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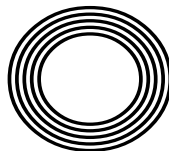
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Johnson takes over as Prime Minister

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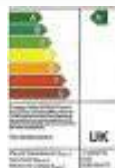


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Editor's notes...



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

It's nigh on impossible to think of September without thinking of schools opening after their summer shutdown.

As a relatively new dad - my little lad Max is only 10 months old - I've become much more aware about the importance of a good education, and not just in the traditional subjects like maths and English.

I think we need to be teaching more about techniques and ways of thinking that children can use to combat growing social problems.

Bullying seems as bad as it has ever been, in large part down to relentless social media.

The self-esteem and mental well-being of children and young adults is constantly under threat due to the unrealistic and constant bombardment of perfect images and fantasy lives they see online.

I like the sound of the growth mindset culture introduced by many schools across the country.

It's a way of thinking that encourages children to be unafraid of getting things wrong and not worry about trying to be perfect.

This led me to support children's book *Spot the Different*, which encourages kids to be kind to themselves and not be afraid to stand out. These are all things my wife and I will be instilling in Max.

I have bought 30 copies of the book to donate to local school libraries and to help raise awareness of the important message. Thanks for reading,

Nik

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NEW BORIS

Sweeps clean



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HE MAY HAVE NOT BEEN THE FAVOURED CHOICE, BUT RESERVE JUDGEMENT ON THIS OCCASION, AS NEW PRIME MINISTER BORIS JOHNSON MAY JUST BE THIS COUNTRY'S SAVING GRACE.

.....

Given that our political system has always existed while stuffed clumsily in the pocket of the ultimate organisational irony – that we are governed by a set-up of MPs whose very being means acting in opposition to one another – it's a miracle we've made it this far.

Sure, over the centuries, the Houses of Parliament appear to have bumbled, burst and bludgeoned their way through a variety of issues, but there is a sense that never before have a collected band of representatives been so unapologetically unhelpful towards each other, whilst displaying such plain disregard for those who put them there in the first place – the electorate.

We've been left in a parlous state, where even some of the most ardent Leave or Remain campaigners have had the last bit of political puff forced out of them by a string of events that has dragged on longer than the annual trot around the Eurovision juries.

And yet, now, it may be that finally our very own 'Euro vision' is forming, and thank goodness we have someone like Boris Johnson to drag it up on stage, stand it in front of the microphone and cover its ears as the rest of the continent offers a resounding 'nul points' to its little ditty.

In reality, Boris is the best we have. Theresa May's position was a poisoned chalice from the start, Jeremy Hunt you feel would have simply toed the same drab, pointlessly formal line, and Jeremy Corbyn has taken three years to finally decide he's a Remainer. And for the

respect of what little democracy we have left, a second referendum, however it was being dressed up, was never an option.

We are at a stage now where we need to put political allegiances aside and just get on with leaving the EU on October 31 in the most clinical way possible, and as BoJo has proved several times already in his career, he is a leader, a motivator and a driving force for positive, unerring, often brazen action.

Whether Boris will make a good Prime Minister should, at this point, be seen as secondary to the real job in hand, although even on that front, his merciless, almost dramatic dressing down of Corbyn in his first House of Commons debate at least shows a glimpse of a political future where humour, drama and liberal dashes of sarcasm may replace an overstayed period of shouting, shuffling, sneering and downright childish gameplay from those who should know better.

As yes, 55-year-old Boris may well still represent a cumbersome orator from another era, but during his time as London Mayor – and all those Boris bikes – as columnist and magazine editor, and as Foreign Secretary, he made very real change happen. The man is no fool.

Ultimately, what you get with Boris Johnson is charisma, action, and perhaps a little entertainment thrown in for good measure. Sure, he will speak out of turn, he will wobble precariously on the line of acceptability, but he will also put both barrels behind the country he loves, even at risk of throwing himself under the bus... or is it a bike?



SSSSilent HERO

For 60 years Marcel Marceau's talent for pantomime entertained audiences around the world.

He was also the man whose act inspired Michael Jackson's famous moonwalk. But few of his adoring fans realised that behind the mask of his most famous character, chalk-faced Bip the clown, there was a true hero.

During the Second World War he saved hundreds of Jewish children from the Holocaust. Masquerading as a boy scout, Marcel evacuated a Jewish orphanage in eastern France. He told the children he was taking them on a vacation in the Alps, and led them to safety in Switzerland. Marcel made the perilous journey three times, saving hundreds of Jewish orphans.

He was able to avoid detection by entertaining the children with silent pantomime.

Born to a Jewish family in Strasbourg, France in 1923, young Marcel Mangel discovered Charlie Chaplin at the age of five and became an avid fan.

When Marcel was 16, the Nazis marched into France, and the Jews of Strasbourg - near the German border - had to flee. Marcel changed his last name to Marceau to avoid being identified as Jewish, and joined the French Resistance movement.

Documentary filmmaker, Phillipe Mora, whose father fought alongside Marcel in the French Resistance, said: "Marceau started miming to keep children quiet as they were escaping. It had nothing to do with show business. He was miming for his life."

Marcel's kosher butcher father perished at Auschwitz.

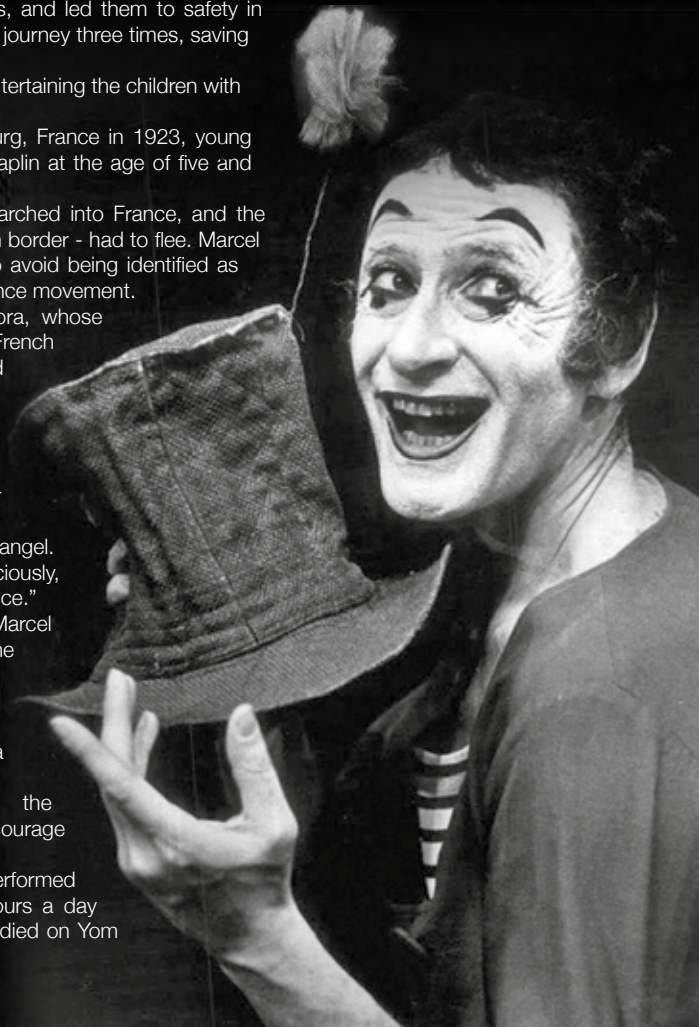
Marcel later said: "My name is Mangel. I am Jewish. Perhaps that, unconsciously, contributed towards my choice of silence."

In his first major performance, Marcel entertained 3,000 US troops after the liberation of Paris in August 1944.

In 1947, Marcel created his beloved character Bip, a childlike everyman with a stovepipe hat and a red carnation.

In 2001, Marcel was awarded the Wallenberg Medal for his acts of courage during the Holocaust.

Until his death at age 84, Marcel performed 300 times a year and taught four hours a day at his pantomime school in Paris. He died on Yom Kippur, 2007.



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HOME & DIY

5 ways to use a MASON JAR

The humble mason jar; we all have one or two gathering dust in the kitchen cupboards. So why not try one of the below cheap and chic creations that can be made with just a few additional materials and a little bit of imagination?

FIREFLY LIGHT FEATURE

Brighten up your garden with this super easy glow in the dark light. All you need is a mason jar and some glow in the dark paint. Create a splattering effect on the inside of the jar with the paint so that when it is dark it will glow as if filled with hundreds of tiny fireflies.

VINTAGE CUTLERY CADDY

Who doesn't love a bit of shabby chic in their home? Mason jars make great containers for cutlery; simply paint a rectangle onto each jar using black chalk paint and then write your labels using chalk.

HANGING HERB DISPLAY

Create your very own hanging herb collection in your kitchen by filling your jars with soil and an assortment of herbs. Display on the windowsill or hang on hooks on the wall.

CUTE COASTERS

Don't forget to utilise the jar lids too; all you need is a sheet of cork-board, some glue and a marker pen. Cut a circle of cork that will fit on the inside of the lid, glue in place and then write a phrase or message on the cork for your guests to enjoy.

AROMATHERAPY JAR

Create your own scents for your home. Simply add cotton balls that have been dabbed with a few drops of your chosen essential oil to a mason jar and then make a few small holes in the lid. Inhale and enjoy. This is a good one if you suffer from colds, use eucalyptus oil and place the jars around your home.

BOB'S ~~NOT~~ A BUILDER

We've all seen news reports, undercover documentaries and social media posts detailing those who've put faith and finance into tradesmen not up to the task.

While there is no foolproof system for verifying contractors, utilising a few simple checks can protect against cowboys:

ONE – REPUTATION IS KEY

Be wary of online reviews as these can be filled out by anyone – a genuine customer or perhaps just a mate of the contractor. That said, a great site to check is trustmark.org.uk, which offers government-endorsed tradespeople across multiple sectors.

