



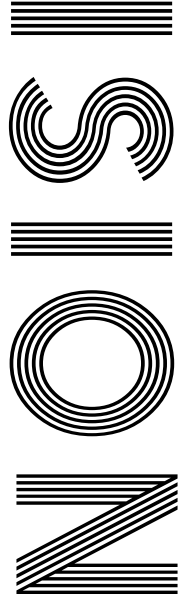
**BEAUTY
HACKS FOR
LEFTOVER
PUMPKIN**

A guide to
ROOT VEGETABLES

Has political correctness
GONE TOO FAR?

Robert
PATTINSON

From teenage heart-throb to The Batman action hero



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October 2020

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Editor's notes...



Nik Allen, Editor

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

There's a strange contrast many people feel between the thrill of climbing the property ladder and simpler times when a family

or relationship starts to grow. We are experiencing those emotions at the moment, having recently found a new home, and I admit it's a mixture of excitement and sadness.

It may just be bricks and mortar, but our old house represents a time in which we got married, had both our beautiful children and shared some happy memories.

On the financial side, it makes sense to move now. Many are keen to capitalise on the current stamp duty holiday, and lingering uncertainty over coronavirus actually makes the housing market more attractive.

I have moved around a fair bit in my life - I must be well into double figures. Whereas before, the lure was nightlife and shops, since first becoming a dad nearly two years ago I now find myself scouring Ofsted ratings and crime figures.

I cannot wait to move - I believe you always need to be striving for more in life and in business. And remember, the one thing you are in control of is your attitude - as American author Napoleon Hill said, "Your attitude towards problems, difficulties and adversities is the most important factor in overcoming them."

Nik

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HOW ADMIRAL LORD NELSON MADE THE ULTIMATE SACRIFICE FOR HIS COUNTRY

He is a revered icon from a bygone era, where the forces of continents went head-to-head in battle.

In October 1805 no force was greater than the British, though a fearful fleet of French and Spanish combined enemies, spotted off Cape Trafalgar, between Cádiz and the Strait of Gibraltar, threatened that reputation.

Led by Napoleon Bonaparte, the French had already exerted their authority on the European mainland, and further moves to creep north came in the form of 33 battleships.

Nelson was outnumbered, but by dividing his 27 vessels he was able to position the fleet perfectly so that the enemy front could be sunk. And sunk it was – 19 enemy ships plummeted to the murky depths, with every one of Nelson's staying afloat.

Even before the Battle of Trafalgar, Admiral Lord Nelson had long been regarded a great leader of men and an expert tactician. He had bravery and fortitude and was shown to shoulder the burden of battle himself. Indeed, as the British forces sprang into life to repel the threat, in a famous battle cry he stepped to the edge of his ship, *Victory*, and declared, "England expects that every man will do his duty," and they did.

It is imagined that simply looking at Nelson would have summoned in any seafarer the will to battle for the preservation of the nation. At 47 years old, he had already lost the sight in his right eye at the Siege of Calvi, in 1793, in which his fleet captured Corsica. Then, four years later, doctors were unable to save his right arm after he came under attack at the failed Battle of Santa Cruz de Tenerife.

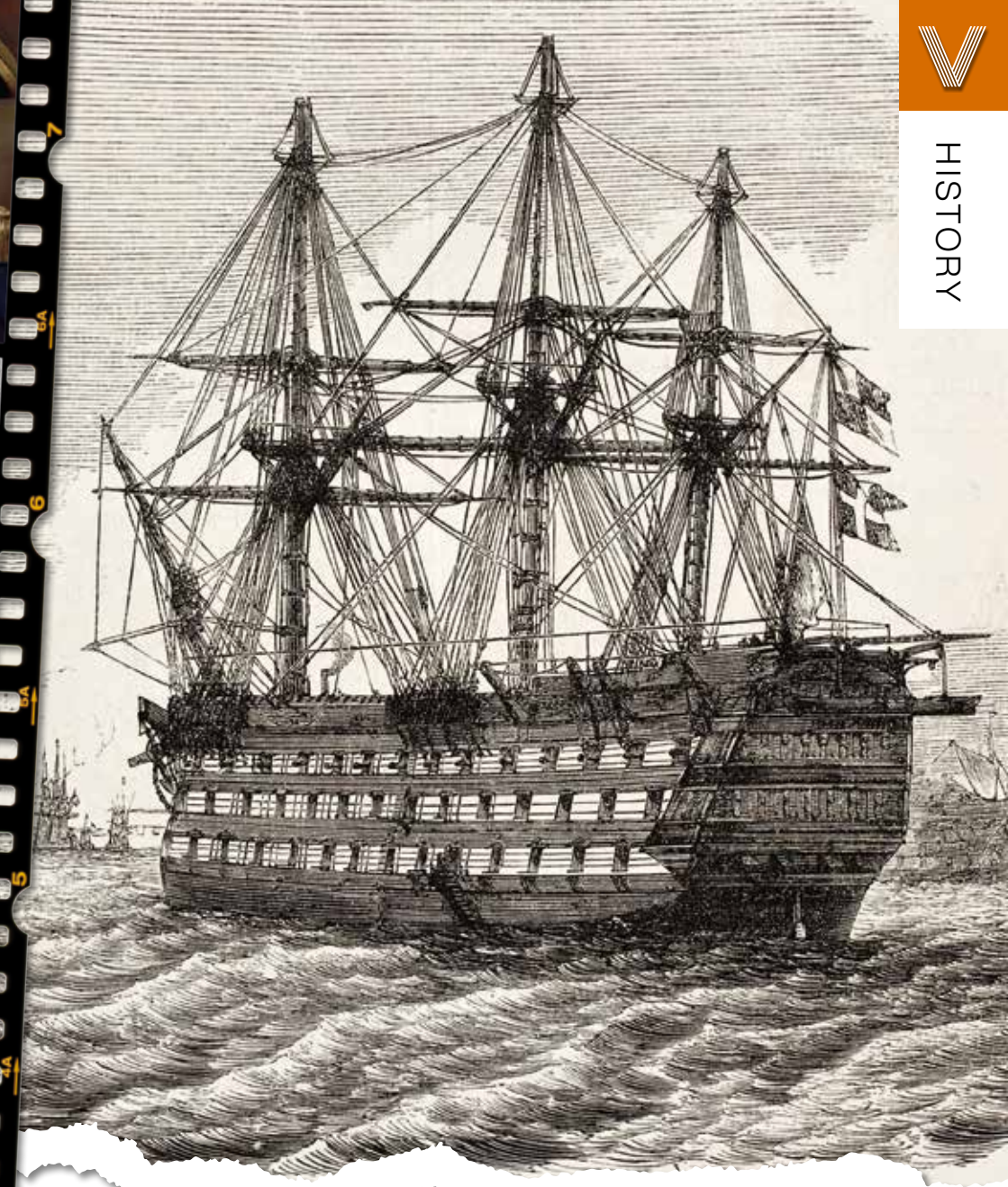
And yet, duty continued. Hardened and seemingly unfeared of death, at Trafalgar the leader was, ultimately, the truest exemplar of his word. On the afternoon of October 21, at 4.30pm, Nelson succumbed to the targeted enemy fire that rained in around his own ship, and was killed. As a leader of men he led the ultimate sacrifice – his own life.

