

**100
YEARS
OF THE
BBC**

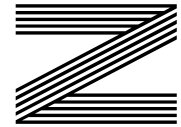
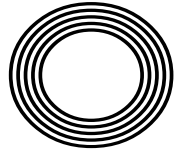
**PAYING
TRIBUTE**
to rock legend
Meat Loaf

THE SECRETS
to a successful stir fry

GET CLEANING
with our spring clean checklist

STEVEN BARTLETT

From university dropout to youngest ever Dragon



FREE

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Editor's notes...

MARCH 2022



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** Rayleigh Wickford. Since the start of the year, I've managed to get through one book and am now halfway through another. I have always been interested in life stories and biographies. I find those who I am big fans of - actors, sportspeople or musicians - easiest to read.

One trait I find comes up in many successful people's life stories is their ability to bounce back from failures - in fact, they glorify their losses more than their wins and wear them like badges of honour.

Whether it be a missed penalty in a cup final, bad auditions as an actor or a comedian not making people laugh at a show - it is these moments of feeling uncomfortable and wanting to hide away from the world that really does bring out the real winners in us all. Such moments in some cases can fire you up to never want to feel that way again, which can then propel you to success.

Getting comfortable being uncomfortable is one of my mantras for this year as I know the more I can put myself in situations that I may find uncomfortable, the more it means I am growing as a person.

Nik Allen

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YEARS OF THE

A CENTURY TO CELEBRATE – THE BBC HITS 100

It's perhaps ironic, maybe unfortunate, and undoubtedly inconvenient that the British Broadcasting Corporation's (BBC) 100th anniversary comes at, arguably, its lowest ebb.

The BBC has spent the vast majority of its lifespan as an exemplar for entertainment, across many strands of its output. From radio to TV, online to live events, it is a unique entity whose impact and prestige is felt and accepted in all corners of the globe.

'Auntie' deservedly holds that reputation, despite the 'new world' struggles the corporation now finds itself encountering. As publicly funded state broadcasters go, it has always been a world away from the controlling propaganda that many churn out overseas; it has a reputation of listening to those who fund it, and its output is as wide and varied as the UK's own demographic.

Yet there wasn't such a strong blueprint when the BBC set out. 2LO was the first radio station launched, in 1922, airing for just a few hours each day, with news, music, drama and conversation.

The publication of the *Radio Times* followed a year later, though it was during the general strike of 1926 that newspapers ceased printing and the BBC – who refused to stop broadcasting, or to hand over control to the government – subsequently gained the upper hand, and one it has assumed ever since.

In 1930, the BBC broadcast the first television play in the UK, named *The Man with the Flower in his Mouth*, with Broadcasting House opening two years later in London to provide the first purpose-built radio centre.

Regular scheduling of television programmes began in 1936, and within three years, as Britain descended into the Second World War, the BBC's broadcast bravery and expertise saw it endowed with a sense of trust and national pride it would never lose.

Post-war, as attitudes became less stiff and the prospect of colour television came into the equation, the BBC sought success in a vast array of programming. From *Woman's Hour* to *Last Night of the Proms*, *Blue Peter* to *Eurovision*, *The Archers* to coverage of the Olympics, *Songs of Praise* to *Top of the Pops*, every cultural shift was breathlessly played out across TV and radio.

As a state broadcaster, the Beeb also realised it needed to focus on smaller communities both in the UK and abroad. *Pobol y Cwm* started in 1974 and remains the BBC's longest-running soap, while Madhur Jaffrey, *Live Aid* and *Goodness Gracious Me* embraced diversity long before it was a trendy term.

The last 25 years have seen DAB and online move the corporation into vast new areas, while geographically the relocation to its new Salford HQ, MediaCityUK, has been a huge success.

For all the BBC's prolific legacy of success, the political hot potato that is the licence fee remains. There is an audience, particularly the young, who are consuming media now in very different ways, while the move to tax the elderly again has done nothing to change the perception that the broadcaster needs to push forward with a certain level of corporate responsibility.

And yet, despite the recent challenges and criticisms, the BBC remains a subject of huge national pride and an exemplar of modern media, in a landscape where so much output is dumbed down. Its century must be something we celebrate.



“THE BRITISH BROADCASTING CORPORATION HAS SPENT THE VAST MAJORITY OF ITS LIFESPAN AS AN EXEMPLAR FOR ENTERTAINMENT”

A TRIBUTE TO MEAT LOAF:

A ROCK LEGEND

THE LIFE AND CAREER OF MEAT LOAF, WHOSE TIME SPENT DINING AT THE TOP TABLE OF ROCK CAME TO AN END IN JANUARY

He was a rock god in an era where they were few and far between. He surfed on the heavy metal superhighway that his own iconic anthem, *Bat Out of Hell*, laid the foundations for; all the while going about his business with stagemanship, style and humour.

Meat Loaf plucked his last chord at the end of January, but the Texan's legacy will live on through his anthemic contribution to music and culture.

And yet the artist – real name Marvin Lee Aday – was so much more complex than his big, ballsy persona suggested. For starters, he arrived in the entertainment world via theatre – notably the

musical *Hair* – although he had already started making music with debut band, Meat Loaf Soul.

His time in theatre and film was significant – from *Rainbow* to *The Rocky Horror Show*, he brought a brand of unique showmanship to his roles. And when the album *Bat Out of Hell* arrived in 1977 (some five years after he and Jim Steinman began working on tracks), the stars had aligned perfectly. To date, the album has sold more than 43 million copies.

Further albums followed, including *Dead Ringer* and *Midnight at the Lost and Found*, before a career resurgence at the start of the 90s with *Bat Out of Hell II*, from which the single *I'd Do Anything for Love (But I Won't Do That)* took the rocker back to the top of the UK singles charts, as well as landing him a Grammy.

For all his continued success, Meat Loaf was shy and reserved behind the scenes. He admitted to never socialising, saying it terrified him even at the height of his fame, and he led a "largely boring life" away from the flashbulbs.

In his passing, the original *Bat Out of Hell* has surely assumed a new home... in rock heaven.



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How To Match COLOURS IN YOUR HOME



HOME & DIY

There are endless possibilities when it comes to decorating your home. So many, in fact, that you might struggle to choose.

Learning how to match colours in your home will make the process a little easier, so that you can have fun creating your chosen look.

Take a look at the following tips to get started.

CONSIDER THE MOOD OF THE ROOM

What sort of space do you want to create? Do you want a warm and inviting room that's perfect for socialising, or do you want something a little cooler to create a more relaxing environment? Think about what your room will be used for and the sort of vibe you want to achieve.

LEARN TO CREATE A COLOUR SCHEME

Colour schemes can be built in several ways. They could be based around your existing furniture, for example, or you could start completely from scratch.

Choosing neutral colours gives you versatility – you'll be able to mix and match your furniture and accessories, and add pops of colour as desired. This also gives you flexibility to change your colours more often.

You could also create a colour scheme around different shades of the same colour, creating a

stylish, tonal look.

If you want to use two different colours, consider using a colour wheel and choosing shades on either side of your primary shade to create a complementary look. Examples include pairing yellow with orange or green, or blue with green or violet. Choosing sides on the opposite end of the spectrum, such as blue and orange, can create a different kind of complementary look.

