



**TYSON VS
WILDER
THE
PREVIEW**

**CENTENARY OF
THE END OF WWI**
We will remember them

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Christmas tree*

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RAZOR**
More people than
ever take part in
November



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Hally
WILLOUGHBY

Presenter prepares to head down under



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Editor's notes...



Nik Allen, Editor

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

I'd like to start my Editor's Notes this month by saying a big thank you to one of our readers.

I was contacted by Peter James who sent me one of his lovely handmade greeting cards in advance of the birth of our first child next month.

Thoughts of the looming arrival of our child has filled my head with an array of different and new thoughts. How will Kathleen (Mrs Allen) cope with childbirth? How will I cope seeing it? Have we packed enough items for the hospital? I've even thought about who will look after our Yorkshire Terrier Dixie while we're welcoming our special delivery.

This time next month I should have answers to these questions. It's an exciting time for our family but there's a big part of me that's apprehensive. Watch this space next month for more news on the arrival of baby Allen.

I'd like to encourage readers to get in touch with their local news; be that fundraising events, issues affecting your neighbourhood or just anything that's happening in your area.

In local news this month, a student scoops a prestigious showjumping award, a golfer is heading to the US Masters and a schoolgirl has her book published.

So, until next month, look after yourselves and keep buying locally.

Nik

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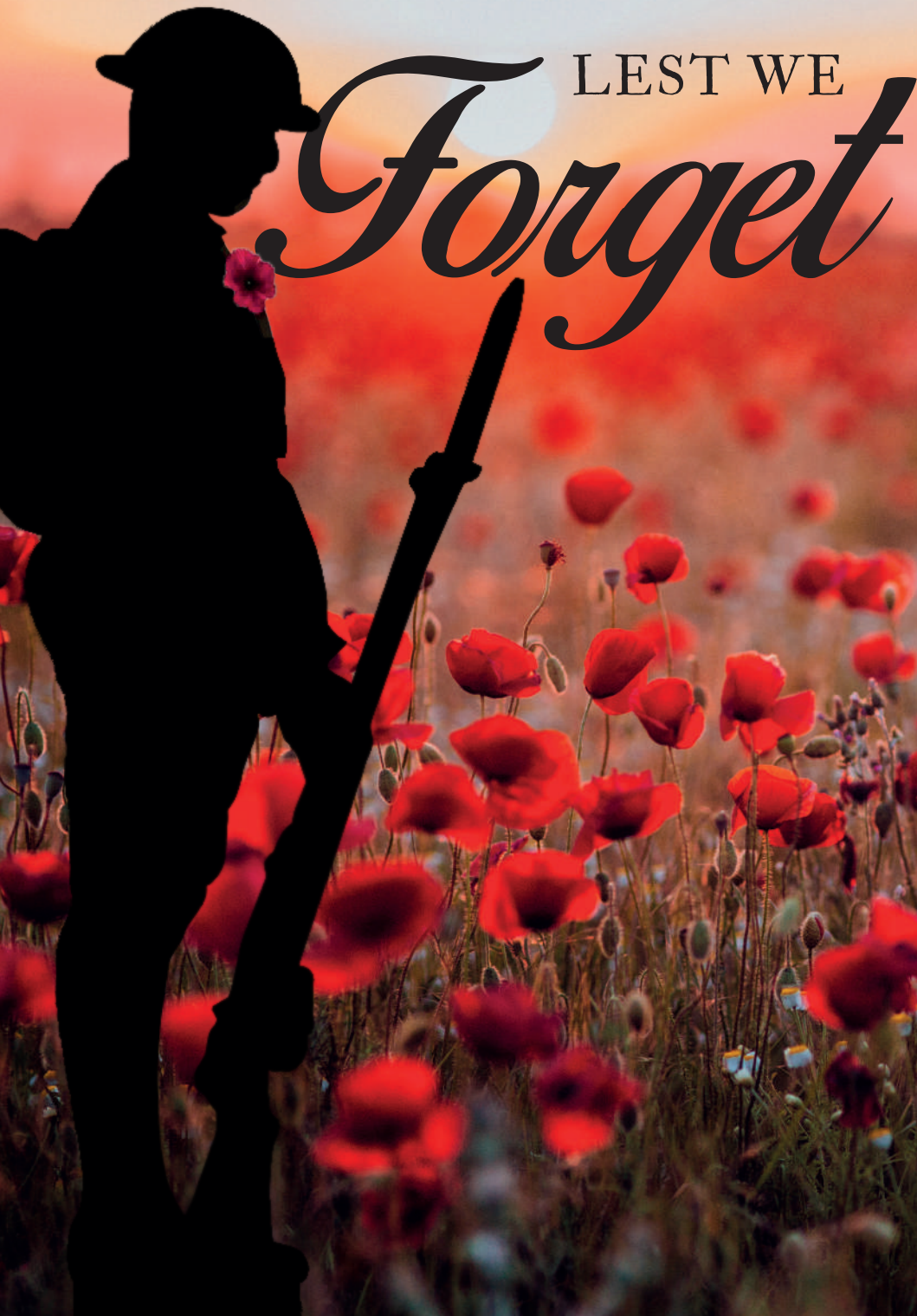
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LEST WE *Forget*

*I*t was 100 years ago when the First World War drove a stake through the heart of global relations and set in motion events that would escalate even further just over two decades later (with the Second World War) in producing the bloodiest modern-day battle the planet has ever seen.

While the last living person to have fought in the First World War is now no longer with us, the efforts of Claude Choules – who passed away in May 2011 at the age of 110 – and millions of others who put up their lives to preserve our sovereignty and dignity will never be forgotten.

So as November 11 approaches – and with it, at 11am, the 100-year anniversary of the signing of the Armistice, in the French town of Redonthe, which brought an end to the war – it's important to remember the key events that contributed to the third bloodiest battle of all time. From that, we might hope, however naive our optimism, that at some point, we all might learn from the mistakes of the past.

KEY EVENTS (PRE-WAR)

- While it's true to say the assassination of Franz Ferdinand and his wife by Bosnian revolutionary Gavrilo Princip was the catalyst for the start of the First World War, it wasn't its cause.
- Before then, Britain, Germany, France, Serbia, Russia and Austria-Hungary had been at each other's throats for a good period of time, and after war was narrowly avoided on several occasions, finally tensions spilled over.
- One of the main contributing factors was the huge move towards imperialism - Britain and France had stolen a march on Germany who were desperate to catch up.
- Meanwhile, nationalistic tendencies were high and military power at an all-time peak.
- Plus, a whole host of alliances were made between countries looking to protect, though in simple terms Germany, Austria-Hungary, Bulgaria and the Ottoman Empire (the Central Powers) fought against Great Britain, France, Russia, Italy, Romania, Japan and the United States (the Allied Powers).

KEY EVENTS (DURING THE WAR)

- On July 28, Austria-Hungary declared war on Serbia and the tenuous peace between Europe's powers crumbled.
- In August 1914, Germany advanced through Belgium into France.
- In September 1914, Britain and France confronted German forces at the First Battle of the Marne, meanwhile Eastern Front battles saw Russia attempt to gain territory in Germany. Their inability led to revolt in Russia and the start of the Russian Revolution.
- With several battles in between ending in stalemate, and often with considerable losses, the Central Powers gradually faded, and in 1917, after German U-boats continued to sink US passenger liners in British waters, the Americans entered battle on the side of the allies. This heralded the start of the end.

FIRST WORLD WAR IN NUMBERS

- With new military technologies and the longevity of battle – over four years – unprecedented levels of carnage and destruction were caused and over **16 MILLION** lives were lost, **NINE MILLION** of them soldiers. The war also, inadvertently, led to the spread of Spanish flu which killed an estimated **30 MILLION** people.
- Liberal Prime Minister David Lloyd George took us out of war in **1918**.
- At the Battle of the Somme, **OVER A MILLION** lives were lost for a gain of just **25 MILES**. German officer Friedrich Steinbrecher said: "Somme: the whole history of the world cannot contain a ghastlier word."

MOVEMBER

It's time to ditch the razor

It has caused some hairy moments and has led to some serious lip service from the ladies.

But Movember is back again, which gives the guys the perfect excuse to ditch those razors and raise a huge amount of cash for good causes.

The charity campaign asks blokes to grow a moustache for November and rope friends and family into sponsoring them. The funds raised by the Mo Bros – as they are known – go directly to men's health, including mental health, aiming to increase early cancer detection, diagnosis and treatment for prostate and testicular cancer.

But it is no hair-brained scheme. Last year the Mo Bros and Mo Sistas raised a staggering £8million in the United Kingdom alone and 69.7 per cent of funds raised were allocated to men's health projects.

Not bad for an idea which grew over a meeting

in an Australian bar in Melbourne, by two mates Travis Garone and Luke Slattery.

The moustache had all but disappeared

from fashion trends. Could they bring it back? They found 30 guys willing to take up the challenge.

Through the years the charity, like the moustaches, has just grown and grown. By 2009, the UK and US joined in.

Of course, no charity campaign would do much without celebrity backers but Movember brings out a Triple A list of celebs.

In the past Johnny Depp, Brad Pitt, Orlando Bloom, Zac Efron, Idris Elba, David Beckham, Theo Walcott, 007 Daniel Craig, John Travolta, Justin Bieber and Stephen Fry have all taken part.

But ladies can join in too and wear false moustaches. Lady Gaga, Carol Vorderman, Kate Upton and Laura Whitmore have also joined in as part of the Mo Sistas.

This year, the cash is expected to roll in again as fast as those 'taches grow. Organisers are hoping that last year's total will certainly be beaten by a lot more than a whisker.



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HOME & DIY



Tiling can seem like quite a daunting prospect but if you are simply updating a small space, doing the work yourself is a feasible option.

The most important thing is to ensure you are working on an even surface.

Next, set out your tiles carefully. Start by making a gauge from a length of timber. Lay some of your tiles on the floor with spacers in between and put the timber next to them. Mark each joint on the timber.

Then measure and mark a point halfway up the wall above the highest floor or skirting board level as a starting point. With the measuring gauge positioned against this mark, mark downwards to show where each course of tiles will fall. If the space left at the bottom is less than half a tile high, adjust the starting point.

Next, create a horizontal gauge. Measure and mark a horizontal line across the wall at the level of the bottom of the lowest row of whole tiles. Lightly fix the batten to the wall.