Beyond that, see if www.youre-hired.com will provide phone numbers of previous customers who have had similar work done. You may even be able to do this with suppliers too.

TWO – WRITE TO REPLY

Make sure you ask the builders to put everything down in writing as regards payment terms, project timeframe and how the job will draw to a conclusion, including, for instance, who will dispose of waste materials.

THREE – MONEY MAN

You should never pay upfront for a job. Any good contractor should want to get the job finished before receiving full payment.

THREE – IMMEDIATE START? BE STARTLED

While we'd all like hired help to get to work as soon as we call, it's not always a bad sign to find a builder cannot start as quickly as you would hope, with a well-stacked calendar servicing other customers.

FOUR – ENSURE OR SHOW THEM THE DOOR

Enquire as to the insurance they offer over work done – what are you covered for in the event of them needing to come back?

FIVE – QUALIFYING TIME

Probably the best check of all is to run your preferred contractor's name past a regulating body. There are a number for each specialism but you can search quickly online to check they are verified.

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Under THE Sea

HOW TO BRING THE UNDERWATER WORLD INSIDE

There is something tranquil, calming and reassuring about the sea, to the extent that a recent trend finds us recreating the gentle serenity of the coast within our own homes.

Where in the past an underwater theme would have been the domain of the kids' bedrooms, experimenting with maritime design even in our main living spaces – consider blues, turquoises and light greens – can add colour, complexion and an element of fun.

And you don't have to go all out on themed furniture. Sometimes just very subtle references to the sea can have the best effect, such as scallop-patterned chains or edging to drawers or units.

Wallpaper can add smart, subtle references to the coast, either in swathes of brilliant blue and subtle sandy brown, or as a detailed design that perhaps showcases boats, shells or beach huts. And while you're at it, rugs and carpets with irregular, fluffy edges can move and sway in much the same elegant, carefree way as a receding tide. Patterned cushions can add a very simple effect too – think traditional blue and white with perhaps a splash of yellow.

The subtle placement of objects and art can also really bring on that feeling of being in a sub-aqua wonderland inside of your home. Driftwood, for instance, is one of the most curious, curved, beautifully artistic things you can have, even as a stand-alone object or used as picture frames or stand-alone shelf decoration. And when adding watercolours, sculptures and other more covertly obvious nods to the beach, you can quickly build a mood that gives you everything the coast offers without the hassle of sand getting caught between your toes.



HOME & DIY

Photo credit: Living etc, Sheridan Australia, The Independent, Dan Duchas/Ideal Home

Alex Kemsley ...taking the PLUNGE



THE SWIMMING POOL DESIGNER DIVING HEADLONG INTO BIG BUSINESS

To combine the pleasure of a favourite pastime with the satisfaction and comfort gleaned from making money and having a successful career... well, that's everyone's dream, surely.

To make that perfect life come true requires dedication, belief and an unrelenting pursuit of excellence, and for swimming pool designer Alex Kemsley that journey started way back at the age of nine.

It was whilst still in single digits – albeit with the help of his father – he built his first pool. And in the immediate years that followed, the young designer's eye for detail very quickly became evident, with a drive for business being complemented by his pursuit of the perfect balance between health and luxury.

"Any nine-year-old boy would enjoy operating an earth mover to dig out a hole big enough for a pool," Alex begins, "but I couldn't have guessed that day that it would become my life's work."

"To go from building a family pool with dad at my childhood home to designing the world's most talked about pool has been an incredible journey."

That iconic pool he references has been built by his company, Compass, and is named Infinity London. It is a 200m high – it sits on top of a 55-storey building – 360-degree roof-top pool set to tower over the capital's skyline. It is formed around cutting-edge design, powered by computer technology and with renewable values at its core... for instance, it is heated by the by-product of creating cool air in the very building it sits atop.

As you would imagine, the designer's level of client is already unparalleled in the world of pool design, with footballers, musicians and TV stars commissioning Kemsley to create, configure and install designs that start with six-figure price tags. And with double-digit growth, the evidence is that demand for going for a dip is Brexit-proof... if not waterproof.



Photo credit: www.compass-pools.co.uk/Infinity London Media

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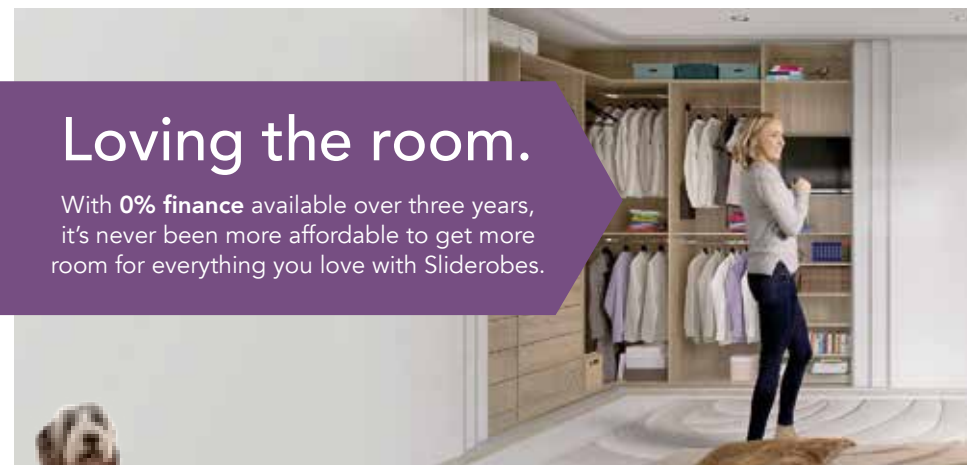
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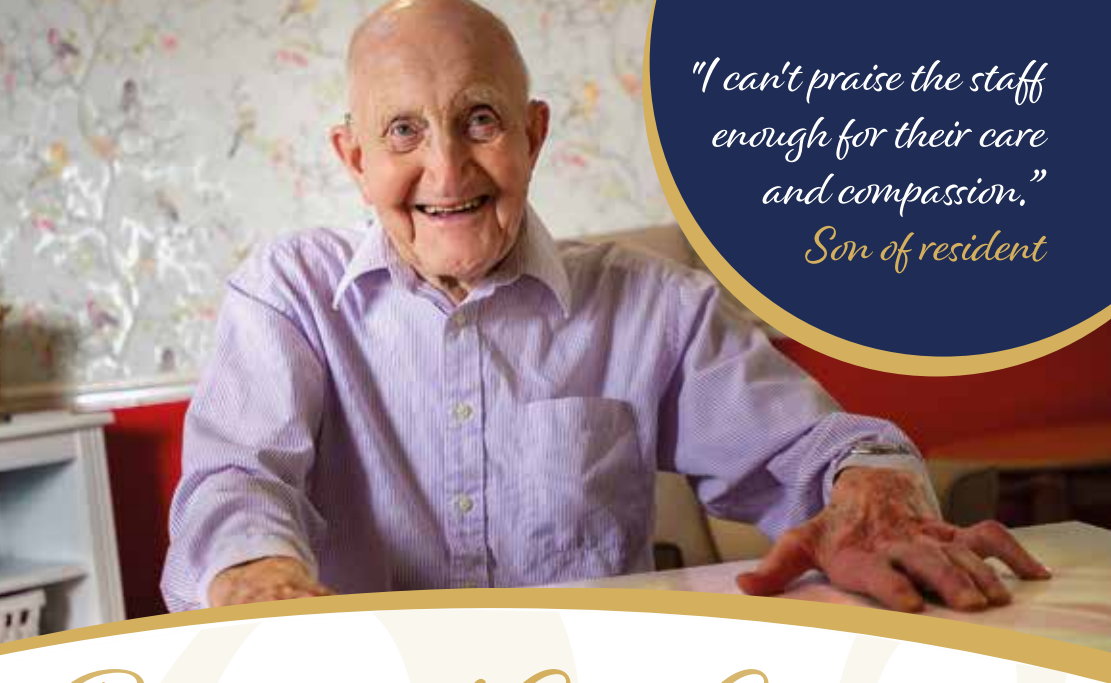
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LOCAL NEWS

from your neighbourhood

LOCAL NEWS BRENTWOOD



Photo credit: Jakob Ebrey

Town racing driver scores best result yet

A teenager from Brentwood scored his best result yet in the UK's most competitive junior motorsport championship recently.

Ethan Brooks went home with his two best results of the season following the Michelin Ginetta Junior Championship.

The Brentwood School pupil powered through to score two top 10 finishes out of a grid of 26 in the event held at Thruxton Motorsport Centre in Hampshire – the UK's fastest motorsport circuit.

Ethan had a disappointing qualifying session because he was caught up in traffic. This resulted in him qualifying in 17th place.

Despite this, he worked his way through the pack and finished in a respectable eighth place – his best to date.

In race two, the 16-year-old started in 13th place, but made his way to fifth by the end of the first lap.

Due to a red flag and a full restart, he dropped back again in the standings but managed to finish in seventh place.

In the final race, Ethan made a promising start climbing to fifth by turn three. However, he later

crashed with another car at 100mph causing him to spin off.

He managed to climb from last place to 13th, whilst matching the pace of the front runners.

Speaking following the championship, Ethan said: "This was our best weekend this season as we were able to fight at the front and gain our two best results."

"Of course, I'm disappointed about race three, but we showed that we had the pace to battle for the podium."

Ethan managed to secure his place on the Junior Championship grid after winning the Ginetta Junior Scholarship in October 2018.

He fought off 70 of Europe's best drivers to be crowned Scholarship winner and secure a place on the Ginetta Junior Grid for 2019.

The Ginetta Junior Championship resumes at Knockhill in Scotland on September 14 and 15.

Ethan is still seeking sponsorship in order to see out the remainder of the season.

The championship is broadcast live on ITV4 and supports the British Touring Car Championship

To express an interest, email mrsbrooks@talktalk.net



Dispute with golf club will not give plans the yips

Brentwood's council leader insists plans for a £7million revamp of leisure facilities will not be scuppered by a dispute with a golf club.

