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BLACK
HISTORY
MONTH**

GOING GOLD

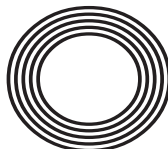
The interior colour
making a comeback

VICTORIA BECKHAM

A look into 10 years of her fashion empire

SIMON COWELL

The music mogul writing his name in history



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Editor's notes...



Nik Allen, Editor

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

I noticed the other day while getting into my car that the weather is changing.

Talking of changes, my wife and I are getting ready for the biggest change of our lives. Our first baby is due next month, and we are as prepared as we can be, I hope.

The first sacrifice I've made (the first of many as has been pointed out by my dad) has been to give my home study/office room over to act as a nursery. I've been relegated to the kitchen table but it's a demotion I'm glad to accept.

In preparation for our new arrival I've called on several advertisers within the magazine and I've been delighted with the results.

The magazine is growing and working so well because people like you, our lovely readers, are using the advertisers within these pages.

Many advertisers offer special rates and deals to people who have come via **VISION**.

We've experienced a couple of our best months recently, so I'd like to thank our readers, our advertisers and our production team.

In local news, a disabled golfer is suing Brentwood Borough Council and find out why a team from Brentwood School have made history.

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

Nik

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GONE BUT ...not broke

“You’re better off dead” is a phrase never more appropriate than for a number of recording artists who have been richer since strolling through the Pearly Gates.

At the end of August, *NME* reported that Michael Jackson was earning more in death than he was when alive.

In the financial year ending 2017, the Michael Jackson estate took in over £60million through a variety of income streams, with merchandising and royalties making up the biggest proportion.

The fact an artist can prosper in death is, of course, not unusual. Firstly, when a notable name dies, in most cases so do a lot of the liabilities that have accompanied them – in Jackson’s case it was debts of up to £400million and several lingering lawsuits regarding his music. The removal of these frees up more time for monetisation of the brand.

And of course, never is an artist more revered than in death, with waves of sympathy and sentimentality often translating into big bucks for those lucky enough to be a part of the deceased’s estate. Take Jacko as an example – since the singer’s death in June 2009, 27 albums and videos have been released in his name; add in singles and the total exceeds 60.

And in 2016, he accumulated revenues of almost £1billion, much of which was from the sale of his half of the Sony/ATV catalogue. That total ranks as the most ever in a year for any entertainer, dead or alive.

The Jackson estate isn’t alone in profiting from a singer’s sad and untimely demise. Elvis Presley earned £30million in 2017 alone, Bob Marley over £20million – both comfortably more, in one year, than in a whole lifetime of performing; while Tom Petty brought in a similar amount.

In the coming years, we can expect Prince, David Bowie, George Michael, Whitney Houston and Aretha Franklin to begin to climb to similar levels, as those in charge of their estates monetise what, even in death, are iconic and much-loved artists.

Celebrities outside of the music industry are also raking it in. You would be forgiven for picturing Elizabeth Taylor bottling masses of her iconic White Diamonds fragrance – the range brings in over £8million a year, yet she passed away in 2011. And even Albert Einstein is earning years after his passing – his beneficiaries allowed his name to be used in 2017 by Israeli tech company Fourier Systems in exchange for a £9million bounty.

Yet in this cynical world, not all of those left behind are willing for their loved one’s brand to be monetised. The estate of legendary country singer Johnny Cash were not willing to be ‘bought’ when haemorrhoid ointment producers Preparation H applied to use his *Ring of Fire* song in an advertising campaign. His family boomed back: “We would never allow the song to be demeaned like that. It is about the transformative power of love – that is what it will always mean to us.”

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BLACK

celebration

Black History Month returns in October, and its value in modern Britain appears greater than ever in a period of real cultural conflict.

They say social conflict goes in waves, and whether the fallout from Grenfell, Brexit, Corbyn's anti-Semitism row or the MeToo furore that emanated across the other side of the Atlantic, we are enduring some of the tougher, more challenging times at present.

And yet, despite all of Britain's problems, our embracing of multiculturalism is worthy of true global acclaim. It is perhaps a very British thing to look in on ourselves and criticise, yet all around the UK in every single moment, we are forging new paths and embracing community initiatives.

That makes October's Black History Month all the more important, not just because it acts as a vibrant, colourful, artistic and, yes, at times, sombre reflection on the cultures who have enriched this nation, but also because in its very essence it invites people of every race and skin colour to share in and celebrate the achievements of black culture – from the first footings on these shores with the Windrush generation, to everything since and so much more before.

The idea was first put forward in the UK by Ghanaian activist Akyaaba Addai-Sebo, who had served as a special projects coordinator for the GLC (Greater London Council) in 1987. His efforts to mark specifically the historical trials and achievements of black people was a new thing in this country, but its popularity quickly spread well beyond the capital.

Wind forward 31 years and while we, North America and, strangely, the Netherlands, celebrate Black History Month each year, globally, the take-up remains slow.

What better way then to let others sample a month of talks, initiatives, concerts, workshops and, of course, some quiet reflection, by showing them how the world's most diverse and multicultural society can express its gratitude and respect for our black heroes of days gone by.

BLACK HISTORY MONTH

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HOME & DIY

Would you buy a MICRO-HOME?

Micro-homes, defined as properties under 37 square metres, are becoming increasingly popular in the UK since the government introduced the new act in 2013 under the Permitted Development Rights.

So, are these homes the long-awaited solution to the UK's housing crisis?

CHEAPER TO BUY

A smaller house means a smaller mortgage; so less debt, less tax to be paid and even a cheaper home insurance policy.

Alternatively, you could rent a micro-home at much less expense than a larger property.

SMALLER UTILITY BILLS

A smaller space means smaller rooms to heat, a smaller surface area to light and less space for electrical items to be plugged in. You could even consider having solar panels installed or collect rain water for garden use to save further.

LESS CONSUMERISM

If you have less square footage, you are more likely to think carefully about any

purchases you make that will need to be stored in your home. Instead, you can find ways to reuse and recycle existing possessions.

ENCOURAGES CREATIVITY

In order to prevent your micro-home becoming cluttered, you will need to think creatively about how to utilise your space. Take some inspiration from *George Clarke's Amazing Spaces*.

LESS TIME SPENT RENOVATING

A smaller home takes less time to decorate, furnish and needs less upkeep. Also think of how many hours you will save cleaning. That's more time you can spend with your family doing things you enjoy.

REMEMBER YOU NEED A PLOT

If you are planning to build or purchase a micro-home, you will need a plot of land. You can register your interest with a land agent, look to an auction or search the web (Plotsearch and Rightmove are good places to start).

Alternatively, you could place your micro-home on a family or friend's land; but you will need planning permission.





AND IT WAS

ALL

yellow

ALL THAT GLITTERS ISN'T GOLD... ADD IN A BIT OF YELLOW TOO

For a long time, gold's reputation as an interior décor colour was anything but opulent - a generation of faux variants had left the world's most precious metal flagging rather. Yet its return, along with a resurgence of yellow, has opened up some fantastic new interior ideas.

But why are these particular colours making a comeback? Well, psychologists believe recent tough economic times meant we favour shades with positive psychological qualities. Yellow screams happiness, optimism and confidence for the future; gold is the colour of ambition, and more prosperous times ahead. What's not to like?

COMBINE WITH DARK TONES

Gold, in particular, radiates against very dark tones, and the contrast between the shimmer of gold and sheer darkness offers a classy touch. Yellow, similarly, can really fire against an offset colour - in this case, we'd recommend grey.

IT'S ALL IN THE ACCENT

Rather than layering colours over an existing space, a recent trend has been to offer various hints of colours that add warmth and light, with gold and yellow right at the front of the queue. So forget statement walls and instead replace pictures with gold frames; paint a desk chair, add a throw on a sofa, redo cushions and perhaps even replace a curtain pole with golden tones. Very quickly you'll be adding some class to a previously drab room.

MAKE A STATEMENT

Of course, nothing screams confidence like a statement wall or piece, and yellow is truly the colour of 2018 for this. A radiant wall, a sofa, even a contemporary picture that's big and bold on this summer shade, can draw the eye to a room and light it up instantly. Remember to offset with lampshades, seat covers or perhaps something as simple as a pot to reinforce your intentions.