You could also use a triadic scheme to help you bring three colours into your space. This means choosing colours that are far apart from each other on the spectrum, such as red, yellow and blue.

THINK ABOUT THE PRACTICALITIES

There are also practical considerations for your colour scheme. How much light does a space get? Will it be high traffic? These will help you work out what is realistic for your space.

USE TESTERS TO SEE WHAT WORKS BEST

Testers are a great way to experiment with how colours will look in your home. Use testers to help you see a shade in different lighting and at different times of day to make sure you're satisfied.

Creating colour schemes takes practice, but it will make decorating easier once you get the hang of it.





LOVE YOUR LEFTOVERS:

laminating flooring



If you have just had new laminate flooring installed, then chances are you have a fair amount left over. Rather than let this versatile material go to waste, why not use it to create something beautiful for your home?

CREATE A RUSTIC MIRROR OR PHOTO FRAME

If you have a basic mirror or photo frame that is less of a stylish feature and more of an eyesore, this can easily be remedied with a few pieces of laminate flooring. All you need to do is cut them to size and then attach them to your mirror or photo frame using a strong, clear epoxy glue.



RESURFACE A TABLE TOP

Give a table top an instant facelift by covering it in your leftover laminate. If you want a rustic look, scuff the laminate using sandpaper or, for a more modern look, prime and then paint in your preferred colour. Add edging for a smoother finish.



BUILD A HEADBOARD

If your existing headboard is looking a little worn, why not create a new one using your leftover laminate? First, you will need a piece of plywood as backing, and then just glue spare pieces of laminate onto it before fixing to your bed. Alternatively, why not cover the whole space behind your bed and create a feature wall?



MAKE PLANTING BEDS

Laminating flooring planks are weather-resistant and do not deteriorate as quickly as solid wood planks. This means that they are ideal for using in the garden. Simply cut a few pieces to size and use as fence panels to divide sections of your garden for planting beds.



INSTALL IN YOUR GARAGE OR LOFT

Make use of any unused space in your home by installing your leftover laminate on your garage or loft floor. Laminating is moisture and temperature resistant, which makes it ideal for these spaces. If you want to use your loft as a living space, you will need to ensure you install a subfloor and underlay first.

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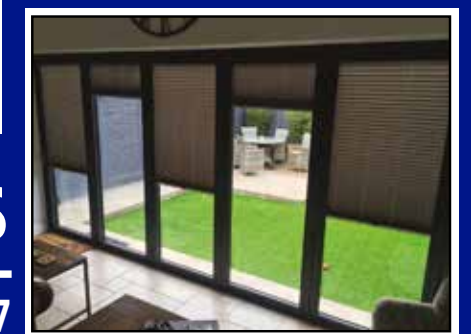


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HOME & DIY

Oh darling!

TIPS FOR CREATING FLAMBOYANT INTERIORS



Photo credit: Archive by Sanderson Design via elledecoracion.co.uk

Do you want your interiors to be as fun and exciting as you are? Clashing prints, bold colours and a mix of textures can all be incredibly stylish in your home. The look is British Eccentric, and it is outgoing, quirky and vibrant.

With the right styling, you can bring the British Eccentric look into your own home. Here are some top tips for creating flamboyant interiors.

GET READY TO THROW OUT THE RULE BOOK

The great thing about flamboyant interiors is that there are no rules. Your space should be as quirky and colourful as you like, creating a look that's traditional in its basics but modern in its use of colour.

Make use of patterns and bold shades and simply have fun with it.

BUILD IT UP OVER TIME

Creating a flamboyant interior can take time. Think of it as an ongoing project as you fill your space with wonderful treasures. Start with a wall colour, then



add different accessories such as vases, light shades, plants and wall art. Building up your space over time will make it more of a passion project as you design a room you truly love.

MIX AND MATCH

Don't be afraid to mix and match patterns, colours and textures. Florals are a great option, especially for wallpaper, or you could look at stripes and other bold patterns to bring new life to your decor.

EMBRACE YOUR FAVOURITE THINGS

A flamboyant, eccentric interior should reflect you and your personality. Fill it with the things that you love, such as prints, ornaments and other features that will make your home feel more like you.



IT'S THAT TIME... Spring cleaning

YOUR CHECKLIST

Embarking upon a major spring clean can be overwhelming to say the least, which is why we've created this spring cleaning checklist that you can stick on your fridge. Remember to tick each task off as you go.

KITCHEN

- Empty all drawers and cabinets and wipe down
- Wash cabinet doors and knobs
- Clean and organise the fridge and freezer
- Vacuum under the fridge
- Clean the dishwasher
- Sanitise the sink drain
- Clean and organise the pantry

BEDROOMS

- Store out-of-season clothing
- Flip mattresses
- Clean and organise dresser drawers
- Shampoo carpets
- Wash pillows and duvets
- Clean and organise wardrobes
- Launder curtains
- Dust light fixtures/ceiling fans
- Wash windows

BATHROOMS

- Clean and organise cabinets and drawers
- Properly dispose of any old medicines and toiletries

- Descale the taps, hoses and screens for your shower/bath
- Wash shower curtains and bath mats
- Dust light fixtures
- Reseal grout lines if needed
- Clean bathroom extractor fan
- Sanitise and clean drains

LIVING ROOM

- Clean windows
- Dust light fixtures/ceiling fans
- Remove and launder curtains, throws, cushion covers and blankets
- Clean blinds
- Vacuum sofas and chairs
- Spot-clean upholstery
- Shampoo carpets
- Wash or dry clean rugs

HOME OFFICE

- Clean keyboard
- Disinfect mouse and office phone

OUTDOOR AREAS

- Remove any unwanted items and reorganise garage/shed
- Pressure wash decking, patio area and outdoor furniture
- Clean out and wash rubbish/recycling bins
- Wash outside windows

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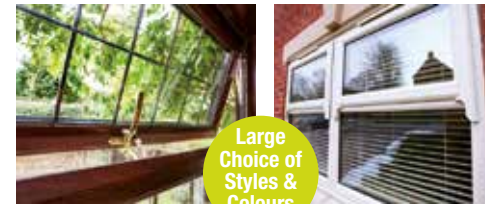
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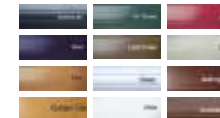
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LOCAL NEWS

from your neighbourhood



LOCAL NEWS RAYLEIGH



Popular fair returns for the first time in two years

Rayleigh Town Council is pleased to announce that the popular Trinity Fair will return this year after a two-year break owing to COVID-19 restrictions.

The annual Trinity Fair started in Rayleigh nearly 800 years ago in 1227, but was shut down in 1899 as it had become "too rowdy".

In 2017, the decision was made to bring Trinity Fair back as a free event for local residents.

The event will take place on Sunday, June 12, with the High Street closed to traffic and filled with stalls,

music and other entertainment. Entry to the event is free all day.

Trinity Fair, run by Rayleigh Town Council and Haddon Events, is now accepting stall bookings. All enquiries should be made by email to info@haddonevents.co.uk

The organisers are also looking for volunteers to help steward the event.

More details will be added to the event's Facebook page. Search 'Rayleigh Trinity Fair' on Facebook.

Museum reaches the finals in tourism awards

Rayleigh museum reached the finals for a tourism award last month. Rayleigh Town Museum reached the finals for the Visitor Attraction of the Year category, sponsored by Norfolk & Suffolk Tourist Attractions, in the East of England Tourism Awards.

