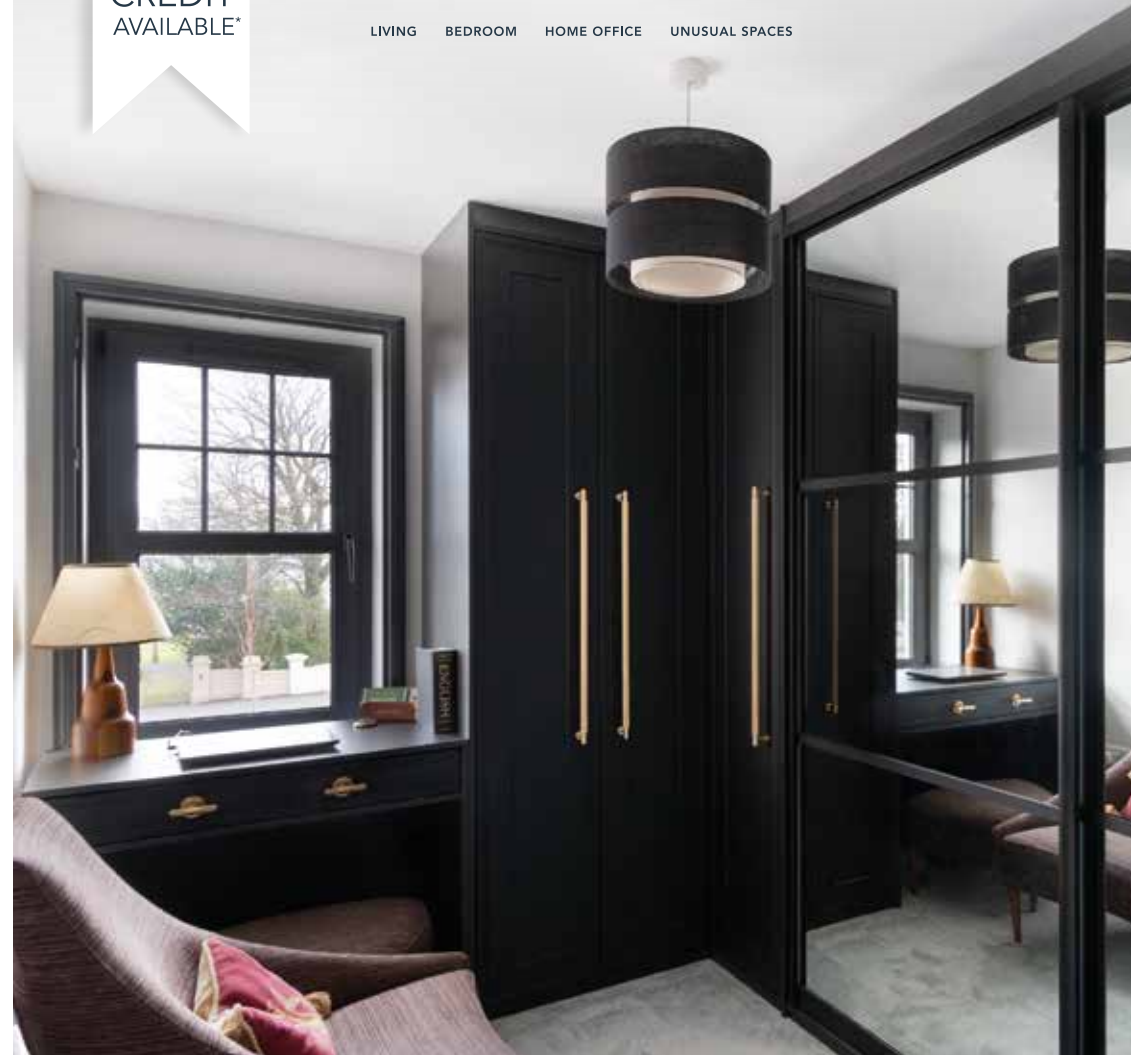
### 5 It's an investment that can add value to your home

Fitted furniture is an investment but one that is so worth it, as you won't have to replace it as frequently. And if you're planning to sell your property, your fitted furniture can be an attraction, as storage space is a premium that prospective homebuyers are willing to pay for.

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# FROM YOUR AREA



LOCAL NEWS

## Four police officers injured by suspected drink driver



Photo credit: Google Maps

Four police officers were injured after they attempted to arrest a 33-year-old woman on suspicion of drink driving in Maldon on Friday, March 10.

The assaults took place after police responded to reports of a collision on Maldon Road.

One officer was suspected to have suffered a broken jaw in the assault. After receiving medical attention, it was determined that the officer had sustained bruising and the bone wasn't broken.

The woman was arrested on suspicion of public order, assault on emergency worker, and drink driving. She has been bailed until Friday, June 2.

Inspector Andrew Simms said: "Each of the officers is being supported by their managers and colleagues, but this incident shows that officers are and can be assaulted just for doing their job, a job they love.

"Sometimes they put themselves in harm's way so that others can be protected.

"All of our officers have the right to go home uninjured after a day when they simply want to catch criminals, help people and keep our communities safe."

## Family sets up fundraiser for baby's headstone

A mother from Maldon is raising money for a headstone after her baby girl sadly passed away during birth.

The family hopes to raise £6,600 to pay for a memorial headstone for Bonnie-Rose, who passed away in October 2021.

Grandmother Donna Richards said: "My son-in-law and daughter have been broken since that second, and although they live and move forward with Bonnie-

Rose's beautiful big sisters, things have never quite been the same.

"They chose to have Bonnie-Rose buried so they have a place to spend time with her, and without a doubt they are always there, as am I, taking and sharing times that should not be this way.

"The time has come for Bonnie-Rose to have a headstone, and I am hoping with the power of Facebook and other social media sites that setting up this fund will help with this cost."