Measure and mark the centre point of the horizontal batten and use the measuring gauge horizontally to mark the position of the last whole tile close to the end of the wall. Mark this point on the batten.

The aim is to start tiling in the middle and end at each side with a part tile.

Use a spirit level to mark a vertical line up from the position of the last tile. Fix another straight batten vertically along this line.

Apply small sections of adhesive at a time using a special adhesive spreader. Place the tile in position and press firmly. Use tile spacers.

Once your adhesive is completely dry, start grouting. Use a grouting float to force grout into the spaces between the tiles then use the float to remove excess grout.

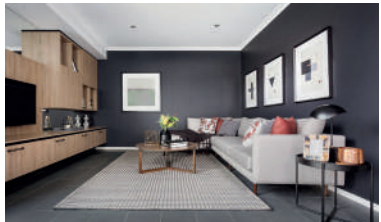
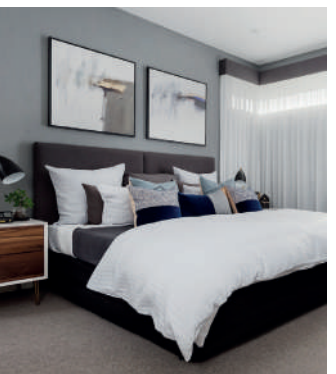
When dry, polish the tiles to get rid of any fine cloudy residue.



HOME & DIY



Photo credit: www.tlciinteriors.com.au



A MODERN WORLD

THE ROOTS OF MODERNISM AND HOW THIS BRAVE MOVEMENT HAS LASTED SO WELL

The advent of modernism in home furnishings – and beyond – was something that really took off towards the end of the 19th century. In essence, it was a rebellious response to the years of floral, ornate, elaborate, elegant and largely curved, flowery styles that had patterned so much of people's lives.

For countless decades before, the idea of Victorian, Gothic and Renaissance designs – and with them, interiors that screamed detail, eloquence and opulence – had dominated homes and was the norm. After all, we'd all like to recline on a chaise longue while admiring arches and arcs, patterns and textures, right?

Wrong. In modernism the 'mo' became straight lines, clean shapes and hard edges. Within this, overuse of colour was discouraged, while the invitation was laid out to embrace textures and textiles not previously considered homely – consider steel, concrete, large expanses of glass and other materials once thought of as cold and unwelcoming.

Where colour did prevail, this was to be bold and statement-giving, so perhaps blocks and slabs of shades adjacent to blacks, greys and whites.

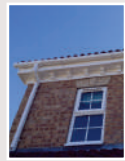
Where did this all come from? Well, the Industrial Revolution had a lot to do with a more measured and practical approach to living. Modernists liked the idea of exploring norms and modes that were suited to this new world industry was providing, and it was perhaps to be expected that the influences of work became the influences of home.

Sure enough, these modernist statements didn't start and end in our homes, there was literature, art, music and more – countless areas where people were expressing a desire to rebel.

Although no end date for modernism has ever been noted, it's perceived that post-modernism came into being in the late 1970s, and from there society has largely embraced a mass of contrasting and conflicting styles in elegant harmony. Yet without those early-century modernists, the world we see in 2018 would surely look very different.

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HOME & DIY

A DESIGN for life



Need a little home inspiration? These interior design bloggers will help you reinvent your home while adding a splash of 'cool'.

Mad About The House

madaboutthehouse.com
For over two decades Kate Watson-Smyth has been writing about interior design for some of our top broadsheets, offering a smart look at bringing the perfect touches to any inside space.

FROM EVIJA WITH LOVE

fromevijawithlove.com
This design blog takes the idea of DIY, upcycling and reuse of materials as a blank canvas for creating interiors that are original, affordable and personal.

The Design Sheppard

thedesignsheppard.com
With a view towards redesigning what you already have, Stacey Sheppard's blog has recently enjoyed a huge upsurge in popularity.

DEAR DESIGNER

deardesigner.co.uk
Often adventuring to the more voluptuous side of chic, Carole King's blog provides almost a decade's worth of top tips.

Emma Jane Palin

emmajanepalin.com
Another self-titled blog, but one that allows design maxims to come to the fore in this inspiring archive.

CATE ST HILL

catesthill.com
Cate's self-titled blog is based on simplicity of style, and presents everyday objects in stunning ways as a route to achieving design stories that invigorate and excite.

Alice in Scandiland

aliceinscandiland.com
As you would expect, a passion for Scandinavian design is what flows through in Alice Collyer's engaging and inspiring blog.

FRESH DESIGN BLOG

freshdesignblog.com
Cost is a key buzzword for Rachel Newcombe in her modern and contemporary interior design blog which, since 2009, has been offering affordable touches for ambitious homeowners.

Girl About House

girlabouthouse.com
Sarah Mailer's obsession with gold touches comes through in this aesthetically rewarding blog that leans on aspiration and luxury.



STATEMENT THINK **BIG** SHADES: & GO **BOLD**



A statement lampshade can help complete an otherwise unfinished looking room, it can act as a focal point for interior discussion, it can even bring together the whole design concept of your home.

This year's lampshades should not be lurking in the shadows, they are designed to be seen and revered.

Flowers and Foliage

Floral patterns have been hugely popular across all interior design this year, but lampshades have taken this trend one step further with floral geometric patterns. These quirky and eye-catching designs are ideal for those wanting a fresh and naturalist vibe to their home.

Bold Battan

This lightweight material which fits easily over existing light fittings is perfect for casting light patterns across a room. Choose an intricately woven design to create an impressive focal point that your

guests cannot fail to notice. A great shade for ceiling lights in a conservatory or office. Team with a vintage lightbulb for a retro effect. For an alternative revived material, try bamboo or shell shades.

Sumptuous Silk and Velvet

Add a touch of glamour to your home with a velvet or silk lampshade. This luxurious fabric suits both the bedroom and living room. Best used for a table or floor level lamp so that its luxuriousness can be appreciated up close and personal. We love a deep purple velvet shade for creating light in an intimate reading corner.

Cutting-edge Sculptural Shapes

Sculptural lampshades are bold, incredibly modern-looking and often appear more like works of art than mere lampshades. Ideal for homeowners who want a surrealistic or contemporary vibe within their home. These types of shades are incredibly versatile and work well for ceiling lights, wall and floor lamps.

Photo credit: John Lewis, Next, House of Fraser, Not on the High Street



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LOCAL NEWS

from your neighbourhood



LOCAL NEWS BRENTWOOD



Dance class renamed following BBC row

A dance class who train in Brentwood have had to change their name following a clash with the BBC.

Formerly named Strictly Curved, the BBC believed the class could be associated with *Strictly Come Dancing*.

Dance teacher Teresa Lawrence said: "The BBC said we could be misleading the public to think we would be associated with them. I've never done ballroom.

"It was called that because we are strictly curved.

"They've trademarked strictly so you can't use it in any way, shape or form."

A spokesperson from the BBC explained: "We're fully supportive of someone running dance classes and wish them luck, but it's important the public isn't misled and don't mix up an independent dance business with something endorsed by the BBC."

The classes were set up to give people of all ages

and sizes the opportunity to dance and have fun without being judged.

Teresa continued: "I'm a dancer of 22 years and have attended other people's classes. People do look at you and comment.

"I know how people feel because it's quite overwhelming. I wanted to make something that anyone could attend which included some fitness."

As a size 24, Teresa understands more about how the body works different for people of different sizes.

She has now put forward two new names to see if they can be trademarked – BoCoDanz and BoCoDance. They both stand for body confidence dancing.

There are hopes that the classes will be rolled out over the UK and other dance teachers will come on board to inspire others to get up and dance.

Man dies after colliding with lamppost

A man has died of his injuries after colliding with a lamppost during an incident on Wednesday, October 17.

The driver failed to stop on Brook Street in Brentwood when asked to by police. The driver then crashed into

a lamppost on the road.

The man was taken to hospital for his injuries, but later passed away.

Essex Police are calling for witnesses to contact them on 101 quoting incident 93 of October 17.



Drummer's delight at national jazz orchestra call-up

Brentwood School drummer Sebastian Bloom has been selected for the National Youth Jazz Orchestra (NYJO) Academy.

Sixteen-year-old Sebastian will now be a key member of the NYJO Academy's flagship band, rehearsing with them every Saturday and performing at concerts both at home and abroad.

The lower sixth student started playing the drums at the age of seven and his hard work is paying off.

The NYJO Academy audition saw Sebastian both playing with a band and demonstrating his sight-reading skills.

The very modest youngster, said he was "really happy" to be picked from so many musical hopefuls.

He said: "I was very happy to find out that I had been given a place in the band and I feel it is a big step for me."

After his A-levels, Sebastian will look to audition for some of London's prestigious music colleges as he continues to fulfil his ambition of becoming a full-time professional drummer.

Brentwood School's director of music, Mr Florian Cooper, said: "Seb's appointment is testament to his hard work and a true passion for jazz music.

"I invited Seb to play for The Seven Steps Big Band, to cover a rehearsal in the summer. The whole band were so impressed with his level of performance that he was subsequently invited to perform one track with us at a sold-out gig at the Soho Pizza Express Jazz club – needless to say, he performed with true technical assurance and musical flare.

"This is another major step on Seb's journey to become a professional musician and we are truly delighted for him."

Entertainers take over Brentwood Live

A family run company has announced that it has taken over Brentwood Live, and will bring exciting new shows and tours to the Brentwood Centre.

Entertainers produces and/or promotes some of the nation's most loved shows.

The venue has recently had a major refurbishment and the work is now complete with a brand new floor.

Entertainers founder Michael Taylor said: "As a lifelong Essex resident, I have always been inspired to

come back to Brentwood and recapture the special moments we enjoyed with those acts back in the centre's heyday, and now that we are in a position to do so we can't wait to bring first class entertainment back to the town. All that we need is the support of the community."

There will be many shows to be announced over the coming weeks. Keep an eye on www.brentwood-live.co.uk for news coming soon.

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LOCAL NEWS BRENTWOOD



Prep tennis ace tops Amazon Bestseller list

Brentwood Preparatory School pupil and star tennis player Tahlia Ayandare can now add children's author and Amazon Bestseller to her growing list of accolades.

Tahlia, one of Essex's top Under 9 tennis players, wrote *Life of a Junior Tennis Player* in a bid to share her love of the sport and to inspire other children keen on starting their own tennis journey.

A collective of short stories, *Life of a Junior Tennis Player: Stories By Children for Children*, is nine-year-old Tahlia's first book and has already hit number one in the Amazon Young Adult (Racket Sports) category.