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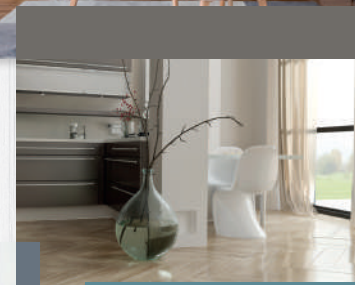
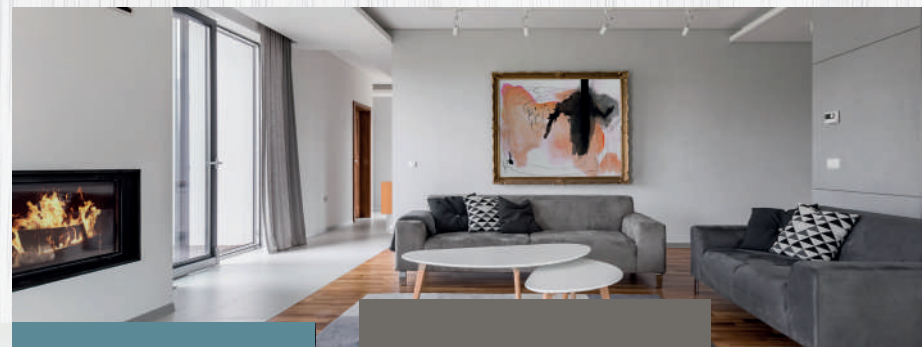
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ART HAUS

If you're keen to enrich your home with some artistic excellence, start by following these simple rules:

1. ART IN FOCUS

Have a focal point in mind, so before you splash out on that Degas or Monet, know which wall it will hang on.

If you're using art to entertain, your statement pieces will usually be in high-traffic areas. Similarly, if you're looking for art as inspiration – perhaps for late night work or quiet Sunday contemplation, your chosen spot may be somewhere more private. Whatever the case, consider the area you have to play with – what size is it, how much sunlight does it have, what's already around it?

2. LESS IS USUALLY MORE

Just as the artist knows when to put the brush down, so too do you need to know when you have enough art in one space. Drown a small space with clutter and your cherished living quarters may well end up resembling something more akin to an art gallery, or worse, an antiques shop.

3. SIZE MATTERS

A statement piece of small art can have high impact on a big wall; whereas a large piece of pottery, for instance, can be allowed to dominate a limited space. There are no hard and fast rules, but consider the dimensions of whatever it is you're adding to a room before buying it.

4. MATCH, DON'T MIX

Be careful not to clash styles – contemporary with Art Nouveau, anyone? Post-minimalism with Baroque? Explore your creative fantasies, but letting different styles collide in the same space is a recipe for design disaster.

5. DON'T BUY WHAT YOU DON'T WANT

Only bring into your home art you are passionate about. If you have any lingering doubts, leave it behind, otherwise each time you look at it, you may encounter mixed emotions.



HOW TO MAKE *Autumn-scented* CANDLES

The arrival of autumn creates the need to feel warm, cosy and comforted in preparation for the harsh winter that lies ahead. What better way to achieve this than with an array of homemade, fall-scented candles?

WHAT YOU WILL NEED

- ♣ A selection of glass jars (mason jars work well)
- ♣ Wick
- ♣ 1 x cup of beeswax
- ♣ 1 x cup of coconut oil
- ♣ 1 tablespoon of your preferred spices

This amount makes roughly one pint of candle mixture.

HOW TO MAKE

1. Place an individual wick in each jar
2. Tape the wick to the bottom of the jar
3. Take the top of the wick and wrap around a pencil and place back in the centre of the jar
4. Melt the beeswax, coconut oil and your chosen spices together in a separate jar above a pan of boiling water (the same process as when you melt chocolate)
5. Remember you want to melt the ingredients, not boil them together



6. Stir with a spoon as the mixture melts
7. Once melted, pour a small amount into each glass jar and wait to set (this will help the wick stick to the bottom)
8. Pour in more mixture until the jar is sufficiently full
9. Wait for the wax to harden
10. Light your scented candles and enjoy the aroma of autumn throughout your home


Spice combinations we love include pumpkin pie spice (cinnamon, ginger, allspice and cloves) and apple pie spice (cinnamon, nutmeg and allspice).

Alternatively, you could add vanilla, chocolate or coffee essence depending on the mood you want to create your personal preferences.



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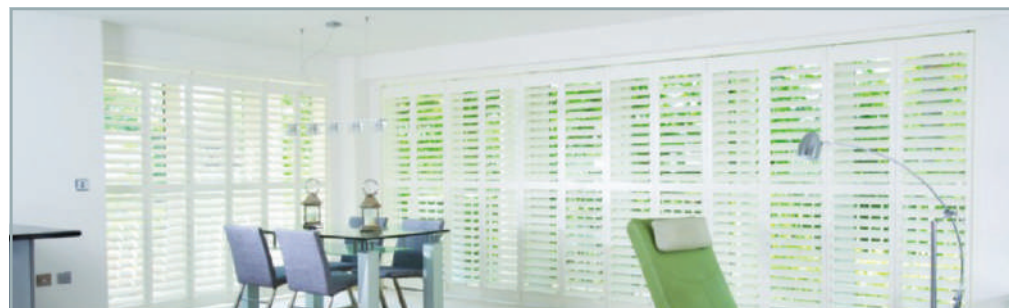
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LOCAL NEWS

from your neighbourhood

LOCAL NEWS BRENTWOOD

Council being sued by disabled golfer

A one-legged golfer is taking legal action after being told he couldn't use his buggy on a golf course.

Paul Houghton, 60, who has represented England, claims he was told to medically prove he was disabled before being allowed to drive the cart – despite him having a prosthetic leg.

He explained he was denied access without a written letter from his doctor. The former roofer is now suing Brentwood Borough Council for unlawful discrimination.

Paul lost his leg 16 years ago after contracting necrotizing fasciitis from kneeling in contaminated water. He required five operations before the amputation on his knee was completed.

He was stopped from using the cart at Hartswood Golf Club in Brentwood, Essex, in August 2016.

Paul said: "My mate had booked a round of golf and we had just got onto the green when some men came out and told me I could not bring my buggy on. I was so shocked when they told me I needed prior approval from the council.

"I've played over 100 courses around England, I've played all around the world and I've not been treated in this way before."

A Brentwood Borough Council spokesman said: "Brentwood Borough Council is committed to ensuring safe access for everyone to all its facilities.

"Brentwood Borough Council denies any discrimination and is fully defending the ongoing legal action.

"A full statement will be made on behalf of the council once legal action has concluded."



Specials help save life of elderly man

Special constables from Essex Police helped to save the life of an elderly man in Brentwood recently.

Volunteer police officers Sgt Steve Weaver, Jamie Warner and James Herdman were on a late shift when they were called because of concern for the welfare of an elderly man.

The man's carer had called the police after trying to

carry out a welfare check on him, however the man wasn't answering his phone or the door.

After no response from inside, officers made the decision to gain entry to the property.

From talking to the man, they established that he had fallen over during the night and was believed to have been on the bathroom floor for at least 24 hours.



Police appeal after substance sprayed in victim's face

Essex Police are appealing for information after two teenagers on mopeds sprayed a man with an unknown substance in Brentwood.

The incident took place on Saturday, September 15 at Brook Street and forced police to close the road for several hours, causing widespread congestion.

The victim received no injuries from the attack with the spray described as a powder.

A spokeswoman for Essex Police said: "At around 11.10am on Saturday, September 15, it was reported that a man had been in contact with an unknown

substance, which he believed to be hazardous.

"The man was sprayed with what has been described as a powder on Brook Street, Brentwood by two teenagers on mopeds, who then rode towards the town centre.

"A number of precautionary measures were taken, including the closure of the Nags Head Lane junction of Brook Street and where Brook Street meets Mascalls Lane.

"No injuries were reported and we do not believe that there is any risk to the public at this time.

"Anyone with information about this incident is asked to call 101 quoting incident number 460 of 15/09."

Student record-breakers make karting history



A group of students were crowned the British School's Karting Champions for a record-breaking third time.

Callum Brooks, Ethan Brooks and Iaroslav Kovalev, from Brentwood School, became the first team to take the title three times in a row, meaning they are now the most successful team in the history of the competition.

The Karting A Team beat off 13,000 drivers to reach the final.

When later interviewed by the British Automobile Racing Club (BARC), the boys were lost for words and "couldn't believe" their success.

Proud mum Michele Brooks stated: "This is a great base from which the boys can build motorsport careers."