The East of England Tourism Awards, which took place last month, honour the top hotels, B&Bs, pubs, restaurants and attractions in the area.

The winners of each category were announced at the awards ceremony on Thursday, February 24, at the Duxford Imperial War Museum.

Judges said: "Rayleigh Town Museum is fantastic and is a tribute to all the people who have devoted their time, enthusiasm and knowledge to create it."



Photo credit: Google Maps



MARK FRANCOIS MP



Member of Parliament for Rayleigh and Wickford

As I write this article, Russian troops are in the suburbs of the Ukrainian capital, Kyiv, following an unprovoked invasion of that country by Russian forces, under the command of the President, Vladimir Putin.

In trying to decide how to react to this situation, we need to begin by taking a clear-eyed look at who we are up against. Vladimir Putin and many of his closest associates were senior officers in the KGB in the days of the old Soviet Union. These are a bunch of ruthless and determined men, who are unlikely to be deterred by words alone.

It is not possible to determine exactly what their intentions are, but Putin did give a speech several years ago in which he described the collapse

of the former Soviet Union as "the greatest disaster of the 20th century". Some analysts believe that he is motivated, at least in part, by a desire to try to rebuild the old Soviet Empire.

So, what should we do about it? The situation is fast-moving, and it is therefore possible that in the days between this article being written and it actually being published, events may have already moved on apace. However, in times of crisis, you need your friends, and we now need to work closely with our friends in NATO to bolster and secure our democratic way of life. The NATO alliance remains the best guarantee of that way of life and we now need to work with our friends to support Ukraine, to face down this bully and to demonstrate that, ultimately, the Kalashnikov still cannot triumph over the ballot box.



High Street welcomes shop

A supermarket will open in an empty shop on Rayleigh High Street.

Rochford District Council (RDC) has granted Tesco's application for a premises licence to establish a new supermarket in the old Dorothy Perkins unit.

RDC has welcomed the plans for the new store.

Councillor Cheryl Roe, Deputy Leader of RDC, said: "We welcome Tesco back to our High Street, which will be another big name for our vibrant town centre.

It will mean more choice and can only be good for our town and residents/visitors.

"We had a Tesco in our town several years ago and I know residents were disappointed when it closed."

A Tesco spokesperson said: "We're excited to be opening a new Express store in Rayleigh and are looking forward to serving customers in the community when the doors open later this year."

Tesco will announce the opening date soon.



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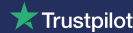
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LOCAL NEWS

from your neighbourhood



LOCAL NEWS WICKFORD



Resident wins award for start-up business success

A Wickford resident has won an award for her start-up coffee business.

Misha Barling (pictured above), 41, won the Business Start-Up of the Year Award four years after creating her business, Bondi Coffee.

Misha is a senior radiographer and has spent 20 years working for the NHS. She is also the full-time CEO of Bondi Coffee.

She created Bondi Coffee after she became unhealthy and demotivated post-pregnancy. The sleepless nights were getting her down and she was drinking lots of instant coffee just to stay awake.

Misha said: "I thought that since I'm drinking so much coffee anyway, why not make it as healthy and

energising as possible? So that's when the whole Bondi Coffee concept came along.

"As a self-confessed coffee snob, the taste of each blend had to be perfect. Hence, I partnered with one of Britain's top sports nutritionists to develop the coffees. More than 60 different prototypes were tested to finally achieve the taste, texture and functionality of no other coffee on the market.

"I am absolutely over the moon and so honoured to win the award against some terrific companies."

Bondi Coffee is sold nationally in more than 300 Holland & Barrett stores and in the prestigious John Bell & Croyden pharmacy in London.

To find out more, visit www.bondicoffee.com



Woman charged with attempted murder



Photo credit: Google Maps

A Wickford woman has been charged with attempted murder after a man was stabbed in the chest.

Karina Bitjukova, 29, of Kemble Way, Wickford, was charged with attempted murder when she appeared at St Albans Magistrates' Court on Thursday, February 3, via video link.

On September 3, 2020, at 11.40pm, police were dispatched to Tolpits Lane, Watford (pictured above), where they discovered a male with life-threatening injuries who was rushed to hospital.

On the same day, Bitjukova was charged with possessing a kitchen knife.

According to court documents, a not guilty or no plea was recorded.

Bitjukova was granted unconditional bail, and the case was scheduled for trial on Monday, March 7, at St Albans Crown Court as **VISION**RayleighWickford went to print.

Big Lunch to be included in Platinum Jubilee celebrations

Basildon Borough Council is encouraging Wickford residents to get involved in organising a Big Jubilee Lunch as part of the celebrations for the Queen's Platinum Jubilee.

The Big Lunch is a yearly event for neighbours and communities to come together for food and fun, and this year it will coincide with official Platinum Jubilee celebrations over the four-day bank holiday weekend between June 2 and 5.

A Big Lunch can be anything from a small gathering in a garden, park or driveway, to a larger party with trestle tables down the middle of the street.

Volunteers are needed for Big Lunch events within the borough's parks and community spaces on June 5 and to host lunches for friends and family or for the wider local community.

If residents want to host a party in their street, the council's website is open for applications to close the street for the event.

Chairman of the Communities and Wellbeing Committee, councillor Terri Sargent, said: "This summer's Platinum Jubilee will show the best of Basildon, being a chance for the whole borough to come together and celebrate as one.

"The Big Jubilee Lunch is a big part of the historic occasion, and provides a perfect opportunity to share food, have fun and get to know your local community."

The dedicated Jubilee webpage will be updated regularly with all the goings-on across the borough. Visit www.basildon.gov.uk/PlatinumJubilee

For more information about volunteering to help organise a Big Lunch, please email platinumjubilee@basildon.gov.uk

Police appeal after officer injured in incident

Essex Police want to speak to the man pictured below in connection with an incident in Wickford in which an officer sustained a leg injury.

It was reported that an officer had stopped a black BMW 1 Series on the forecourt of the BP petrol station in Cranfield Park Road at around 9.30pm on Thursday, February 10.

The driver of the vehicle drove off from the scene. During the incident, one of the officers sustained a fractured ankle.

Police believe the vehicle has damage to its windscreen and the front nearside passenger window.

Officers are appealing for anyone who saw anything or has any CCTV, dashcam or doorbell footage to contact them.

If you have any information, you can submit a report online at www.essex.police.uk or use the live chat button to speak to an online operator between 7am and 11pm.

Please quote the crime reference number 42/35885/22.

You can also call on 101 or contact Crimestoppers anonymously on 0800 555 111.



Photo credit: Essex Police

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MOTORING

Map that!

THE GOOGLE MAPS EXTENSION THAT GETS YOU FROM A TO GREEN

Google Maps has, in recent years, put the satnav market in the slow lane. With quick, convenient, versatile and up-to-the-minute responsive route planning and live traffic updates, the app has revolutionised travel, be that in a car, on a bike, on foot or even when using trusty old public transport.

Yet, as if the route finder wasn't already the perfect travel solution, Silicon Valley boffins are now going one step further, with an extension that offers drivers the most eco-friendly route to their destination.

It means fuel consumption, road incline and, of course, traffic congestion will all be factored in to give a driver the 'greenest' route.