Each of the stories gives advice to other children looking to play tennis either for fun or competitively.

She also explains how the support of her family and friends has helped her fledgling career and how she continues to grow.

Class teacher Mr Edwards said: "Tahlia is a polite girl who gets on well with others and is very ambitious in her learning."

After a busy summer of tournaments, Tahlia moved up the Lawn Tennis Association (LTA) rankings and now regularly trains with Essex as a county player.

A keen gymnast and swimmer, Tahlia has her own YouTube channel that provides a place for her to showcase her talent as well as provide updates and tips within her tennis life.

Tahlia's book can be purchased through Amazon.

Student scoops top showjumping award

Brentwood School showjumper Claudia Moore has capped off a fantastic season by scooping a top award at the annual British Showjumping Awards Ball.

Thirteen-year-old Claudia was presented with the Leading Pony Rider of the Year gong. The third-year pupil was surprised to take the honours and put her success down to consistent performance.

She said: "It was an incredible thrill and fabulous to have been chosen amongst such a great and strong group of riders."

Claudia, who has been riding since she was nine years old, is the youngest British rider ever to win a medal at a European Championships.

Photo Credits: Seven Star Photography





Photo Credit: Thames/Syco



Singer shines during The X Factor

Brentwood may have a new star as Bella Penfold has survived the first week of the live shows of *The X Factor*.

She impressed with her rendition of *Beneath Your Beautiful* by Labrinth and Emeli Sandé and was put through to the next round.

Tweeting after her performance, she said: "I am so grateful and so full of love right now. I prayed to something up above that I would do the best I could, and a fire burnt inside me. I'm so proud and I hope I

made you all proud too."

Bella has had an impressive journey so far. She wowed the judges during her audition and Six Chair Challenge, with mentor Simon Cowell hitting his golden buzzer.

At Judges' Houses, Bella performed *Same Love* by Macklemore in front of a star-studded crowd, including Randy Jackson, Paula Abdul and Ryan Seacrest.

At the time of going to print, Bella was due to perform in the second week of the live shows.

Hospice garden makeover on track thanks to rail firm

A team from railway engineering firm Colas Rail took time away from the track to volunteer their time and expertise.

Over 40 workers who are based in Brentwood and across East Anglia spent two days at Saint Francis Hospice in Havering-atte-Bower laying pathways, building furniture, painting tables and benches and de-weeding its award-winning gardens.

They were joined by workers from neighbouring companies BPH Rail and High Motive who also gave up their time and equipment to help the Hospice.

Corporate partnerships manager Tom Murtagh said: "This work carried out by Colas Rail and colleagues will save the Hospice thousands of pounds and we are incredibly grateful for this fantastic support.

"The tasks that the teams carried out have completely transformed a slightly tired area of the garden and will mean that patients and families are able to continue enjoying our beautiful grounds."

Office manager Theresa Weal explained: "Every year



Photo credit: Saint Francis Hospice

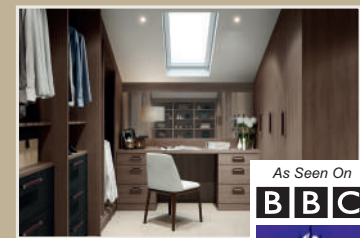
we nominate a good cause and I suggested Saint Francis Hospice because I know about the wonderful work it does for patients and their families as my aunt and cousin's husband were cared for by the charity."

Assistant project manager David McCann added: "No one knows when they may need the support of the hospice and this is something little we can do that will make a big impact."



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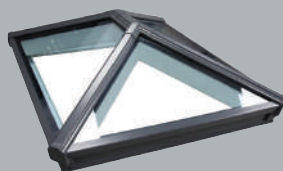
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LOCAL NEWS BRENTWOOD



Street Pastors in Brentwood and Billericay continue to patrol the streets of the towns. We patrol in uniform and seek to help, listen and care for anyone who is or becomes vulnerable.

This month we came across a young lady who had become separated from her friends and was very cold and wasn't wearing enough clothing for this time of year. We managed to provide her with a blanket and flip flops for her feet. We waited with her until her guardian came and collected her.

None of us go out at night thinking we are going to need help. Situations change around us sometimes

which causes issues that are out of our control. In the end we found out that this young lady had not made bad decisions but still needed a few good Samaritans to look out for her.

Exciting news this month is that we have now launched Schools Pastors in Billericay School and will be supporting the great pastoral team there to look after the young people in school, the staff and teachers who are doing a great job. We will be in uniform in school on certain days and then out in the community looking out for anyone who may need some time with helpful listening people.

Design the mayor's Christmas card



Schoolchildren are being invited to get creative and design this year's Mayor's Christmas card.

There are two competitions open to children in primary schools in the Brentwood borough – to design the front of the card and to write a poem.

The successful design will be used for the mayor's official Christmas card sent on behalf the Mayor and Brentwood Borough Council and the poem will also be published in the mayor's Civic Carol Concert's Order of Service on December 23 at St Nicholas Church, Ingrave.

Please ensure all entries have the pupil's name and age on the back and are sent to Democratic Services, Claire Mayhew at the Town Hall, Ingrave Road, Brentwood CM15 8AY by 5pm on Wednesday, November 14 with a covering note as to who the winner should be contacted through.



Hospice supporters raise vital funding at Mission Mud obstacle run

Two neighbouring hospices launched a 5K muddy obstacle course fundraiser event, Mission Mud, at Nuclear Races in Brentwood.

St Clare Hospice partnered with Saint Francis in Romford, Essex, to host this new event and raise vital funding for both charities.

With approximately 30-40 Nuclear obstacles to challenge participants' inner mud-lovers, this challenging 5K route saw dozens of hospice supporters clad head-to-toe in mud on October 7.

A total of 14 participants took part in aid of St Clare.

After taking part in Mission Mud herself, St Clare's challenges and events fundraiser Emma

Broadbent commented: "What a way to spend a Sunday morning. Never would I have dreamed I would be jumping around in waist-deep mud on any occasion but having taken part I can honestly say that it was so much fun and really liberating to just get messy in the mud."

"A huge thank you so everyone who took part on Team St Clare - we simply couldn't do what we do without the kindness and generosity of everyone who supports us. We can't wait for next year's event."

For more ideas on how you can get active to support your local hospice, visit St Clare's website at www.stclarehospice.org.uk/get-involved

Brentwood Theatre announces Christmas production

Legends of King Arthur

4 - 30 December

Adapted by Kathryn Schultz Miller
Directed by James Sinclair

Produced by Brentwood Theatre Company
by arrangement with Plays for Children



Tickets

Brentwood Theatre has announced its Christmas production for 2018.

Legends of King Arthur is a magical show that retells the famous legends of the sword in the stone and Arthur with his knights of the round table.

Watch as Arthur grows from a young squire into the rightful King of England. Merlin's magic and Lancelot's bravery help Arthur on his quests against a fiery dragon and the evil Morgana.

Along the way, Arthur falls in love with the beautiful Guinevere and she inspires Arthur and his Knights to save the Kingdom of Camelot.

With performances running from Tuesday, December 4 to Sunday, December 30, Brentwood Theatre is also pleased to announce two relaxed performances on Wednesday, December 5 at 1.30pm and Thursday, December 13 at 6pm.

The relaxed performances are designed for visitors who have a sensory or communication disorder, learning or physical disability, or autism spectrum condition, although everyone regardless of disability is welcome to attend.

Tickets for all performances can be booked by calling the box office on 01277 200305 or online at www.brentwood-theatre.co.uk



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Teen secures place at US Masters

A teenage golfer from Brentwood is the envy of his friends after securing a place in the Million Dollar Hole in One (MDHIO) grand final and a visit to next year's US Masters.

James Jensen, 17, took part in the popular competition on the seventh hole on Vale do Lobo's Royal course in the Algarve, and he aced the 138-yard hole with a pitching wedge.

His success earned him a trip to the USA next April where he will compete in a shootout for \$1million and take part in a day's play at the 2019 US Masters.

Jensen said: "I couldn't believe it when it happened - I've never been this lucky before.

"I'm excited about making the trip and hoping we can stop off in New York and Florida as well, although I haven't decided who to take with me yet."

He will participate in the grand final in Augusta

during the Masters weekend, in April 2019.

MDHIO's popular par-three challenge allows competitors to win a selection of golf-related prizes from balls to pitch-mark repairers, while a hole-in-one at one of the 40 associated courses across Europe earns the chance to shoot for a \$1million jackpot.

MDHIO, which has been running since 1990 in the USA and since 2000 in Europe, has steadily grown in popularity with more than 50,000 people each year trying their luck at the various par-three holes at courses across Portugal, mainland Spain, Mallorca and the UK.

More than 50 golfers have achieved their ace while playing MDHIO in Europe, while more than twice that number missed out by not entering and, subsequently, acing the hole.

Austin guides Surrey Storm to Fast5 All-Stars semi-final

Brentwood netballer Mikki Austin led her team to the semi-finals of the Fast5 All-Stars Championships recently.

The Surrey Storm director of netball and her team were joined by international superstar Sharni Layton, but the guest signing wasn't enough for the duck-egg-blue girls to go all the way.

In their last attempt to reach the final, competitors Wasps proved too much beating Storm 45-37.

Tweeting after the event, Austin said: "Could not be more proud of the girls in duck egg today. Thank you @Fast5allstars for creating such an exciting and amazing event for players and spectators - Until next year."



LOCAL NEWS BRENTWOOD

BURGHART for BRENTWOOD



Alex Burghart MP for Brentwood and Ongar



There is something very special about a town where people take the time to look after those most in need, especially its children. Brentwood is particularly good at this – I've written before in this magazine about the superb charity Special Needs And Parents (SNAP), and Spargoland where hairdresser Ian Marshall provides a calm space where children with autism and high anxiety can have their hair cut.

A few years ago, a group of parents sat around a kitchen table and discussed the need for a school for children with severe communication difficulties. It is extraordinary what can grow from such kitchen table meetings – because now, only five years later, the doors of Grove House School on Sawyers Hall Lane in Brentwood are open and ninety pupils aged from eight to 17 are happily enrolled and learning.

As a former vice-chair of governors at a school for children with autism in London, I know it is vital for all teachers and education staff to understand issues around autism and other special educational needs.

The government has funded three voluntary sector organisations, such as the Autism Education Trust which has so far trained more than 130,000 school staff, and published new content for all initial teacher training courses that includes a particular focus on special educational needs training.