If you would like to donate, visit [www.gofundme.com/f/headstone-for-a-beautiful-little-girl](http://www.gofundme.com/f/headstone-for-a-beautiful-little-girl)

## Committee could cancel carnival if funds aren't raised

The Burnham-on-Crouch Carnival could be cancelled this year if the committee can't raise enough funds to host it.

The event has run on the last weekend of September since the late 1800s, and includes military performances, a funfair, parade, stalls, rides and music.

Terry Martin, chairman of the carnival committee, said: "People don't realise how much we have to spend to get the day up and running; road closures and security alone cost us more than £3,000.

"Although many local acts support the event and perform for free, some of the big performers come from outside the local area, so of course we have to pay them - then there is insurance to pay. The list goes on and it's a very long list.

"We estimate to secure the event, we need to raise around £20,000 this year."

If you would like to donate, visit [www.justgiving.com/crowdfunding/burnham-carnival](http://www.justgiving.com/crowdfunding/burnham-carnival)



Photo credit: OCEssexWing Twitter

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## SIR JOHN WHITTINGDALE MP

Conservative MP for Maldon



LOCAL NEWS



I am delighted to have this opportunity to contribute to **VISION**MaldonBurnham and look forward to writing for future editions. I have served as Member of Parliament for Maldon, including the Dengie Peninsula, for more than 30 years and, being a local resident in Maldon, I know how fortunate we are to live in such a beautiful and friendly part of the country.

In Parliament, I have held a number of government positions, including in the Cabinet as Secretary of State and then later as Minister in the Department of Culture, Media and Sport. I currently lead the UK delegation to the Parliamentary Assembly of the Organisation for Security and Co-operation in Europe and am the Prime Minister's Trade Envoy to the Republic of Korea. I am also a long-standing supporter of Ukraine and received the Order of Merit from President Zelenskyy. However, my first priority

is always to fight for the interests of my constituents, both in Westminster and locally.

I have recently been campaigning for improvements in our local health service, including access to GPs and progress towards a new health hub, on the need to invest in infrastructure to support housing development, and on the quality of the water in our rivers and estuary. I regularly visit local schools, businesses, voluntary organisations and community groups as well as holding regular constituency surgeries in both Maldon and Burnham. I enjoy meeting constituents and am always happy to hear from anyone who wishes to let me know their views or to ask for my help. If you want to contact me, you can do so by writing to me at the House of Commons, by email at [john.whittingdale.mp@parliament.uk](mailto:john.whittingdale.mp@parliament.uk) or by calling my office on 01621 855663.

**WWW.JOHNWHITTINGDALE.ORG.UK**



# YOUR LOCAL EVENTS

## STEAMING

Maldon Town Hall Theatre, Market Hill, Maldon, CM9 4RL  
Thursday, April 20, to Saturday, April 22, 7pm



Maldon Drama Group will be performing the comedy-drama *Steaming* this month. The play is set in a run-down public bath in East London, where five women regularly meet to share their troubles.

Tickets cost £10 for stalls and £12 for balcony and can be bought from [www.ticketsource.co.uk/mdg/steaming/e-avkder](http://www.ticketsource.co.uk/mdg/steaming/e-avkder)

## SHERLOCK HOLMES MURDER MYSTERY EVENING

Museum of Power, Hatfield Road, Langford, Maldon, CM9 6QA

Friday, April 21, 6.30pm – 10.30pm

Put your investigative skills to the test at this Sherlock Holmes murder mystery night. The event will include a dramatic crime scene and clue-solving game, with guests encouraged to dress up in period clothing.

Tickets cost £42 per person and include a three-course dinner and arrival drinks. If you would like to buy a ticket, get in touch with James Gulleford by emailing [james.gulleford@museumofpower.org.uk](mailto:james.gulleford@museumofpower.org.uk)

## MOTHER BROWN'S ST GEORGE'S DAY CELEBRATIONS

Burnham Village Hall, 2 Arcadia Road, Burnham-on-Crouch, CM0 8EF  
Sunday, April 23, 1pm – 6pm

DJ Dan will be hosting a 'cockney knees-up' to celebrate St George's Day. You can expect live music from the Sixties and Seventies as well as a fully

licensed bar and homemade scones, cakes and Brick Lane bagels.

Tickets cost £2 including a hot drink and can be purchased by contacting 07568 075497.

## MUSIC BINGO

The Anchor, The Quay, Burnham-on-Crouch, CM0 8AT

Thursday, April 27, 8pm – 10.30pm

The music bingo night, presented by entertainers Quest 4 Entertainment, will feature songs from eight decades which guests will cross off on their sheet as they hear them on the speaker. There will be cash prizes, a jackpot and a disco to finish the night off.

Tickets can be bought on the night and cost £10 for all of the games.

## BIG BURNHAM CORONATION CELEBRATION

St Mary's Church Green, Church Road, Burnham-on-Crouch, CM0 8DA

Monday, May 8, 1pm – 5pm

This will be a great afternoon out for all the family, with crafts and races for children, live music, a range of stalls, a car display and lots of room for picnics. There will also be a flight simulator and a barbecue.

## RAVER TOTS

Promenade Park, Park Drive, Maldon, CM9 5LH  
Sunday, June 11, 1pm – 6pm

This family-friendly event will feature performances from house, garage, and drum and bass artists, like Artful Dodger, DJ Luck & MC Neat, and Sweet Female Attitude. There will be a free funfair, a play area, inflatables, games, stalls and face painting.

To buy tickets, please visit [www.ents24.com/festival/raver-tots-outdoor-festival-essex-2023/6649648](http://www.ents24.com/festival/raver-tots-outdoor-festival-essex-2023/6649648)



Photo credit: Raver Tots Twitter

# An ancient forest with sinister secrets



Epping Forest's history is as celebrated as it is sinister – a place of great natural and agricultural beauty, yet also a place renowned as a hiding spot for the county's gangster fraternity.