Councillor Chris Hossack, leader of Brentwood Borough Council (BBC), says the development to boost leisure facilities at the King George's Playing Fields in Warley will go ahead.

That's despite a dispute with Hartswood Golf Club who currently have exclusive use of a clubhouse set to be demolished as part of the plans.

They feel the proposed new clubhouse they would take over would not be up to the standards of the existing one. Currently they also have a lease with 13 years left to run which would have to be renegotiated.

Conversations are ongoing between the golf club and the council but it does add doubt as to the future

of the £7million leisure plans.

Once complete the new leisure facility will include a new pavilion building, splash pad and outdoor adventure play area.

Cllr Hossack said: "The deal won't be scuppered; it has the unanimous support of the whole council and the public consultation showed strong support for investment into King George's Playing Fields to improve facilities for all users."

A council spokesperson added: "The council is trying to build a facility that supports all the users of the park and the golf club is one of a number of considerations.

"The club has proposed a number of options/ suggestions to the council at each meeting and the council is currently evaluating all of these as part of any future lease agreement with the club."

Police appeal after man stabbed in high street

A man is recovering after he was stabbed in the shoulder when a brawl broke out between a large group of people on Brentwood High Street last month.

Police were called at around 2am on August 4 after the disturbance turned violent and the man in his 20s was stabbed. His condition is not deemed to be life-threatening.

Police want to hear from anyone with information.

A police spokesman said: "We are investigating following an incident where a man sustained a stab

wound in Brentwood.

"We were called to reports of a large fight in the High Street at around 2.15am on Sunday August 4.

"It was reported a man in his 20s had sustained a stab wound to his shoulder.

"If you saw anything, have any CCTV or dash cam footage, or have any other information please call us on 101 quoting the crime reference number 42/124296/19 or Crimestoppers anonymously on 0800 555 111."



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Pupils have sizzling summer of swimming success

Students from a school in Brentwood are celebrating after winning big at the English National Swimming Championships recently.

The event, held at Sheffield's Ponds Forge International Pool, sees swimmers compete for medals over five days of competition.

Jacob Stephen, 14, struck gold in the Men's 13-14 years 50m breaststroke taking the title with a lifetime best time of 32.16.

Amelia Moule placed second in the women's 16

years 400m freestyle and picked up a bronze in the women's 16 years 800m freestyle.

Headmaster Ian Davies congratulated both Jacob and Amelia on their outstanding performances.

He said: "Their success shines a spotlight on the strength of Brentwood School's swimming programme, the hard work put in by our head of swimming Nikki Watson and the sacrifices that swimmers have to make to be the best in their sport."

Man who robbed town shop jailed

A man who robbed a shop in Brentwood armed with a machete has been jailed for four years.

A man dressed in a black balaclava, grey zip-up jacket, black combat trousers, black gloves and armed with a machete went into the McColls in Eagle Way, Warley shortly before 10pm on February 23.

He went up to the member of staff behind the till and demanded money before making off with a three-figure sum of cash.

Police were called at around 10.30pm and when two officers attended the scene, they began a search of the area where items of clothing were found.

All the items were identified as those used by the robber.

A full DNA profile was obtained from the inside of the balaclava and when it was sent off for testing it came back as that of 37-year-old Matthew Page.

Page was arrested at his home address in Brentwood on March 15 and later charged with robbery and possession of a knife in a public place.

He denied the charges but, following a trial at Basildon Crown Court, he was found guilty of both on August 1.

He was jailed for a total of four years.





From the Far East to the East of England

If you've ever wanted to experience Japanese culture without leaving the comfort of your own home, now's your chance. In January 2020, courtesy of CHE, families in Brentwood will have the opportunity to open their doors to Japanese students wishing to experience a slice of life in the UK. Whilst Japanese students love sightseeing in London, when they are choosing their homestay locations they are looking for the kind of warm welcome not often found in the capital.

Students will spend their weekdays having English lessons and going on excursions, but the unique part of the experience is the homestay, where they hope to try wholesome British food and to communicate with their host families in English, teaching them about

Japanese culture, while also learning about British customs.

Local coordinator Simon Essex said: "In the UK we are exposed to European and American culture through social media and television on a regular basis, but personally, I have always found Japanese culture fascinating. I am very excited that CHE are now opening the opportunity to Brentwood families to host Japanese students in January 2020, allowing them to experience our great way of life here in Brentwood. We hope to offer them a memorable experience in a safe and caring home for their short stay in the UK."

Contact Simon on simon1973essex@gmail.com or 07841 020197 about this incredible opportunity.

Council called upon to solve litter problem



A woman in Brentwood says urgent action needs to be taken to deal with a problem of overflowing rubbish in the town.

Carole Nash lives at Rollason Way near Brentwood Station where local residents have a communal bin area where they can put general waste as well as recycle.

But as this shocking picture shows, this area is regularly overflowing and, speaking to **VISION**BrentwoodOngar, Carole explained what she thinks the problem is.

She said: "People living nearby have to go right into the basement to put their rubbish in the bins so it's easier to put it in ours. People don't like lifting the lids so they just chuck the rubbish on the floor. Brentwood Council won't touch the bins. Housing won't touch it so my sister had to ring Environmental Health."

Carole's sister lives with her elderly mother who has dementia next to the communal bin area and says the pair's quality of life has been directly affected by the issue.

Carole said: "She can't have the patio door open because of the smell outside and the possibility of rats. The binmen say they have seen rat droppings. This has been going on for a couple of years and people are just trying to pass the buck."

Brentwood Borough Council were unavailable to respond.

Caring host families wanted for Japanese students visiting Brentwood

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Tributes to founder of youth football team



Tributes have been paid to a man from Brentwood, who set up a youth football club, after he died. Norman French set up the popular Byron Red Star FC in Romford and introduced thousands of people in some form or another to football.

The club website says Norman will be sadly missed by everyone who knew him and the wider youth football community.

The website reads: "Norman started as manager, treasurer, secretary and chairman but, as the club grew, he'd spend more time doing what he loved the most: training the youngest players as manager.

"Thousands of boys have played in Byron's teams and some appeared at professional level, including Clive Allen and Paul McKenzie. Byron Red Star were also once a feeder club for Bobby Robson at Ipswich Town."

In 2012, Norman was given the honour of carrying the Olympic Torch through Romford for his contribution to grassroots football.

He continued to be actively involved with the club until ill health forced him to step down.

Norman remained president until he died.

Essex-based experienced reporter needed

Are you a journalist with an eye for a story? Are you a good talker, but an even better listener? Are you as in touch with the parcel delivery lady as you are the town mayor? And most importantly, can you sort the wheat from the chaff? If so, you could be the Essex-based journalist we are looking for.

VISION magazines' rapidly expanding Home Counties portfolio means we need even more journalists at the heart of communities ready to put into print the stories that matter. Whether breaking

news, reporting community updates or discussing upcoming issues, our writers are thirsty, dedicated and well rewarded.

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To be considered for this Essex-based position, drop me an email at nik@visionmag.co.uk including your CV.

Uber won't be making significant changes

Uber says it will not be withdrawing from or applying for an operator's licence with Brentwood Borough Council.

The declaration from the ride-hailing company comes after a meeting of Brentwood Borough Council's Planning and Licensing Committee in June at which members asked Uber to withdraw from the town or apply for an Operator's Licence with the borough council.

At the meeting, drivers from the Brentwood Borough Taxi Drivers Association said that Uber's presence in the town was causing "the erosion of localism and a local trade based upon drivers who live and work in the borough and develop strong and positive relationships with their customers."

But a letter from Uber to the council said no changes will be made in the near future.

The letter reads: "I am afraid that we are not going to be making any significant changes to our business, or applying for new licences, in the near future.

"As I expect you and your licensing committee are aware, the Government is currently considering reform of the national taxi and private hire regulatory framework.

"This means that we cannot justify making further changes to our systems until we have greater clarity of next steps in that regard.

"When we have an idea about the broader national picture, I would like to revisit the idea of applying for an operator's licence with Brentwood."

Uber

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LOCAL NEWS BRENTWOOD



BURGHART for BRENTWOOD



Alex Burghart MP for Brentwood and Ongar



In this day and age, access to fast, reliable broadband is essential for most of us to benefit from online services, and for UK businesses to compete globally.

In good news, the Government hit its target to extend superfast broadband to 95 per cent of the UK by the end of 2017 and firmly believes that this transformation of the digital landscape should reach every area of the UK.

However, as many of us know, the superfast speeds we have been promised are not always a reality – especially for those living in rural areas, or at the furthest distance from the telephone exchange. The Government's focus is now on those hardest to reach places in the UK that are not covered by existing plans.

One of the main companies rolling out the new technology is Openreach, and I recently had the chance to meet company representatives and engineers in a small building in woodland in Brentwood to find out more about the work they are doing to switch all of us on to superfast broadband.

Thousands of new workers will be needed and

Openreach has taken on 3000 new recruits this year within twelve regional training schools. It's currently the biggest provider of apprenticeships in the UK and the largest employer of ex-forces personnel. And, fortunately for the broadband users of Brentwood and Ongar, there were plenty of highly-trained staff on hand when I was offered the chance to splice some of the high-tech fibre technology into the system.

Openreach is keen to make sure all of us with access to superfast technology are aware it is available.

For those with very slow broadband, the Government has introduced the Better Broadband Scheme. Anyone, in any part of the UK, whose broadband is slower than 2Mbps, can apply to this scheme to get Government support for a faster connection to allow them to carry out the basic online tasks that are expected in a modern world such as emailing, or completing online forms. If you're struggling with your broadband speeds, do get in touch with me at www.alexburghart.org.uk or, if the internet is just too slow, at House of Commons, London, SW1A 0AA.

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Owner wants to reopen bar following fatal attack



Photo credit: Google Maps

The owner of a bar in Brentwood which had its licence revoked after a fatal attack outside the premises has applied to the council for it to be reopened.