As I discovered when I visited last month, half of the Grove House pupils are on the autistic spectrum and have significant difficulties with social communication and high anxiety make it extremely difficult for them to learn and thrive in a mainstream school. Walking around this calm, well-ordered and spacious school, I could see why it offers just what these children need at such an important time of their lives.

The next stage for Grove House will be looking at how it can prepare its older students for the workplace, through onsite vocational training. Given the extraordinary amount they have achieved in the past five years, I very much look forward to finding out what they will achieve in the next five.



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LOCAL NEWS

from your neighbourhood

Photo credit: Epping Ongar Railway



Santa Specials on course for selling out

Sales for the 2018 Epping Ongar Railway Santa Specials have exceeded all records and a number of trains have already sold out.

Compared with 2017 advance sales, this year are over twice as high, which means a truly bumper end to the season is on course.

Dean Walton, the railway's acting general manager, said: "Christmas really has come early for the Epping Ongar Railway. The extremely strong sales are a real boost to the staff and the volunteers after what has been a quieter year to date."

Jeff Mesnard, who will be heading up the Christmas front of house team explained: "Every year we make some changes to keep it fresh. They get sick of me saying it, but we have to adapt, adopt and improve every year. This year we've continued to improve our online seat reservations, so everyone knows where they are sitting and there is no need to queue on arrival."

Santa Special services run on December 1, 2, 8, 9, 15, 16, 20, 21, 22, 23 and 24.

For more information, visit www.eorailway.co.uk



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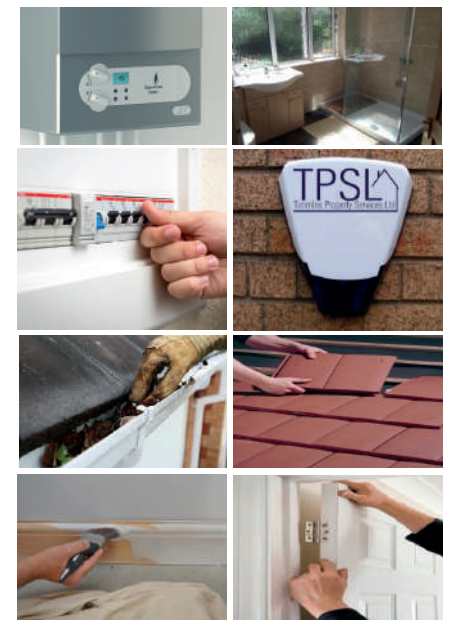
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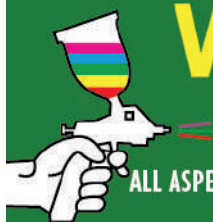
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LOCAL NEWS ONGAR



Celebrate Christmas at Zinc

Christmas is coming early to Zinc in Ongar.

Several Christmas events and activities have been planned, including a Christmas market and carols night.

The building will be buzzing with festive fun at the third Christmas Market, which is being held on November 18.

Members of the public can get their shopping wrapped up early at the event which will host local businesses and craftspeople.

There will be handcrafted home and garden ware, fabulous fashion, personalised presents, Christmas

decorations, beautiful jewellery and more.

The market will be open from 10am to 4pm and the café will also be open all day, serving festive food and drink.

An evening of Christmas carols is being held on December 1 from 5pm.

The event is free with performances from local singing sensations Funky Voices.

An extra special visitor will also be attending courtesy of the Ongar Mums Group, who will be bringing their grotto once again.

For more information visit zincarts.org.uk

Driver jailed after attacking man



Photo credit: Essex Police

A delivery driver has been jailed after hitting a man in the head with a wrench following an argument.

At around 3.30pm on August 17, the victim, a 35-year-old man from Ongar, was returning to his car after visiting a shop and got into a road related argument with Reiss Davis, who had just parked up.

The argument escalated and Davis went back to his car and grabbed a wrench before running towards the victim and striking him in the head.

The victim was knocked unconscious, however Davis continued to hit him before members of the public intervened.

Davis drove off, leaving the victim on the floor, and completed his last journey to deliver a parcel to another shop in Loughton where he told staff that he got into an altercation.

He was arrested at his place of work in Enfield at around 5pm.

The victim was taken to hospital and was placed in an induced coma. He made a recovery and has been discharged but has life changing injuries.

Davis was sentenced to four years at Chelmsford Crown Court on October 15. He admitted the offence at the same court on October 1.

Investigating officer Jo Pilcher, of Loughton CID, said: "While this incident will have a life-long impact on the victim, I hope the outcome offers him some justice."



Struggling church hit with setback after windows smashed

A church which is already struggling financially has been hit with a further setback after it had its windows smashed.

On Sunday, September 2 church goers at St Peter's Church in Ongar were shocked to discover eight of its windows had been smashed.

The damage caused meant shards of glass were across the inside of the Victorian building.

It represents a further knock for the church as it has been suffering with a dwindling congregation and a lack of funds.

Reverend Noelle Taylor, the rector of the church,

said: "It was a sad day in what is already a difficult time.

"The reality is that we will probably have to shut down and this just adds to the problem.

"There are so few people in the parish and as a result it is hard to get a large congregation.

"It's a beautiful building, it's just a shame it's in the middle of nowhere.

"We think it may have been local youths that caused the damage."

The criminal damage was reported to police but at the time of print no arrests had been made.

Who is your Young Citizen of the Year?

Residents in Ongar are being asked to send in their nominations for the Young Citizen of the Year Award.

Nominations are now open, so if you know of a young person that deserves recognition, nominate them before November 30.

The award, presented annually, recognises young people's exceptional contributions to the Epping Forest District. This can be in terms of outstanding courage, service to the community or showing extraordinary commitment, energy and effort in a

particular cause or achieving a particular goal.

Eleven to 18-year-olds living in Epping Forest district are eligible for nomination.

The finalists will be invited to the district council's Civic Awards in March 2019 where the winner will be announced and will receive £300 and a certificate of achievement.

To nominate someone for the award, pick up a nomination form at EFDC buildings, local libraries and secondary schools or complete the nomination form at www.eppingforestdc.gov.uk/youngcitizen

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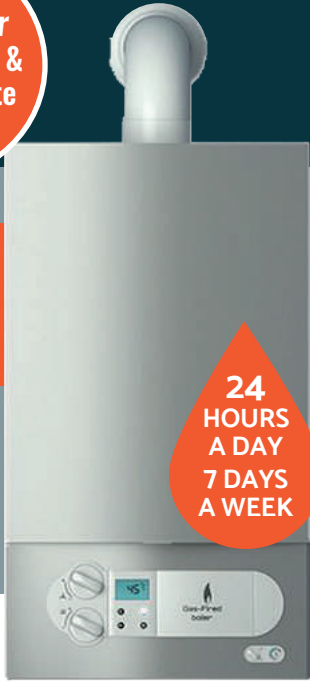
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WHERE THERE'S A *Willoughby,* there's a way

She's gone from teen model to national treasure, but for Holly Willoughby the biggest challenge is yet to come as she gets ready to enter the jungle.

Willoughby's ascent to full-blown daytime doyenne has been nothing short of remarkable. The classic 'girl next door', she has enchanted viewers across the widest of demographics, although with a sense of comfort – be that when discussing women's lifestyle, parenting, health or the home.

Yet now she's setting out on a whole new path, and to the Australian Outback, no less, to join Declan Donnelly in filling in for the Georgie's beloved but troubled sidekick Ant McPartlin on the new series of *I'm a Celeb... Get Me Out of Here!*, which begins in November.

While the challenges of a frenetic work schedule down under are a world away from the well-trodden mechanics of the *This Morning* TV studio, at least the 37-year-old won't be forced to canoodle with cockroaches or munch on maggots (all part of what lays in store for the real 'celebs' as part of the show's legendary Bush Tucker Trials).

Yet the likeable Sussex-born presenter is approaching things with an open mind.

She said: "I couldn't be more excited to have been asked to stand alongside Dec for the next jungle adventure. I love Ant and want to send him my best wishes and support for a continued recovery, and these are big shoes, not to fill, but just to keep warm for a little bit; but I'm going to give it my best shot."

Willoughby is arguably better equipped than most – she knows her way around a TV studio like few others in light entertainment, even if this one is littered with critters, koala bears and acacia trees.

"Of course I've been out of my comfort zone so many times in the past and it's probably where I thrive best," she says. "Right back to the early days of modelling for *Pretty Polly*, it was all a new experience, and the best decisions in life often come about as the result of trying different things."

Producers hope Willoughby will hit it off with buddy Donnelly in the same way that she did with her self-proclaimed "best friend in the world" Phillip Schofield, who she has co-presented *This Morning* with since 2009, their natural charisma evident for all to see. "You couldn't do that many hours of TV together, with all the different subjects, without there being some sort of relationship that's utterly real," said Willoughby at a recent BAFTA event to celebrate 30 years of the popular breakfast show.

"Dec and I know each other very well too and I'm sure there will be a lot of banter and laughter firing between us – I can't wait to get started."

Willoughby is taking all the family to Australia for what promises to be a memorable busman's holiday, and yet there's no let-up upon her return, with the self-confessed fashionista having recently become an ambassador for Marks and Spencer. Holly's Edit is part of the brand's Autumn Must-Haves campaign, with a focus on affordability (prices range from £19.50 to £99). "Keeping busy whilst exploring new angles is everything to me as I never want to stop... not even for a jungle meal."



Photo credit: TM/REXUS/istock

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Flood your home with natural light – many of our clients are creating a stylish new living space flooded with natural light. Imagine an inspiring contemporary design feature not only enhancing your lifestyle but also adding value to your home.