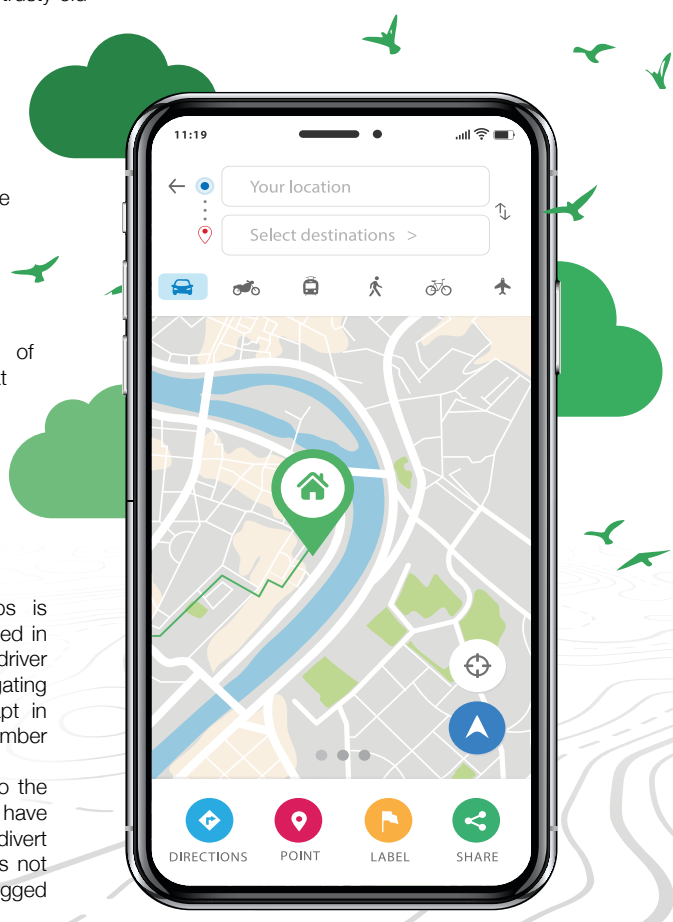
For the most part, these greener routes will only show when journey times are roughly comparable, and of course it may well be the case that the recommended route is also the quickest, in which case, off you go. Google believes up to 50 per cent of journeys we take may well have a greener option, meaning drivers will, for the first time, be given a very real choice between convenience or conscience.

The new version of Google Maps is available in the US and will be launched in Europe this year. It will also feature driver guidance for using or circumnavigating low emission zones, which have leapt in popularity and prominence across a number of major cities.

There have been some objections to the proposed changes. Driver groups have suggested that eco options could divert large amounts of traffic through routes not designed to carry it, and they also flagged

the danger of drivers being distracted by constant route adjustments.

For the most part, though, the proposals have been received positively, as Google looks to accelerate its pledge to be carbon free by the year 2030.



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THE WEST MURDERS

THIRTY YEARS ON FROM THE HORROR OF CROMWELL STREET

This dawning of spring marks 30 years since the investigation into the crimes committed by Fred and Rosemary West began, which would ultimately lead to justice for so many victims. The married couple, Gloucester's most infamous residents, and owners of 25 Cromwell Street (which has since been demolished) undertook a two-decade-long campaign of abuse and murder, including killing their own daughter, Heather.

The crimes are ones that need not be repeated as another milestone anniversary ticks by, but the dawning of the investigation was vital. Not only did it serve justice and provide proper resting places for the many bodies found buried at the property, but it also finally brought an end to the couple's sickening crimes.

Police have been roundly criticised for failing to put together the pieces that constructed the Wests' gruesome puzzle. They were painfully slow to connect the disappearance of so many girls, many of whom they knew had connections to the house, and were arguably culpable in failing

to bring Fred West to justice despite a legacy of allegations and complaints.

Ultimately, Fred West's repeated attacks on his own daughter, Louise, in early 1992, finally accelerated steps to ensure justice was served. The chief perpetrator had evaded scrutiny for so long that he arguably felt he may never be caught, but the 13-year-old girl's statement to police, although later retracted, brought about a chain of events that eventually led to the couple's crimes coming to light.

Finally, in 1994, Rose and Fred West were arrested and charged with a litany of crimes, the details of which confound comprehension. Fred was charged with 12 murders, and Rose with 10 murders.

Fred evaded trial by committing suicide at Birmingham Prison on New Year's Day 1995. Rose was found guilty for all 10 murders and was sentenced to life in prison.

Rose, now 68, resides in New Hall Prison, West Yorkshire.

STEVEN BARTLETT:

“QUITTING IS FOR WINNERS”



Steven Bartlett is rapidly becoming a fan favourite on *Dragons' Den* – an entrepreneur and the founder of one of the most influential social media companies in the world, and someone unafraid to rock the apple cart of business... as long as it turns him a profit.

It's fair to say the personalities on *Dragons' Den* are all cut from a certain cloth. They're wily, experienced, of a certain age, and have dined at the top table of business for a long while.

Indeed, when fellow Dragon Peter Jones launched his first business, aged 16, Steven Bartlett was still a decade away from being born.

Having young blood in any business environment is essential – even if the format is a reality TV show. Yet Bartlett, the Botswana-born whizz, brings about a digital edge to proceedings that not even tech-savvy Jones can rival.

After applying to pitch on *Dragons' Den* aged 18 – to no avail – the digital tycoon's first money-making venture came in 2013 when he founded Wallpark, a Manchester-based social sharing network that overtook his studies at the city's university, to the point where he quit his degree... after one lecture.

Social Chain arrived a year later – a social media marketing company that gained instant traction within a booming digital landscape. Bartlett exited the company six years later with a \$200million bounty and has since gone on to invest in numerous companies, both through and separately from the BBC reality TV series.

While success has been prolific and constant for the 29 year old, the catalyst for it comes from a much darker place. In a recent interview, the businessman admitted that his stimulation for making money came from feeling neglected and sidelined in his childhood.

"The reason I'm sat here today, I am 100 per cent sure, is because of things you would consider parental failures. I didn't have nice gifts and presents, and my parents weren't around much because they were so busy working," he said.

"My mum is the hardest-working person I've ever met – she would sleep in her shop in Plymouth in the back room on a bag of rice, wake up and run the shop.

"However, I learned that if I was to have anything in life, it wouldn't appear on the kitchen counter or under the tree by itself. It would need to be of my own doing."

This element of self-motivation epitomises Bartlett's style as a business leader who deserves to be respected – it's also why he loves being part of *Dragons' Den*, a programme he first started watching as a 12 year old and, pretending to be the sixth Dragon, would pause the TV between pitches as he decided whether to invest.

Ten years to the week since he first applied to *Dragons' Den*, it became official that he would be joining the show, bringing with him charisma, intelligence and positivity. Even the title of his debut book, *Happy Sexy Millionaire* – a *Sunday Times* bestseller in 2021 – outlines the entrepreneur's laser-guided focus; while his *The Diary of a CEO* podcast is currently on a sold-out tour.

Bartlett also has a canny ability to flip convention. One of his business mottos, 'quitting is for winners', comes from personal experience.

"In our society, we always glamourise starting, and quitting is seen as something losers do. But quitting is the incredibly important thing you have to do before you start," he said.