The Vine is at the centre of the murder inquiry of 25-year-old Paul Wallington who was assaulted on Christmas Eve last year.

Mr Wallington died as a result of a head injury five days after being assaulted.

The bar was forced to close following the incident and has since remained vacant and unused.

After an investigation, police "made representations that the management of The Vine had been inadequate, as evidenced by a number of failures to adhere to its licensing conditions" and revoked its licence after it was initially suspended.

Andreas Artemi, The Vine owner, applied to Brentwood Borough Council for a premises licence on August 19.

If accepted, the bar will have permission to re-open from 22:00 to 00:00 on Monday to Wednesday, 22:00 to 01:00 on Thursdays and Sundays and 22:00 to 02:00 on Fridays and Saturdays.

A consultation period on the application will be open until September 16.

Police break up town drug ring

Nearly 20 people in Brentwood were arrested during an operation to target those involved in the supply of cocaine, police have revealed.

The town raid is just one of 80 operations carried out by police over the last two months to tackle knife crime and serious violence in public places.

Police in the county were awarded £1.76million from the Home Office and used the funding to continue Operation Sceptre Essex, a targeted crackdown on knife crime.

Chief Superintendent Tracey Harman said: "Every day we have officers out across the county tackling violent crime and knife crime.

"This includes extra patrols, using stop and search powers, and gathering intelligence to help us target offenders.

"Information from the public is also really important in helping us identify offenders, as we can only tackle these issues as a community."

Call 101 or report online at www.essex.police.uk/do-it-online

Alternatively, contact the Crimestoppers charity 100 per cent anonymously on 0800 555 111 or use the anonymous online form at Crimestoppers-uk.org

Toner honoured to be named new skipper

Brentwood Town skipper Michael Toner was delighted to be appointed to the role last month and his capture was described as a 'coup' by Town boss Ryan O'Rawe.

Speaking to the club website, Toner said: "It's a big honour to be named captain. I'm just quite excited to come in and give it a go under a new manager.

"Ryan and his assistant are young managers – I think I'm older than them – but he spoke very highly of me and that means a lot, especially from a guy who is still playing and has played against me.

"So for him and Darren Blewitt to come up with me was great because it is nice to feel appreciated and respected."

In other news, if the team are successful in their re-match with Harlow Town, they will play Bowers & Pitsea in the Emirates FA Cup first qualifying round.



LOCAL NEWS BRENTWOOD



Photo credit: Malcolm Dornb

Muddy Mayhem success

St Clare Hospice has promised a second, autumnal Muddy Mayhem following the success of the July event. It will debut at Brentwood's Nuclear Races venue on October 20, where participants can continue to raise vital funds for the hospice.

Emma Broadbent, challenges and events fundraiser at St Clare Hospice, said: "When our event photos went up on Facebook after our first Muddy Mayhem of the year in July, we were inundated with enquiries for when the next one would be.

"We knew we had to step to the challenge, so we are putting on a second Muddy Mayhem this autumn, in partnership with our friends over at Nuclear Races."

The event will feature the original 5k mud run with

around 40 obstacles to challenge even the toughest mud-lovers.

Emma continued: "Gather together your friends, sign up and get your St Clare t-shirts on – because Muddy Mayhem is back in business this autumn.

"This really is one of the most exciting events in the St Clare calendar that, if you love getting messy and feeling that adrenaline rush, you absolutely cannot miss. We can't wait for the second round of fun in the mud."

To sign up, visit stclarehospice.org.uk/event/muddy-mayhem/autumn

Alternatively, get in touch with Emma Broadbent on 01279 773754 or email emma.broadbent@stclarehospice.org.uk



Local cricketer shines on England Ashes debut



Photo credit: England Cricket

A Brentwood resident has shone on the international stage after getting her first call-up to the England T20 Cricket team.

Mady Villiers was selected in the Women's Ashes squad for the T20s against Australia in July after a good run of form for Essex Women and Surrey Stars.

On her international debut, Villiers excelled and picked up two key wickets in her second over which helped England secure a 17-run victory over Australia.

Mady's former school, Shenfield High, congratulated her.

The statement read: "Everyone at Shenfield High is very proud of Mady. She scored her first century for the school as a 13-year-old off just 66 balls just two years after first playing the game. Please note Mady is a genuine all-rounder, not just a decent spinner."

The 20-year-old described her debut as an "incredible experience" on her Instagram page as fans flooded her with congratulations after her performance.

It read: "What a difference a year makes and what an incredible experience to step out on the field with these girls and make my debut. Just want to thank everyone for your messages."

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Students celebrate after A Level success

Sixth Form students in Brentwood are celebrating another strong set of A Level results.

Results day on Thursday, August 15 was one to remember for Brentwood students from a variety of different schools.

Over 100 students at Brentwood School are going to their first-choice university, 25 students got A*s and A Grades and six are off to Cambridge University.

Director of Sixth Form Rob Higgins said he was delighted to see so many happy and relieved faces.

He added: "This is the culmination of years of hard work from both students and staff and I'm delighted to see that so many students got in to their first-choice university again. Particularly pleasing to see are those students who did better than expected, which demonstrates not only their dedication but also the

proven added value of our growth mindset mentality."

Brentwood County High School's (BCHS) Year 13 students were all smiles on the day.

Their statement read: "Congratulations to all our Year 13 students on their results today. We are really proud of you. Good luck with whatever the future brings and please keep in touch."

Becket Keys CofE Secondary School, on Sawyers Hill Lane, had several students with 'truly outstanding' results in the school's first ever set of A Levels.

Headteacher Andy Scott-Evans said: "This is another important milestone for our school; our very first set of A Level results. When we opened the school in 2012, of course, we had our eyes fixed on this point and had high expectations for what our students would go on and achieve. Today, we have seen our vision come to reality."

Audio recordings help the blind stay connected

A local service that allows blind people to listen to print newspapers is looking for volunteers to read and record them.

Brentwood and District Talking Newspaper (BDTN) allows people who are blind or partially sighted or have trouble reading small print to be able to listen to their local newspaper.

Every week a team of volunteers get together in their recording studio to read the local news.

The free service is provided by volunteers who digitally record the reading onto a computer and copies are then produced for distribution using either

an audio cassette or a memory stick.

BDTN are currently looking for volunteers who could help by becoming a reader – reading the items to be recorded or an engineer – recording the readers, then making the master copies to be copied. Or you could help with distribution – making / distributing the copies.

More information can be obtained by contacting the secretary – Janette Ballantyne on 01277 215956 or email enquires@bdtbn.org.uk

Alternatively visit www.bdtbn.org.uk where readers can download recent recordings.



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Mayor opens Warley Playing Fields



Brentwood mayor Keith Parker launched the new Warley Playing Fields Outdoor Gym last month as part of the Family Fun Day celebrations.

The £58,000 gym is already being enjoyed by residents and fitness fans and offers 17 different exercise functions together with an outdoor table tennis table.

Brentwood Borough Council chair of health and community committee, councillor Cliff Poppy said: "We thought it would be a great way to showcase the equipment by holding the launch in conjunction with our second Family Fun Day of the year at Warley.

"The gym really is impressive with a great range of equipment and it has already become a magnet for people of all ages, children and teenagers and some who are clearly fitness fanatics."

Equipment available for use anytime at the Outdoor Gym includes, multi-user fitness frame, lat pull and chest press, sit up assembly, hyper extension bench, horizontal ladder, ski stepper, leg stretch, air skier rower, air walker, arm swirl, twister, trinity cycle, pull up bars, step challenge, ladder walk, and finger and arm stretch.

Leisure centre keeping residents busy this month

Brentwood Leisure Trust has a busy September planned to keep residents fit and entertained.

The Brentwood Centre has many classes, activities and events taking place over the month.

The Chat 1st Wellbeing Programme has a new timetable for September with some interesting new additions. The Mental Wellbeing Programme, available to anyone looking to improve their mental

wellbeing, now offers a naturally art course, incorporating mindfulness and arts and crafts in the community garden.

The Dementia Friendly Programme for the active aging and their family/carers now offers a class or activity every day from Monday to Friday. Plus, the Physical Wellbeing Programme continues to provide a wide range of cardiac rehab, cancer rehab and general Fitness for Health sessions. The youth programme has new dance aerobics to join the current teen yoga, boxing, football, Friday Night Take Over and Autism & Additional Needs gym sessions.

To find out more about any of the Chat 1st Wellbeing programmes, register online at www.brentwood-centre.co.uk/wellbeing

Charity hosts first Family Fun Day and Dog Show

A charity has teamed up with Essex Dog Training Centre to host the inaugural Family Fun Day and Dog Show in Brentwood.

The event, in aid of Helen Rollason Cancer Charity, is being held at Brentwood Dog Training Centre on September 22 from 10am.

As well as all the dog classes and agility challenges, there will be stalls, activities, food and drink.

Dogs can be entered in to as many categories as you wish.

A spokesperson from the charity said: "A huge thank you to Roy Dyer MBE for allowing us the opportunity to hold our first charity event at the Essex Dog Training Centre. This event is designed to be a more light-hearted dog event for families and couples or individuals wishing to enter their pet dogs as opposed to a more formal dog show."

To book tickets, visit www.helenrollason.org.uk/events/hccc-family-dog-day or call the fundraising office on 01245 380719.



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Children's author achieved his ambition

A primary school teacher who went to school in Brentwood has achieved his dream after getting his first children's book published.

James Steptowe's debut book, *Raid of the Ratskull Rodents*, ties in with his job as his book aims to engage and help young readers with their English skills.

The book is aimed at young readers aged between seven and 11. It revolves around two cats, Gus and Ember and sees them go on a hunt to get back a missing sacred object.

Speaking about why he decided to write the book, he said: "I've always wanted to write a children's book

and suddenly last summer, I decided I was going to sit down and have a go at it.

"As I'm a big mystery/adventure fan myself, I knew that was the genre I wanted to write."

The two courageous cats are based around real life cats who belong to friends of James'.