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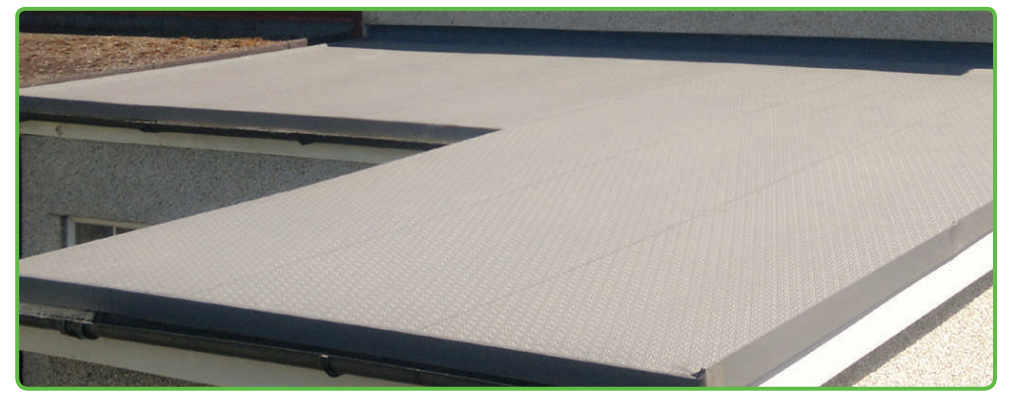
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Before



After





GARDENING

Spruce up CHRISTMAS

Why festive fun at Christmas should begin with your choice of tree

As a centrepiece for the most special of seasons, you can't really lodge a statement any stronger than a Christmas tree. A beacon of festive fanfare, the tree we choose acts as a meeting place for family, friends and loved ones, so why not, ahem, 'branch out' this year on something special:

Norway Spruce: Our most traditional and best recognised Christmas tree that, to the surprise of some, grows happily in the UK (despite its name). It offers flailing green arms and an aromatic scent that lends itself to awkward hugs with Auntie Beryl.

A cost-effective, attention-grabbing tree, but one that sheds its needles quickly, so get your Hoover at the ready.

Nordmann Fir: The increase in popularity of this tree is largely down to the fact it doesn't shed its needles like a number of others. A symmetrical shape, it's glossy, soft and a winner with the kids.

Slightly more expensive than the spruce, this tree is also fragrance-free.

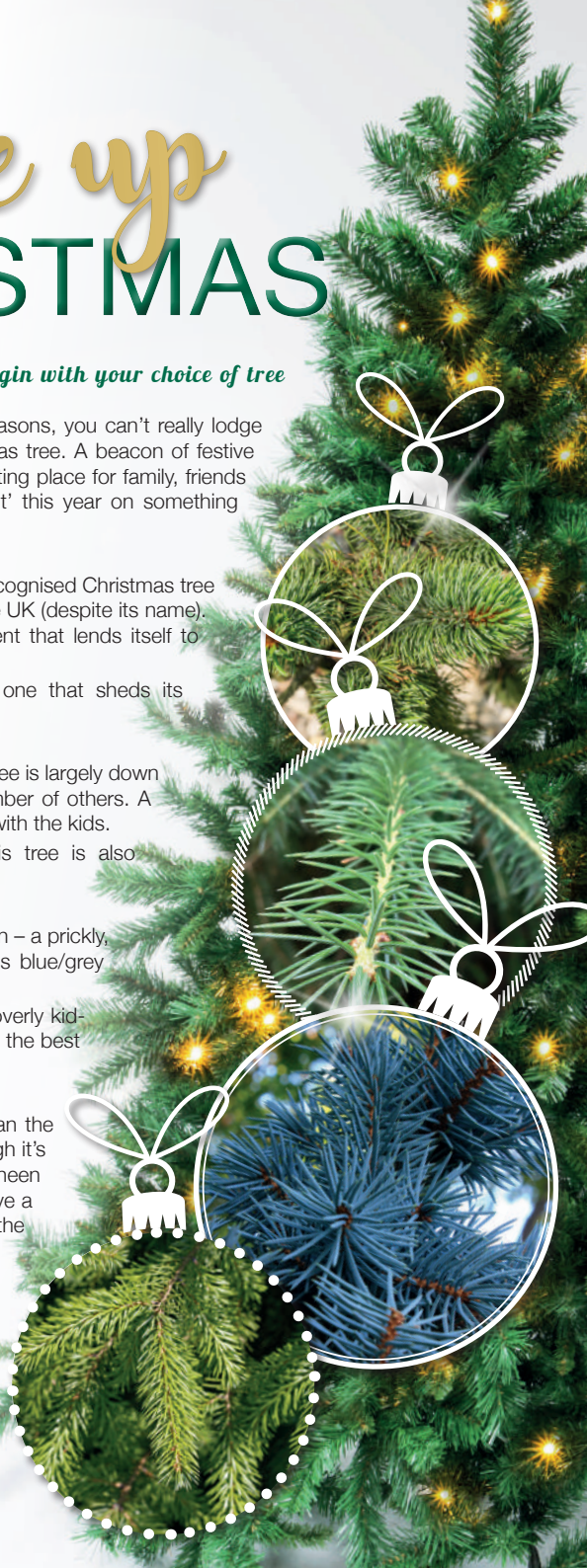
Blue Spruce: This one does what it says on the tin – a prickly, cactus-like spruce that comes with a sumptuous blue/grey tinge.

Typically a medium-sized little number, it's not overly kid-friendly, but adorned with lights probably ranks as the best looking of the lot.

Serbian Spruce: With better needle retention than the Norway Spruce, this attractive tree looks as though it's been dipped in a pot of wood polish, such is the sheen that comes up from its branches. If you don't have a lot by way of decorations or lights, this tree will do the hard work for you.

In terms of maintenance, follow these quick rules to keep your tree looking tip-top:

- Keep outside or in a cool place for as long as possible before use
- If keeping it in water chop a couple of centimetres off the stump first
- Water it every day



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Don't fear those dumbbells, ladies, lifting weights can be a huge benefit to your body as you age. The word 'weightlifting' may evoke visions of sweaty, ripped, slightly insecure men in dingy gyms, Arnold Schwarzenegger in spandex, and every bloke ever at the World's Strongest Man competition.

But don't let these preconceptions stop you from partaking in an exercise which could transform your life. After all, it's a well-known fact that past the age of 35, women begin losing muscle mass, a process which accelerates drastically post-menopause.

What is less known is how you can replace and maintain muscle. Surprisingly, cardio alone isn't ever going to restore what you've lost – it will simply keep you slim and tone muscle you already have. It is only by lifting weights – also known as strength and resistance training – that you build new mass.

If you're still not convinced, know that the benefits of weightlifting go beyond just altering your appearance. Pumping iron not only keeps your muscles strong, but increases bone density as well, reducing the risk of fractures, particularly as you get older. You will also

find that other activities like gardening and walking become far easier; it can also build confidence and help you lose weight as the increase in muscle mass boosts your metabolism.

Naturally, you don't want to end up looking like you've been overdoing it on the steroids, so rest assured that women do not have the testosterone levels required to build massive muscles. Instead, look at weights as an investment into your future health... one that could offer freedom, vitality and bingo wing-free arms.

TOP TIPS TO GET STARTED:

- ↔ Always warm up first
- ↔ Spend time with a trainer to perfect your form
- ↔ Keep it fun with a group class
- ↔ Don't do too much too soon
- ↔ Train different areas on different days to keep your body balanced and allow for recuperation





Beat the BELLY

With summer excesses now out the way, it's time to move into a shapelier frame of mind. And while eating has never been a route to losing weight, if you begin substituting sugary and fatty foods for some of the options below – whilst exercising regularly and drinking plenty of water – your autumn awesomeness may be just a few weeks away.

PROTEIN IS YOUR FRIEND

Get protein-heavy foods such as cheese, milk, yoghurt, eggs, beans, seafood and even white meat in your diet and you'll quickly see a big improvement. Not only in good quantities will it boost your metabolism into converting an extra 100 calories a day, it is also known to suppress hunger to the tune of up to 400 calories per day – so you're processing more and eating less. That's the ultimate health win-win. It also helps you avoid regaining weight if you ever decide to abandon your weight-loss efforts.

HIGH-FIVING FIBRE

Eating plant foods such as vegetables and fruit, as well as getting plenty of rustic cereals (like whole oats) is a smart move. Types of fibres bind with water to form a gel that sits in the gut. Nutrients therefore take longer to digest and absorb, meaning you stay fuller for longer.

BREAK IT DOWN

Of course, using protein shakes and high fibre smoothies can be an alternative way to stock your body with these fantastic nutrients, although feelings of fullness are likely to be reduced if your body doesn't have the task of breaking down solids.

KEEP TRACK

It's also a good idea to make a note of changes to your physique as this will spur you on. Belly fat is estimated by measuring the circumference around your waist – you can do this with a tape measure. Anything above 40" (102cm) in men and 35" (88cm) in women means there is work to do.



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BEAUTY



PASTEL POWER

Want a vibrant and standout hair colour? Then consider pastel, the unexpected trend of the season.

Purple rinses and pink pixie cuts may have once been considered the hair choice of the very old, the very young or the reckless, but according to the fashion set, pastel is very much in. From dusky and elegant pinks at Marc Jacobs, to more violent blue and peach shades at Matty Bovan, beautifully coloured hair in unusual shades has gone from being rebellious to extremely chic.

Achieving pastel perfection isn't easy, however. Firstly, unless you have hair that errs on the side of blonde, you will need to bust out the bleach. Lighter tints, particularly those with blue tones (violet, sea green), require a clean and flawless base, making a salon visit worthwhile; whereas bolder colours or those with yellow tones (peach) are ever so slightly more forgiving, though still worthy of a trip to the professionals.

Next, you need to decide what shade is right for you. Pale complexions complement with more delicate shades like pearly pinks and dreamy lilacs, whereas darker skins look fab with bold yellows and rich peach hues. Any kind of green or blue shade generally feels more outrageous, but these colours too can be feminine, particularly when you choose a lighter tint... like the Marc Jacobs SS19 model who teamed billowing green silk with mint candy-coloured hair and matching net.

As with all dyes, this is a trend that requires maintenance. Naturally roots will need to be tended to every six weeks, but in the interim there is much you can do to help your colour last. Subtle shades can be maintained by adding a little dye to your conditioner once a week, whereas toning shampoos will ensure your purple and white echoes remain cool and pristine.

However, the biggest factor as to whether you can pull off this gorgeous, albeit slightly avant-garde trend, is your attitude. So be it candy floss pink or electric yellow, wear it with pride.



SEASONAL Beauty Trends REVEALED

Get gorgeous for autumn/winter with these beautifying trends, including even some for the man in your life.

Luscious hair
Show off your shiny, luxurious hair this autumn as blow-dries make a comeback. Think big, think voluminous, think like you just stepped out of a salon.

Boardroom beauty
Sophisticated, clean beauty is back in as matte skin, muted lips and perfectly groomed brows combine to create the perfect power look. Fellas, don't be afraid to run a comb through those unruly brows for your own take on boardroom beauty.