At first glance, Epping Forest's beauty is rather simple – an ancient woodland of some 6,000 acres that straddles the border between the counties of Essex and Greater London, and one that serves as a thriving oasis of natural beauty and biodiversity.

It rates as the largest public open space in the London area, providing a vital green lung for millions of people who seek solace in its verdant embrace.

The forest dates back thousands of years, when it was part of a vast, continuous woodland that stretched across England. In the 12th century, it became a designated royal hunting ground, and in 1878, Queen Victoria bestowed it upon the people for their enjoyment and recreation. Since then, the City of London Corporation has managed the forest, ensuring its preservation for future generations.

It contains more than 50,000 ancient trees – majestic beech, oak and hornbeam – many of which are more

than 1,000 years old, with traditional and fiercely protected woodland management practices that reflect its ecological past.

Subsequently, Epping Forest provides a critical habitat for various wildlife species, including the rare and elusive fallow deer, as well as a host of other mammals, birds, insects, and a rich variety of fungi. It's also thought to be a hotspot for truffles.

The forest contains a vast network of footpaths, bridleways and cycling trails, inviting visitors to explore its enchanting beauty.

These routes have also, in the past, offered an elaborate map for local criminal entities to dispose of contraband, weaponry and bodies. In addition, the much-vaunted Epping Forest Country Club, a collection of three nightclubs, endured a controversial existence before final closure in 2002.

In 2023, Epping Forest has largely been returned to a place that captivates and inspires visitors with its breath-taking landscapes, vibrant ecosystems, and profound historical significance.



Photo credit: LukasGranger/Shutterstock.com





PETS

# DOGGY *skincare*

**DOES YOUR DOG HAVE A SKINCARE ROUTINE? HERE'S WHY SKINCARE IS SO IMPORTANT FOR YOUR DOG'S OVERALL HEALTH AND WELLBEING**

**WHAT ARE THE MOST COMMON CAUSES OF SKINCARE ISSUES IN DOGS?**  
Dogs are susceptible to many of the same skin problems as humans, and these are typically caused by the following: Poor nutrition | External allergies or bites | Parasite infections | Skin conditions such as seborrhoea | Food allergies | Bacterial infections

**HOW TO BUILD A SKINCARE ROUTINE FOR YOUR DOG**  
**Wash them regularly**  
On average, you should wash your dog once a week to preserve their skin and coat. However, this can vary depending on breed, with very active dogs requiring more frequent bathing. Always use two applications of shampoo: one to cleanse the coat and skin of dirt and old skin cells, and one that should be left on for 10-15 minutes, to penetrate the skin.

**Protect them from pests**  
Flea control is a must if you want to keep your dog's skin in optimal condition. Use flea prevention treatments all year round and visit your vet regularly for check-ups.

**Focus on good nutrition**  
The foundation of healthy skin is nutrition, so you need to make sure that your dog is getting a complete and well-balanced diet. You don't need to buy the most expensive dog food on the market; you only need to ensure that their diet fits their needs.

**Apply sun cream**  
Dogs can suffer with sunburn in the same way you can, especially those with short hair or light skin. Therefore, it is vital that you apply sun cream that is specially formulated for dogs during the warmer months of the year. You can also buy animal clothing that offers UV protection.



## Naturally Tasty Chews & Food



We opened Rafadoodles in July 2022 after purchasing our Cockapoo Rafa. When Rafa was a puppy it was difficult to find anything to help him teethe, and also give him healthy treats. Most big pet stores only have a limited option for puppies, but after a lot of research, we found out he was able to eat most natural treats including rabbit ears, rabbits feet and chicken feet. This was a game changer as it kept him busy and he really enjoyed them without upsetting his stomach. Research shows when a dog is licking and gnawing, endorphins are released into their brain which helps

to calm them and keep them happy. I do believe it was the natural treats that saved us from having to deal with chewed door frames or furniture, as he never chewed so much as a shoe when he was teething.

We stock not only natural treats including rabbits ears, pig snouts, cows ears & chicken feet, we also have a lovely selection of gourmet sausage bites that every customer comes back for more as well as our natural gourmet biscuits. We also have many branded pet treats & a range of toys, shampoo, flea treatments, beds, leads collars, harnesses and coats.

From mid May, we will be stocking cold press dog food as this is a great alternative to raw with all the same benefits.



We offer a loyalty card, and also free delivery service for local customers that may not be able to get a big sack of food home themselves. Many customers come in to visit Rafa, and we love it as it makes us feel part of the community. We also have a website and you can click and collect.

At Rafadoodles, we believe every dog deserves the best as they are here for a good time not a long time, so we stock all things natural and tasty.

# Rafadoodles

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# GOOD MORNING

from Susanna Reid

## LOOKING BACK OVER A PRESENTING LEGACY THAT CONTINUES TO GROW FOR SUSANNA REID, ONE OF OUR FAVOURITE BROADCASTERS

Susanna Reid is synonymous with newscasting in the UK. The 52 year old is the sometimes friendly, sometimes fierce face of breakfast TV, and in 2023 celebrates two decades of waking up those in the UK to the news and views of the world.

The journalist has accomplished something many set out to do, yet few achieve – presenting the news with confidence, balance and no small amount of personality.

“I think they are skills which emerge over time, and you can only really learn on the job,” says Reid, who made a controversial switch from the BBC to ITV in 2014. “I think in my early days, I was certainly a lot more stunted in my delivery. In many ways, a presenter or interviewer puts too much pressure on themselves, when they should just let the interviewee, or the news item, do the work for them.

“And I don’t think I’m the finished article yet, either,” she continues. “The news and the technology evolve all the time, so the blueprint for what we do changes in similar ways.”