He said: "I just knew they'd (Gus and Ember) make a great duo for a mystery/adventure story and the missing sacred object was partly inspired by a topic I had just studied with one of my classes."

Raid of the Ratskull Rodents is available now from any bookshop, Waterstones and Amazon.

Theatre performance to support charity

A theatre company will be supporting a charity which seeks to relieve homelessness in Essex with a special performance in Brentwood next month.

The Reject Theatre Company are supporting CHES Homeless Charity with their performance of *One Man Two Guvnors* in the first week in October at The Brentwood Theatre. For each ticket sold, a £5 donation will be made to the charity which helps homeless people around Essex.

The Rejects were originally formed in 1988 by its founding members Stephen Emery, who is now

Stephen Moyer of *True Blood* fame and can now be seen presently in *The Gifted*, Barry Hester and Kevin Richards.

Bringing a fresh new approach to the theatre they performed to critical acclaim *The Long and the Short* and *The Tall, Bouncers, Twelve Angry Men, Private Wars* and *The Dumb Waiter* amongst others. In the 90s the members pursued their separate careers but recently Kevin and Barry decided to bring the company back to life again. In the New Year The Rejects will be performing *Abigail's Party*.

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POSTING PROFITS

Why new *Dragons' Den* enterprise impresario Sara Davies is a calling card for all businesses hoping to grow out of nothing.

.....

Anyone who has seen the new series of *Dragons' Den* will have clocked a new face on the panel of fire-breathing business behemoths.

Terrestrial television's most successful new business show resumed its 17th series at the start of August. And with Jenny Campbell having stepped back from investment duties at the end of the last run of programmes, the much-vaunted seat two – once occupied by James Caan, Richard Farleigh and Hilary Devey – was instead filled by a new backer; and someone able to empathise with all areas of the entrepreneurial spectrum.

To the untrained eye, County Durham-born Sara Davies MBE represents a friendly, warm, welcoming, empathetic member of Britain's most feared panel. And so she should – the 35-year-old was brought up in rather simple surroundings in the north-east, and launched her debut business, Crafter's Companion, from her university student accommodation.

Her idea was simple – she offered a tool that could create bespoke envelopes for handmade cards. It came at a time when craft had begun to boom in the UK, and such an obvious gap in the market was there to be exploited. Sure enough, by the time Davies graduated, the enterprise was turning over £500,000 a year.

These days, Crafter's Companion exports to over 40 countries, employs 190 people worldwide, and can boast an annual turnover of £25million – not bad for an idea not just written on the back of an envelope, but was the envelope itself.

It all adds up to someone perfectly in touch with the qualities required to take a ground level business and move it to the next level. In the opening episodes we see Sara's approach as firm but fair, sympathetic yet system-driven.

"I think my background isn't too dissimilar to that of the other Dragons," she says.

"It's not like we were born into huge amounts of wealth. For us it's just been a case of having a good idea, going with it, then using the profits from that to try other avenues.

"As I say to a lot of young companies, sometimes getting that first idea right makes it 10 times easier to fuel all those that follow. That's because you have a springboard, you have experience, and the chances are you have contacts, as your next move is most likely to be in a familiar area."

As the 18th business wizard to step into the show, Davies is the youngest, proving that the world of modern business, even at corporate level, isn't the domain of those who have spent decades climbing up through the system.

"While it takes time to understand the mechanics of enterprise, I believe the spark to make money and to make a difference is there from childhood. That's not something you can learn – you either have it or you don't," she says.

Davies is already making a difference in the den. While, straight away, she put her hand in her pocket to make real the dreams of the next generation of business whizz, she is at the same time inspiring a brand of Sunday night armchair money-makers as well – are you one of them?

LOCAL NEWS

from your neighbourhood



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Group climb the O2 in remembrance of cousin

A group of family and friends climbed the O2 to raise awareness of cystic fibrosis (CF) in memory of their cousin Katy Rose Short who died of the condition.

Katy was diagnosed with the life-limiting genetic condition from birth and sadly passed away at the age of 16. On the day of her 22nd birthday (August 20), Teran Hedges from Ongar, climbed the iconic O2 arena in her memory with family and friends.

Teran, whose 10-year-old daughter Keira is battling CF, was on the climb last month.

She said: "It was really good, there was a couple who were scared of heights, but everyone made it to the top. We ran the Great North Run last year and did this challenge this year to raise money for cystic fibrosis and we are planning to host another event

early next year."

The group has so far raised over £600 of their £1,000 target.

CF is a life-limiting genetic condition affecting more than 10,000 people across the UK. It affects the lungs and digestive system and can cause chronic infections and reduced lung function. Currently, half of those with CF will not live past age 41.

The Cystic Fibrosis Trust is fighting for a brighter future for people with CF and their families by funding cutting-edge research, driving up standards of care and supporting people with the condition and their loved ones every step of the way.

To donate visit www.justgiving.com/fundraising/o2climb-cysticfibrosis-katysbirthday

Pub becomes finalists in regional awards



The White Hart pub in Moreton, Ongar has been nominated as a finalist for the second time around in the Essex Life Food and Drink awards.

The pub was taken over in April 2017 by landlady Carla Ince and her family and since has grown in strength.

In the first year of taking over they won Pub of the Year in the Essex Life Food & Drink Awards.

This year they have been nominated again by their customers and judged by a panel to be shortlisted to the final three for both the Pub of the Year and the Customer Service Award

The White Hart is a family friendly; dog friendly pub and a regular pit stop for walkers and cyclists.

The pub plays host to live entertainment, quiz nights and plays all sports on screens inside and outside on the terrace so there is simply something for everyone.

Posting on Facebook, a spokesperson said: "We can proudly announce we have made the finals again for the Essex Life Food & Drink Awards 2019. This year we will be at the awards night in September for two categories thanks to our wonderful customers for nominating us. Pub of the year again & the customer services award."

The Essex Life Food & Drink Awards take place on Thursday, September 27 at Down Hall, Essex.

For more information about the awards, visit www.essexfada.co.uk/finalist-2019

Witness appeal after car collision outside car dealer

Police are appealing for information after two cars crashed outside a car dealer store on Ongar High Street.

A silver convertible Porsche Boxster and a black Honda Jazz were involved in the incident, which occurred outside Ongar Motor Bridge Company on Ongar High Street shortly before 7.30pm on Friday, August 16.

Even though there were no serious injuries officers are keen to speak to a key witness.

After initial enquires, police believe a man wearing a black hooded top and light-coloured shorts stopped to assist one of the drivers immediately after the collision.

If you were a witness to the collision, or have any information or relevant dashcam footage, call the Chigwell Roads Policing Unit on 101 and quote the incident number 1053 of 16 August.

Netball club looking for new members

Ongar Netball Club is looking for new members. Established in 2014, the netball club channels everything netball is about, friendly, fun and competitive. Year on year it has grown to be able to field three teams across the Essex and Hertfordshire leagues, ranging from back to netball to more competitive higher league match play. The latest addition to the club has seen the launch of Ongar Juniors, providing training and match play to the future generation of netballers.

Kelly Stone, chairman, said the club hopes to continue its expansion in the years to come.

She added: "No previous experience is necessary and we encourage anyone to come along and have a go, so if you've not played since school, are looking to keep fit, make new friends or to play competitively, come and give it a go – we welcome players of all abilities."

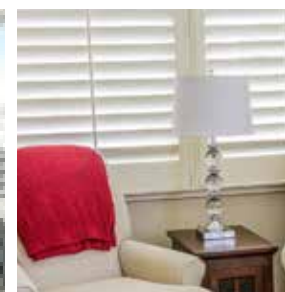
Training sessions run every Thursday at the Ongar Academy throughout the year with England netball qualified coaches.

For more information, contact Kelly on kelly@kelly-designs.com



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As we go into autumn on the Epping Ongar Railway...



As we move into the autumn, the events at Epping Ongar Railway are more focussed on the enthusiasts.

On September 8, there will be a Bus Rally. The event is based at the Railway's North Weald station and will feature new routes operating to local towns and villages. Regular route, 339, will also run connecting Epping Underground and Shenfield stations with North Weald at regular intervals.

On September 14 and 15 the railways are hosting their second Diesel Gala of the year. Visitors can expect a visit from the Class 42 D821 'Warship' locomotive, courtesy of the Diesel Traction Group. Fingers crossed, we will also see the return to traffic of our resident Class 45, 45132 'Peak' locomotive, for the first time in nearly 20 years. This will be in addition to the extensive regular fleet.

Rounding off September will be 25 Years in the Making. This event marks the closure of the Epping to Ongar line by London Underground 25 years ago, in September 1994. This will take place on 27, 28 and 29th of the month.

For more information on forthcoming events, visit www.eorailway.co.uk

The court heard how he pocketed £200 thinking it was lost property given to him by a member of the public. But he was given the cash, along with a bag and phone charger by an undercover police officer.

Ruston was sentenced to 16 weeks imprisonment, suspended for 12 months.

Deputy Senior District Judge Tan Ikram said Ruston had failed the test because he kept the money for himself.

Tom Dobie, speaking in mitigation, said his client had declared himself bankrupt after he was divorced in 2015.

The disgraced officer had also been paying child support for his three children with his ex-wife and also financially supports another child he has fathered with his new partner.

Now that criminal proceedings have been completed, a misconduct process will commence.

The officer is currently suspended.

Ongar Town ready for new challenge

Following an impressive season where they were crowned champions, Ongar Jubilee has merged with Ongar Town in preparation for the start of the club's third season.

Set up by chairman Simon Boulwood and first team manager Richard Ponsford, the club is in Division 1 of the Essex Olympian Football League. Simon told **VISION**BrentwoodOngar he was looking forward to the season ahead.

He said: "Going forward we have the senior cup and Essex cup so it should be a good season. We're trying to run the club as professionally as possible.

"Puma are sponsoring our kit this season where they have provided us with a home kit, training kit, match day kit, tracksuits and bags. Puma want to do some more advertising with us so hopefully we'll be doing more with Puma in the future."