Statement lip
For the last few years lips have been decidedly understated, either delicately glossed or hushed in fleshy tones. But the statement lip is back, so grab your lip liner and scarlet lipstick and prepare to pout til spring.

Longest lashes
It's easy to look sallow and tired in winter, which is

why it's a great idea to open up those peepers with a little lash accentuation. Now we're not talking about stick-on lashes that weigh down your eyelids, but more a combination of perfectly-applied mascara and individual fake lashes applied just at the corners in order to create that gorgeous Sixties-inspired look.

Pore-free skin
Flaky winter flesh with dark shadows under eyes isn't a good look for guys or gals, which is why you need to prime. This requires decent exfoliation, plenty of moisturiser and, naturally, a decent primer. Add concealer for where it matters and flourish in pore-free perfection.

Grunge goddess
This autumn/winter isn't all about high-gloss glamour, as grungy makeup makes a triumphant return. So sharpen that kohl eyeliner and revel in the rebel look which requires minimal skill whilst offering maximum impact. Team with a muted lip, flawless skin and dishevelled hair, don your surliest of scowls and hit the town.

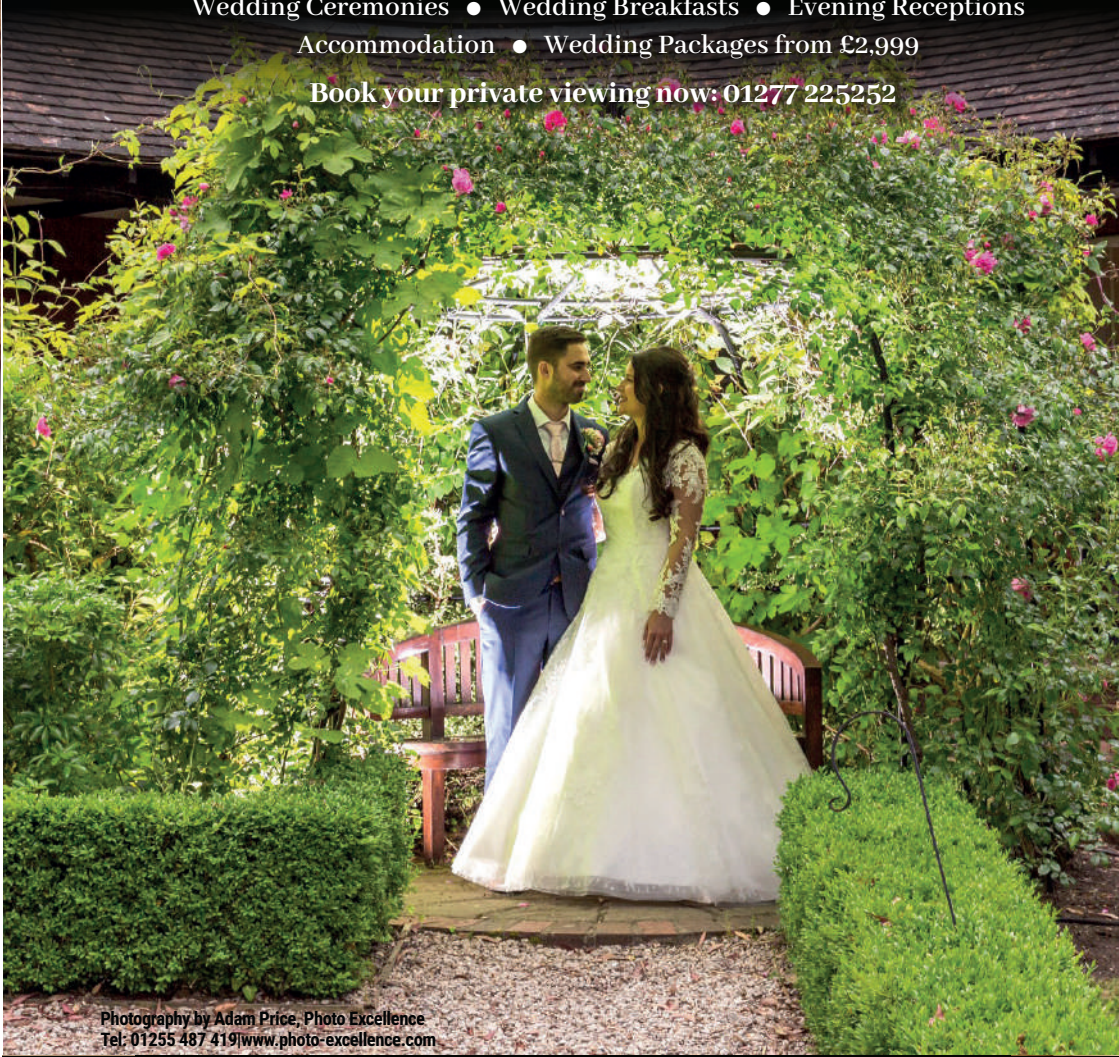
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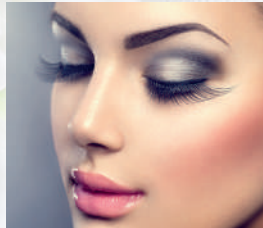


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FASHION

JACKET

TRENDS FOR MEN THIS WINTER

The jacket is one of the most versatile, reliable and classic items that you can have in your wardrobe. A good jacket will take a nondescript pair of jeans and white T-shirt combo and make it a statement look.

David Beckham, Marlon Brando and David Gandy to name but a few of the male celebrities who know how to work a jacket to their advantage.

BIKER JACKET

Synonymous with motorcyclists, this edgy style is often cropped, black and studded. Ideal for those wanting to appear youthful, sexy and a little bit mean.

Best worn with slim fitted or skinny jeans and a statement T-shirt.

BOMBER JACKET

A flashback to the 90s, the bomber jacket has seen a massive surge in popularity in recent years. We recommend looking for one made from soft leather to add a touch of elegance to this manly look favoured on screen by Wolverine.

AVIATOR JACKET

Originated in the air force, this *Top Gun*-inspired style of jacket has barely changed since it was first produced. A bulky jacket with a sheepskin collar, it is mostly found in shades of brown with a contrasting coloured lining. Definitely one for the winter months, keep cool underneath with a lightweight jumper or long-sleeved T-shirt.

WESTERN JACKET

A fairly new development in the world of men's leather jackets, the western is slowly becoming a popular piece due to its stylish and modern appearance. Perfect for those wanting to relive the nostalgic feel of the 70s. Also, readily available in suede and denim.

VARSITY JACKET

Similar in shape to the bomber jacket, the varsity was inspired by school and university sportsmen in the 50s. Most appropriate for a casual day date or Sunday afternoon at the local.



FOOD & DRINK

RAW deal

Make your own healthy sweet treats to combat those sugar cravings... it's easier than you think.
Sugar awareness week 12th - 18th November

Pecan Pie Energy Balls

The ideal post-gym snack, this easy recipe makes 12 yummy balls. Place 1 cup of pitted dates, 1 cup of pecans, 1/2tsp of sea salt and 1/2tsp of pure vanilla extract into a food processor, and blitz until it forms a dough. Roll into 12 balls and pop them into the fridge until gym o'clock.

No-bake Brownies

Think unbaked brownies can't be tasty? Think again. Place 2 1/2 cups of pitted dates, 1 1/2 cups of walnuts, 6tsp of cacao, 1tsp of vanilla extract and 2tsp of water in a food processor and blitz until smooth. Press mixture firmly into a baking pan. Now in a bowl, mix 1/4 of a cup of cacao, 1/2tsp of vanilla extract, 2tsp of coconut oil and a 1/4 of maple syrup, before layering on top of brownies. Refrigerate for at least two hours before cutting into squares.

Banana Ice Cream

Got a bunch of too-ripe bananas? No problem. Just peel them and pop in a freezer bag, then, when you want some sweet, creamy soft-serve style ice cream, take them out and pop them in the blender.

Tahini Flavour Fudge

Sweet, fudgy with a nutty kick, and preservative free, all you need is a mixing bowl and a freezer. Place 1 cup of tahini, 4tsp each of cacao, coconut oil and raw honey, 1tsp of vanilla extract and a little coarse sea salt in your bowl. Mix, press into a baking pan and freeze.

Chia Pudding

High in protein and omega-3, chia seeds are a super-duper food. Place 6tsp of chia seeds, 2 cups of coconut, almond or cashew milk, 1/2 tsp of vanilla extract and 1tsp of maple syrup in Mason jar. Shake to combine and place in the fridge for at least two hours before eating topped with berries.



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Photo credit: Tesco

Festive FOOD TRENDS

Top food trends for Christmas 2018



Photo credit: Waitrose

Would you like to really wow your family and friends this Christmas?

Traditional seasonal fare will no longer cut the mustard (excuse the food pun). Supermarkets are embracing a whole host of funky food trends that will tantalise your taste buds.

MAKE WAY FOR PIGS IN DUVETS

Pigs in blankets have always been a firm favourite on the Christmas dinner table but this year they have been taken to a new level with the arrival of Tesco's pigs in duvets. These savoury delights are essentially the same recipe of sausages wrapped in crispy bacon but with the added pleasure of being encompassed in golden puff pastry.

Alternatively, why not try Asda's Extra Special Ultimate Pig in a Blanket which is a foot long and flavoured with ginger, nut and pimiento.



Photo credit: Waitrose

GO VEGAN WITH A VEGGIE-BASED WELLINGTON

With this lifestyle choice becoming increasingly popular in 2018, all the big supermarkets are creating a selection of mouth-watering vegan options that the whole family can enjoy.

Try Waitrose's Beet Wellington which contains marinated beetroot encased in vegan puff pastry or Tesco's Cauliflower variety that is spiced with turmeric.



COAL FOR DESSERT

The charcoal trend has dominated the beauty market this year and is now set to take on the food industry as well.

Heston from Waitrose has created Profiter Coals; these glowing black profiteroles filled with a flame-coloured mandarin orange crème patisserie and adorned with popping candy will be a showstopper at any dining table.

ONE FOR THE KIDS

If you have children, grandchildren, nieces or nephews you may have noticed that unicorns are somewhat in demand with the youth of today.

Make their Christmas Day complete with Tesco's chocolate Unicorn Cake.



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Board games are having a massive revival with gaming aficionados and families alike wanting to re-live their childhoods with classic, simple games that bring hours of joy with no internet connection needed.