The Brentwood students had been strong favourites to take the Championship title but faced stiff competition from 26 of the best teams from around the UK.

After a series of epic battles, the boys' five best races were tallied up giving them a score of 95 out of a possible 100 points securing them the historic win.

Their victory includes an invitation by the Williams F1 team to tour the historic collection.

Ethan, who as a result of being the highest placed Motor Sports Association (MSA) licence holder, won free entry into the 2019 Ginetta Junior Scholarship. This will give him the chance to compete for a fully funded season in the 2019 Ginetta Junior Championship, which is a very prestigious prize.



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LOCAL NEWS BRENTWOOD

Brentwood Business Showcase returns in November

The Brentwood Business Showcase will be returning for its third year in November.

The event, which will be held on November 1, provides the opportunity to promote your business and network with others.

There will be keynote speakers, business advice, informative workshops, more than 60 exhibitors and plenty of networking opportunities.

Already announced, Google Digital Garage will be back by popular demand with an Introduction to Digital Advertising session.

Leader of Brentwood Borough Council, councillor Louise McKinlay, said: "The Brentwood Business

Showcase has grown year on year and is returning this November showing why Brentwood is the place to do business.

"The event is an opportunity for businesses to network, support local and regional trade and promote Brentwood as a place to locate and do business.

"We are also looking forward to welcoming back Google Digital Garage to share their expertise to businesses about digital advertising, especially important in this digital age."

A full programme will be published in the near future.

Who are your local sporting heroes?

Residents in Brentwood are being asked to nominate their sporting heroes for the annual Active Brentwood Sports Awards 2018.

The awards celebrate the outstanding achievements and efforts of sporting talent as well as the people, groups and organisations that work behind the scenes to provide opportunities for people in the borough to take part and promote physical activity.

Brentwood Borough Council's representative for Active Brentwood, councillor Cliff Poppy, said: "I'm pleased we are bringing back these awards so we can highlight the contribution people make to sport and physical activity. If you know an individual, group, school, group or club that should be recognised and rewarded, do nominate them for one of the awards."

The award categories include: Active Workplace of the Year, Changing Lives through Sport and Physical Activity/Health Initiatives, Coach of the Year, Community Club of the Year, Education Champion of the Year, Services to Disability (PAN) Sport/Activity, Sports Personality of the Year, Unsung Hero (volunteer of the year), Young Sports Personality of the Year (Under 18) and Young Volunteer (Under 18).

To nominate someone, visit www.brentwood.gov.uk/index.php?cid=2118. The people being nominated must live in the borough of Brentwood or be involved in or a member of a local club.

The closing date for nominations is October 10. If you have any queries regarding the nomination process, please contact Jo Grant on 01277 312692.



Runners to get tough on cancer

Runners in Brentwood seeking a new challenge are being urged to sign up for Cancer Research UK's Tough 10.

The charity is daring people to brave the elements and sign up for its 10k trail run, which takes place in Hadleigh Park on October 27.

The Essex Tough 10 gives participants the chance to pitch themselves against the elements, while taking on the challenge of muddy trails, steep hills and uneven terrain – to raise money for Cancer Research UK's life-saving research.

The charity's Tough 10 series offers runners the opportunity to set a new kind of personal best, with a choice of three different levels of difficulty to choose

from at events across the UK.

Megan Bailey, Cancer Research UK event manager, said: "We know Essex has got what it takes to tackle Tough 10 and we're delighted to be hosting the event again in the county.

"If the steep inclines don't take participants' breath away, the stunning views and scenery will, along with the knowledge that every stride they take will help bring us closer to beating cancer sooner."

Organisers hope around 700 people will enter Tough 10 in Essex and raise around £30,000 to help continue investment in research to help find new ways to prevent, diagnose and treat over 200 types of cancer.

To enter Tough 10 visit cruk.org/tough10

New activities to boost dementia support

There are more than 1,100 people living with dementia in Brentwood, yet too many face the condition alone without adequate support.

Alzheimer's Society aims to change this and is widening support available across the town, helping people to live well for as long as possible following a diagnosis.

A new Keeping Active Group, which will provide physical activities such as table tennis, yoga and boccia, got under way at the Brentwood Centre, Dodinghurst Road, Brentwood, from 2pm to 4pm on September 24 and will run every Monday.

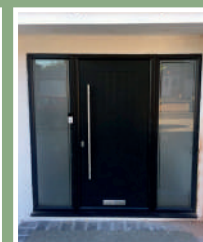
The group – led by the charity – will be for an initial 10 sessions, with the aim of engaging with facilitators of similar activities in the town.

Marion Howell, Alzheimer's Society services manager in Essex, said: "Of the top 10 causes of death, dementia is the only one that we can't cure, prevent or even slow down.

"Evidence does suggest that maintaining a healthy lifestyle and partaking in physical activity may improve the quality of life for people in all stages of the condition, so it is really important that we promote this."

People living with dementia and their carers in Brentwood are invited to attend the group. Physical activity can improve self-esteem and mood which can encourage more social engagement.

For more information about the Keeping Active Group in Brentwood, call Alzheimer's Society's Family Navigator Service in Essex on 01245 260911.



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ON PATROL WITH... THE PASTORS



LOCAL NEWS BRENTWOOD



August and September are busy months for everyone involved in the Street Pastors and their associated projects including School and Rail Pastors.

We continue to patrol the night time economies of Billericay and Brentwood and always look to help anyone that is or becomes vulnerable.

To support this work we took part in the John Baron Fun Walk and continue to get ad hoc financial support from several established groups.

We are ready to launch Schools Pastors into Billericay School later this month with support from

the headteacher and his pastoral team.

Rail Pastors have continued to help out on the railways and were able to support a passenger who was struggling with some dark thoughts. We continue to volunteer and hope we can continue to help by expanding across the whole Greater Anglia route. This takes time as we need to build relationships with all those involved and to get the volunteers trained and equipped.

Want to know more? Email Billericay@streetpastors.org.uk

Students celebrate GCSE success

A year of hard work paid off at Brentwood County High School (BCHS) when Year 11 pupils opened their GCSE results recently.

After celebrating excellent A-level results, there was also a dramatic improvement in the BCHS 2018 GCSE results compared to 2017.

English and maths improved across all grade thresholds from last year. Students accumulated a total of 42 of the new elite '9' grades between them and almost a third gained a grade 7 (old grade A) or above in English.

BCHS joined the Osborne Co-operative Academy Trust last year following a disappointing Ofsted in 2017. This year, the school has gone through considerable change, with a focus on rapid improvements.



Spooktacular House of Horror to open this Hallowe'en

The House of Horror, an immersive 4D experience, that consists of 12 rooms of horror, is opening in Warley Gap, Brentwood from September 28 to October 31. The brainchild of film writer and director, Wayne Lennox, who wanted to create a completely different experience for horror lovers, explained: "It's about escapism and celebrating the very best horror films that we all know and love."

"Visitors can expect stunning sets, amazing actors and even comedic moments."

Lennox was actually writing a film script and looking for a venue for the movie when he came across the old

health club building and inspiration struck.

Once visitors have successfully navigated their way through the first 12 rooms, they are given the option to enter the infamous Room 13, which requires its own separate waiver before entry.

So, is it actually possible to survive Room 13?

He said: "My aim was to create the ultimate horror room. I set about creating a space where visitors could be pushed to the extreme but in a controlled setting. Yes, people have to sign a waiver to enter and yes, you will be pushed to your limits, but I genuinely do want visitors to survive the room."

Police seeking man over hit and run



Police are appealing for information to locate Martin Stokes, 24, in connection with an attempted murder investigation in Brentwood.

Officers were called to a disturbance outside the Sugar Hut, in High Street, on April 2, 2017, after three people were hit by a blue Audi following a large fight at 3.10am.

Two men and a woman were taken to hospital for serious injuries.

DI Stuart Truss, senior investigating officer from the Kent and Essex Serious Crime Directorate, said: "We strongly believe that he remains in the UK and we would urge anyone with information or knows of his whereabouts to get in contact with our investigation team."

On Tuesday, April 23, 2019, 14 men, aged between 22 and 36, are all due to stand trial in connection with the incident for violent disorder charges.

Anyone with information is asked to contact Brentwood Major Investigations Team on 101 or Crimestoppers anonymously on 0800 555 111.



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Blues suffer difficult start to the month with FA Cup exit

Brentwood Football Club endured a difficult start to September as they failed to win any of their opening three games of the month before tasting cup success.