Reid built her name for exemplary broadcasting when she started work as a news producer for BBC Bristol back in 1994. She later joined BBC News 24, getting her big break one night when the 11pm presenter did not arrive on set. That stand-in role soon turned into a permanent position, and she later moved into rather more sociable work on BBC *Breakfast* (notwithstanding the 3am alarm calls), presenting alongside the late Bill Turnbull, as well as Charlie Stayt and Sian Williams.

Having also appeared on *The Andrew Marr Show* and as the host of the BBC’s Oscars coverage, in 2014 Reid scoffed at rumours she was going to defect to ITV, saying: “If you cut me open, I’d bleed BBC.”

Yet a month later, ITV announced their impressive scoop, with Reid signing a £1million-a-year contract to front *Good Morning Britain* alongside the likes of Ben Shephard and Piers Morgan.

Reid has interviewed an impossibly wide cross-section of people from the worlds of sport, entertainment and more. She is known to be particularly resilient when coming up against politicians, and has famously sparred with former Prime Ministers Boris Johnson and David Cameron, as well as Nigel Farage and Sir Keir Starmer.

In spite of Reid’s relentless schedule, she has cultivated a busy and rewarding homelife, and has three children with her journalist ex-husband Dominic Cotton.

In addition, she has proved herself to be unafraid of stepping above the parapet of the traditional broadcaster, appearing on *Strictly Come Dancing*, *Gogglebox* and *Tipping Point*, and is a fan of Premier League club Crystal Palace.

“I think if I spent my whole life reading and presenting news on everyone else that would be pretty dull,” she laughs. “I’m not one of those people who wants to put themselves in everyone’s faces, but if the opportunity arises to do something exciting, then I will take it.

“My main focus has been and will always be helping viewers get motivated for the day. That can sometimes be difficult when the news is negative, but we always do our best to put a positive shine on things and to get smiles on people’s faces.”



# Don't worry BE HAPPY

If you are feeling a little down, this may not be because of something happening (or not happening) in your life, but may be owing to where you live.

According to an annual survey carried out by property experts Rightmove, there are 10 places in the UK where residents feel the happiest.

- 1. St Ives, Cornwall:** Coming in at number one is St Ives in Cornwall, which scored highly for community spirit, safety and a sense of belonging.
- 2. Galashiels, Scotland:** One of the most affordable areas in the top 10, Galashiels scored highly for friendliness and politeness of the locals.
- 3. Woodbridge, Suffolk:** The market town of Woodbridge came in third overall and first in the East of England.
- 4. Hexham, Northumberland:** Well known for its stunning floral gardens and parks, the market town of Hexham came in fourth on the list.
- 5. Perth, Scotland:** The vibrant riverside city of Perth, which was once the capital of Scotland, came second in Scotland and fifth overall owing to its sense of belonging.
- 6. Harrogate, Yorkshire:** Harrogate is a designated Area of Outstanding Natural Beauty and scored highly on access to nature and green spaces.
- 7. Anglesey, Wales:** Hitting the top spot in Wales, Anglesey gained the highest score for its local green spaces and abundance of nature.
- 8. Bury St Edmunds, Suffolk:** A historic market and cathedral town, Bury St Edmunds is surrounded by countryside and boasts a rich history.
- 9. Stirling, Scotland:** Coming in third out of all locations in Scotland and ninth overall, the historic city of Stirling is known for its friendly local community.
- 10. Cirencester, Gloucestershire:** Cirencester sadly could not beat St Ives in the South West but still made it into the top 10 owing to its beautiful countryside and picturesque Cotswold villages.



## Are you thinking of moving home this spring?

Spring often means new beginnings and there are no exceptions in the housing market, it is often the busiest time of the year for people looking to move home

But what are the key things to consider if you are looking to make a move this spring?

Are you in the best possible buying position? – anyone selling their home (and their estate agent!) will want to make sure that whoever buys their home is in a position to do so quickly and smoothly, below are some of the key things to have in place to be viewed as the “best buyer”

- Deposit – have you got enough to cover the house deposit and moving costs?
- Agreement in principle – have you passed the initial credit checks with a lender?
- Proceedable position – are you in a position to buy the property and progress to completion now or do you still need to find a buyer for your current home/save up your deposit?

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**Picasso**  
**...BEST ARTIST EVER?**



**P**ablo Picasso, who died 50 years ago this month at the age of 91, wasn't just a painter. He was also a sculptor, printmaker, ceramicist, stage designer and writer. At times, he was almost as famous for his complicated love life as his art – and the many women in his life played a massive role in his art.

Picasso was born in Malaga, southern Spain, in 1881. In 1904, aged just 23, he moved to Paris. The French capital was the centre of avant-garde art – experimental art that challenged the norms of the time.

Picasso produced so much work that art historians have divided it into eight categories. The best-known is Cubism, which Picasso co-invented with fellow artist Georges Braque around 1910. Cubism involves painting an object from lots of different angles and combining them into the same picture.

Between the two world wars, Picasso became heavily involved in the Surrealism movement, made famous by artists like Salvador Dali. In 1937, during the Spanish Civil War, Picasso was commissioned by the Republican government to paint one of his most famous works. The mural, *Guernica*, which includes images of fallen soldiers and injured horses, symbolises the pointlessness of war.

It's subjective as to whether Picasso is the best artist ever. His technical skills were as good as anyone's – he could produce paintings like old masters while still in his teens. But what's certain is that no one in the 20th century influenced art quite like he did.



**DID YOU KNOW?**

- Picasso's iconic striped t-shirt was designed by Coco Chanel
- His full name is actually 23 words long: Pablo Diego José Francisco de Paula Juan Nepomuceno María de los Remedios Cipriano de la Santísima Trinidad Mártir Patricio Clito Ruiz y Picasso
- He produced 47,800 works of art in his 78-year career
- His father was an art professor
- In 2005, his painting *Le Rêve* sold for \$155million.