The Battle of Trafalgar lasted only for a further 30 minutes, though its imminent conclusion was reported to Nelson as he lay on his deathbed. The Admiral, holding on to the last few embers of life, uttered the immortal words, "Now I am satisfied. Thank God I have done my duty."

So great was the shock at the loss of such an imperious leader that, in the time that passed, many have come to consider Nelson's death as the central point of the Battle of Trafalgar. While 1,500 of his British allies also lost their lives, his passing is always ubiquitous with the battle and the greater Napoleonic wars which it symbolises.

In reality, Nelson's sacrifice enabled the British to fend off the combined forces of the French and Spanish, preserving our reputation as the best and most powerful seafaring force in the world for the next 100 years, while, of course, ensuring Napoleon steered clear of the British mainland.

Nelson had a glorious funeral procession at St Paul's Cathedral in London, with Nelson's Column erected in his memory in the newly named Trafalgar Square. In 2020, Trafalgar Day, October 21, sees his historical efforts live on very much in the present.



Nelson's LAST BATTLE

AGENDA NEUTRAL

~~-mankind~~ humankind

~~-chairman~~ chair

~~-congressman~~ legislator

~~-businessman~~ representative

~~-policeman~~ police officer

~~-landlord~~ owner

~~-boyfriend/girlfriend~~ partner

~~-salesman~~ salesperson

~~-manpower~~ workforce

~~-maiden name~~ family name

~~-fireman~~ firefighter

~~-husband/wife~~ spouse

TAKING A TOKE OF 'WOKE' AND WHY POLITICAL CORRECTNESS MAY HAVE GONE TOO FAR... AGAIN

It's common knowledge in life that when making efforts to please everyone, it becomes very easy to, in actual fact, please no one; and it seems the United Nations' (UN) efforts to broach gender neutrality, social differentiation and race relations have done just that.

When, in the middle of May, the UN released a set of guidelines designed to help people address others in modern, all-encompassing ways that wouldn't offend, it seems they succeed only in... offending people.

As examples, their recommendation was to hide away the supposed evils of capitalism and sexism by referring to businessmen as representatives. Mankind, meanwhile, should be termed humankind, while the cult of the evil of 'maiden names' was to be extinguished by labelling them 'family names'.

For all the good intentions of those who oversee peaceful and respectful action in our society, critics believe these sorts of moves tend to pander mostly to the whims of the minority. What's more, in forcing people to divert away from sensible, rational, everyday terms, the result is the creation of a splintering of and bitterness between groups – something that wasn't present in the first place.

The US Twitter storm around apparent offence at the term 'female' – the inference being it should be 'woman' or 'girl', because 'female' is apparently used in a derogatory fashion – blew itself out a few days later when the very same 'woke' authorities suggested 'woman' was no longer appropriate owing to the inference it categorised the fairer sex as the 'woe of man'.

Clearly, we have gone too far. The hope is that Twitter, the virus that has caused this political correctness storm, is also the antidote, because there is a concerted uprising of those who just want to get on with their daily lives without constantly checking over their shoulders... But for goodness sake, don't tell the UN.

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Did you know that an estimated 14.2 million people enjoy Coca-Cola in the UK? Offering an irresistible combination of sugar and caffeine, it's not hard to see why this carbonated soft drink is one of our favourite brands. But flavour and effect aside, it also has several other handy uses in your home.

1. CLEAN YOUR TOILET

If you have any stubborn stains in your toilet that you just can't shift, simply pour in some Coca-Cola, leave to sit for one hour and wait for the fizzy drink to work its magic. When you return you will find that the phosphoric acid has dissolved the stains, leaving you with a gleaming toilet.

2. LOOSEN RUST

Whether you have some rusty bolts in your home or your tools have seen better days, Coca-Cola can bring them back to their original glory. Simply submerge in a small bowl of Coke, leave for 24 hours and scrub with a non-metal pad.

3. DE-ICE YOUR WINDSCREEN

Is there anything more frustrating than having to wait for the ice to melt off your windscreen on a winter's morning? Fortunately, you will no longer have to. Just pour a can of Coke over the affected area and immediately the ice will turn to slush.

4. CLEAN YOUR WINDOWS

Do you yearn for streak-free windows? Coca-Cola contains citric acid, meaning that it is a great alternative to lemon-based cleaning products. All you need to do is pour the fizzy beverage into a spray bottle and then get wiping.

5. REMOVE MILK STAINS

Milk can be a nightmare to get out of clothing, but thankfully, by saturating the item in Coca-Cola for five minutes before washing it, you will find the stain lifts easily.





HOME & DIY

BRUSH UP ON DIY

Be honest. When you purchase a paintbrush from your local supermarket or DIY store, do you actually have any idea how to choose the right one for your particular project?

Don't worry, you are not alone. Fortunately, we are here to show you how, plus how to care for your brushes so that they last for the duration.

CHOOSE THE RIGHT BRISTLE

Paintbrushes are available in two different bristle types: synthetic bristles, or natural bristles that are made from animal hair. If you are using paint that can be cleaned off with water, you should choose a brush with synthetic bristles. However, if you are using an oil-based paint or varnish, a natural bristle brush is better.

CHOOSE THE RIGHT SIZE

This may seem obvious, but if you are painting a small area such as a skirting board, then you should choose a smaller brush for more precise control. If you are painting a wall, you will most likely be using a brush for cutting in and should opt for a 2-3-inch brush; any bigger and you will struggle.

CHOOSE THE RIGHT SHAPE

If you look at paintbrushes closely, you will notice that the bristles are either cut at an angle or they have square ends. As a general rule, angled-tip brushes are best for painting trim or cutting in, and square ends are ideal for wider, flatter surfaces.

HOW TO CLEAN YOUR PAINTBRUSH

> WATER-BASED PAINT

Scrape off any excess paint | Wash the brush in soapy water | Rinse the bristles in clean, cold water | Wrap the brush in heavy paper and fasten loosely with string

> SOLVENT-BASED PAINT

Wipe the brush clean of excess paint or gloss | Swirl the brush in a jar of white spirit | Leave to soak for 2 hours or longer | Wipe the brush clean with newspaper



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HOME & DIY

Radiate SOPHISTICATION...

...with these DIY radiator covers



Undoubtedly, radiators serve a purpose in your home, but why do they have to be such unattractive space wasters? Thankfully, a well-placed radiator cover can work wonders for hiding your heater without withholding the warmth.

THE 'PERFECT PALLET' RADIATOR COVER
If you are looking for a raw style that will cost you virtually nothing, then this is the DIY radiator cover for you. The wide slats allow for maximum heat transmission, and you can choose to paint your pallet or simply leave it in all its rustic glory.