OPERATION

A testament to it's brilliance, this game has barely changed since it was first created in 1965. A game of physical skill that tests the players' fine motor skills and hand-to-eye coordination, we hope this game remains a firm favourite with families for many years to come.

CLUEDO

What's not to love? Mystery, murder and logic all in one suspenseful game. Originally named Agatha Christie – The Game, then changed to Murder before finally settling on Cluedo as a pun on Ludo. This game has been revamped over the years, but we still love the original cast of Colonel Mustard and Professor Plum.

BATTLESHIPS

Originally a pencil and paper game which dates to the First World War, it was made into a plastic board game by Milton Bradley in 1967. So popular was this game that it has been re-invented to electronic versions, video games and even a film. We still love the original HIT! MISS! version though.

SNAKES & LADDERS

This iconic game is a much-loved classic from most people's childhoods. A great introduction to the competitiveness of real life; a game where emotions run high... and low.

SCRABBLE

No board game wish list would be complete without the legendary Scrabble; one of the biggest selling board games of all time and loved by all ages. Created over 70 years ago, this simple word game is as educational as it is fun.

Did you know every hour at least 30,000 Scrabble games are started across the world?



V
KIDS

Photo credit: dancereactions/Shutterstock.com, Ekaterina_Minaeva/Shutterstock.com, SamuJonah/Shutterstock.com



TRAVEL

WINTER Weekenders

GET IN THE CHRISTMAS SPIRIT WITH A SHORT BREAK IN ONE OF THESE FESTIVE CITIES.

Bath, Somerset, UK

Majestic and grand, the historical city of Bath makes a glorious pre-Christmas destination. Whether you want to shop, sightsee or simply relax, Bath has it covered, boasting a wealth of high-end boutiques and branded stores, incredible historical sights – in particular the perfectly preserved Roman Baths – and the considerably more modern Thermae Bath Spa – Britain’s only natural thermal spa. Plus, from November 22 for three weeks, the city hosts its nationally renowned Christmas market, helping you maximise your festive fun.

Prague, Czech Republic

They call it ‘the city of a hundred spires’, and with its beautiful Baroque buildings and assortment of Gothic churches, Prague has a certain magic which becomes all the more potent when winter blows in (snow in December is not uncommon). Famed too for its Christmas markets, the oldest and most

well-known of which are in the Old Town Square and the appropriately named Wenceslas Square (December 1), visitors can amble among the many stalls drinking potent mulled wine and perusing an abundance of hand-crafted trinkets and gifts. So if you’re after the quintessential Christmas experience, this is it.

Geneva, Switzerland

For those looking for a proper winter wonderland, look no further than Montreux, a resort town on Lake Geneva. Surrounded by the majesty of the snow-capped Alps, the shores of the lake come to life with scores of rustic chalets bedecked with twinkling lights as part of Genève Marché International de Noël, the annual Christmas market (from November 24). The Swiss take Christmas very seriously and remain true to their roots with wreath making, biscuit decoration and the singing of traditional festive hymns.



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PUZZLES

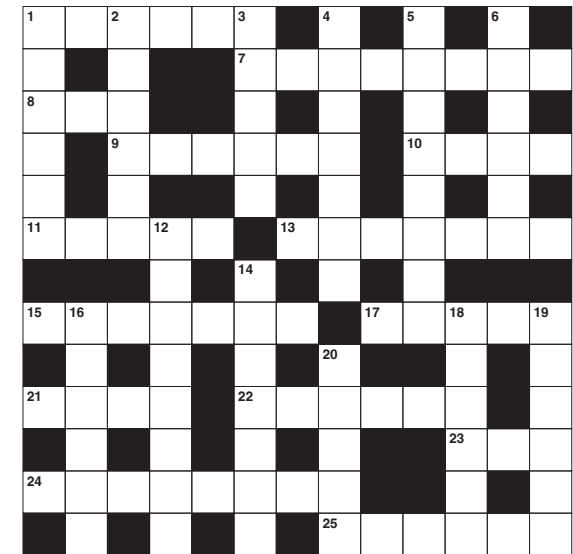
Answers can be found on the Contents Page 4

ACROSS

1. Feeling of fondness (6)
7. Containing less oxygen than usual (of air) (8)
8. Title of a married woman (3)
9. Sightseeing trip in Africa (6)
10. Deceiver (4)
11. Test or examine a metal or ore (5)
13. Coatings (7)
15. Get too big for something (7)
17. Long-legged wading bird (5)
21. Bowed stringed instrument (4)
22. Chess piece (6)
23. Increase the running speed of an engine (3)
24. Large snake (8)
25. Deep gorge (6)

DOWN

1. Thin layer of sedimentary rock (6)
2. Locks lips with (6)
3. The ___ Gatsby: F. Scott Fitzgerald novel (5)
4. Followed behind (7)
5. Wealthy (8)
6. Fix (6)
12. Aromatic plant used in cooking (8)
14. Up-and-down movement on water (7)
16. Workers' groups (6)
18. Fish hawk (6)
19. SI unit of thermodynamic temperature (6)
20. ___ Hayes: US soul and funk singer (5)



DID YOU KNOW

- ▶ A bolt of lightning lasts on average for about one 10,000th of a second but could light a 100-Watt light bulb for three months
- ▶ The monsoon climate results in high annual rainfall totals exceeding 1.5 metres (5ft) in many places
- ▶ Rainbows are caused when rays of light from the sun hit water which reflect some of the light back
- ▶ Lightning travels through the air at around 270,000mph
- ▶ Clouds will either be composed of ice or water droplets depending on the height of the cloud and the temperature of the atmosphere
- ▶ Lightning reaches temperatures of around 30,000C

SUDOKU

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



WHAT'S ON

in your area

WHAT'S ON

Lunchtime Trumpet/Organ Recital
Brentwood Cathedral, Ingrave Road,
Brentwood, Essex CM15 8AT
November 7, 1pm – 1.40pm

There will be a lunchtime trumpet/organ recital on Wednesday, November 7 from 1pm to 1.40pm.

Ellie Lovegrove and Richard Moore, including *Pipe Dreams* by Roderick Elms.

The performance will be held at Brentwood Cathedral.

The Hatch Ladies Social Club
Larchwood Gardens School, Larchwood
Gardens, Brentwood, CM15 9NG
November 8, 7.45pm

The Hatch Ladies Social Club are celebrating their 10-year anniversary.

They would be happy to see regular and new attendees.

Wine Tasting at The Robin
The Robin, Ongar Road, Brentwood,
CM15 9EB
November 8, 7.30pm – 9.30pm



The Robin are holding a wine tasting evening this November. Try 10 different wines for £15 per head with nibbles.

Book your place now by calling 01277 211664.

Stay Well this Winter
Jubilee Park Pavillion, Love Lane, Ongar,
CM5 9BL
November 15, 10am – 2.30pm

Come and speak to local pharmacists, community nurses and specialist healthcare advisors and learn more about how to keep yourself healthy throughout the winter months.

Booking is essential, so please call 01992 564225 to confirm your place.

BMS Thai Curry Night
Brentwood Baptist Church, 91 Kings Road,
Brentwood, CM14 4DR
November 16

Come and join us for an evening with Ashleigh Gibb sharing her work with the Baptist Missionary Society (BMS) in Thailand. Come hear her story, support her work and enjoy some Thai curry.

The price is £5 per ticket, with additional donations welcome. Doors open at 7pm.

Lighting Up Brentwood
Brentwood High Street, Brentwood, CM14 4
November 24

The event usually attracts around 10,000 people over the course of the day and consists of seasonal stalls, food and drink, Santa's Grotto, street performers, rides, and stages with talented local performers entertaining the crowds all day.

The event runs from 12.30pm with the arrival of Santa and his sleigh and culminates with the switching on of the Christmas lights by the Mayor of Brentwood and guests at 5pm, with the event ending at 6pm.

Ongar Women's Institute
Zinc Arts Centre, Great Stony, High Street,
Chipping Ongar, CM5 0AD
November 28, 7.30pm – 9.30pm

This meeting will be on skin care. Come and meet with the Ongar WI for friendship, outings, speakers and activities within the local community.

Meetings are held every fourth Wednesday every month at Zinc. It is £37.50 for an annual subscription. The WI provides women with educational opportunities and the chance to build new skills, take part in activities and to campaign on issues that matter to them and their communities.



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BLACK FRIDAY SALE

FAIL TO PREPARE, PREPARE TO FAIL

Black Friday is set to be the biggest shopping day of 2018 with Cyber Monday leading the way for online shoppers. Big brands will have been gearing up to this weekend for months but that doesn't mean that small businesses cannot benefit too. All that is needed is a little bit of careful planning and preparation.

FAIL TO PREPARE, AND PREPARE TO FAIL

Make sure you have sufficient stock to deal with the increase in demand. Not being able to provide what you have promised will result in frustrated and unhappy customers who will not do business with you again.

BE TECH READY

Your IT systems may be able to cope with the day to day demands of your business but are they up to the task of a massive traffic surge? Be sure to test your systems prior to the big day; no one wants their website to crash on Cyber Monday.

MAXIMISE SOCIAL MEDIA

Keep your customers informed of your Black Friday plans ahead of the day itself on your social media platforms. Run a competition or a giveaway to encourage users to share your posts and increase views.

REWARD YOUR LOYAL CUSTOMERS

Email marketing is key to raising awareness of an event or big sale. Since the arrival of GDPR earlier this year, sending out mass emails to everybody and anybody is a big no-no, instead focus on targeting your loyal customers with personalised emails that contain exclusive discounts, offers or rewards.

INVOLVE YOUR EMPLOYEES

Ensure that all your employees are informed about your plans for both events. Any specific offers, special delivery promises or extended opening hours. The last thing you need is overwhelmed and unknowledgeable staff.



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Your home is so much more than just bricks and mortar. Whether you have a flat, a house or a mansion, home is where the heart is and you'll want to give it the protection it deserves. With home insurance, through Coversure you can do just that and you could also save money on your home insurance quote.

No one likes to think of anything untoward happening to their property, but it's a sad fact of life that fires, floods and other accidents happen and when they do you'll want to know that you have the property protection you need to put your house in order.

Buildings Insurance

Buildings cover pretty much does what it says on the policy tin; it protects your building's physical structure – the walls, the roof, the foundations as well as the fitted fixtures such as the kitchen, bathrooms and fitted wardrobes. A typical policy will help you should your home be affected by fire, flood, subsidence, water leaks, storms and other unfortunate events such as damage from a falling tree.