"I've been an unbelievably peaceful quitter for my entire life. I quit school, quit university after one lecture, started a company and did it for three years, raised investment and quit out of the blue, quit my last company which was generating £600million in revenue, because I knew within me that I'd overstayed my welcome and it could no longer serve me.

"I don't quit things because they're hard, but when things suck and they become not worth the fight it would take to change them, then you have to quit. I really believe quitting is for winners.

"We're in industries now in which to be noticed you've got to be bold, be brave and shout loudest.

"If you can do that, and back it all up with a solid, well-constructed, well-delivered idea that can make money, you've got half a chance."



SPORT

BRITAIN'S GREATEST SPORTING MOMENTS...

REDGRAVE'S OLYMPIC RINGS



Each month, we look at one of the most significant events in British sporting history. This month, it's rower Sir Steve Redgrave CBE's incredible gold medal haul.

It's 20 years since Steve Redgrave emerged from Buckingham Palace with the word Sir bolted onto the front of his name and the letters CBE trailing after it. In fact, the idea of trailing anything for the Olympic rower was an alien concept, even then at the age of 39.

Just nine months previously, Redgrave had done what many thought impossible and grabbed a fifth gold medal in rowing, this time in Sydney.

Dating back to the Los Angeles Olympic Games in 1984, the Marlow-born powerhouse's grip on the podium proved every bit as strong as the one he applied to his oars, with rival competitors relieved when the Brit finally announced his retirement in the year 2000.

He had previously suggested his time with a sport that embodies incredible strength, endurance and true battling spirit was done, most notably in 1996 when, after landing a fourth gold, he famously said: "If anyone sees me go near a boat, you've got my permission to shoot me."

Yet Redgrave was lured back by an invitation to row in the coxless fours for one final shot at glory at the 2000 Olympics. Adding to his gold medals in LA 1984 (coxed four), Seoul 1988 (coxless pair), Barcelona 1992 (coxless pair) and Atlanta 1996 (coxless pair), he wrote himself into the record books as, at the time, the most successful British Olympian ever.

In more recent years, Sir Chris Hoy and Jason Kenny have surpassed him in terms of gold medal hauls, but in 2001, this was Redgrave's day.

In retirement, the rower has stayed in incredible shape, and now works as an expert summariser for the BBC's Olympic and World Championship coverage.

Photo credit: Andrew Cowie/Shutterstock

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SPORT



A DISAPPOINTING WINTER OLYMPICS FINALLY CAME GOOD FOR TEAM GB ON THE CURLING ICE, AS OUR WOMEN BROUGHT HOME GOLD

For all the hype and outside medal prospects, Team GB's Winter Olympics campaign came down to five women, five men and a collection of 42lb stones with handles fixed to the top.

The simplicity of the sport of curling is, at times, what makes it a source of amusement for many. However, the skill, tactical prowess and precision with which our brilliant women and men battled to Olympic gold and silver respectively provided the very best moments at Beijing 2022.

After defeating Sweden 12-11 in the semi-final, the women lived up to their 'favourites' tag by seeing off Japan in style in the final.

Led by the mercurial Eve Muirhead – who had experienced two previous semi-final defeats – the team crushed Japan 10-3 in the final on Sunday, February 20. Fellow victors Vicky Wright, Jen Dodds, Hailey Duff and Mili Smith have become first-time Olympic champions after the group

squeezed through the round-robin stage with five victories and four defeats.

That victory made up for the disappointment of the men losing their gold medal showdown with Sweden 24 hours earlier. The final had ended in a tense 4-4 draw, with the Swedes, led by the brilliant Niklas Edin, digging deep to see off a brave British effort from captain Bruce Mouat and his side.

Beijing 2022 will forever be an Olympics embroiled in scandal and controversy, with the doping scandal and extreme COVID-19 restrictions providing an uncomfortable backdrop to events, right up until the closing ceremony, in which a medal presentation featured a competitor previously suspended for taking a banned substance.

Thankfully, the feel-good factor provided by our curling teams will leave us with a positive reflection of the 2022 Winter Olympics, and hope for greater rewards in Italy in four years' time.

Photo credit: Xinhua/Shutterstock

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PUZZLES & TRIVIA



PUZZLES

Answers: see end of The VISION Listings

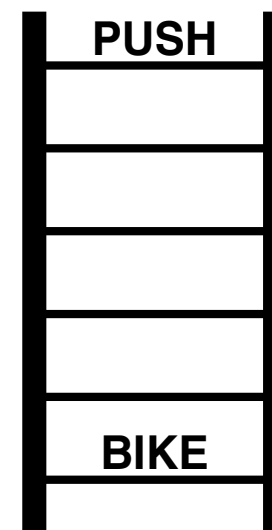
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- ▶ HURDLES
- ▶ JAVELIN
- ▶ LONG DISTANCE
- ▶ LONG JUMP
- ▶ MARATHON
- ▶ OLYMPICS
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DID YOU KNOW?

- ▶ During the Victorian era, postmen were nicknamed 'robins' for frequently wearing red jackets
- ▶ House sparrows have chunky beaks which are excellent for opening seeds
- ▶ In the past, chaffinches were caught and used as caged songbirds
- ▶ Studies have shown that the front of a blue tit's head glows under UV light
- ▶ Blackbirds feed mainly on the ground. They continually run and pause, scanning the area for prey
- ▶ Dunnocks can raise a number of broods of chicks each year
- ▶ Most starlings live in the UK all year round, but some migrate here from northern Europe in the winter months.

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.

STOP THE SHED

SHEDDING IS NATURAL FOR DOGS, BUT THAT DOESN'T MAKE IT ANY LESS FRUSTRATING. FORTUNATELY, THERE ARE WAYS TO MANAGE EXCESSIVE SHEDDING

BRUSH THEIR COAT: Although you may think that brushing your dog's coat would encourage more shedding, the opposite is in fact true. Regular brushing and a good grooming routine can minimise the amount of dog hair you find around your home. Bristle brushes are a great choice for all coat types.

USE A SHEDDING TOOL: Shedding tools are brushes with stainless steel tines which can be used to pull up and remove your dog's extra undercoat fur. Ideal for both year-round and seasonal shedders, shedding tools are inexpensive and highly effective.

FOCUS ON GOOD NUTRITION: Excessive shedding can be caused by undernourished fur, which is a result of a poor diet. Avoid this by ensuring your dog has healthy meals that contain all the nutrients they need.

KEEP THEM HYDRATED: Dehydrated skin can exacerbate shedding and hair loss, so make sure that your dog always has access to fresh water. This will not only keep their skin hydrated, but is also beneficial to their overall health.

BATHE THEM REGULARLY: Essential for keeping your dog clean, bathing your pooch regularly will also help remove excess hair, resulting in less shedding in your home.

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- > Parasites like fleas, mites or lice
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- > Thyroid or adrenal issues
- > Pregnancy
- > Anxiety or stress
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- > Topical irritants

If you are worried that your dog's hair loss is more than just the usual shedding, book an appointment with your local vet as soon as possible.