Top tip: Be sure to thoroughly remove any spills to avoid unpleasant smells when your radiator heats up.

THE 'CLEVER CANE' RADIATOR COVER
Cane is the ideal material for building a radiator cover as it will effectively hide your radiator while at the same time allowing heat to easily pass through its fibres. You can find cane webbing in sheets or rolls, either of

which can be simply stretched across the front of your radiator cover frame.

Top tip: Soak the cane in water first to make it softer and more malleable.

THE 'SPACE-SAVING SEAT' RADIATOR COVER
If you are lacking seating options in your home, then this multipurpose radiator cover can help you. All you need are 15-20 vertical hardwood slats to create an L-shaped radiator cover that doubles up as a bench.

Top tip: Add a few pillows across the top for added comfort.

THE 'IKEA SLAT BED BASE' RADIATOR COVER
You can purchase an IKEA slat bed base for as little as £20 and repurpose it to create a stylish and multifunctional radiator cover.

Top tip: Use the additional table surface as a pop-up bar and you'll never have to go to the pub again.

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If there's one thing we should know by now about interior design, it's that nothing is ever off limits, and that certainly applies to the mixing of styles, trends and ideas.

Across styles such as Japandi and mid-century modern, interiors take the best from supposedly contrasting looks to produce colour and texture, while stimulating the mind.

Millennials have been unfairly labelled as adopting only modern, run-of-the-mill design, yet the grandmillennial look turns that concept on its head, with modern, contemporary elements enriched with chintz, crochery, ornate patterns and antique furniture you'd expect to see at your grandparents' house... hence the name.

The idea is that we take up-to-date walls, floors, furniture and fabrics and drop in elements that scream sentimentality, respect the tastes of our elders and take us back to times of simpler design.

To pull off this look, think about ornate lampshades, consider select pieces of antique furniture and even throw in a Toby Jug. Perhaps even lay out a doily or two, if you dare.

There are no rules, no exceptions, and only the power of your imagination can hold you back when it comes to pulling off the look.

Embrace worn-out upholstery, floral prints, draped covers and a splash of patterned wallpaper.

And try to tell a story in what you do – of people, places, eras and fashions. Heck, even pop in for a cup of tea with a local octogenarian in the hope of inspiration.

There is perhaps one warning, though – don't go overboard. The idea is to retain a modern feel while patterning your living space with a sensible number of well-selected additions. Go too far and your front room, bedroom or hallway may look like something out of a 1950s episode of *Coronation Street*, and nobody wants that.



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How to spider-proof your home

Whether you suffer with arachnophobia or you simply don't like the thought of lots of hairy eight-legged creatures scuttling around your home, you should aim to both repel and remove spiders as humanely as possible.

Make a natural spider-repellent spray

There are several herbs and essential oils that are said to ward off spiders, including lavender, citrus and cinnamon. However, the aromas that spiders hate the most are eucalyptus, tea tree and peppermint. Fill a bottle with five drops of your preferred oil, add a shot of dish soap and top up with water. Spray around your windows, doors and any dark corners where spiders may be lurking.

Use a spider catcher

Although you can, of course, use the tried and tested glass-and-piece-of-card technique, there are other humane ways in which you can safely catch and release spiders from your home. A vacuum spider catcher is simple to use and traps any spiders safely in a long tube. Alternatively, you could try a window catcher, which is great for reaching spiders in tricky corners or on the ceiling.

Clean regularly

Spiders do not like to be disturbed, so the best way to encourage them to vacate the premises is to clean and tidy up as often as possible. Although they are not attracted to food, they are to dead insects, so remove these quickly, as well as any old spider webs or egg sacs.

Block any cracks

Spiders love to build their webs in any nooks and crannies that they can find in your home, so it's a good idea to block holes and cracks in your walls.

Myth: Conkers keep out spiders. In fact, you would need to fill your whole home with these nuts to make any difference!



HOME & DIY



GO GREEN

How to make your home more efficient and save on your monthly bills

Whether you are planning to take advantage of the Green Homes Grant Scheme announced in July or not, it can be a good idea to look into ways in which you can improve the energy efficiency of your home, both for the environment and for your bank balance.

What is the Green Homes Grant Scheme?
The aim of this scheme is to enable homeowners and landlords to upgrade their homes or properties with energy-saving features. You can apply online from September for vouchers worth up to two-thirds of the total cost, although those with low incomes will be eligible for 100 per cent funding.

Solid wall insulation
If your home was built before 1920, it might have solid walls, rather than cavity walls, which are highly unlikely to be insulated. You can choose to have either internal or external insulation completed, with the latter helping to warm colder rooms in your home and alleviate damp.

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Install a water meter
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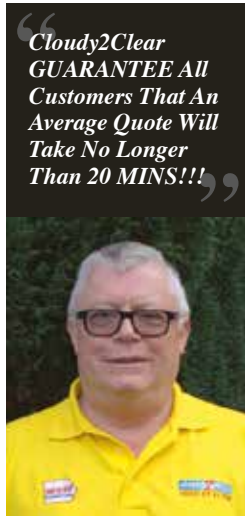
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LOCAL NEWS

from your neighbourhood

LOCAL NEWS BRENTWOOD



Sanctuary shell-shocked as giant snails arrive in the post

An animal sanctuary in Brentwood had a shock when 13 giant snails were posted to them.

Hopefield Animal Sanctuary, in Sawyers Hall Lane, provides a forever home for more than 500 animals. However, it was not set up for the giant snails.

The sanctuary had to spend some of its own funds to provide the equipment so the molluscs can thrive.

A spokesman for the sanctuary said: "We can't understand what went through the owner's mind.

"These are specialist creatures that need expensive equipment and set-ups costing hundreds of pounds."

The surprise delivery led to some members of the

public offering to adopt them, but the sanctuary has already sourced everything the snails need.

The spokesman added: "We have managed to free up one of our larger tanks. They have plenty of space, as well as the correct heating equipment.

"We have also been able to use lots of enrichment from previous enclosures. Some bark pieces can cost £30 each, so luckily we found a few. They hide under these in order to keep moisture in.

"When you include the tank and enrichment we already had, this setup would have cost more than £300."

Man arrested after woman is stabbed

A 33-year-old man from Brentwood has been arrested after a woman was stabbed in St Michaels Walk, Chelmsford, on September 5.

He was arrested on suspicion of intending to cause grievous bodily harm and criminal damage.

He was further arrested on suspicion of assaulting an emergency worker and a racially aggravated public order offence.

An Essex Police spokesperson said: "Detectives would like to hear from anyone who was in the area around the time and saw or heard any unusual activity or suspicious behaviour.

"We're particularly keen for anyone who has footage to get in contact with us immediately.

"Anyone with information is asked to contact us on 101 or call Crimestoppers on 0800 555 111."



Runners at the ready as Muddy Mayhem to go ahead

As many running races have been cancelled this year, one has been given the green light to go ahead in Brentwood.