Photo credit: Andy Williams Photography

Serving police officer sentenced for theft

A serving police officer from Ongar has been sentenced for theft.

PC Rob Ruston, attached to the Central East Command Unit, was arrested and charged on Wednesday, August 14.

He appeared at Westminster Magistrates' Court on August 15 where he pleaded guilty.

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Preparations underway for third town festival



Preparations are underway for next year's Ongar Town Festival.

Next year, the event will coincide with celebrations to mark the 75th anniversary of VE Day so it is hoped the streets will be busy.

Kelly Stone of Kelly Designs is on the town festival committee and urged locals to get involved in the with the event.

She said: "The last two years we have helped raise money with the festival for local causes including the Scouts Big Build, Ongar Netball Club, Squash and Racketball, Croquet Club, History Museum, Zinc Arts Centre, Ongar in Bloom to name a few so this year we are looking to go bigger and better and raise even more."

The day will feature the Annual Pentaque Competition in the Library Car park, and a variety of stalls.

Next year's festival will also feature two themed areas; the vintage area and the modern area.

Should you want to be part of the Ongar Town Festival contact them via email info@ongartownfestival.co.uk

Residents invited to police drop-in meeting

People in Ongar are being invited to attend a police drop-in meeting at Jubilee Park Pavilion on September 9.

The event is being attended by PC Paul Harrison and he is asking for residents to provide any incidences and/or evidence for investigation within the local community.

He said: "It's an opportunity for local residents to highlight any issues. We have a joint working relationship with councillors to solve problems which is very effective."

"Ongar has an elderly population and people who don't use social media so it's another way of interacting with the local community."

The event gets underway at 7.30pm. All are welcome to attend.

Funding boost for local hospice

A hospice has received nearly £50,000 in grants to develop two key community projects.

St Clare Hospice's Bereavement Café, which covers Ongar, has been given £10,000 which will ensure it can continue and allow for new cafes to be developed and delivered.

St Clare Hospice first initiated their Bereavement Café events in February 2019, and since then the service has grown to accommodate five regular events throughout Dunmow, Ongar, Nazeing and Harlow.

Community Engagement Manager Sally Muylers said: "As death and bereavement are normal life events, we are keen to move away from 'treating' grief and provide opportunities for people to find ways to support each other."

"For this reason, we developed our Bereavement Cafés for people who have lost a loved one. Anyone living with bereavement can attend, including people not necessarily connected to our hospice."

"Now, with the generous £10,000 in funding we have received, we will be able to continue developing the project so we can reach even more local people. In fact, we already have more events that are planned to launch in the coming months, so please do watch this space."

Visit stclarehospice.org.uk/bereavement-cafe for more information on St Clare's Bereavement Café events.

Alternatively, call the Hospice on 01279 773762.



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PLANT OF THE MONTH:

Antirrhinum

Antirrhinum is also known as dragon flowers or snapdragon due to the fact that its flowers resemble the jaws of a dragon that appears to be snapping when squeezed open and close. They are known for their vibrancy and are ideal for providing autumn and winter colour in your garden.

WHAT TYPE OF PLANT IS ANTIRRHINUM?

Antirrhinum is normally considered as a biennial and is available in dwarf, pyramid-shaped plants or tall tower-like ones. They have a light floral fragrance and come in many vivid colours including pink, crimson, yellow and white. They can grow up to three feet tall.

WHEN AND WHERE DO I PLANT ANTIRRHINUM?

This plant loves the sun and also needs rich, fertile soil with a medium amount of moisture to flourish. They enjoy the cooler autumn weather and can often survive a heavy frost so commence bedding in September for display in spring. Grow them in flower beds, planters or borders for best results.

HOW DO I PLANT ANTIRRHINUM?

Prepare the soil by mixing in manure or other organic matter. Each plug plant needs its own hole and must be deep enough to cover the roots but not the stem. Water regularly and feed weekly.

HOW DO I LOOK AFTER THIS PLANT AND HELP IT FLOURISH?

If looked after, each *Antirrhinum* plant can grow out up to eight flower spikes per season. In order to achieve this, make sure you pinch out the stem tips once the plants are established, cut the flowers to encourage new growth and keep on top of deadheading. Look out for 'rusting' – small brown spots on the leaves.

WHAT DOES THIS PLANT SYMBOLISE?

Snapdragon flowers are said to represent concealment and deception but on a more positive note, they also have connotations with graciousness.



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Sleeper HIT

Railway sleepers have a mystery and charm all of their own... to the extent that an object originally recycled from the trackbed is now being produced from freshly felled trees, such is its popularity amongst gardeners.

While some people choose to leave the sleeper to extol its original rustic beauty, others like to explore the range of treatments that can brighten, soften or reshape this hunk of wood, from sanding back to varnishing or painting.

Here are a few uses for railway sleepers:

UNDER FOOT

Solid enough to hold the weight of a train, it makes sense that a railway sleeper's most accepted use is in the ground. As characterful steps – laid either sideways or pushed together lengthways – this is a great use that can guide an eye deep into a garden's charm.

EDGING

Flower beds and lawns can look smart and tidy when utilising the brilliant straight lines of a railway sleeper. For a rustic object, this hunk of wood can offer an unexpectedly contemporary line that will shape and present your plant life.

Alternatively, cut the sleepers and stack face up, experimenting with different lengths to give your beds a feel of ascending excellence.

WALLS

Railway sleepers presented as a wall not only makes a visually pleasing bank of wood, but will provide you with considerable strength at the same time. Whether housing a compost pile or offering a place for you to store garden objects out of view, these weighty objects will stand up to storage.

Consider drilling solar lights in too to make your garden a charming night-time escape.

BENCHES

Whether cut to form legs or otherwise propped on bricks, using railway sleepers as a bench will give you a chunky, rustic seat that will survive many winters.

Get your garden back on track with the use of railway sleepers



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How to TACKLE TICKS

September is peak season for ticks; pesky little parasites that have a preference for pooches. Although they are persistent, there are steps you can take as a dog owner to protect your pet from these troublesome ticks.

Avoid long grass

Ticks love to lie low in tall grass or shrubs, so during tick season dog walkers should stick to paths or areas where the grass is short.

Be prepared

Prepare for the worse and always carry a tick removal tool and some antiseptic wipes in case you or your dog are bitten. Tick repellents are also available at most pet shops and should be applied to both your dog and their toys/accessories.

Keep your garden tidy

Long grass, fallen leaves or other organic litter in your garden are ideal places for ticks to hide; just waiting to pounce on your unsuspecting pooch. Keep on top of your garden maintenance to minimise the

appearance of these pesky pests.

Groom regularly

Make sure you thoroughly brush your dogs, both against and with their hair growth to find any hidden ticks. At the same time, you should check around their eyes, inside their ears and around their mouth.

Consider nominating a tick buddy

Not as fun as it sounds, but if you regularly walk with another dog owner or see other walkers whilst out and about, it can be worthwhile 'buddying up' to check each other and each other's dogs after each walk.

Tick Trivia 1: Ticks can survive a full washing machine cycle and some even make it out alive after a spin in the dryer. Be safe rather than sorry and remove all outer layers of clothes before entering your home.

Tick Trivia 2: Ticks cannot jump or fly; they simply drop onto you or your dog.



PETS



PINEAPPLE HEAD

Why sleeping with a pineapple in your room can aid sleep

Warning... the next time your partner asks if you want to get fruity in the bedroom it may be that they have only one thing in mind – sleep.

Recent research from NASA, no less, suggests that sleeping with a pineapple in your room can stop you from snoring; and that, in turn, will help you – and anyone nearby – sleep better. It's thought one in four people are forced to kip elsewhere on nights when their loved one's sound effects get out of hand, but a simple trip to the greengrocer could unite couples again.

That's because pineapples produce huge amounts of oxygen, and the release of this improves air quality throughout the night and our own ability to sleep.

Scientists now believe a combination of air purity and a sensible quantity of well-regulated rest (7 to 8 hours) are vital for our daily wellbeing. Sleep not only improves our ability to function mentally, but serves to help the body fight off germs and infections.

While pineapples seem to be getting all the good press at the moment, there are a number of other plants that have a surprisingly buoyant effect on air purification. These include aloe vera, dwarf date palm, weeping fig, English ivy, Boston Fern and Chinese evergreen.

And one final tip when you find yourself in the local supermarket selecting your prickly night-time partner – pick up an extra pineapple to consume before you put your pyjamas on. That's because boffins have revealed that pineapples are high in melatonin, a hormone that can help reset your circadian rhythm, getting sleep and waking cycles back to normal whilst even offering one of your five a day.



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OBJECTS of desire



GET FIT WITHOUT EVEN LEAVING YOUR HOME

While a pool workout or 100m sprint may be beyond the limitations of our inside spaces, there are a number of home objects and fittings that can offer you a great workout platform on the days when the schedule looks tight (or your willpower is low). Even a few minutes flexing, stretching and pushing on the following can get your body moving and the serotonin flowing:

SOFA

Probably the best piece of gym equipment you never thought you had. Whether tucking your feet under when laying on the floor to perform sit-ups, leaning against it to push off against it in strengthening your core, or standing with your back to it as a guide for a single-leg squat, you can collapse onto your sofa post-workout in the knowledge you've earned the rest.

STAIRCASE

Staircase sprints are the power-packed way to get fit quick, but even descending slowly as a way of stretching out calves and tendons can be a really good method for getting flexibility flowing as a tool for injury prevention.

CHAIR

Moving a chair against a wall to perform stretches against is easy and effective, from calf raises to lunges to yoga-style leans.

BED

Lay on the bed with your legs hanging off the edge, then extend them straight into the air so your body forms an L shape. Now lower them slowly back down so they return to the initial position, in a move that will brace your core, providing a workout for the entire bottom half of your body.

KITCHEN WORKSURFACES

If you have work surfaces less than a metre apart, lift and raise yourself between the two before lowering again, for a great way to build arm strength quickly.