They kicked off the month with an away 1-1 draw with Great Wakering Rovers in the league whilst they also suffered defeat at home to Grays Athletic by a single goal in the same competition.

In the cups the Blues exited the FA Cup 1st Qualifying Round as they lost out 3-2 to Haringey Borough before finally tasting victory in the Velocity Trophy away to Barking as they won 5-4 on penalties after the game finished 2-2 following extra time.

However, the FA Cup defeat will hurt most particularly as it was a dramatic late winner deep into stoppage time that sent Haringey through.

Despite twice leading in this FA Cup tie, Brentwood

went out of the competition after Haringey scored two very late goals, including a 97th minute stoppage time winner.

The game got off to a flying start with two quick goals. Sam Carter put the Blues ahead but Georgios Aresti soon equalised for Borough with a superb left foot volley into the top corner.

There were no more goals until the 81st minute when Ayrton Coley scored a goal worthy of winning the game, cutting in from the left and finding the far top corner.

It looked as though the Blues might hang on for a win against higher-level opponents until Haringey sub Chinedu McKenzie slotted in an 88th minute equaliser before Akinwande completed the comeback.

Essex police welcome 55 new officers

Over 50 new police recruits proudly 'passed out' last month and were welcomed into the force by Chief Constable Stephen Kavanagh and other dignitaries during a special ceremony at HQ recently.

The officers have spent the last 18 weeks training to become police constables and after pledging their commitment to serve, were welcomed into the force in front of friends and their loved ones.

During their training, the officers were divided into three intakes, G1, G2 and G3. Each of the intakes held fundraising events for three charities.

Intake G3 chose to raise money for the Essex Retired Police Dog fund. The team raised £2,087. They held a quiz night and raffle and PC Yelland

completed a long distance bike challenge, cycling over 60 miles.

Intake G2 chose to raise money for Only Cowards Carry. Only Cowards Carry Weapons Awareness was founded in November 2012 by Caroline Shearer in memory of her 17-year-old son Jay Whiston, who was fatally stabbed in September 2012.

The team raised £2,100 by holding a World Cup Sweepstake, a static bike ride in the Meadows Shopping Centre and numerous fundraising activities around Essex Police College.

Intake G3 chose to raise money for Rethink Mental Illness. The team raised £2,710 thanks to their fundraising activities.



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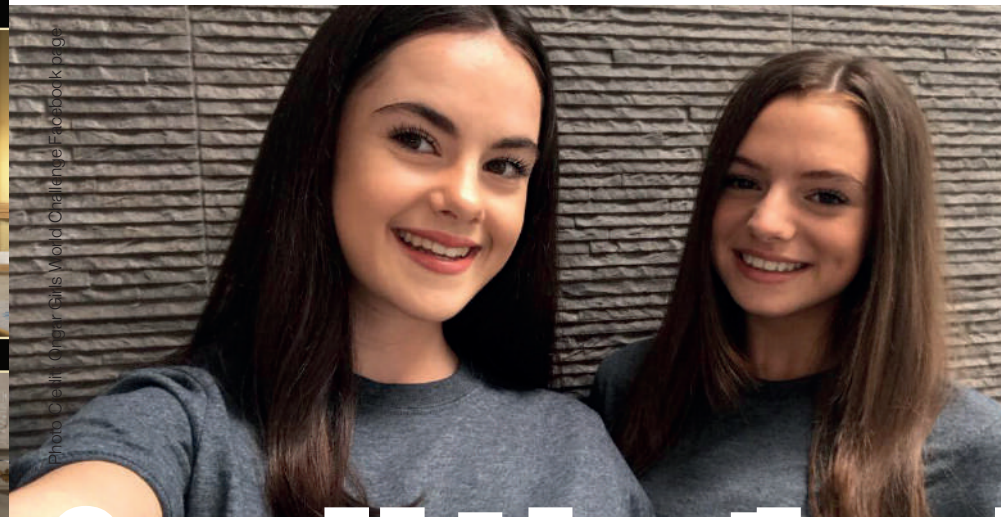
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LOCAL NEWS

from your neighbourhood



LOCAL NEWS ONGAR



Ongar girls take on the world

Two Ongar girls have signed up for a world challenge in which they will partake in a community project supporting local life in Malaysia and Borneo.

The three-week expedition in July 2019 will see Sofia and Ellie-Mae help local communities in Malaysia and Borneo in a number of ways: this could include teaching local children English and informing them about wildlife protection or building homes, schools and medical centres with other participants.

The girls said: "We have to raise the £8,000 cost of the exhibition ourselves and plan/budget the journey including the travel arrangements, accommodation, food and any equipment we will need to help us with

the community project.

"Over the next few months we will be organising fundraising events with the support of Carla Ince from the White Hart and Kelly Stone from Kelly Designs Ltd/Anything Ongar. We would be grateful for any donations or sponsorships of any kind."

Included in the girls' fundraising events are a quiz and curry night at The White Hart Inn, Moreton on October 11 and a charity ladies lunch on December 8 at the same address.

For more information, contact Sofia and Ellie-Mae on their Facebook page or Instagram: Ongar Girls World Challenge or email ogworldchallenge@gmail.com

Police name man killed in Ongar collision

A man who was killed after a collision between a Lorry and a Ford KA in Ongar has been named.

Jordon Plaister, 22, from Romford, was driving the KA, and was pronounced dead at the scene.

The accident happened at around 2.30pm on

September 6.

His family say they are devastated by Jordon's death and have appealed for privacy

Anyone with information is asked to call police on 101. The incident number is 664 of 06/09



Serial burglar stole nearly £1m worth of property in crime spree

A serial burglar from Ongar who fled to Spain after stealing property worth about £914,000 has been jailed for eight years.

David Buisson, 49, of Stanley Place, stole mostly cash and jewellery from the homes and businesses he targeted in the Epping Forest district and Canvey between December 2015 and June 2017.

Police enquiries into these burglaries led officers to Buisson and in April last year, they carried out searches at addresses linked to him in Ongar and Woodford and found tools and items used for drilling and lock picking (pictured). They also found a drone and jewellery, which were found to have been stolen.

One of two computers seized showed internet searches had been made for some of the addresses that were later burgled.

Enquiries led police to an address in Spain and

Buisson was arrested under a European Arrest Warrant in April this year.

He admitted 11 burglaries and two attempted burglaries when he appeared at Basildon Crown Court and was jailed last month for a total of eight years. He was also made subject of a serious crime prevention order, to run for five years to start upon his release. A forfeiture and destruction order was also made for the lock picking tools.

He denied three burglaries, conspiracy to commit burglary, possession of cannabis with intent to supply and possession of a firearm without a certificate. The judge ordered for these to lie on file.

Detective Inspector Rob Staples said: "I am pleased for the victims that the man responsible for these burglaries has been brought to justice, and I hope they find some comfort knowing he has been imprisoned."

Town bank to close next month

Barclays in Ongar is to close next month, the banking giant has announced.

The bank will close its doors on November 9.

A leaflet has set out several reasons for the closure. It reads: "The number of transactions has gone down in the previous 24 months, and 77 per cent of our branch customers also use other ways to do their

banking such as online and by telephone.

"Customers using other ways to do their banking has increased by 20 per cent since 2012. In the past 12 months, 47 per cent of this branch's customers have been using neighbouring branches. We've identified that only 106 customers use this branch exclusively for their banking."



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Alex Burghart MP for Brentwood and Ongar



LOCAL NEWS ONGAR



September's Blood Cancer Awareness Month saw several constituents get in touch about how their lives have been affected by blood cancer, and ask for me to encourage more people to register as stem cell donors. Although it does not get as much publicity as other cancers, blood cancer is the fifth most common type of cancer in the UK and the third biggest cancer killer. It accounts for nine per cent of all new cases of cancer diagnosed in the UK.

Brentwood and Ongar ranks 295th out of the 650 constituencies for the number of stem cell donors, compared with other constituencies, with 1,012 local people on the register. Of these, 40 per cent of the potential donors are male, with an average age of 38.

However, there's always the need for more donors for the register. Blood cancer charity Anthony Nolan is particularly keen to see men aged 16-30 and people from black, Asian and ethnic minority backgrounds to register as stem cell donors and make sure that a match is available for everyone in need of a transplant. While anyone on the register could be a

match for someone with blood cancer, men aged 16-30 are most likely to be asked to donate. They provide more than 50 per cent of donations yet make up just 16 per cent of the register. There is also a shortage of donors from non-white and mixed-race backgrounds.