The St Clare Hospice charity mud run, Muddy Mayhem, will be going ahead at Brentwood's renowned Nuclear Races venue at Kelvedon Hatch on October 18.

The event is a five-kilometre mud run and boasts many of the popular Nuclear obstacles, such as a huge zip wire.

In total, there are around 40 obstacles to take on throughout the run to challenge even the toughest mud-lovers.

It's hoped that the event will raise more than £3,000 for the West Essex and East Herts charity, which offers specialist, compassionate palliative care to local people living with a life-limiting illness, and their families, relatives and carers.

With COVID-19 safety in mind, Muddy Mayhem will



be limited to 30 participants, so people are asked to register early.

Registration is £50 per adult and £40 per child. Runners are also asked to aim to raise a minimum of £100 in sponsorship.

Emma Broadbent, St Clare's challenges and events fundraiser, said: "We're excited that this hugely fun and exciting event is able to go ahead this autumn, and we can't wait to see this year's participants get stuck in."

"We have been working closely with Nuclear Races to organise the event. There has been a thorough COVID-19 risk assessment and we are taking all the necessary precautions to make sure the event can go ahead safely this October."

For more information and to register, visit stclarehospice.org.uk/muddymayhem

All information in this article was correct at the time of going to print.

Signings boost Blues as season starts

Brentwood Town FC started the season in the best possible way as they progressed in the FA Cup while the squad continues to take shape.

Sam Bantick's goal away at FC Romania saw Blues through to the First Qualifying Round. It earned the club £1,444 and means Brentwood will now play New Salamis FC of the Spartan South Midlands Division One.

The club has also bolstered its ranks with three more new signings.

They include the arrival of experienced striker Kudus Oyenuga, who started his career at Tottenham Hotspur.

Meanwhile, Phil Roberts, 26, has also signed for the Blues. Roberts started his career at Arsenal and has played in Scotland and Ireland. Finally, Joshua Gray, a young defender, completes the list of new signings. He has just finished his scholarship at Cambridge United.



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Two charged after police drug raids



Two people have been charged after police raided four properties on Rollason Way in Brentwood on September 6.

Nabeel Kotwal, 22, of Rollason Way, was charged with possession with intent to supply class B drugs and is now due to appear at Southend Magistrates' Court on October 5.

Ashraf Kotwal, 28, was charged with using threatening or abusive words or behaviour to cause alarm or distress. He is due to appear at Southend Magistrates' Court on November 30.

A 20-year-old man from Brentwood was also arrested on suspicion of possession with intent to supply class A and B drugs and has been released under investigation.

A 22-year-old man and a 20-year-old woman, also both from Brentwood, arrested on suspicion of possession with intent to supply class A drugs, have been released under investigation.

Relief as firefighters help rescue dogs from house blaze

Firefighters were the heroes of the day after they rescued two dogs from a house fire in Brentwood.

Crews from Brentwood and Billericay were called to Western Road on September 2 at 10.20am and found a small fire in the utility room.

Two dogs were trapped in the room and firefighters carried them to safety.

A youngster in the house had called 999 after a smoke alarm alerted him to the fire.

Maxim Clark, crew manager for Essex County Fire and Rescue Service (EFR), said: "He did exactly the right thing by getting out, staying out and calling 999.

"He did not put himself in danger and we were on the scene quickly, put out the fire and rescued the dogs."

It is believed the fire was caused by an overloaded extension lead which had a washing machine and tumble dryer plugged into it and set fire to a pile of clothes.

The fire, which was fully extinguished by 11.02am, was contained to the utility room, but the kitchen and lounge suffered smoke damage.

Riders top of the class after championship win

Brentwood School's highly successful Bequestrian team have been crowned national champions for 2020.

The school claimed the National Schools Equestrian Association (NSEA) Eventer Challenge 95 title.

The Brentwood riders were delighted to finally be back competing in the Championships at Hickstead, West Sussex.

The event qualifiers had been held back in February and March but the original championship date was postponed.

The first day of the championship saw the team blowing away the cobwebs as they took part in a qualifying 95cm show jumping class for further championships in October.

The team all performed polished rounds for seventh place with clears from Emma Philpot and Charlotte Cooke plus two neat rounds from Sophie Philpot and Ben Hogarth.

Brentwood School's team manager, Annette Philpot, said: "I am thrilled with these results which reinforce the commitment and dedication shown by the children, especially in these abnormal times, and also our wonderful parents for their unending support.

"We were the first team to go in the 95cm Championships arena eventing, which had so many entries it was held over two days.

"No team had gone clear during the whole of the previous day's starters. Brentwood's team absolutely rode to team trainer's orders, producing tactical, well-paced rounds over challenging show jump and cross-country obstacles, including a water splash. At the end of the class, Brentwood were still the only team on zero."





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BURGHART for BRENTWOOD



Alex Burghart MP for Brentwood and Ongar



LOCAL NEWS BRENTWOOD



I am spending more and more of my time in the constituency talking to local businesses and hearing about how they have faced down the challenges of 2020 and how they are planning for the months to come. Last Friday, I visited Ingatestone and talked to the ladies who run the brilliant The Ginger Tree florists and Greg the jeweller. They told me that they are coping, although trade in the village is quiet – hopefully this will start to pick up soon. Ingatestone is a great High Street – parking is easy and there are top places to eat and independent shops to explore.

I have also visited a number of pubs in the patch to get a sense of how they have fared through lockdown and find out how they are coping with the changing regulations. I have to say, I came away from my tour deeply impressed by the resourcefulness of each of them. Seeing how they have adapted to the new circumstances, created new opportunities and found new ways to support customers really reaffirmed my faith in good, sound Essex business sense.

(Note to readers: I stay off the booze when I'm on my rounds so this was a somewhat sober pub crawl.) It was good to hear how a number of pubs took advantage of Eat Out to Help Out in August and some – like The King's Head in Ongar – have chosen to extend it

through September. Those who used the scheme said that it really brought people in on Mondays, Tuesdays and Wednesdays and made a significant difference to takings at the till. A lot of places, like The Olde Dog Inn in Herongate, have opened up new outdoor areas to seat customers and keep them safe or, like The Green Man in Ingrave, have rearranged their inside seating thoughtfully to help people stay comfortable while being COVID secure.

As I saw on my tour, places are doing pretty good business, all things considered. The Rising Sun on the Ongar Road – which has had a brilliant facelift recently and is under new management with Ian Boyd at the helm – is reporting good passing trade in the evenings. And The Green Dragon in Shenfield was doing a roaring lunch trade when I popped in.

This is good news, but we can't take our pubs for granted. It's extremely important we all support them in the months to come. I'm encouraging everyone to buy a pint a week in a local pub. (This doesn't have to be booze; it could be lemonade or cola.) Our pubs need our patronage because we want them to be there when this is all over. So, socially distance as the regulations require, but please get out there and support your local boozier.

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LOCAL NEWS

from your neighbourhood



Doubts raised amid rumours of new mega council

An Ongar councillor says it's too early to worry about mooted proposals which could see a mega council stretching from Southend to Brentwood.