FASHION



BRING ME sunshine

layer up with a chunky scarf.

PALE ALE

For those who are really not sure about this colour, choose a shirt in the palest yellow you can find and wear it in place of a crisp white one. Team with a pastel tailored jacket and cropped trouser for an easy and bang on trend outfit.

DARK CHEDDAR

Want a bit of warmth? This shade can best be described as dark yellow with a hint of orange; think butterscotch. Perfect for both sexes this autumn; snap up a leather jacket and trouser combo or play it safe with a simple dark yellow shirt.

FLUORESCENT YELLOW

The high street is awash with neon this season; from flashy suits to casual sportswear to the simple tee. Women and men alike can't go wrong with a stylish head to toe electric yellow suit or for those wanting a slightly less obvious look a simple bright yellow vest top or t-shirt can work wonders on both your mood and your outfit.

MELLOW YELLOW

If the thought of wearing bright yellow brings you out in a cold sweat, then a butter shade is what you need. For the ladies, look out for a full-length cotton dress that will see you through this transitional season. Men should focus on accessories; a pale yellow tie will work wonders to spruce up a suit or

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SLICK or smooth?

Whether you are a hair oil convert or are still suspicious of this product that promises to drive away dry locks for good, you can't fail to notice the hype that surrounds oils at the moment. Are they too good to be true or is there an oil perfect for you?

Coconut Oil: Best for dry/damaged hair
A real multi-tasker, coconut oil contains fatty acids, vitamins and minerals that penetrate the hair leaving it smooth, silky and supple.

Argan Oil: Best for frizzy or coarse hair that is prone to greasiness
This oil is often referred to as liquid gold mainly due to its golden colour but also because of the benefits it offers. It is 100 per cent natural and contains antioxidants and vitamin E which helps nourish and protect your hair.

Jojoba Oil: Best for beards and dandruff sufferers
This oil has the clever ability to not mess with your scalp's natural balance of oils, but it still penetrates your hair's follicles, moisturising them from within.

Almond Oil: Best for hair growth or reducing hair loss
Like other oils it contains fatty acids and proteins that help protect and nourish your hair, but almond oil also contains magnesium which helps prevent breakages and aids hair growth.

Olive Oil: Best for brightening dull, frizzy hair
Most people have olive oil in their kitchen, but did you know you can also use it in the bathroom? Due to its protective and exfoliating properties, olive oil can be used in place of conditioner to create a smooth shine after shampooing.

Marula Oil: Best for sun exposed hair
Summer make feel like a distant memory but the effects on your hair are visible for all to see. Marula oil, which has a distinctively fruity aroma, is ideal for treating sun-damaged hair.



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TRAVEL

AUTUMN escapes

PLANNING YOUR
NEXT GREAT ESCAPE



Whether you've already been away this year or have been shaping your holiday away from the madness of the summer rush, the popularity of the autumn escape has really come into its own as people look to rework the way they holiday. Here are a few places to consider:

ROME

Notoriously busy during July and August, the Italian capital regains its resplendent simplicity as the autumn months come about. A drop in tourist numbers means you can fully appreciate Rome's stunning architecture, take your time over pizza or pasta, and explore winding backstreets without an accompaniment of trudging tourists. Of all Europe's cities, it is probably the one that feels most different in autumn.

CYPRUS

If sun and sand is still your thing, then Cyprus will hold its sizzling summer feel more than most other European destinations. Even in the echoes of autumn, temperatures remain in the high 20s, and

with an eclectic coastline, charming Mediterranean villages and a combination of vineyards and mountains, there are a variety of terrains and colours to ensure you stay charmed by your surroundings.

AFRICAN SAFARIS

For the perfect African safari, an autumn break is perfect. Temperatures all year round tend to vary very little – in Kenya, for instance, the lowest average of 27 in June is only four degrees off the January peak month. Other locations such as Botswana and its Okavango Delta can offer water-flooded expanses that cool hot limbs whilst offering incredible, expansive views over some of the world's most incredible creatures.

VIETNAM

Or perhaps for somewhere completely different, get in right at the start of Vietnam's dry season with an October escape to a land of rich wildlife, absorbing culture and complicated history that, these days, lures tourists looking for provenance and purpose as much as a place to relax and unwind.

FRANKENFOOD

THE STRANGEST FOOD MASH-UPS

We live in a time of global culinary inspiration, yet where food mash-ups go, some of the recent trends appear to be not just from another country, but another planet.

What is certain is social media has accelerated the popularity of some frankly peculiar creations. Do you dare your tastebuds to stretch quite this far?



THE STARTER: PICKLES AND PEANUT BUTTER

Pickles as a starter are nothing new, but with a tangy peanut butter accompaniment they take on a flavour – and a texture – all of their own.



THE DRINK: COCONUT LEMONADE

Two cans of lemonade, 1tsp of coconut extract, a dash of blue food dye and ice cubes, makes a perfect summer drink with a tropical twist.



THE MAIN: MARMITE PASTA WITH CHEESE

Love it or hate it, yeast extract is a dynamic flavour that divides a nation. And in the form of a pasta sauce its controversy continues, although softened with cheese this is an absolute treat for those brave enough.



THE ACCOMPANIMENT: POPCORN WITH KETCHUP

While sugar and honey have provided the sweet option for popcorn fanatics up until now, ketchup's universal appeal now gives the ultimate cinema snack an even tastier appeal, as well as adding moisture to a notoriously dry snack.



THE DESSERT: VANILLA ICE CREAM AND SOY SAUCE

This dessert uses the same principle as salted caramel ice cream, adding a burst of flavour to the smooth, sweet predictability of vanilla ice cream, whilst masking that sometimes excessive fishy essence of this most characteristically Asian flavour.



THE HEALTHY OPTION: SALT AND PEPPER ON APPLE

This simple, healthy break from the norm combines sweetness, salt, a power packed punch and all the crunch of our favourite fruit in a way that will keep the densist happy too.



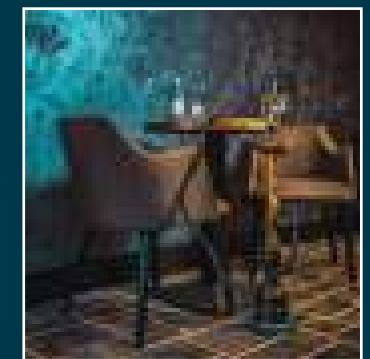
THE SNACK: OREOS IN ORANGE JUICE

Chocolate orange as a taste is nothing new, but never before has dipping your faithful Oreo in natural orange juice been so rewarding, with rich, competing flavours, mesmerising moisture and a familiar crunch.

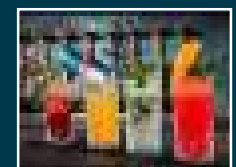


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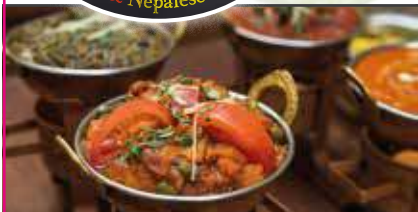


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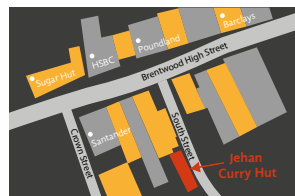
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FOOD & DRINK

FEAR FISH *no more*

For some reason, even the most confident cook can feel some trepidation when faced with the task of preparing and cooking fish, but with these simple tips you will be cooking up a fishy storm in no time.

Tasty tuna

As a nation we love canned tuna, but we are definitely missing a trick by not experimenting with the fresh variety which is firm in texture and mild to taste.

A good marinade is essential when preparing fresh tuna as not only will it help the fish taste delicious; it will also keep it moist during cooking.

We recommend grilling your tuna steak for a quick and tasty meal. For a half-inch thick steak, grill for four to six minutes. The fish should flake when tested and still be pink in the middle.



Canny cod

Who doesn't love a piece of battered cod and chips on a Friday night? But that doesn't have to be the only time you enjoy this flavoursome fish.

For best results, we recommend baking your cod in foil with lemon and garlic. Simply preheat your oven to 180C and bake for 15 minutes for six to eight ounce fillets or 20 minutes for a whole fillet.

You will know your cod is cooked when it appears opaque and flaky.



Stunning salmon

A truly luxurious fish, salmon is also extremely versatile. It can be pan-seared, grilled, roasted, poached, smoked or cured.

Most salmon are sold with the bones removed but it is worth checking for any stragglers by rubbing your finger gently along the fillet.

If you are planning to pan-sear or roast the salmon, we advise keeping the skin on. Based on a half-inch thick piece, you should roast for six minutes or four if you prefer your salmon a touch rare.





ROBO Rover

HOW ROBOTIC PETS ARE BRINGING JOY TO DEMENTIA SUFFERERS

It's a disease more terrifying, debilitating and demeaning as any other; one that rips apart families and leaves victims often in a spiral of panic and fear, and yet we still seem to know desperately little about dementia, and within that Alzheimer's.

While progress in the research labs over the past decade has been impressive, not even the very best scientists could have predicted the dramatic impact robotic pets appear to be having when it comes to soothing the anxiety and loneliness of sufferers.

"A stuffed, robotic dog or cat can be a companion throughout the day for an elderly individual with Alzheimer's disease or dementia. Social isolation is a very common problem among older adults, and having a pet is a really wonderful way to combat that," notes Dr. Mattan Schuchman, a leading authority on this new idea.

The robotic pet eliminates the need to care for a real pet, which is virtually impossible for those suffering with the disease, yet puts a position of responsibility back on the patient and reaffirms their ability to tend to and care for something, having often had that feeling of being relied upon taken away from them.

Recent studies discovered patients' sense of joy and well-being when looking after a robotic pet builds confidence into other areas, reaffirms love and affection, and slows what can sometimes be a rapid acceleration of the debilitating side effects of dementia.