# PASS ON PARACETAMOL

**D**o you reach for your trusty bottle of Calpol whenever your child shows the first signs of illness? If yes, you should know that there are alternatives to this popular painkiller.

### CHAMOMILE TEA

If your child is suffering with a headache, then a cup of chamomile tea can help to relieve pain and soothe them to sleep. Encourage them to take small sips and add a natural sweetener such as honey if they don't like the taste.

### COOL LAVENDER COMPRESS

For children with a temperature, a cool lavender compress can work wonders. Simply dip a cloth in cool (not cold) water with a few drops of lavender oil and then place on their head, chest or legs.

### WITCH HAZEL COMPRESS

Another effective natural remedy for headaches, a cold compress with a bit of witch hazel can be placed directly on the forehead for instant relief.

### TEA TREE OIL SPRAY

Tea tree oil has been proven to help the body fight off infections as it contains active bacteria-fighting chemicals known as terpenes. Fill a spray bottle with water, add a few drops of tea tree oil and spray around the room or directly onto their body to soothe any inflammation and reduce a high temperature.

### PLENTY OF REST

When your child is unwell, the most important thing to do is ensure that they have sufficient rest. Don't be afraid to let routine go out the window and allow your child to nap as and when they want to. If they have a headache, a dark and quiet room is a must.

### WHEN TO CALL YOUR GP:

- ✓ If your child is under three months old and has a temperature of 38°C or higher
- ✓ If your child is between three and six months old and has a temperature of 39°C or higher
- ✓ If your child has a high temperature that has lasted for more than five days
- ✓ If your child has other signs of illness, such as a rash
- ✓ If your child is dehydrated.



## A SLICE OF HISTORY

# Simnel Cake

**T**here are some stories you wish were true – and the myth behind Simnel cake, the marzipan-covered fruitcake popular at Easter, is one of these.

Back in the mists of time, a certain Simon and Nelly apparently fell out while making a fruitcake. One said it should be boiled; the other wanted to bake it. After a squabble, they settled on using both cooking methods. The resulting cake was named after both of them.

Simnel cake dates back to the 17th century when live-in staff returned to their families around Lent, often bringing food with them. By the 19th century, Simnel cakes looked like the cakes we know today, complete with 11 balls of marzipan to represent Jesus' apostles – minus Judas, the traitor.

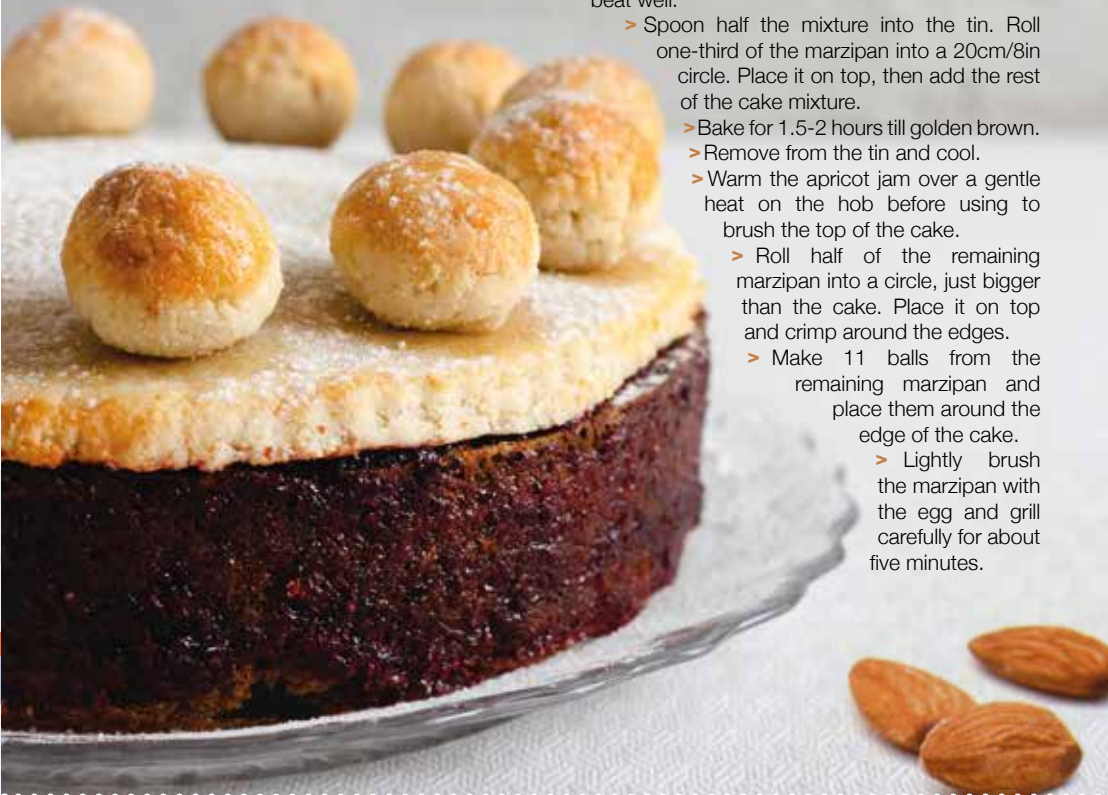
### INGREDIENTS:

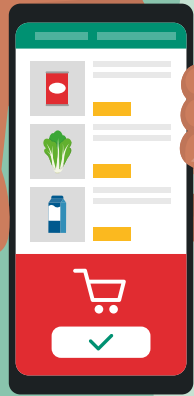
**FOR THE CAKE:** 175g light brown soft sugar | 175g soft butter (plus extra for greasing) | 175g self-raising flour | 3 large eggs | 50g ground almonds | 3 tbsp milk | 200g mixed dried fruit | 100g glacé cherries, quartered | 2 tsp mixed spice powder