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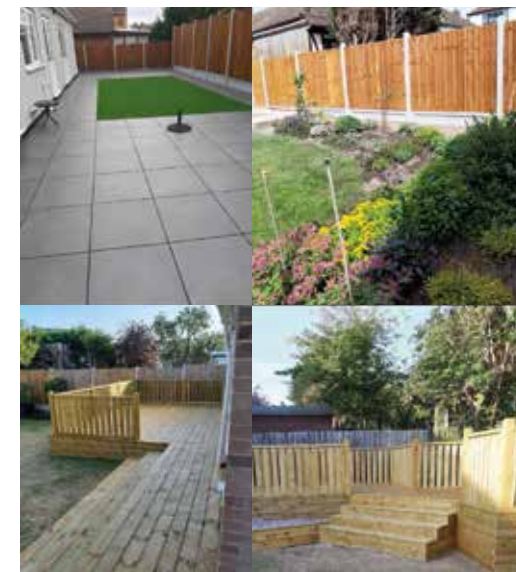


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GARDENING BLOGGERS



GARDENING

Whether you are a green-fingered fanatic or are new to the wonderful world of growing your own, the below gardening blogs guarantee to deliver the latest news, tips, tricks, and inspiration for your next outdoor project.

Two Thirsty Gardeners

If you have always dreamt of brewing your own booze, then this is the gardening blog for you. The brainchild of two thirsty men, Rich and Nick, who started making their own cider in 2008, Two Thirsty Gardeners offers practical advice on everything from home brewing and collecting seeds to preserving surplus fruit and veg.

The Middle-Sized Garden

As the name suggests, this popular gardening blog is aimed at people with medium-sized gardens (i.e. bigger than a courtyard but smaller than an acre). Discover easy-care plants, the best trees for privacy, how to revamp your garden on a budget, and much more.

The Frustrated Gardener

Created by Dan Cooper, garden writer, amateur photographer and blogger, The Frustrated Gardener sees him share his passion for plants, as well as the joys of gardening in London and Kent. A great blog for both amateur and advanced gardeners.

Growing Family

For those who want to introduce the joy of gardening and growing your own produce to the whole family, this home and gardening blog is all about making the most of family life, both indoors and out, and overflows with tips on gardening, exploring nature, and family days out.

The Garden Ninja

The Garden Ninja is Lee Burkhill, an award-winning garden designer, blogger and vlogger whose life mission is to get more people into gardening. Featuring articles and YouTube videos on gardening basics and garden design guides, Garden Ninja is a fun and engaging blog that can help you get the garden of your dreams, whatever your current know-how.



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GARDENING



Photo credit: sarahraven.com

sarah raven

WHY SARAH RAVEN'S LOVE OF BUOYANT, BOUNTIFUL FLOWERS IS A WORLD AWAY FROM HER GENTLE COMMENTARIES ON OUR GARDEN SPACES

Sarah Raven, who gardens at her Perch Hill Farm base in Robertsbridge, East Sussex, is one of a modern breed of horticulturalists whose passion, enthusiasm and energy infuses everything they do.

The fact that the 58 year old opens up her gorgeous 18th-century home to all is evidence of the passion she feels for the colours and scents of the outdoors. To that end, it's probably no surprise that she names the dahlia as her favourite flower, with its bushy, patterned perfection lighting up gardens from spring through to autumn.

Sarah, whose talents extend into cookery and writing, has presented BBC *Gardeners' World*, *Great British Garden Revival*, the series *Bees, Butterflies and Blooms*, and showcased BBC2's *Big Dreams, Small Spaces* project, where she shared her love and enthusiasm for cut flowers.

Sharing her home with writer Adam Nicolson, her two daughters and three stepsons, Sarah admits that she will always come back to flowers over

anything else in pursuit of the perfect outside space. She said: "Flowers bring such happiness and harmony, as well as encouraging a whole array of insects, who in turn feed all our other creatures."

"I like to think so much comes from our flowers, and the more I can give back in celebrating them and teaching others how to look after and maintain them, then great."

When she's not appearing on our screens, collating material for one of her hugely successful cookbooks, or scribbling a column for the likes of *The Daily Telegraph*, *Gardens Illustrated* or *Sainsbury's Magazine*, her eponymous garden brand provides the perfect digest for others looking to replicate what is a museum-like spread of flowering finesse.

Fans can purchase everything from plants to bulbs, seeds to gardening kit, as well as booking events and courses with the premise of making both their outdoor and indoor spaces as organically awesome as possible.

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The wonderful art of TOPIARY



If you're looking for a hobby that's not only calming and enjoyable, but also helps make your home look instantly more stylish, then welcome to the world of topiary.

Topiary is the art of pruning hedges and trees to create different shapes, resulting in a look that is sculpted and interesting. In Japan, it's known as Niwaki, which means 'cloud pruning'. It's a great way to add some character to your home and garden and can be a really fun hobby. Here are some beginner's tips to help you get started.

CHOOSE THE RIGHT TYPE OF PLANT: The perfect type of plant for topiary is a perennial, such as box and yew plants. These evergreens grow slowly, which means they're easier to maintain once trimmed into shape.

DECIDE ON YOUR STYLE: There are a lot of great topiary styles you can choose from. For beginners, you might want to start off simple with a square or a sphere shape, but other fantastic topiary styles for you to choose from include:

Cube | Ball | Spiral tree | Square/round pyramid | Double sphere

If you want to get even more adventurous, you could try creating some animal shapes, like a deer or a dog.

GET THE RIGHT TOOLS: You'll need to make sure you have the right tools for the job. Long-handled lopping sheers are ideal for trimming off the excess, while hand pruners will help you make precise cuts. You can also buy wire or wooden frames to act as guides to help you get the desired shape.

MAINTAIN YOUR PLANTS WITH CARE: After trimming your trees and hedges into shape, you'll need to maintain them regularly to keep them looking their best. Regular trimming in the warmer months can help encourage growth, with pruning at the end of the summer helping to maintain the shape throughout the winter months. You'll also want to feed and water your plants to keep them looking lush and green.

With your new topiary expertise, you'll be able to create all kinds of beautiful shapes.

TACKLE THAT



Not many children like having their hair brushed, especially if they are prone to the odd tangle or two. Fortunately, we have the low-down on how to detangle your child's hair in just five simple steps.

Step 1: Start with clean and conditioned hair

Wash your child's hair with detangling shampoo and then apply conditioner. If you see any tangles at this stage, gently comb through the hair while the conditioner is still in and then rinse.

Step 2: Use a hair towel

Once you have finished washing your child's hair, quickly and gently dry it by either blotting or wrapping it in an absorbent hair towel. Avoid rubbing the hair as this can create even more tangles.