While we still have a long way to go, the use of such a simple toy, which is cost-effective, long-lasting, companion-driven and precludes the unnecessary use of drugs, seems a very clever solution to a very profound problem.



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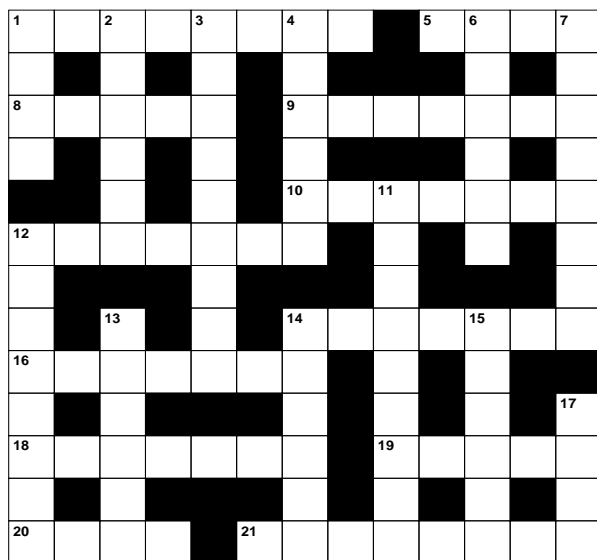
Answers can be found on the Contents Page 4

ACROSS

1. Egg-laying mammal (8)
5. Vehicle pulled by a horse (4)
8. Capital of Bulgaria (5)
9. Less heavy (7)
10. Special ____ : cinematic techniques (7)
12. Passion (7)
14. Flotation device in water (7)
16. Released from a duty (7)
18. Type of dance (3-4)
19. Bring together (5)
20. Mud grooves (4)
21. Respected and admired (8)

DOWN

1. Elope (of time) (4)
2. Matter (6)
3. Annual compendiums of facts (9)
4. Less attractive (6)
6. Join or fasten (6)
7. Beat out grain (8)
11. Type of dwelling (9)
12. Top quality (of a hotel) (4-4)
13. Address a person boldly (6)



14. Takes up (6)
15. Entrance hall (6)
17. Stained a fabric or hair (4)

DID YOU KNOW?

- ▶ A bear has approximately 42 teeth
- ▶ Koalas normally sleep from between 18 and 22 hours a day
- ▶ A duck can't walk without bobbing its head
- ▶ Cockroaches can live without their heads
- ▶ It takes around 2 weeks for a sloth to digest its food
- ▶ No tiger has the same pattern of stripes
- ▶ Only males are called Peacocks. Females are called Peahens
- ▶ Sea otters hold hands when they're sleeping so they don't drift apart
- ▶ Flamingos can vary in colour depending on their diet

SUDOKU

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For a system initially associated with conducting eBay transactions at first, PayPal has grown to become the world's most trusted payment facility, but does that mean it's safe?

We are firmly in the realms of the digital age, particularly when our business and personal transactions can all be conducted at the click of a mouse.

While few miss the inconvenience, clumsiness and delays associated with cash and cheque transactions, that's not to say we shouldn't look for protection and reassurance from internet-based systems such as PayPal, Skrill, Moneybookers, Google Wallet and others.

Certainly, in terms of numbers, PayPal's domination of the market is a good marker as to its reputation. This year it will top 300 million active accounts, with sign-ups rising by 17 per cent year on year.

The organisation operate several layers of security behind each account, with recipients of money never receiving sensitive financial information such as credit card or bank account details. There is also the PayPal Purchase Protection scheme, which acts as an insurance policy for outgoing payments, and in general any disputes come down firmly on the side of the customer as opposed to the seller.

PayPal have even offered cash incentives to any buffs uncovering potential security flaws, vulnerabilities or breaches in the company's digital data defence system.

And with the system draped in data encryption and anti-fraud technology, it might be said that a PayPal account is actually safer to use than a credit card, bank account or a cheque book.

However, the premise isn't all on the corporation. There will always be someone wanting to tread in your digital footprint, and as with any security system, the set-up is only as tight as the actions of those using it, so users are frequently reminded to stay diligent when it comes to logins and passwords.



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GOAL-BASED INVESTING EXPLAINED

Although it might be tempting to think that investing is just about getting the best possible return on one pot of money, goal-based investing, structuring your investment around your specific financial aims, has become a widely used way of helping people plan their financial futures.

THINKING THINGS THROUGH

One of the most significant benefits to a goal-based approach is that it encourages us to think about what we want our money to achieve in a tangible way, across a range of time horizons. No two investors have the same financial aims, and meeting different goals means using a variety of investment strategies.

This approach starts with the investor defining their objectives such as saving for school fees, a child's wedding, a deposit on a home or a comfortable retirement. These goals then become the building blocks of an investment plan. The information gathered is used to define the right level of savings and the most appropriate mix of funds to meet the investor's goals and will also take account of all available annual allowances and employ taxation-saving strategies too.

For instance, a retired couple might typically want

an income stream now to boost their pension, but also want to invest some of their capital to fund the likelihood of care costs later in life. In this instance, a portfolio can be tailored to meet each specific goal.

A younger investor may want to structure their investments to cover school fees from nursery to graduation for their children, whilst at the same time building up a substantial pension pot for retirement.

GAUGING YOUR ATTITUDE TO RISK

Being clear about your goals will make it easier for us to tailor your risk profile to different investments. Each goal may have its own risk tolerance and time horizon. Naturally, over time your goals may change as your life and circumstances change, and your attitude to risk may alter too, that's why we always recommend regular Reviews

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SPORT



A brief history of Nike

time as an accountant, with cashflow a constant problem. And when a secondary funding line with a Japanese trading company was pulled a few years later, it seemed that the company – now renamed Nike – had reached its finish line.

While they battled on with the perverse irony of rapidly increasing demand only bringing them closer to extinction, a turning point came in the early 1980s when, finally, cashflow began to improve.

The Greek god of victory finally lived up to his name, and Nike shoes are now manufactured in 554 factories across 42 countries; while the company's decision to use high-profile names in endorsements further enhanced the belief that the brand were the number one player in the market.

Even Tiger – now better known as Onitsuka Tiger, and a global player in their own right – flourished, feeding off the battles, bravery and belligerence of two owners who simply refused to throw in the towel.

Photo credit: geogif/Shutterstock.com, Alina Boldina/Shutterstock.com



THE BREXIT CAR CRISIS

Will Brexit end up fuelling car price increases?

Where Brexit is concerned, the constant speculation that accompanies every interview, press release and set of research figures is something we've got used to. And yet, for the most part, the simple truth is we just don't know what will happen... apart from where the car industry is concerned.

Such is the nature of a market that encompasses 31million vehicles that, whether buying new, or used (as a drop in new car sales will push up the price of second-hand motors), it seems we will all be affected, and the news isn't good.

It's all down to EU tariffs on cars. These threaten to add on at least £2.7billion for imports and upwards of £1.8billion for exports. That means at least £1,500 being added on to the cost of a car coming into the country.

This has been compounded by the lower value of the pound, caused by

uncertainty over Brexit, though that could correct itself in the months to come, with new Prime Minister Boris Johnson insisting that the October 31 deadline for the leaving the EU won't be missed.

Others have pointed to fuel costs, worries over how freely we will be able to drive abroad, and insurance premiums, but the majority view is these will settle down quickly as the market begins to stabilise again in the winter.

And while our cars may be more expensive in the short-term, no-one knows how the vagaries of new trade deals might perhaps set us up for better pricing in future.

Depending on which side of the fence you sit on, we're either about to embark on a period of unrestrained freedom... or we're plummeting into a financial, social and political abyss from which we will never recover. Either way, hold on to your steering wheel.



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WHAT'S ON

in your area

Brentwood Wine Society

Shenfield Parish Hall, 60 Hutton Road,
Brentwood, CM15 8LB
Second Tuesday of the month,
8pm – 10pm

The Society's aim is to help members improve their experience, understanding and enjoyment of wine. Invited wine experts present samples of wines from a country or region of the winemaking world.

Through these tastings, we have a broadened interest which has led to a deeper knowledge and love of wine. If you would like to come along in the first instance for a free tasting contact us on enquiries@brentwoodwinesociety.co.uk

Signature wedding show

Brentwood Centre, Doddinghurst Road,
Brentwood, CM15 9NN
September 7 – 8, 11am – 4pm



County Wedding Events has announced their two-day Signature Event - one of the largest and best wedding shows ever to be held in Essex.

There will be a huge number of wedding specialists on hand including bridal boutiques, wedding venues, florists, photographers and many others - all under one roof. In addition, there will be fashion shows, demonstration areas and entertainment.

Entry is free and all couples will receive a goody bag. Visit www.countyweddingevents.com

Goldies sing and smile

Finch Court, Coles Close, Chipping Ongar,
CM5 0AY

September 10, 2.30pm – 3.30pm

Goldies is not a choir but fun social groups where we sing a long to the popular hits of the 50s onwards, chat and laugh with friends, stretch and sometimes dance.

Goldies is open to everybody but particularly aimed at those aged 70+ who may sometimes find themselves lonely.

Visit www.golden-oldies.org.uk

Autumn Fair

St Peter's Church, Weald Road, South Weald,
Brentwood, CM14 5QJ
September 14, 11am – 3pm

There will be a barbeque and various stalls selling produce, cakes, books, toys, etc. Please come along and enjoy the fun. For more information, email stpeterscomms@gmail.com

Autumn Diesel Gala

Epping Ongar Railway, High Street, CM5 9BN
September 14 – 15, 9am

Featuring the first ever visit of a warship locomotive to the line, this is the second year of the ever-popular Diesel Galas for 2019.

They will be running a three--train intensive service throughout the weekend with late running Real Ale trains on Saturday.

For more information, visit www.eorailway.co.uk/events/autumn-diesel-gala

Catholic Drama Festival

Brentwood Theatre, 15 Shenfield Road,
Brentwood, CM15 8AG
September 27, 7.30pm



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