The rumour of the mega council comes as the government outlines its visions for more unitary authorities and a move away from the traditional two-tier system of county and district council models.

It would mean an end to Epping Forest District Council (EFDC), as a combined authority would instead be created.

Councillor Paul Keska, who is an EFDC councillor for Ongar, says it's too soon to make a judgement on the plans because they haven't yet been published.

He told **VISION**BrentwoodOngar: "There is a proposal from government for more unitary authorities, but as it stands nothing has been published so it's difficult to make a judgement without the detail.

"They will put ideas out to consultation and EFDC will have a view once that has been seen. So it is very early days and difficult to form an opinion.

"What I do know, having lived through it, is that when the London boroughs were formed they didn't quite

achieve what they set out to.

"Having boroughs distanced the decision makers from the people, so that would be something to consider when any plans are revealed."

The rumoured mega council plans have been criticised by the leader of Brentwood Borough Council (BBC), councillor Chris Hossack.

Cllr Hossack says that as no plans have been disclosed it means as it stands it won't happen. He also has his doubts about how it could work.

He said: "There are no proposals at all at this stage. "There is categorically no plan to create a mega council that stretches from Southend to Brentwood, encompassing Rochford, Basildon, etc. This would encompass circa 900,000 residents and is far too large to be a local service provider.

"In the absence of the white paper we are only guessing that a sustainable model would be around 300,000 to 500,000.

"The point is, no one has done the modelling to see which proposals are even workable. To say a mega council is going to be formed is codswallop."

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Round Table looking for people, groups and charities



Charities and community groups are being encouraged to get in touch with Epping and Ongar Round Table (EORT) if they need support.

EORT is a group of local men aged between 18 and 45 who meet every fortnight to socialise and plan how they can support local charities, groups and individuals.

The group fundraises throughout the year and uses that money to donate to local groups and people who need support.

EORT also helps organise some of the biggest community events through the year and is looking for people to support.

Iain Thompson from Epping and Ongar Round Table told **VISION**BrentwoodOngar: "We are always on the lookout for new people we can help and we have a small pot of money that could make a real difference.

"Over the years we have helped many of the more obvious charities, but also some smaller ones, and it's those that may not be on our radar that we want to hear from."

For more information and to tell EORT how it could possibly help you, your group or charity, visit www.facebook.com/OngarRoundTable

Town aiming to make up for lost time

Ongar Town FC have made a flying start to the new campaign as they quickly look to move on from being denied promotion because of the pandemic.

Last season, Town were heading for promotion from the Essex Olympian Football League (EOFL), but the pandemic curtailed the season with all results expunged.

However, the side led by Richard Ponsford have taken that disappointment in their stride and are now targeting more success this term.

They kicked off 2020/21 with a 10-0 win against Laindon Orient in the EOFL Senior League Cup before opening the league campaign with a 7-0 success

against Toby FC.

Richard said: "It's promising to see people want to join this club and be a part of it because I think we are doing something special.

"Pre-season was really good for us as we tested, and did very well, against clubs from much higher leagues and I think it's helped improve the squad's confidence about what they can achieve."

Ongar Town FC have teamed up with local company Kelly Designs, run by local Ongar woman, Kelly Stone.

For more information on the club, follow them on Twitter at @ongar_townfc

Office space available in testing times

With businesses starting to look at returning to office spaces, the Ongar Business Centre (OBC) is once again open for tenancy.

Situated within the M11 and M25 corridor, the OBC provides easy access to areas such as Epping, Brentwood, Harlow and Chelmsford.

The OBC has been providing business solutions to a large variety of SMEs for a number of years. Many are now considering alternative, smaller hub solutions located away from the traditional offices.

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The business centre will also soon be launching a new 'Plug 'n' Play' office with eight workstations.

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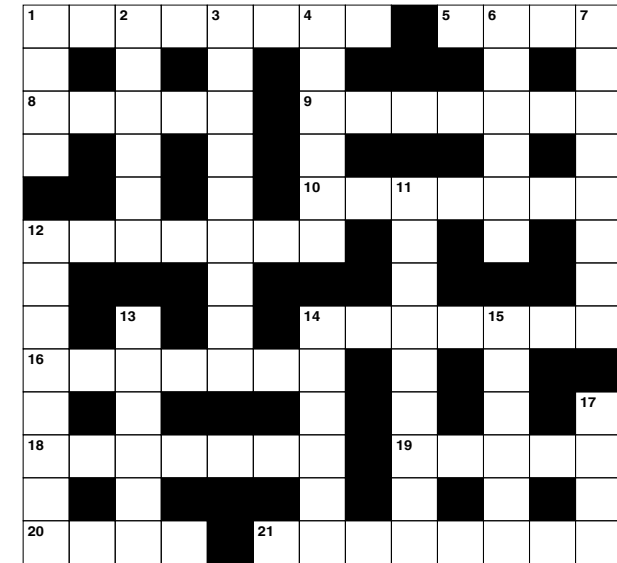
Answers can be found on the Contents Page 4

ACROSS

1. People who consume a particular beverage (8)
5. Cut (4)
8. Paved area (5)
9. Deserved (7)
10. Ideas (7)
12. Long pins (7)
14. Small Arctic whale (7)
16. Gather (7)
18. Biting (7)
19. Immature insects (5)
20. Overly curious (4)
21. Definitions (8)

DOWN

1. Depressions (4)
2. Chant; speak solemnly (6)
3. General erudition (9)
4. Manors (anag) (6)
6. Country (6)
7. Base of a statue (8)
11. Immediately following that (9)
12. Astronaut (8)



13. Entraps (6)

14. Hold close (6)

15. Occur (8)

17. Not as much (4)

DID YOU KNOW?

► The name Big Ben only refers to the bell inside the Elizabeth Tower, not the Tower itself, as commonly thought

► In 1952, a double-decker bus, driven by Albert Gunter, jumped a gap across Tower Bridge after it started to rise to allow a boat to pass

► The London Eye pods are numbered one to 33, missing 13 with superstitious passengers in mind. Each pod weighs 10 tonnes, the equivalent of one million pound coins

► From the 1200s to 1835, the Tower of London was home to a zoo of exotic wild animals that were given as royal gifts, including lions and a polar bear

► Buckingham Palace was originally known as Buckingham House and was built as a private townhouse for the Duke of Buckingham

SUDOKU

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



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suits you and your pet. Perhaps you have a place that specialises in care for gregarious guinea pigs, or maybe it's the welcome that wins you over. Clean bowls of water, blankets and toys for anxious animals are all good signs your pet will be in good hands.

Read the paw print

Pet healthcare is often pricey, so transparency is key when it comes to vets and finances. It is always wise to have pet insurance, but you also need to check that your vet is willing to cooperate with your policy provider to provide a seamless, stress-free service. In the event of having no insurance, make sure you're happy with the potential fees.

Follow the pack
A busy veterinary practice is generally a good sign that it offers decent care for reasonable prices. So as long as it isn't so oversubscribed that you can't get an appointment, don't be put off by a little paw traffic.