Step 3: Loosen any knots

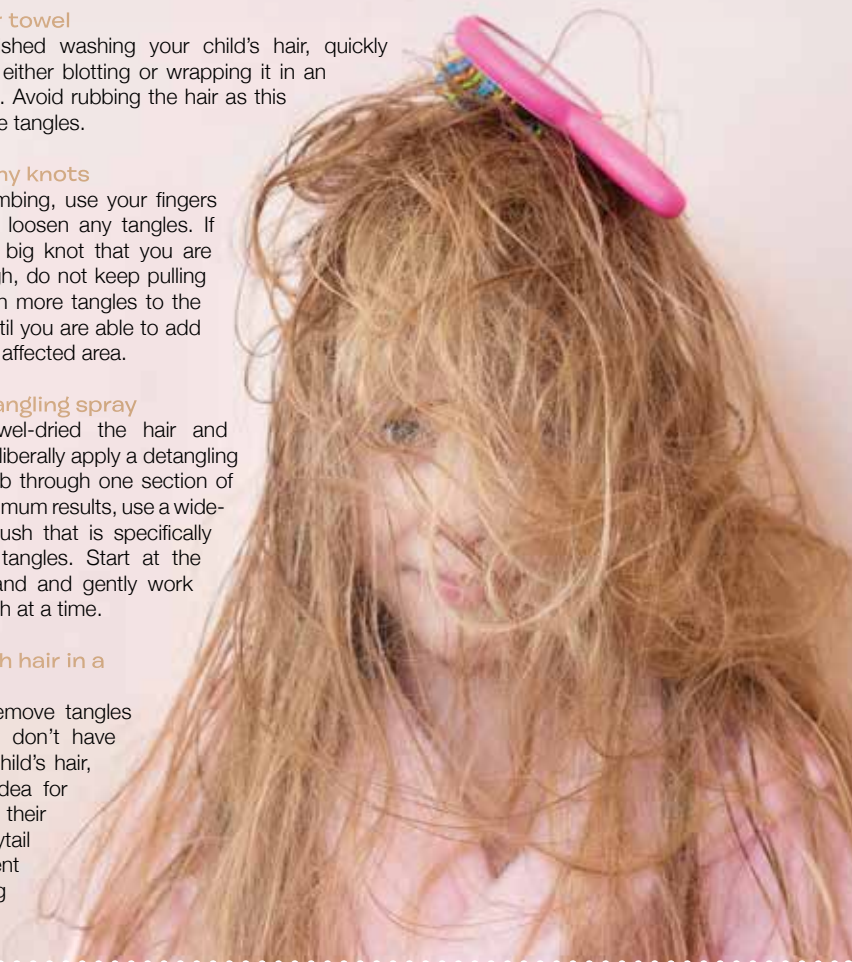
Before you start combing, use your fingers to gently break and loosen any tangles. If you come across a big knot that you are unable to pull through, do not keep pulling as this can add even more tangles to the hair. Instead, wait until you are able to add some product to the affected area.

Step 4: Try a detangling spray

After you have towel-dried the hair and loosened any knots, liberally apply a detangling spray and then comb through one section of hair at a time. For optimum results, use a wide-tooth comb or a brush that is specifically designed to tackle tangles. Start at the bottom of each strand and gently work your way up, one inch at a time.

Step 5: Sleep with hair in a ponytail

If you struggle to remove tangles in the morning and don't have time to wash your child's hair, it can be a good idea for them to sleep with their hair in a loose ponytail as this will help prevent tangles from forming overnight.





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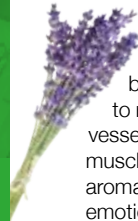


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5 essential oils that ease PMS

At best, period pains are a nuisance. At worst, they can be completely debilitating. Whether you have already tried every over-the-counter treatment available or are looking for more natural relief, these essential oils promise to help combat cramps and beat the bloat.

most effective oils for alleviating menstrual pain, clove can also help to stop excessive bleeding and lower your blood pressure.



Lavender: Lavender is one of our favourite essential oils for PMS as it offers multiple benefits. Its anti-inflammatory properties help to reduce inflammation of the surrounding blood vessels in your uterus, which in turn relaxes the muscles and reduces any discomfort. Plus, this aromatic herb is also said to alleviate premenstrual emotional symptoms.



Ylang-ylang: Do you suffer from stress during your period? If yes, ylang-ylang can help you feel cooler, calmer and more collected. With the ability to soothe both your brain and your central nervous system, this essential oil can make it easier to deal with stress and period-induced anxiety.



Rose: A menstruation must-have, rose essential oil can treat cramps, fight fatigue and prevent nausea. It also acts as a natural laxative and can help to trigger menstruation, which is helpful if you suffer from irregular periods.



Peppermint: For those who need an energy boost, peppermint can give you the lift you need to get through your cycle. It's also great at relieving headaches and reducing inflammation.



Clove: If you experience a lot of pain and discomfort at your time of the month, then this is the essential oil for you. One of the

How to use essential oils

- > Massage directly onto aching parts of your body
- > Add a few drops to a warm bath
- > Add food-grade essential oils to tea or baked goods.



BOBBY BLUNDERS

Kirby grips – or bobby pins as they are known in the USA – are a beauty essential for many families.

However, are you using them correctly? Or have you fallen victim to the five most common bobby blunders?

INSERTING GROOVE SIDE UP

If you have been putting your bobby pins in with the groove side up, then we are sorry to tell you that this is not right. These grooves are designed to help keep the grip in place, so facing them outwards is not effective.

USING THEM WHEN THE END HAS FALLEN OFF

You know the little plastic balls found on the end of the pin? These are there for a very good reason: to protect your hair from snagging and breaking. So, once a grip no longer has these, it is time to throw it in the bin.

PICKING THE WRONG COLOUR

Hair grips are there to do a job, not to be seen. Therefore, you need to pick a grip that matches your hair colour. If you are blonde, opt for a lighter shade, and if you have dark brown hair, pick either black or brown grips.

PLACING INTO WET HAIR

If you are in a rush, you may be tempted to pop a hair grip or two into wet hair. Don't. This will leave you with lots of little indents in your hair that will be hard to shift.

SPREADING THEM APART

As with most beauty items, hair grips become less effective over time. This is especially true if you spread them apart too much when fixing in your hair. If you find your grips are not doing their job anymore, it is probably time to throw them out.



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The secrets to a successful STIR FRY

Although a stir fry may seem like a simple dish, the cooking process is actually fraught with potential disasters. From soggy veg to uncooked meat, find out below how to avoid these common pitfalls and create the perfect stir fry.

1. ENSURE YOUR WOK IS HOT

Although a stir fry is often the meal that you turn to when you want delicious food fast, you do need to exert some patience when waiting for your wok to heat up. Ideally, heat a dry, non-stick wok for 5-10 minutes over the highest heat on your gas range. If you have an electric hob, set to 6 or 7, as any higher could damage your pan.

2. COOK MEAT IN BATCHES

Meat intended for a stir fry should always be at room temperature, never chilled, and you should only cook up to 200g at a time or your meat will end up simmering or steaming rather than frying.

3. CUT YOUR VEGGIES TO THE SAME SIZE

If you want to save cooking time, cut up your veggies to the same size so that they can all be cooked together. If you are washing your veg first, make sure they are completely dry before adding to the wok. Any leafy veg such as spinach or shredded cabbage should be added last, as well as bean sprouts, to ensure they remain crisp.

4. ADD PRAWNS LAST

If you are using cooked prawns, add these last as they will only need one minute to heat though. For uncooked prawns, you are best off cooking them first, removing from the pan, and then adding again once your veggies are done.

5. MIX UP A SLURRY IF NEEDED

If you find you have added too much stock, wine or soy sauce, don't despair. Simply mix up a slurry of 1tbs cornstarch and 2tbs cold water and stir in to thicken your sauce.



FOOD & DRINK



BRUCE KING

on the intricacies of time management

TIME MANAGEMENT



In his latest column, sales mentor and personal growth coach, Bruce King, discusses the intricacies of time management.

Here's a technique I developed many years ago, which I use to manage my time effectively and which I've taught to thousands of others. It's called the ISWAT Technique, and you can use this in every area of your life.