**FOR THE TOPPING:** 450g golden marzipan | 3 tbsp apricot jam | 1 egg, beaten

### HOW TO MAKE:

- > Preheat the oven to 160°C/Fan 140°C/Gas 3.
- > Grease a deep 20cm/8in cake tin and line it with baking paper.
- > Put all the cake ingredients into a large bowl and beat well.
  - > Spoon half the mixture into the tin. Roll one-third of the marzipan into a 20cm/8in circle. Place it on top, then add the rest of the cake mixture.
  - > Bake for 1.5-2 hours till golden brown.
  - > Remove from the tin and cool.
  - > Warm the apricot jam over a gentle heat on the hob before using to brush the top of the cake.
  - > Roll half of the remaining marzipan into a circle, just bigger than the cake. Place it on top and crimp around the edges.
  - > Make 11 balls from the remaining marzipan and place them around the edge of the cake.
  - > Lightly brush the marzipan with the egg and grill carefully for about five minutes.





# WASTE NOT *want not!*

## THE BEST APPS TO CUT DOWN ON FOOD WASTE



The UK was responsible for 9.52 million tons of food waste in 2018 alone. If you are currently wasting a lot of food, then don't worry, it is never too late to turn things around.

Check out these top four apps that promise to help you cut down on food waste and save money in the process.



### TOO GOOD TO GO

One of the biggest causes of food waste is uneaten leftovers and unsold items in restaurant kitchens, fridges and cupboards. The Too Good To Go app looks to reduce this by inviting people to take advantage of unsold food at a highly reduced cost. Shops and restaurants sign up to the app and then sell bags of food based on what they have left at closing time. App users can then go and collect the food.



### OLIO

Olio allows you to access surplus food from other households in your local area. You can choose to either take a photo of any unwanted food that you have for your neighbours to collect, or you can search for surplus food for your own family. You can also become a Food Waste Hero by collecting unsold food from local businesses and listing it on the app.



### KARMA

The Karma app works in a similar way to Too Good To Go and allows you to purchase takeaway food at a highly discounted price. Once you are signed up, you can earn loyalty bonuses every time you place an order.

### NOSH

Nosh is an AI-based app that helps you to track the food you have in your own home. Users can view expiry and use-by dates all on one screen, and prioritise what items they need to eat first. You can also receive recipe recommendations and a suggested weekly shopping list based on your buying and wasting habits.



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waters; you don't have to be an active boatman to enjoy the location though, just relax and watch the boats and yachts go by.

The park boasts great facilities including a well-stocked fishing lake, an adventure playground and an amusement arcade. Along with our leisure pool, there is also a paddling pool for our very youngest guests.

A visit to the clubhouse will round off a perfect day with tasty food and drink available, along with live music and top shows during busier periods.



the park is the hidden treasure of the South East of England, with ready access to the Mayland Creek.

If you're looking for a relaxing getaway for all the family then Steeple Bay is the right place to be. Choose to spend time in our Riverside bar or take a dip in the heated outdoor swimming pool, while the kids have fun around the park with Loopy and his friends. Or take to the nearby



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# AIRPORT Pro



TRAVEL

They say your holiday begins as soon as you arrive at the airport, which makes getting it right, pre-flight, all the more important. Here's our list of departure lounge dos and don'ts.

risk of being turned away at the gate.

### DO relax

Finally, your break from work and from the stresses of everyday life can begin. It's important to take time to relax – you deserve it!

### DON'T stress about time

While it's important to be on time at the airport, it's also worth remembering you have plenty of time. Most pre-flight stresses come about because people panic they will miss their flight, but keeping a clear head is important, even if the departure gate seems like it's in a different postcode!

### DO refresh

Although it's easy to grab a snack once in the air, buying a sensible meal and drinks after you pass through security is a good idea before a long flight.

### DON'T be excessive

Many people celebrate going on holiday by having a tittle or two before the flight. While it might seem like a good idea at the time, arriving at the airport early or filling time if your flight is delayed, means it's easy to drink too much. If that happens, you run the

### DO organise hand luggage

Keep a close check on luggage allowance, and remember that the items you carry on board need to be scrutinised. Liquids of no more than 100ml should be kept in a single, transparent, resealable plastic bag which holds no more than a litre and measures approximately 20cm by 20cm. This should be placed at the top of your hand luggage, together with any electrical items.

However, restrictions on liquids and electrical items are on their way out. Airports in the UK have until June 2024 to install new security technology, which will mean passengers can carry up to two litres of liquids and large electrical items in cabin luggage as they go through security. London City Airport has already put this new technology in place, thereby reducing hassle for passengers.

### DON'T overdo the shopping

While it's tempting to pick up booze, fragrances and all manner of other discounted items in the departure lounge, it's much smarter to do this on your return journey. Anything you buy in the airport before your outbound flight will contribute to your baggage allowance on your return flight. Whereas if you save your airport shopping for before your inbound flight, anything you buy can go in your hand luggage.





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# A guide to GARDEN OBELISKS



GARDENING

Looking for a simple way to add interest and style to your garden or patio area? Garden obelisks are one of the most versatile structures available and can be used effectively in any outdoor space, no matter how big or small.

## WHAT ARE GARDEN OBELISKS USED FOR?

Garden obelisks are commonly used to support flowering plants and can act as a stunning focal point in your garden. They are usually made of wood or metal, and are perfect for defining the entrance to your garden, adding an extra dynamic to a seating area or even placing in a conservatory to bring a touch of the outdoors in.