Listen to your animal instinct

The best care often means feeling comfortable and happy from the minute you walk in the door, so visit your prospective surgery and make sure it

Stay on your turf
We all know that medical emergencies rarely fit a sociable timetable, and is vital to know that you can get your pet the help it needs any time, day or night. This means not only choosing a practice that you can get to easily, but also one that can facilitate emergency care without you having to venture too far afield.



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KIDS



HOW TO ENJOY A

SOCIALLY DISTANCED HALLOWEEN



As traditional trick or treating may be cancelled this year, unless you want some seriously disappointed children, you may want to look into alternative ideas for celebrating Halloween as a family.

Don't worry, there will still be lots of sweet treats to be enjoyed!

HOST A VIRTUAL PARTY

If you normally host a massive Halloween party for all your family and friends, why not use your new-found knowledge of Zoom to host a virtual party instead? Adults can enjoy some spooky cocktails and a chat, whereas the kids can show off their costumes and even play Halloween games such as bobbing for apples via the app. Alternatively, you could host a virtual scary movie night or virtual Halloween sleepover.

ORGANISE A NEIGHBOURHOOD DECORATION PARTY

In the same way that neighbours got together to decorate the outside of their homes and the local streets for VE Day, you could bring the local community together to put up some creepy decorations. That way, instead of trick or treating, children can enjoy a spooky walk on Halloween.

SET UP A HALLOWEEN PHOTO BACKDROP

A great way to make dressing up for Halloween fun despite restrictions, one or more local families could host a Halloween photo backdrop at the end of their driveway or in their front garden. Children can then take turns coming up to get their photo taken, creating long-lasting memories of Halloween 2020.

DECORATE A FACE MASK

A fun Halloween activity for children of all ages. Either buy some plain disposable face masks or make your own and then get your children to decorate them. Some great Halloween-themed decorative ideas include creepy grins, animal faces or pumpkin patterns.

OTHER IDEAS INCLUDE:

- Bake some sweet treats
- Visit a pumpkin patch
- Carve a pumpkin face

A photograph of Robert Pattinson in a dark tactical vest with a walkie-talkie and a handgun, looking off to the side with a serious expression. The background is a blurred outdoor setting.

THE RISE OF

ROBERT BAT-TINSON

It's taken eight years, 19 movie roles and a complete revision of his status as the teenage heartthrob of his era, but in landing the role of Batman in the latest incarnation of DC Comics' ultimate action hero, Robert Pattinson has emerged from the gloomy, seedy shadow of *The Twilight Saga* into the dazzling, dangerous surrounds of, well... his local gym.

We've always known him best for his vampiric swagger and lofty presence, and for being followed around by a posse of adoring young teens, but since the Sky series in which he made his name, Robert Pattinson has dabbled in everything from serious drama, horror, crime, action and even biopics.

And while excelling on screen in the likes of *The Lost City of Z*, *Good Time*, *The Rover*, *The Lighthouse* and *Tenet*, as the latest ripped and action-ready Batman, this is surely his biggest project yet.

The big-budget Warner Bros movie represents for him a defining moment, both physically and mentally – it's the final piece of the jigsaw in the ascent of the accomplished Londoner to true movie icon status, and by his own admission, the removal of self-doubt that accompanies it is a relief.

"Doubt is in the genetic make-up of any actor," he begins. "You are always wondering what's around the corner and whether you can live up to your best role, your last role, your future potential... whatever it will be."

Taking on Batman represents the same mental challenge, but RPatz sounds more secure in himself than ever before.

"I think any actor will go through periods where they will question whether they can live up to a character in a script, or even the expectations that go with it.

"Batman, for me, means pushing boundaries and building up to a point where I know, in the flesh, I can do justice to the physicality required.

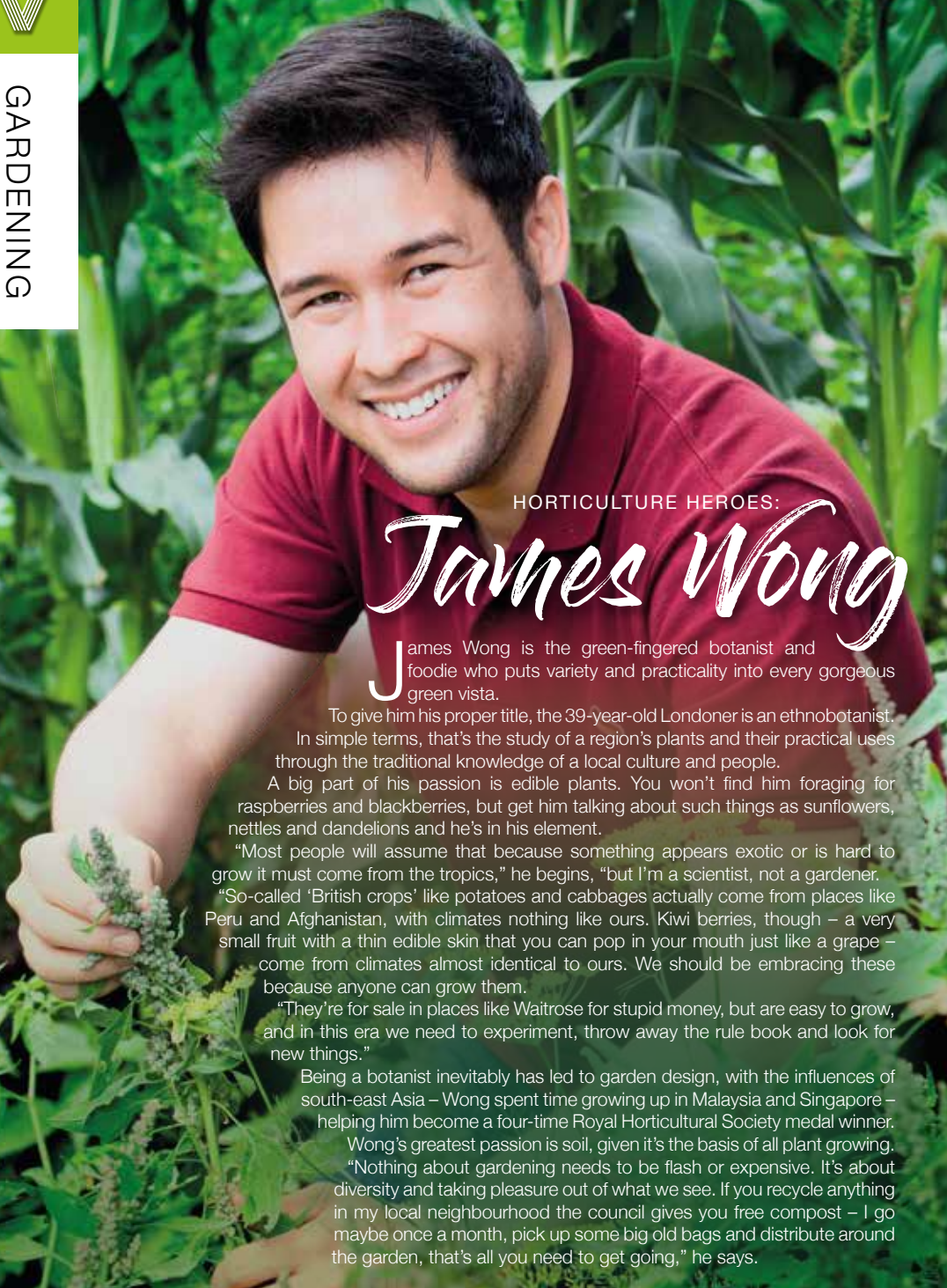
"You look at the true warriors of the superhero genre – Hemsworth, The Rock, Downey Jr – and wonder if you're putting yourself in the wrong place. And yet, having spoken to a few I know, everyone is nervous when the opportunity comes about."