In total, more than 700,000 people in the UK are on the Anthony Nolan register, any of whom could be a match for someone with blood cancer. If a patient has a condition that affects their bone marrow or blood, then a stem cell transplant may be their best chance of survival. Doctors will give new, healthy stem cells from donors to the patient via their bloodstream, where they begin to grow and create healthy red blood cells, white blood cells and platelets.

I am very proud of the number of people in Brentwood and Ongar who have selflessly volunteered to give someone a second chance at life. Donating stem cells is straightforward but it could make an enormous difference to someone with no other chance of a cure.

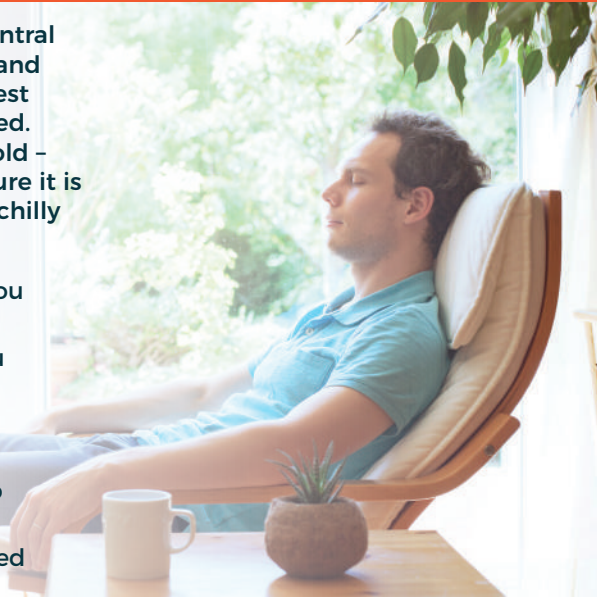
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The star of SIMON COWELL

As the new series of *X Factor* kicks off, with Mr Marmite taking centre stage again, let's be frank, Simon Cowell regularly gets a bad rap. The black/grey/white clothes combos, the overexposed chest, the dodgy hairstyle... and that's just how he looks. Add in the fact *X Factor* and *Britain's Got Talent* are mercilessly ripped apart for being exploitative, fake, unimaginative and cliched, and it makes you wonder why the record label mogul bothers... it's certainly not because he needs the money.

Yet look at it the other way around. What sort of world would we be living in without Simon Cowell? Forget all the music careers he's launched, the tens of millions of records sold, the multiple sell-out tours for everyone from One Direction to Olly Murs, Westlife to Little Mix, not to mention the positive impact he's had on countless others as a result of exposure on his primetime shows – just consider this... there's no one else in the entertainment world we love to hate more.

It's been another modestly good year for Cowell, who celebrates his 58th birthday in October. Batting off the Ant & Dec furore with typical ease, he has lauded over one of the most successful series of *BGT*, won by disability comedian Lost Voice Guy. The show's final pulled in 11.2million viewers, the most watched in three years and a return to form for a format that had been struggling.

Cowell also made it onto the Hollywood Walk of Fame

in tribute to his contribution to the US entertainment business. Over the years, our exports across the Atlantic have struggled, yet in Cowell, James Corden and a few recent others, we have never been stronger Stateside. He joined fellow Brits Steve Jones (of Sex Pistols) and Sir Richard Branson in being honoured at the June ceremony, and chirped: "If anyone says fame is a bad thing, I don't know what you're talking about. It's the best thing in the world."

Yet there was also a lot of humility on show from the industry's most famous A&R man, who praised his late parents and offered hope that his son Eric, four, might follow in his footsteps.

"I have a feeling my mum and dad are looking down on me, and now I can look over to my son Eric and say: 'Maybe one day you'll get one of these as well.'"

But Cowell can't rest on the successes of 2018 - he's a new series of *X Factor* to kick into shape. Freshly back on our screens, Simon is ably assisted on the judging panel by Louis Tomlinson, Ayda Field, Robbie Williams and, for the live shows, Sharon Osbourne.

"Again it's the greatest showcase of the talent that we have out there," he says. "It never ceases to amaze me just how brilliant these people are, not just in their voices and their ability to entertain, but in how brave they must be to go stand up in front of a live audience and sing their hearts out.

"Without these artists I would be nowhere, and the fact we can still, after all these years, transform the dreams of a lucky few into reality, is a marvellous thing."

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Save yourself a lot of bother come next spring and give your exterior wood some much-needed TLC ahead of the long wintry months.

PREPARATION IS KEY

Ensure that you wash all exterior wood prior to treating. Soap and water is perfectly adequate for cleaning your wood, just be sure to rinse thoroughly and let all surfaces completely dry before applying any wood treatment. Do not use anything too abrasive for cleaning as this can damage the wood.

CHECK FOR MILDEW

Mildew can be identified by little black specks on the surface of wood. If you are unsure whether or not your wood has mildew, apply a dab of bleach to one of the black spots. If it lightens in colour, then it is definitely mildew.

CHOOSE A PRODUCT THAT IS WATERPROOF

It is essential that you choose a wood treatment that is waterproof as this helps prevent fungus and mould from developing. Good quality wood treatments will also allow your wood to breathe whilst providing strong protection against the elements.

CLEAR THE AREA OF DEBRIS

Although you may not want to carry out garden maintenance once the cold weather sets in, it is important to regularly clear any exterior wood areas of any build-up of leaves. If left, piles of leaves can result in mould and damp. Be sure to check in between gaps in wood such as on the decking.

NB: Wood treatments can break down in harsh weather, so check sporadically, sand down and reapply if needed.





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Even if you are not planning to dress up this Hallowe'en, it's the perfect time to have some fun and experiment with your make-up.

Why not try out our *Halloween inspired* make-up ideas and look freaking fabulous come October 31.

Go fiendishly feline with *cat eyes*

> Using the tail end of your brow as a guide, draw a slim diagonal line upwards from the outer corner of your eye using a liquid black eyeliner.

> Draw a second line from the point you started to the centre of your eyelash line. Then colour in the area between these two lines. Apply multiple layers of mascara to finish.

Embrace your inner Cruella with statement *Stiletto nails*

> Prepare your nails for applying fake nails; cut down and remove polish. Apply a base coat to protect your nails.

> Glue on a set of long, fake nails.

> Using a nail clipper, trim and file your nails to a pointed shape.

> Add a fierce red or black polish to finish.

Go Night of the Living Dead with zombie *Killer cheekbones*

> Suck in your cheeks and apply a darker powder to just below the bone.

> Then apply a lighter powder to the area of skin immediately above it.

> Add a layer of shadow to either side of your nose and a lighter powder down the bridge.

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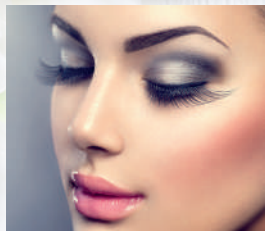
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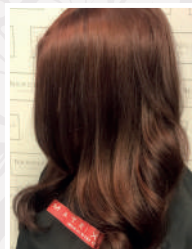
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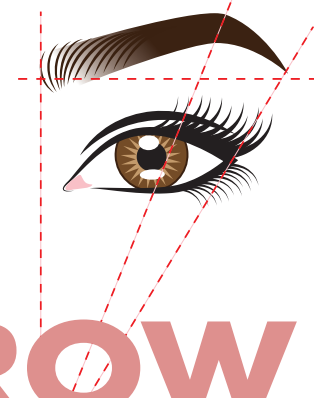
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Eyebrows are like a rug in a room: they pull the entire look together. Eyebrows when groomed well can make you look like a movie star, but when groomed badly they transform your face into a gruesome mask.

For many years the trend was thin brows - a look which harked back to the silver screen days of the early twenties when cinema sirens like Clara Bow shaved their brows then drew them back on again in a severe pencil line. Buying your first pair of tweezers as a teenage girl was a rite of passage as you plucked and preened your way to eye-watering glory. But now, thanks in part to Cara Delevingne, big brows are back in fashion.

The change has brought about a revelation in beauty - an entire industry, almost, created off the furry back of the brow. Dedicated salons are popping up in department stores across the country as women seek out the perfect look, while every major cosmetic brand now has a range devoted to the facial follicles, from powders to gels and tints.