ISWAT stands for: Is what I am doing now or about to do now going to help me achieve my goals?

We all have goals we want to achieve. They could be complex goals such as a large work-related project that could take days, weeks or months to achieve; or something really simple like going for an enjoyable walk or having a great evening out with friends. Whatever you have planned to do is a 'goal', and your objective is to achieve the goal.

While investing your time achieving this goal, other things may come up. They may be interruptions from other people, or thoughts you have that start

to take you off in a different direction. Whenever that happens, you must stop and ask yourself: is what I am doing now or about to do now going to help me achieve my goals?

If the answer is 'yes', you can do it right away, or you can allocate some specific time to do it later.

If the answer is 'no', dump it right away.

To help remind you, get a pad of sticky notes. Write on five to 10 of them, in capital letters, ISWAT. You already know what that stands for.

Post these notes where you will come across them frequently during the day. Every time you're about to start a new task or project, make sure to read the ISWAT note.

More information:

Bruce King is recognised internationally as a leading sales, marketing and personal growth strategist, addressing audiences and coaching sales teams and managers in 23 countries. For more information, visit bruceking.co.uk

HAVE YOU HEARD OF HOMEBUYERS INSURANCE?

When I polled my 11,000 plus audience on Instagram, asking them the same question, a massive 89% of those who participated had NOT heard of homebuyers insurance!

What is Homebuyers insurance?...

Home buyers insurance or Home Buyers' Protection Insurance is an insurance policy you can take out to cover yourself and the money you will pay out on the property purchase before exchange of contracts, in the event that the seller withdraws.

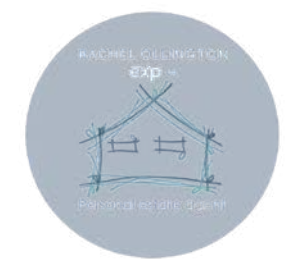
This will usually cover things like mortgage valuation costs, survey costs and some legal costs. Make sure you read the terms and conditions carefully before purchasing this insurance so you know exactly what it covers.

Why might you need it?...

We currently find ourselves in a very competitive housing market, this coupled with the rising costs of running a home and employment uncertainty means this insurance is proving more popular than ever and can protect you in the event of being gazumped, or if the seller's circumstances changing and them having to withdrawn from your purchase.

Who is it for?...

This insurance isn't just for first time buyers either, policies can be taken out by experienced buyers as well as buy to let property investors including companies.



TOP TIP:
DO YOUR HOMEWORK AND COMPARE THE BEST HOMEBUYERS INSURANCE (THE SAME AS YOU WOULD YOUR CAR INSURANCE)
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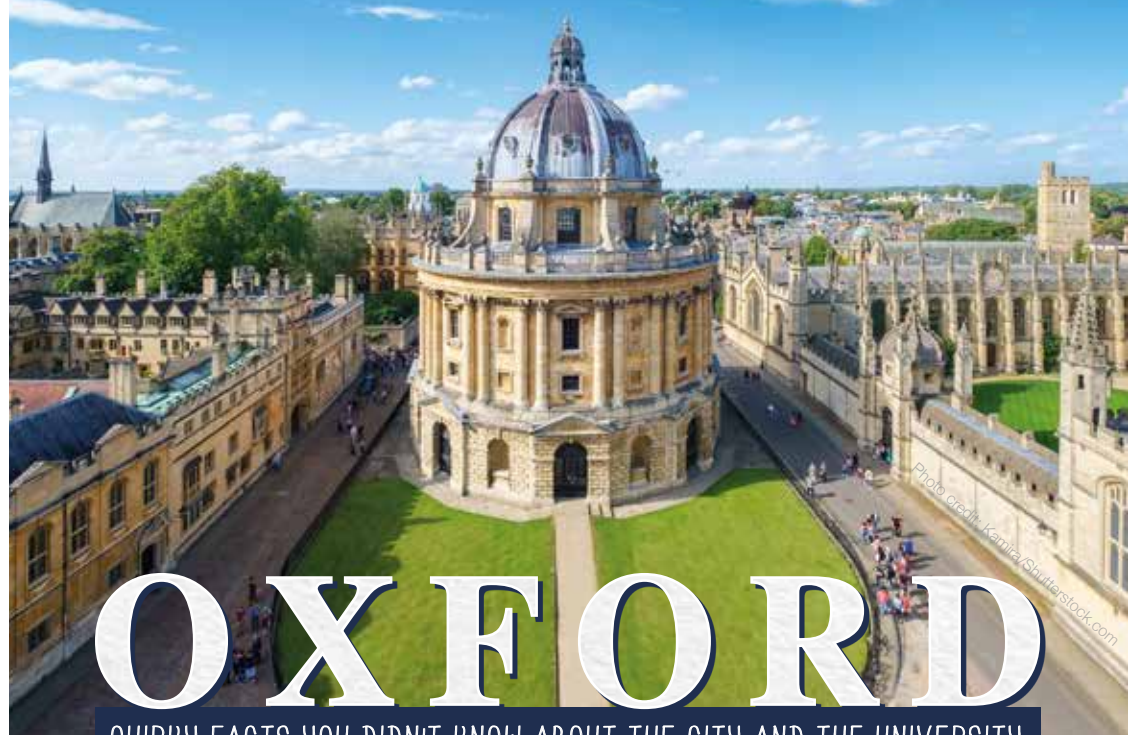
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QUIRKY FACTS YOU DIDN'T KNOW ABOUT THE CITY AND THE UNIVERSITY

Oxford is one of the most famous cities in the UK. Home to one of the most highly esteemed universities in the world, as well as glorious architecture and scenery, it's one of those cities everyone should experience at least once in their lives.

Here are some facts you might not know about Oxford and its famous university.

OXFORD UNIVERSITY WAS FOUNDED IN 1096: This makes it around 925 years old, and one of the oldest universities in the world.

IT'S A HUB FOR WRITERS: With more authors published per square mile than anywhere else in the world, Oxford is a great place to be a writer. Some of the most successful authors who attended the university include J.R.R. Tolkien, C.S. Lewis and Lewis Carroll.

THE LECTURERS WERE BANNED FROM MARRIAGE: Oxford University lecturers were trained to be priests and therefore upheld the value of chastity, even if they went on to other professions. That rule was overturned in 1877.

WOMEN WEREN'T ALLOWED TO STUDY AT OXFORD UNTIL 1878: Marriage wasn't the only

thing banned at Oxford – women were too. They were given permission to study in 1878, could be awarded degrees from 1920 and, finally, were allowed to study and stay at all colleges in 1974. Today, the number of male and female undergraduates is around 50/50.

FAMOUS STUDENTS: Oxford University has had some very famous students. Alumni include writer Oscar Wilde, *Harry Potter* actress Emma Watson, poets T.S. Eliot and Philip Larkin, and Professor Stephen Hawking.

WORLD'S LARGEST BOOKSHOP: Oxford is home to the world's largest bookshop. Built in 1879, Blackwells Bookshop's basement, the Norrington Room, is 10,000 square feet and has more than three miles of shelving and 150,000 books.

OXFORD ESCAPED THE BLITZ: No bombs were dropped on Oxford during the Second World War. It's believed that Hitler wanted Oxford to be the country's new capital if it was successfully conquered.

Now that you're armed with some fun Oxford facts, will you be paying this fascinating city a visit?

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