Of course, the legacy of those to have played Batman goes back right to the early days of movie-making. People were still awaiting the conclusion of the Second World War when actor Lewis G Wilson first stepped up to play the caped hero in 1943. Wilson's physique saw critics perhaps unfairly deride him as "thick about the middle", and actors who assumed the role thereafter were toned in a way rather more fitting for a character adept at taking down a range of enemies without, in fact, the use of any superhero powers at all.

From Robert Lowery and Adam West – who played Batman for two decades – through to Michael Keaton, Val Kilmer, George Clooney, Christian Bale and Ben Affleck in the modern era, style and stamina has often gone forward before age – something that stands Pattinson in good stead.

"This feels like the start of a new era for me, and I hope fans come along for the ride."

In 2020, Pattinson talks, behaves and interacts like a very different person from when he was only known as Edward Cullen from *The Twilight Saga*. His evolution into an accomplished actor of variety, veracity and vigour is now surely complete.



HORTICULTURE HEROES:

James Wong

James Wong is the green-fingered botanist and foodie who puts variety and practicality into every gorgeous green vista.

To give him his proper title, the 39-year-old Londoner is an ethnobotanist.

In simple terms, that's the study of a region's plants and their practical uses through the traditional knowledge of a local culture and people.

A big part of his passion is edible plants. You won't find him foraging for raspberries and blackberries, but get him talking about such things as sunflowers, nettles and dandelions and he's in his element.

"Most people will assume that because something appears exotic or is hard to grow it must come from the tropics," he begins, "but I'm a scientist, not a gardener.

"So-called 'British crops' like potatoes and cabbages actually come from places like Peru and Afghanistan, with climates nothing like ours. Kiwi berries, though – a very small fruit with a thin edible skin that you can pop in your mouth just like a grape – come from climates almost identical to ours. We should be embracing these because anyone can grow them.

"They're for sale in places like Waitrose for stupid money, but are easy to grow, and in this era we need to experiment, throw away the rule book and look for new things."

Being a botanist inevitably has led to garden design, with the influences of south-east Asia – Wong spent time growing up in Malaysia and Singapore – helping him become a four-time Royal Horticultural Society medal winner.

Wong's greatest passion is soil, given it's the basis of all plant growing.

"Nothing about gardening needs to be flash or expensive. It's about diversity and taking pleasure out of what we see. If you recycle anything in my local neighbourhood the council gives you free compost – I go maybe once a month, pick up some big old bags and distribute around the garden, that's all you need to get going," he says.



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OCTOBER BIRTH FLOWER OF THE MONTH

Marigold



GARDENING

If you were born in October, your birth flower is the vibrant marigold. Native to the Mediterranean, this plant is also known as the 'herb of the sun' owing to the fact that its flowers open when the sun is shining. Incredibly versatile flowers, marigolds can be used as bedding plants or grown in containers.

What does the marigold symbolise?

With its intense orange colour, it's hardly surprising that the marigold symbolises both passion and creativity. In medieval England, the leaves and flowers of the marigold were combined with ground egg shells and added to heated ale as a treatment for the plague. Whereas, in Mexico, they are the official flower for the *Día de los Muertos* – the Day of the Dead – as their scent is believed to help guide the spirits from the cemetery to the altars.

What does this birth flower say about you?

If your birth flower is the marigold, you are said to be a warm and inviting person who has the ability to brighten any day. You are full of drive and are often the one that others turn to for advice or help. Personal growth is also important to you.

How to grow marigolds

Marigolds enjoy full sun and grow well in both dry and moist soil. You can plant marigold seeds directly outdoors in spring once the threat of frost has gone, or start seeds inside for up to eight weeks before planting outside. These flowers require little maintenance and only need watering if the weather has been dry for more than two weeks.

Fun facts about marigolds

- Marigold flowers are edible
- Marigolds are a natural insect repellent
- They contain carotenoids that can lower your risk of heart disease and some cancers





GO GREEN – Bewildering arrays of colour don't sit well with Japanese garden design. Instead, focus on the blend of greens; explore texture over colour, and appreciate the shape of plants rather than obsessing over size.

PERFECT PRUNING – So much of the art behind this unique horticultural mood is in constant styling, reshaping and pruning. Gracious curves and sharp edges intertwine, with plants bending around rocks and guiding the eye around.

WATER WONDER – Whether it's a simple trickle of a small stream or a pond decorated with lily pads, the sight and sound of water is a key part of the equation.

NATURE'S KNACK – The Japanese have a strong respect for Mother Nature, and will encourage the build-up of moss and other elements that weather and climate bring about. While not letting the garden be reclaimed, you should certainly allow a natural imprint to work its way in.

STONE COLD SOBER – The use of stone is a big thing in garden design, and never more so than in south-east Asia, with large rocks and the smallest pebbles complementing perfectly green spaces and water.

To understand how to create your own Japanese garden, it first helps to appreciate the values behind this most unique form of horticultural design. The Japanese appreciate precision, elegance, space and places for careful thought and contemplation, and all of these elements come through in meticulously curated green spaces. So forget rugged bushes, sprawling trees and bustling beds, and begin to style your garden one small space at a time.

OPEN SPACES – Detail is everything, and nothing focuses the eye on this better than open space with a focal point, such as a small statue, collection of rocks or even a bonsai tree.



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STOP TOBER

How to help someone with an addiction

With Stoptober already under way, we thought it would be a good time to offer a few words of wisdom for those supporting a loved one with an addiction.

DON'T BE AN ENABLER

There is a very fine line between supporting someone with an addiction and actively enabling them. While you may want to help your loved one by carrying out household tasks, lending them money or apologising for their actions, this can actually stop them from making positive changes in their lives. Sometimes you need to let someone reach rock bottom for them to start their own personal recovery journey.

BE COMPASSIONATE

Although you don't want to stray into enabler territory, that doesn't mean that you can't treat your loved one with compassion as they struggle with addiction. In fact, studies have shown that negative social support is one of the biggest barriers for entry to treatment.