In short, brows have become a major industry, and with good reason. After all, they make you look incredible, enhancing your natural beauty. Got a round face? Go for a high, sharp line, whereas heart-shaped faces prefer a straighter look. Open up close-set eyes by elongating your brow with a pencil, whereas wideset eyes suit a softer, more feathery brow.

When it comes to plucking, there's just a few things to bear in mind... firstly, you want to grow them as much as possible so you start with a fuller shape. Now hold a pencil vertically at the middle of each nostril to find the start of your brow, then pivot to the outside of your iris for the arch, then pivot once more to the edge of your eye for the end. Now with your template in place you can start plucking strays. Always pluck from underneath, and remember, less is more; remove a few hairs at a time and then step back to see the overall effect.

So don't spend your life feeling like a wallflower - invest in a dramatic look for raised eyebrows wherever you go.

The Spice IS RIGHT

Love her or loathe her, Victoria Beckham's climb from pouting pop wannabe to revered name in the fashion world has been nothing short of remarkable.

Once upon a time, when Britpop and Britney ruled the airwaves, when sport logo sweatshirts were an acceptable form of daywear, and when everyone thought Tony Blair was the bee's knees, there was a slender pouty pop princess who went by the name of Posh Spice. Revered and admired throughout the land for her ability to warble her way through some of the chart's finest offerings, the solemn singer had a life many dream of, but few attain.

However, despite her wealth and football star hubby David Beckham, Posh Spice was not fulfilled, for in her heart she wanted not to traverse the globe playing to enormous arenas of millions of shrieking fans alongside her fellow Spice Girls, but to be a fashion designer, a dream she dared not to speak of for fear of being laughed out of the Top of the Pops studio.

Fast forward 20 years and not only is the artist formerly known as Posh an established designer, but her eponymous fashion brand is both commercially successful and creatively celebrated among the fashion elite, as it marks its 10th anniversary with a London Fashion Week debut.

Much like her persona, those ready-to-wear collections have a serious and grown-up feel with the odd thrill

Normally, she unveils her collections at New York Fashion Week but chose to do something different to mark the special occasion.

Naturally, her critics have been silenced, though we ought to wonder why the notion of VB becoming a fashion sensation was so ridiculous to start with. After all, it was she in the Spice Girl heyday who was arguably the trendsetter within the gang – Union Jack minis aside – with her pixie crop hair, asymmetric dresses and lashings of leather. Then, when she began dating Becks, she became the epitome of the glamorous WAG helping her other half become a style icon along the way.

So, if you think Victoria Beckham looks a tad smug as she gazes out from the latest cover of *Vogue* surrounded by her four equally gorgeous children (the illustrious 'September issue' no less), bear in mind that while fame and money can buy many things, they cannot garner respect in an industry as cutthroat as fashion. Like all burgeoning designers, she has had to put in the hard graft, and has done so with grace and admirable flair, doggedly building her empire season by season.

Today the label is valued at a whopping £100million, with over 100 staff worldwide, and two luxury boutiques (one in Hong Kong and one in London's Mayfair). Much like her persona, those ready-to-wear collections have a serious and grown-up feel with the odd thrill. Immaculately tailored wool coats, elegant silk shirts, polo necks and structured dresses in unforgiving cuts are firm staples in her arsenal, none of which come cheap (dresses start around the £1,000 mark, while a coat is double that); while budget fashionistas can indulge with the nominally less eye-watering Victoria, Victoria Beckham line.

And so it is that the glum popette became the toast of the fashion world against all expectations. And though there will always be those who mock her musicality and insist the Beckhams' 19-year marriage is in jeopardy, when it comes to fashion, Victoria is the undisputed queen of her kingdom.

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Ayers STOP!

It's known the world over as a symbol of Australia, but what is the history behind the incredible natural landmark also known as Ayers Rock?

Jutting up 348m above the barren landscape of Australia's Northern Territory – with an even larger portion of its mighty sandstone hulk concealed beneath the rocky ground – the vastness of the natural structure known to the Aborigines as Uluru has become as synonymous in our impressions of life 'down under' as kangaroos, the Sydney Opera House and cricket.

Now classified as a World Heritage site, the rock is situated 335km south-west of Alice Springs – or 440km by road, about five hours – and is served by the small resort town of Yulara. This is where tourists stay, and most people spend the night either in hotel accommodation or camping; there are no actual camping or other facilities within the Uluru-Kata Tjuta National Park.

Recent years have seen the Australian government give back control to the Aboriginal peoples for whom the rock represents a spiritual place. Though most Westerners know of Ayers Rock – so called in the 1970s after then South Australia chief secretary Henry Ayers – Aboriginal tribes were living in the area over 10,000 years ago, and now the Pitjantjatjara people own the land around the giant stone monolith.

Visitors can climb the terracotta face of the rock to reach the summit, although this practice was often criticised for both the disrespect it showed towards the Aborigines' reverence of the structure and the damage it was doing to the stone itself. The Uluru-Kata Tjuta National Park board of management has announced that tourists will be banned from climbing Uluru from October 2019... so you have a year left. Tourists can still explore the 10km of roads and trails that surround Uluru's base, and are encouraged to visit during sunrise or sunset to really capture a glimpse of this unique stone at its breathtaking best.



TRAVEL

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- It is cheap to buy
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- It is a complete protein

Cons:

- It is highly processed
- It contains artificial sweeteners to mask the unfavourable taste
- It can result in wind, bloating and diarrhoea due to the high lactose content

Plant-Based Proteins include lentils, hemp and chia seeds, soy, brown rice and nuts. As well as being good sources of protein, these foods are high in fibre and low in cholesterol and sodium. Plant-based proteins are also available which claim to provide the same results as whey protein.

Pros:

- They are easier to digest
- They are healthier as they contain no artificial sweeteners
- They have a neutral or pleasant taste
- Many sources contain other much-needed vitamin and minerals such as essential fatty acids
- They are hypoallergenic

Cons:

- It will cost you more to obtain the same amount of protein as whey
- Individually plant-based proteins are not complete proteins as they are deficient in some amino acids

In our opinion, this is a case of trial and error; see how your body responds to each and which gives you the results that you want.



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SOMETHING SMELLS



If you're a lover of seafood wrapped in rice Japanese-style, be warned: by 2050, there's a good chance that climate change will have ruined this delicate culinary delight for good.

With its seaweed covering, sticky rice interior and sliver of raw fish, sushi has exploded from out of Japan to become a worldwide food craze. But for all those people who love to dine on dragon rolls and uramaki during a work lunch, there's trouble ahead with climate change set to impact on the sea's fish population.

As the world's seas get warmer, and the water becomes more acidic, life in the ocean is going to get a lot tougher for the vast majority of creatures we like to wrap in rice and wolf down with wasabi. Add to that the perils of overfishing and habitat destruction, and the future of sushi looks bleak.

Take coral bleaching, for example. Although the majority of us have an inkling of the mass demolition of the world's reefs, it's a pretty abstract idea to anyone who doesn't spend their time diving in their bountiful fish havens. And while the sushi industry has little need for the brightly-coloured critters that cling to reefs in computer screensavers and travel agent ads, the fish sushi chefs are after – bluefin tuna or mackerel, for example – are at the top of the food chain and therefore rely on reefs as their food source.

Great Britain is currently battling the French to finalise a deal to stop the scallop wars in the English Channel. A ban was put on French fishermen from catching scallops between May 15 and October 1 to conserve stocks, but the British aren't subject to the ban. New tensions are also rising as Cornish fishermen have accused the French of deliberately sabotaging their crab pots. Both food wars will cost fishermen hundreds of thousands of pounds.

Already in Japan, fish that was readily available some years ago, such as the yellow croaker, is now a delicacy – and with one recent bluefin tuna being sold at market for around £60,000 it seems that what was once abundant is fast becoming a very expensive culinary choice.

The alternative? For chefs to start using surimi – a processed form of fish that you find in supermarkets labelled as artificial crab or similar. Some have even looked to incorporating more vegan options into their food, or experimenting with insect-based sushi. And that, compared to a nice piece of nigiri or a tasty morsel of traditional temaki, is for many people a disheartening prospect indeed.



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Pumpkin SHAKE-UP

PUMPKIN PIE

Right around this time of year the shops are brimming with pumpkin spiced delights, from lattes to biscuits and even candles. This 'spice' is what makes pumpkin pie such a delectable seasonal treat - a combination of cinnamon, ginger, nutmeg, cloves and allspice, it is warming and comforting. And when mixed with puréed pumpkin flesh, sugar, eggs, butter and milk and baked in a pie crust (store bought if necessary) you basically end up with autumn on a plate.