## TOP TIPS FOR ADDING OBELISKS TO YOUR GARDEN:

- > Make sure you place each one on a flat piece of ground
- > Bury the feet of the obelisk in the soil to prevent it from falling over
- > Opt for a larger size to accommodate growing plants
- > Hang bird feeders off an obelisk to attract birds
- > Place in a circular flowerbed to create a showstopping centrepiece

## BEST PLANTS TO GROW UP YOUR GARDEN OBELISK:

Clematis | Wisteria | Sweet peas | Star jasmine | Common ivy | Morning glory | Climbing roses

## HOW TO CHOOSE A GARDEN OBELISK:

When choosing a garden obelisk, there are several factors you need to consider:

1. Is it weather resistant?
2. Does it come pre-built or is construction required?
3. Is it the right height for your chosen plants?
4. Do you want a garden obelisk that is designed to rust for a more authentic look?
5. What type of finial do you want? (This is the decorative feature that sits on the top of the obelisk)

## WHERE TO BUY GARDEN OBELISKS:

While you can make your own garden obelisk, you will need a certain amount of DIY expertise and a number of tools to do so. Therefore, you may prefer to purchase one either online or in a store. Most garden centres offer a range of obelisks to choose from.

Photo credit: saskiaven.com



# Happy HEDGEHOG

**H**edgehog numbers are in decline in the UK, so it has never been more important for us to take care of our prickly pals. Here's how you can look after the hedgehogs in your garden and keep them happy throughout the year.

### WHAT DO HEDGEHOGS EAT?

If you want to encourage hedgehogs to visit your garden, then you can supplement their natural diet of worms, beetles, earwigs and caterpillars by leaving out food and fresh water. Some foods that hedgehogs enjoy are:

- > Tinned cat or dog food
- > Crushed dog or cat biscuits
- > Meat-based hedgehog food

If you notice very young hedgehogs in your garden (roughly apple-sized), then you need to soak any biscuits in water before leaving them out.

### WHAT SHOULD YOU NEVER FEED HEDGEHOGS?

You should never leave out milk or bread for hedgehogs as the former can cause diarrhoea and the latter is not very nutritious for these small mammals. Mealworms can also cause health problems when consumed in large quantities.

### WHEN TO FEED HEDGEHOGS IN YOUR GARDEN

It is a good idea to put food and water out for hedgehogs all year round. In spring, this will give

them a boost after hibernation, while in summer and autumn, it will help them to build up fat reserves to survive the winter. During periods of hot and dry weather when natural resources are scarce, fresh water and food is even more important.

### HOW TO FEED HEDGEHOGS SAFELY

- > Place food in a shallow dish and place this in a sheltered area of your garden
- > Remove any uneaten food each day and refill with fresh water and food
- > Clean the dishes daily using hot, soapy water and then rinse well to reduce the risk of spreading diseases between different hedgehogs.



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# Bananas about BANANAS

As well as being delicious, bananas are also one of the healthiest foods around. And what better time to celebrate them than National Banana Day on April 19?



#### LOOK AFTER YOUR HEART

Bananas are rich in potassium, which can help lower your blood pressure and prevent your arteries from becoming stiff.



#### TAKE CARE OF YOUR DIGESTIVE SYSTEM

The starch in bananas breaks down and becomes food for the beneficial bacteria in your gut. The pectin, meanwhile, can help keep you regular. Because bananas are relatively low in calories but also filling, they can also play a part in maintaining a healthy weight.



#### AVOID TYPE 2 DIABETES

The vitamin B6 and fibre in bananas may reduce your risk of type 2 diabetes. But if you already have this condition, ask your health professional before eating more bananas because they contain a lot of sugar.



#### IMPROVE YOUR WELLBEING

The vitamin B6 in bananas can help you sleep, while the magnesium can help your muscles relax. What's more, tryptophan, which converts into serotonin, together with the antioxidants also contained in this popular fruit, could help improve your mood.



#### BOOST YOUR ENERGY

The sugar and fibre in bananas will give you an instant energy boost. At the same time, potassium may reduce the risk of muscle cramps. This makes them a good snack both before and during exercise.

#### NOT JUST FOR EATING

Try these unusual uses for bananas:

- > Use banana skins as a garden fertiliser – chop them up and mix them in the soil around your plants
- > Tape a small piece of the inside of a banana skin to a wart or verruca to help remove it
- > Mash up a banana and use it as a face mask – it will hydrate your skin and help reduce blemishes
- > Use the inside of a banana skin to give dull houseplant leaves a shiny new finish.





# How to wear COBALT blue

Seen on catwalks in Paris, Milan, New York and London, cobalt blue is big news for Spring 2023. A bold and beautiful colour that demands to be seen, here's how you can wear this stunning shade in five different ways.

### COLOUR CLASH

Cobalt blue has the unique ability to work well with almost all colours, including black, navy, white, beige, red, orange and green. Try adding an element of cobalt blue to a grey suit for understated elegance or grab attention by teaming it with yellow.

### TRY TONAL

If you love to layer, then rocking various shades of blue is the perfect look for you. Cobalt blue and pastel blue work wonderfully together, with the lighter shade softening your look and the cobalt blue acting as the highlight of your outfit.

### MAKE IT MONOCHROME

Alternatively, for a bold vibe, wear head to toe cobalt blue in the form of a trouser suit, jumpsuit or dress with matching shoes. This is a very slimming look, and you could even add some cobalt blue accessories.

### DENIM DELIGHT

Cobalt blue and denim are a match made in heaven, and there are so many stylish ways to mix these two trends together. Whether you pair a cobalt blue shirt with your favourite jeans or rock a denim skirt and cobalt blue boots, you can't go wrong with this perfect combination.

### ACCENT WITH ACCESSORIES

If cobalt blue is a little too in-your-face for you, then why not opt for a more understated look with some cobalt accessories? Look for a cobalt blue clutch or a pair of cobalt blue earrings and matching bracelet to give a plain outfit just the lift it needs.