Depending on your location and your circumstances, you may wish to add some additional protection options

to your cover. Popular ones include accidental damage, legal expenses cover in case you become involved in a legal dispute over your property – say with builders working on your property – and unoccupied property insurance. Unoccupied property cover is an essential extra if you are planning to leave your home vacant for an extended period of time; typically, around 30 days or more.

Contents Insurance

Home contents insurance – also known simply as contents insurance – protects the things in your home. From your curtains to your TV, should they be lost or damaged due to eventualities such as fire, flood, theft or even an explosion or a lightning strike then your contents policy will pay for replacements.

When taking out a contents policy – be it as a standalone policy or as part of a combined contents and buildings home insurance package – you'll have a few options for your cover; New for Old, Indemnity Cover, Accidental Damage Cover & Personal Possessions Cover.

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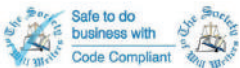
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Who do you think becomes the guardian for your children?

It's never too early to make provisions for your children

YES it is difficult but it is essential to face the possibility that young children could be left without parents to care for them. Who would you want to look after your children if you were to die? If you do not decide, the local authorities and courts will decide for you. Their idea of the 'best' care for your children may be very different from yours. Be aware too that an unmarried father does not automatically become guardian to his children.



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REACHED YOUR HALF-CENTURY? HOW TO PLAN FOR RETIREMENT

Once you reach 50, it's time to get serious about planning your retirement. True, it could still seem ages away, and you may not be thinking of giving up work anytime soon. However, putting a retirement plan together will help you understand what your finances will look like when you decide to take life easy.

a good time to get them traced. If you've several pension plans, we will be able to help you work out if it would make sense to consolidate them.

And don't just think about pensions; having money in ISAs will help in planning your retirement income tax-efficiently.

Retirement planning isn't just about getting your money organised, although that's vitally important. Depending on your circumstances, you may want to think about completely changing your lifestyle, moving home, travelling the world, or simply putting your feet up. And like all big projects in life, the more time you can invest in thinking it through, the better.

Do your sums – Don't leave it until the last minute to work out how much money you'll need to live on in retirement. Some costs will go down, like travel to work, but others like utility bills are likely to increase as you spend more time at home. Factor in the cost of the travel, holidays and hobbies you're likely to want to pursue when you have more time.

Start by taking stock – Getting financial advice will help you get a true perspective on how your pension planning is shaping up. We will help you work out the value of your current plans, including your state pension entitlement. If you've lost track of pensions held with past employers, now is

As part of the service at HCR, we take the time to understand our clients unique planning needs and circumstances, so that we can provide you with the most suitable solutions in the most cost-effective way. For a free review of your current pension plans and financial situation, please contact Andy Costin, Independent Financial Adviser on 01277 654153.

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Local Mortgage Adviser Nominated for National Equity Release Award.

Locally based in Billericay, Samantha Wicks, owner of Best Mortgage Solutions is a highly revered and respected member of the Equity Release Council.

Samantha's approachable manner, intellect and caring disposition has brought her to their attention and was recently notified that she had been nominated for the National Equity Release Award for the Adviser of the Year. In addition, she was recently invited to the Houses of Parliament to discuss plans on social care funding and long-term care.

Her motivation is based upon a desire to help the local community and clients nationally who are worried about debt, financial concerns and for some, frustrations with unfulfilled dreams. Clients who want to help their children and grandchildren either to get onto the property ladder or help fund education and university costs.

She therefore, made it her mission to educate the local community on the benefits of Equity Release within a safe framework of legislation and transparency.

Because of Samantha's desire to help the local community understand more about equity release, she has organised a seminar to take place on 28th November, WI Hall St Edith's Lane, Billericay CM12 9BU at 7.30 - 9pm

To reserve a seat for this special event or for more information contact the office on 01277 633123.

“I invest time with my clients to discover their wants & needs and then set about working with the provider(s) to make this happen”.
Samantha Wicks



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V
MOTORING

YOUR GAS

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THE NOOSE TIGHTENS AROUND POLLUTING VEHICLES IN BRITAIN'S CITIES.

Those of us who own gas guzzlers breathed another audible sigh of disappointment recently when the government introduced new legislation relating to car emissions on vehicles made before 2015.

The new rules apply to both petrol and diesel engines, with emissions surcharges, extra parking fees and tax increases meaning that, overnight, your pride and joy sat on the driveway suddenly felt less proud and not quite as joyful.

While the initial 50 per cent surcharge on parking applies at first only to diesel cars in central London, those driving petrol cars will feel the pinch too, albeit at a lesser level, and it's inevitable other local authorities will follow Westminster City Council's lead. Indeed, Camden and Islington councils look set to go one step beyond by applying extra charges for all vehicles of any age.

From next year, clean air zones in central London and Birmingham will impose a daily toll of £12.50 on most of Britain's 13 million diesel cars, with an estimated £50/week being added to running costs for the average driver. Other cities – Nottingham, Leeds, Derby and Southampton – are expected to follow suit.

The government's anti-diesel drive is all part of the April 2019 launch of the world's first Ultra-Low Emission Zone (ULEZ) in central London. To move through the area without charge, petrol cars and vans must meet the Euro 4 emissions standard, while for diesel cars it's Euro 6. And if you think those fines are harsh, be grateful you're not driving an HGV – it will cost you a cool £100 a day to transport it around London, and that's before you've even filled up at the pump.

Even electric vans don't escape scrutiny – the government has realised that these vehicles tend to be heavier than their diesel counterparts and that produces its own challenges. The solution – more taxes.

Anybody got a spare pushbike?



SPORT

JT's Latest Goal

JOHN TERRY'S IMPACT ON THE GAME IS ABOUT TO TAKE ON A WHOLE NEW FORM

After 759 appearances, 78 England caps, 68 career goals and 15 trophies, John Terry brought to end at least one chapter in his career when hanging up his boots at the end of the 2017/18 season. And yet, few considered his short-lived stint at Aston Villa – after two decades at the top of football's hierarchy with Chelsea – would end with the Barking-born hard man slinking off into the sunset. Sure enough, the 37-year-old is back... back in claret and blue in fact, having agreed to become assistant coach to Dean Smith at Villa Park. After two decades on the pitch, Terry feels the time is right to see things from the other side.

He said: "I guess, firstly, it has been quite strange to walk back into the club in a different role, but being a player here and knowing the magnitude of the place, I'm delighted to be part of the team.

"Right now the immediate aim is to learn as much as I can as quickly as I can. I think every player keeps one eye on the coaching route - Lamps (Frank Lampard) and Steve (Gerrard) have gone off and done it and it feels like a new dawn for all of us. I hope I can follow in their footsteps and be successful."

Having been both Chelsea and England captain for the majority of his time in those respective sides, Terry is used to driving forward the people around him.

He said: "At the start of my career I was inspired by a number of leaders – real men, top footballers and brilliant coaches.

"It's my dream to be able to do the same for others and this is a huge learning curve for me, but one I'm ready to embrace."



Photo credit: Dennis Goodwin/ProSports/REX/Shutterstock



SPORT

FAST AND FURY-OUS



As festive fight night – December 1 – edges ever-closer, Tyson Fury prepares to let his fists do the talking.

It's the most talked about fight of the year - British bad-boy Tyson Fury going toe-to-toe with Alabama-born Deontay Wilder for heavyweight bragging rights and to move into pole position for an almighty goliath showdown against Anthony Joshua in April of next year.

Although Joshua admits he has to fight Wilder to be considered the ultimate heavyweight champion of the world, boxing fans on this side of the Atlantic are drooling over the prospect of a match-up against Fury, and with it the pairing of two boxers who couldn't be further apart in terms of their appeal.

Joshua is the gentleman of the ring, tough but with a temperament everyone admires. Fury is the fiery gypsy king who polarises opinion – and yet arguably has the most to prove as he recovers from a career-threatening drugs ban and numerous personal problems.

Fury's next step to reaffirming the mental and physical strength he believes will lead him to knocking out AJ is to see off the challenge of American challenger Wilder, and some challenge it is.

First, he has to battle a partisan LA crowd at the Staples Center, then rally against his opponent's perfect boxing record: 40 fights, 40 wins, 39 by knock-out.

Fury, 30, who stands at a colossal at 6ft 8", has been typically bullish in the lead-up to the fight.

He said: "For me, Deontay is just another obstacle to be knocked over on my journey."

With that customary devilish grin, he adds: "I'm a time traveller – I've seen the future and I know what happens.

"That's why I don't fear anyone; because I already know how this turns out.

"But listen, I'm going in the ring with one of the best punchers the sport has ever seen. Do I respect him, yes; but do I know how to beat him? Of course."

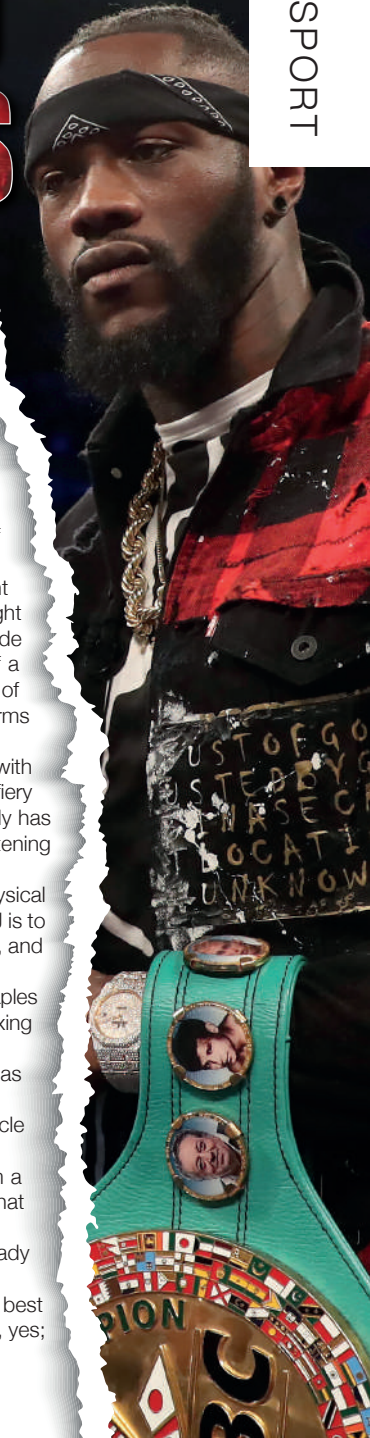


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