ROASTED SEEDS

When carving your jack-o'-lantern this year, don't discard that mound of seeds that sits snugly inside, as they are packed with nutrients and can make a delicious snack. Simply scoop out your seeds and separate them from the stringy flesh before rinsing thoroughly in a sieve.

Now they still won't look quite like the seeds you buy in a supermarket, but that's because they need to be roasted, so preheat your oven and toss them into a bowl with either a sweet mix (cinnamon and sugar) or savoury (chilli powder, soy sauce and garlic powder) melted butter and a little salt, before roasting in the oven. Just be sure to check them regularly (so they don't burn) and toss regularly.

CURRY

You don't have to be a vegetarian to enjoy a pumpkin and chickpea curry, the ideal dish to warm up 'trick or treaters' on a chilly Hallowe'en night. Start by frying yellow curry paste with onion and lemongrass, then add chunks of pumpkin flesh followed by vegetable stock and coconut milk. Simmer before adding a tin of drained chick peas, cook for 10 minutes more, then serve over rice. Spookily good grub.

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pumpkin
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EASY DIY Character Costumes

It is nearly that time of year again when your angelic little darlings want to dress up, consume vast amounts of sugar and run riot in the streets.

Chances are you do not want to spend a fortune on a generic shop bought costume that no doubt at least one of your child's friends will be wearing, resulting in tantrums and tears.

So why not make a unique and budget-friendly costume yourself?



FOR TODDLERS: A Mischievous Minion

You will need:

A yellow T-shirt | Blue denim dungarees | Black gloves | Glasses covered in tin foil
A yellow hard hat | Black pipe cleaners (for minion hair) | Yellow face paint

FOR KIDS: An "Incredible" costume

You will need:

A red long-sleeved top | Red leggings | Black gloves | Black boxers or shorts | An old orange T-shirt | Black face paint (for the superhero glasses)

For the Incredibles logo:

Felt in orange, yellow, black and white | Heat-N-Bond or another heated adhesive | An Incredibles logo template (available online)

Cut the orange T-shirt into a long strip for a belt | Use the template and different coloured felt to make the logo | Glue logo to the red top



FOR PRE-TEENS: Evie from The Descendants

You will need:

A blue T-shirt | A black zipped jacket | A black skirt | A blue wig or non-permanent blue hair dye | A plastic tiara | Black gloves | Black tights and boots | A large red button and one green sequin | Blue ribbon | Gold card | Acrylic paint in red, blue, white and gold

Glue the red button and green sequin onto the tiara as an apple | Cut the gold card into a crown shape and glue to the front of the jacket | Twist the ribbon into bows and glue to the gloves | Use the paint to decorate the skirt in a graffiti style similar to Evie



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- ACROSS**

 - Domains (8)
 - Inspired by reverence (4)
 - Kick out (5)
 - Figurative language (7)
 - Tallest species of penguin (7)
 - Moved round an axis (7)
 - Activity of travelling for pleasure (7)
 - Slow bowler in cricket (7)
 - Egg white (7)
 - Express gratitude (5)
 - Rose (anag) (4)
 - Laughed (8)

DOWN

 - Run away (4)
 - Person with detailed knowledge (6)
 - Breed of dog (9)
 - Posted (6)
 - Sailing barge (6)
 - Reverie (8)
 - Operated by air under pressure (9)
 - Eg residents of Moscow (8)
 - Warm up (6)
 - Deep ditch (6)

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12											
		13				14				15	
16											
											17
18								19			
20						21					

- Country in the Middle East (6)
 - Slide (4)

- DID YOU KNOW**

 - ▶ An ostrich's eye is bigger than its brain
 - ▶ A bear has a total of 42 teeth
 - ▶ Rabbits like liquorice, although it isn't advised that they eat it as they have trouble processing sugar
 - ▶ Birds need gravity to swallow, so they would not be able to be taken into outer space
 - ▶ A cat has 32 muscles in each ear, compared to humans who have just six
 - ▶ All adult insects have three body parts: the head, the thorax and the abdomen
 - ▶ Koalas sleep for up to 20 hours a day
 - ▶ Dalmatians are born all-white

SUDOKU

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9	5		6					

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WHAT'S ON

in your area



WHAT'S ON

Mission Mud
Kelvedon Hatch, Brentwood, Essex,
CM15 0LB
October 7, 11am



Mission Mud... your mission if you choose to accept it is to get muddy and go orange. The 5km challenge at the Nuclear Races venue, well-known for its wet, muddy and incredibly fun events, is in aid of the Saint Francis Hospice.

Mission Mud is ideal for families, friends or work colleagues to register as teams, creating muddy memories and fun in the mud for all.

So, if squelching through mud and being totally unrecognisable at the finish sounds like a laugh, then this is the race for you.

Curry and Quiz Night
The White Hart, Bridge Road, Moreton,
Chipping Ongar, CM5 0LF
October 11, 7pm - 11pm

A quiz night organised by local girls Sofia and Ellie-Mae, who are raising money for a world challenge next year and would love to have your support. Ticket price includes entry in the quiz and a fabulous tasty curry.

Brentwood Chamber of Commerce Business Breakfast
Marygreen Manor Hotel, 128-130 London Road, Brentwood, CM14 4NS
October 12, 7.30am - 9am

Brentwood Chamber of Commerce Business Breakfast Meetings are an excellent opportunity to meet your fellow members and find out what is happening in the world of business in Brentwood.

For more information, please go to www.brentwoodchambers.co.uk

1st Warley Scout Group FallFest Autumn Fair
Christ Church Centre, Warley Hill,
Brentwood, CM13 3AA
October 13, 11am - 4pm



1st Warley Scout Group are holding an Autumn Fair. There will be food and drinks, raffles, tombolas, books, toys, games and lots more family fun. Be sure to go down and check it out.

Ride the ghost train
Epping Ongar Railway, Ongar Station, Station Approach, Ongar, CM5 9BN
October 26 - 28



Photo credit: Epping Ongar Railway

Dare you ride the ghost train to North Weir?

Our popular ghost trains are running again this year and we guarantee more Hallowe'en fun.

You'll find all sorts of spooky things to do. We have kept some traditions as well as new surprises.

Tickets include travel on our train and bus services, all entertainment, except where an additional charge is stated above, and a free gift for all children.

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



The importance of colour should not be underestimated when creating your brand identity. Colour can evoke emotion, persuade and deter potential customers. Each colour generates a different subliminal association in our minds.

RED:

This fiery colour can be used to stimulate and excite. It creates feelings of passion, anger and determination.

Red is popular for brands relating to cars, technology and food. Brands that use red: Coca-Cola and Audi.

ORANGE:

A mixture of red and yellow, this multitasking colour evokes feelings of boldness and wellbeing.

Orange is used by technology firms and finance companies. Brands that use orange: GlaxoSmithKline and easyJet.

YELLOW:

This feel-good colour which we largely associate with the sun brings about feelings of happiness and hope. Bright yellow is ideal for attracting attention.

Yellow is most popular with restaurants, clothing and car brands. Brands that use yellow: Renault, Ikea and McDonald's.

GREEN:

This fresh spring colour conveys serenity, health and optimism.

Green is ideal for brands selling food, household goods, technology and finance. Brands that use green: Starbucks, Oxfam and Subway.

BLUE:

With strong connotations to the sea, the colour blue makes people feel safe and secure. Brands can use this colour to instil confidence and portray reliability.

Blue is effective with the airline industry, energy companies and agriculture. Brands that use blue: Facebook, British Gas and United Airlines.

PURPLE:

This royal colour is associated with wealth and luxury. Darker shades convey mystery whereas a lighter purple can be used for romance.

Purple is often used by finance and confectionary companies. Brands that use purple: Hallmark and Cadbury.

WHITE:

White symbolises purity as well as cleanliness and transparency.

White is perfect for clothing ranges, health improvement companies or brands that want to attract children. Brands that use white: Chanel, Gap and **VISION**.



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PENSIONS JARGON – BUSTED

No one should be deterred from planning for their retirement by the jargon used in the pension industry. Happily, we are well versed in turning complex financial terms into plain English. Here we unravel a couple of terms that you may have come across and be unclear about.