# GUIDE TO False eyelashes

Would you love to have luscious lashes? While not everyone is born with long, fluttering eyelashes, you can fake it with some high-quality falsies.



**INDIVIDUAL** lashes are a great choice if you want a subtle boost to the fullness and length of your natural lashes. You can get individual packs of lashes in sets of 30-60 strands and in a wide variety of lengths. Apply each individual lash using a pair of tweezers or a lash applicator.



**CLUSTERS**, which are sometimes referred to as flares or accents, are ideal for those who do not want to apply a full strip of lashes. These can be strategically applied to create a number of different looks and are often used on the outside corners of the eyes to create a cat-eyed effect.



**STRIPS** are the most common type of false eyelashes and come as a horizontal band that you apply across your entire upper lash. With the ability to add drama and volume, full lash strips are typically applied with lash adhesive and tweezers.

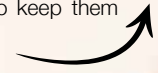


**MAGNETIC** lashes are a relatively new addition to the world of false eyelashes, and are perfect for anyone who struggles with the gluing stage of the application process. Gentler on the skin and on your natural lashes, magnetic lashes can be easily applied with just magnetic eyeliner and a pair of tweezers.

**EXTENSIONS** are for if you want a fuller look all the time; they offer an effective and highly aesthetically pleasing solution. However, it is worth noting that eyelash extensions do not come cheap, and that regular maintenance is needed to keep them looking their best.



Photo credit: lolilashes.co.uk





# THE CAR'S THE STAR

SIX ICONIC CLASSIC CARS THAT WON'T COST YOU THE EARTH

While most of us assume the classic car arena is reserved exclusively for those whose sense of nostalgia is matched with astoundingly deep pockets, think again.

There are a number of iconic motors that, with a bit of research and a customary forecourt or driveway haggle, can be yours for much less than you may imagine.

### MGB GT/ROADSTER

Iconic in shape, and dating back to the 1960s, the Roadster comes in a hard- and soft-top. It was the motor that generations of future Ferraris were modelled on.

Incredibly, you can pick up a GT for a little more than £5,000.



### LAND ROVER DEFENDER

When Land Rover ceased production of the Defender back in 2016, the price of those remaining was expected to rocket, but it hasn't happened.

Instead, you can pick up this classic rural runaround for well under £10,000. The only warning will be that many may have lived a life of being slung around country roads and farms, and the repair bills can be punchy.

### FORD CAPRI

The Capri is a car whose shape was as cool and laidback as the person behind the wheel. Its influence was the Ford Mustang, and you can sense the muscle car behind this classic 1980s motor, which can be yours for a smidge over £10,000.

### PORSCHE 924

A Porsche for under £5,000? It's possible. While the 924 hasn't gone down in the motor annals as one for the purists, this mid-80s master still looks incredible, and the pop-up headlamps are a thing of beauty.

### SAAB 900 TURBO

They say you don't know a Saab until you've driven a Saab, and this classic model, the 900, can find its way onto your driveway for as little as £4,000.

Sleek, solid and Swedish – it's a classic motor from a classic era.



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PUZZLES

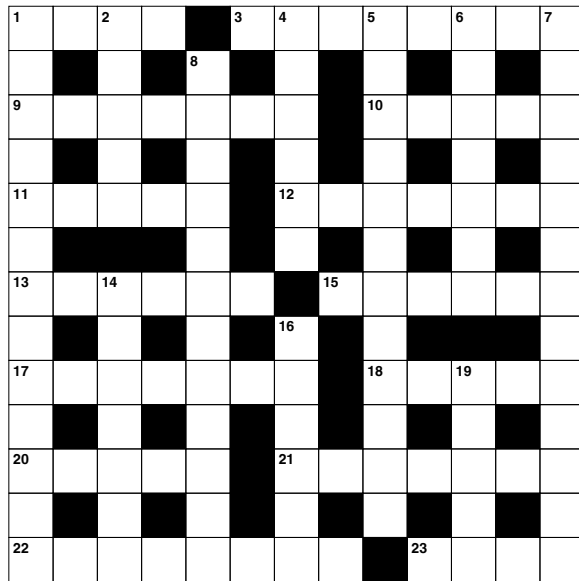
Answers: see end of The VISION Listings

## ACROSS

1. Liability (4)
3. Heated exchange of views (8)
9. Free a ship from her moorings (4,3)
10. Opposite of below (5)
11. Device used to connect to the internet (5)
12. Pulls back from (7)
13. Bird with yellow and black plumage (6)
15. Seem (6)
17. In the place of (7)
18. Head monk of an abbey (5)
20. Embed; type of filling (5)
21. West Indian musical style (7)
22. Gibberish (8)
23. Verge (4)

## DOWN

1. Decay (13)
2. Beads (anag) (5)
4. Implement change (6)
5. Intolerable (12)
6. Passionate (7)
7. Hidden store of valuables (8,5)
8. Preservative chemical (12)
14. Pancreatic hormone (7)
16. Official proclamations (6)
19. Animal that uses two legs for walking (5)



## DID YOU KNOW?

- ▶ One million Earths could fit inside the Sun – and the Sun is considered an average-sized star.
- ▶ The sunset on Mars appears blue.
- ▶ Space is completely silent. There is no atmosphere in space, which means that sound has no medium or way to travel to be heard.
- ▶ There are more trees on earth than stars in the Milky Way. There are about three trillion trees on Earth, and between 100 to 400 billion stars, approximately, in the galaxy.
- ▶ Saturn is the only planet in our solar system that is less dense than water. It could float in a bathtub – if anybody could build a bathtub big enough.
- ▶ One day on Venus is longer than one year on Earth.

## SUDOKU

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

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