ANNUITIES

When you retire, you can choose to take some or all of your pension pot as an annuity, an insurance product that provides a guaranteed income for life. One of the benefits that annuities provide is security. Unlike other retirement income products, and with the exception of investment-linked annuities, you aren't exposed to stock market risk which could erode your income. On the downside, should you die early, the residual value of the annuity dies with you; there is usually no return of capital to your estate.

DRAWDOWN

With income drawdown, you take a retirement income direct from your pension pot while leaving the rest of the cash invested, providing an opportunity for future growth. There is no minimum amount for drawdown,

so you could, for instance, take your 25% tax-free lump sum and choose to leave the remaining funds invested. You can also move funds into drawdown in stages, known as partial or phased drawdown. The 25% tax-free amount doesn't have to be taken at once on retirement – smaller amounts can be taken over time, each with 25% tax-free. Once in drawdown you can access funds as you need them. You could, for example, vary the amount you take each year, taking less if you wish to remain in a lower tax band, or more if you have plans to spend. After taking your 25% tax-free cash, your withdrawals will be subject to income tax and your drawdown income is added to any other income you receive in that tax year. It's important to remember that taking large withdrawals may result in you paying tax at a higher rate.

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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SPORT

ENGLAND LEGEND ALASTAIR COOK RETIRES FROM INTERNATIONAL CRICKET

The polish may have worn thin after a string of under-par performances, but upon retirement from Test cricket, Alastair Cook's place as one of the modern batting greats in the world game is without question.

Having made his Test debut against India in March 2006, it was perhaps fitting that 33-year-old Cook should conclude matters against the same nation some 12 years later, in between scoring 12,472 runs, including 33 centuries and 57 half-centuries, as well as accumulating an incredible 158 consecutive Test appearances, and 161 in total.

"You know when the time is right to go," said Cook, after an emotional farewell at The Oval, during which his second innings of 147 runs saw him become the fifth highest Test run scorer of all time. "I will take away from cricket some incredible memories and this is a sport that has really defined me as a person, but it's now time to do something different."

Cook, who even has a much less discussed but equally impressive bowling average of seven – admittedly he's only ever bowled three overs and dismissed one batsman – will take time away from the sport this winter to be with wife Alice and daughters Elsie and Isabelle. Yet his decision to retire from England duty doesn't mean he'll never pick up a bat again – he's contracted to Essex Cricket Club and will be keen to spearhead his county's Division One title charge next season.

And on those quiet afternoons in the field, he can look back fondly on a raft of memories – from hitting 294 against India at Edgbaston in 2011 to captaining England to away Ashes success in Australia, to how he might plot a route out of retirement and back into the fold...

"No, that won't happen," he laughs. "My time is done and now I can watch others stand at a crease for seven hours with Exocet missiles being aimed at their heads."

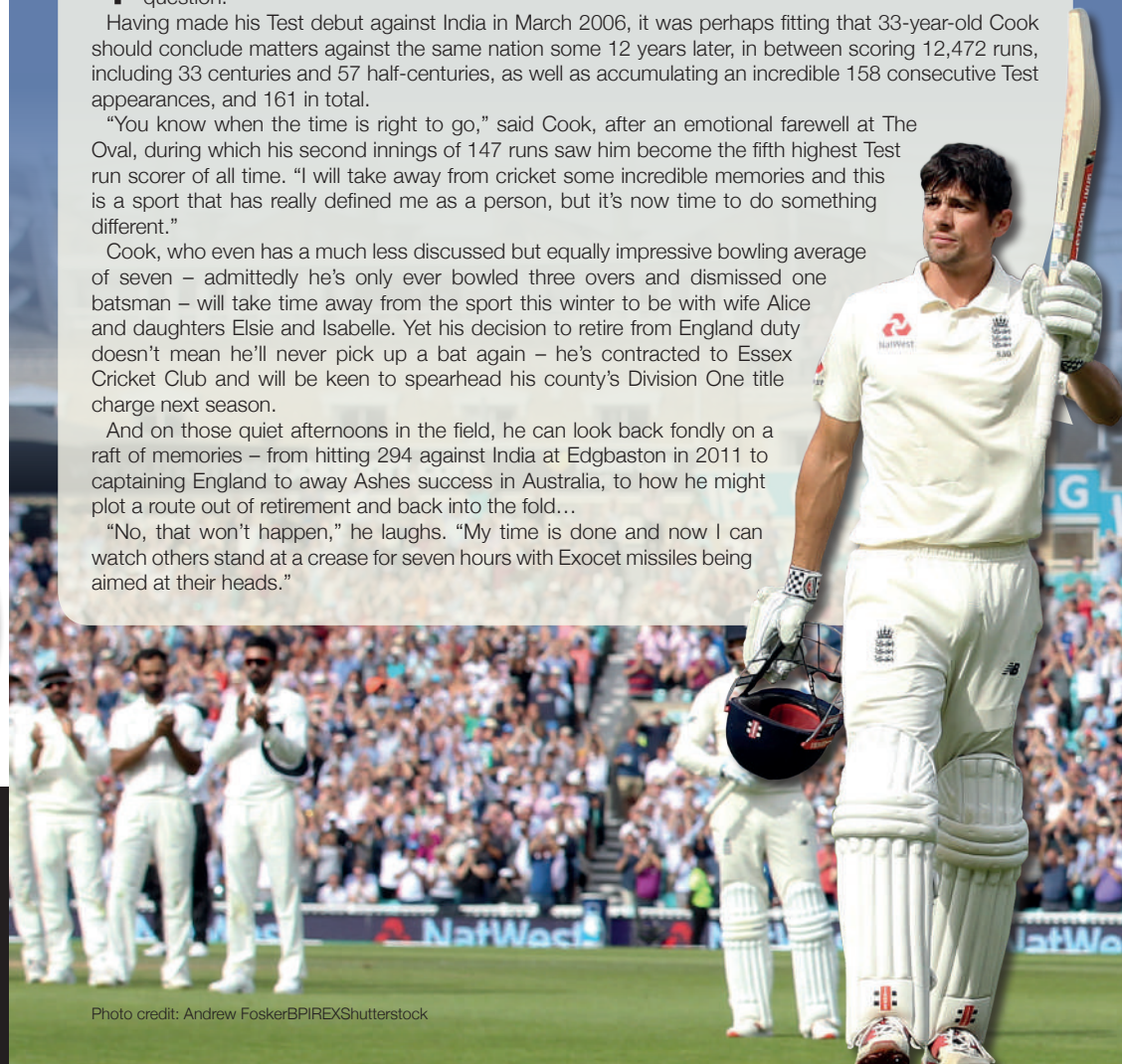


Photo credit: Andrew FoskerBPIREXShutterstock



HISTORY OF THE BREATHALYSER

It's the gadget most of us have dreaded at some point, yet as we pass the half-century mark of the Road Traffic Act – which introduced the first legally enforceable maximum blood alcohol level for drivers in the UK – we must credit the simple breathalyser as being one of the road's greatest lifesavers.

When inventor Robert Frank Borkenstein finally gained a registered trademark for his breathalyser invention in 1954, little did he know the gadget would still be going strong all these years later.

Previous incarnations of a piece of kit that, simply, measures blood alcohol levels, had been about for a few decades, with Chicago chemist William Duncan McNally discovering in 1927 that the breath moving through chemicals in water would cause it to change colour.

Slightly more rustic detection devices were still being used around the period, including here in the UK where we were asking motorists to blow into football bladders, while in the States the attractively

named drunkometer was snaring drivers from the early 1930s.

There remains a slight margin of error where breathalysers are concerned – the only way to get a proper gauge whether someone is over limit is via a blood test – yet it's still not the kind of technology you can fool. And with good reason – after all, over a quarter of all fatal road crashes in the UK have alcohol at their source.

The myths of sucking on a coin, chewing gum or drinking mouthwash to produce a decreased reading have all been debunked, and the only way you can guarantee not getting yourself a driving ban, or worse, is to keep off the booze...

or catch the bus.

And if you're in any way uncertain – for instance, on the morning after a couple of drinks the night before – there are an array of cheap, effective, homemade kits that will help ensure you keep on the right side of the law... and the road.



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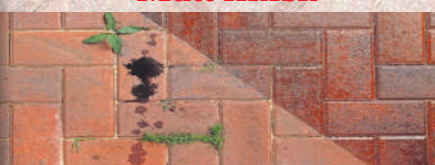


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