ENCOURAGE HEALTHY HABITS

Addiction is linked to not only poor physical health, but also mental well-being, with common mental health issues such as anxiety and depression being greatly amplified by alcohol or substance dependency. Ways in which you can promote overall good health and well-being include encouraging healthy eating habits and regular exercise, as well as establishing a positive daily routine.

DON'T FORGET YOURSELF

Supporting an addict can be an exhausting and often fruitless process, so it is vital that you take the time for self-care. Think of this not as an act of selfishness but as a means of self-preservation. Focus on doing something you love and make sure you take care of your own physical and emotional needs.

DO...

Focus on building trust • Be honest • Respect their privacy

DON'T...

Threaten with ultimatums • Criticise or name-call • Expect too much too soon





THINK POSITIVE

We could all be forgiven for feeling a little less than motivated right now. That being said, there comes a time when we need to stop languishing and start flourishing. Now is that time...

SET THE TONE FOR THE DAY

How often do you wake up on the wrong side of the bed and let that negativity continue throughout the day? Why not instead start your morning with a few enthusiastic affirmations? Even a simple, "Today will be a good day", can work wonders.

FOCUS ON THE GOOD

Although you may find it difficult at the moment to find joy in everyday life, by focusing on the good things, however small they may be, you will start to find yourself feeling more motivated and less eager to hide away from any of life's challenges.

LAUGHTER REALLY IS THE BEST MEDICINE

When you laugh, the body releases two types of

chemicals: endorphins and dopamine. Endorphins help you feel happy and diminish pain, whereas dopamine, known as the reward hormone, contributes to feelings of pleasure and satisfaction. Finding humour in even the darkest or lowest of moments can help you get through a particularly bad day.

EMBRACE FAILURE

Whether you are struggling to home-school, are completely messing up your latest DIY project or you simply feel that nothing you do at the moment is right, try to focus on what you can learn from your mistakes.

BE PRESENT

If you are struggling with the current lack of routine and worry about not being able to set any short-term goals, other than getting out of bed each day, try focusing on the immediate present. What are you doing at this precise moment that is making you or someone close to you happy?



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POSITIVE



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WHAT A racket



Why squash,
pound for pound,
is a good sport to play

Forget football, turn aside tennis, and golf can get lost – the proven best sport you can play for a total body workout... is squash.

It's a simple game, played in singles or doubles, and involves smashing a rubber ball against a wall in the hope your opponent won't be able to return it within one bounce. Its popularity has continued to grow, despite the fact that television coverage is almost non-existent.

The reason people love squash is because it tests every element of the human body:

> **Reactions:** Players must respond to opponents' attacks in split seconds, often moving into position as soon as their own shots are taken in expectation of where the ball might go.

> **Agility and speed:** From returns on the floor to left and right stretches; from frantic back-peddalling to tearing towards a concrete wall before needing to urgently apply the brakes, squash uses every muscle group.

> **Power:** While some plays can be tickled into

winning areas, squash thrives on the idea of smashing the ball into areas an opponent cannot get to.

> **Precision and intelligence:** At the heart of it, the placement of shots will win you the game, and in such a confined space you're testing hand-eye coordination in a way that's measured, intelligent and so much more intense than on a ranging tennis court.

> **Stamina:** Unrelenting and in many cases played in what can resemble a concrete oven, squash demands high stamina for anyone who wants to stay in the game.

There's only one downside to squash, and it's something that any vocal sportsperson will have experienced – notably, if you're prone to letting out the odd expletive after a bad shot or missed return, the echoing nature of a boxed in 10-metre x 6-metre squash court will ensure everyone within a half-mile radius can hear you.



HEALTH & FITNESS



Are you BLUSHING yet?

With summer over, you are probably ready to banish the bronzer and bring on the blush. But do you know what type of blush is best for you?

Powder Blush

If you are not quite ready to give up that natural, sun-kissed glow that you have enjoyed over the last few months, then powder blush is the ideal choice for you. Available in a variety of colours, including red, pink, orange and peach, powder blush is long-lasting, easy to blend and offers a matte finish. Ideal for acne-prone and oily skin types.

Cream Blush

If you are looking for a dewy, fresh-faced finish, then cream blush can help you to achieve this. Arguably the best choice for those with dry skin, this type of blush lasts for around five to six hours and can be seamlessly blended into your skin. Be sure not to overapply or you risk a greasy-looking finish.

Shimmer Blush

Available in soft shine or a glittery formula, shimmer blush can set you up for the day and prepare you to party. It's great for highlighting your cheekbones. Make sure you build this blush up gradually to avoid a major make-up mishap. Shimmer blush can be used on any skin type.

Gel Blush

Although this type of blush is mostly recommended for the summer, it can be used to softly transition into autumn, allowing you to enjoy a healthy colour for longer. Best for light to medium skin tones, gel blushes can be easily blended with just your fingertips.

Tinted Blush

Otherwise known as cheek stain, tinted blush has become increasingly popular in recent years owing to its extreme long-lastingness and quick-drying formula. Plus, it can double up as a lip stain. Remember, less is more with this product.



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Men's skin toning & tightening after one treatment

Men's stomach after one treatment

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BEAUTY

Love your LEFTOVER PUMPKIN

Don't throw away any leftover pumpkin from Halloween. Instead, pump up your beauty routine with these four DIY pumpkin beauty recipes that are guaranteed to give your skin and hair an autumnal glow.

BEAUTY BENEFITS OF PUMPKIN

Healthy skin: Pumpkin is full of vitamin A, zinc and antioxidants that are essential for healthy-looking skin.

Healthy hair: Pumpkin seed oil is antibacterial and antifungal, helping to maintain a healthy scalp and strong hair follicles.

PUMPKIN MOISTURISING FACE MASK

You will need: 200g pumpkin purée | 1 tbsp honey | 2 tbsp brown sugar | ½ cup yoghurt

How to apply: Stir all ingredients together | Evenly coat your face with the mixture | Leave for 10–15 minutes | Rinse with warm water

PUMPKIN LIP SCRUB

You will need: 1 tsp pumpkin purée | 2 tsp sugar

How to apply: Mix ingredients together | Massage onto clean lips | Wipe off | Finish with a coat of hydrating lip balm

PUMPKIN HAND CREAM

You will need: 50g pumpkin purée | 1 tsp olive oil | 1 tsp honey

How to apply: Mix all ingredients together | Spoon a generous blob into your palm and rub into your hands | Rinse with warm water

PUMPKIN DEEP CONDITIONING TREATMENT

You will need: 50g pumpkin pulp without seeds | 50g raw coconut oil (liquefied) | 50g raw shea butter (solidified) | 25g vegetable oil or olive oil | 1 tbsp oatmeal powder

How to apply: Separate seeds from pumpkin pulp | Add oils, butter, oatmeal powder and pulp to a bowl | Mix well and then blend in a blender until a smooth consistency is achieved | Apply to damp, clean hair and massage into scalp | Leave for a minimum of 10 minutes | Rinse with warm water

Don't throw away the leftover pumpkin seeds; instead, roast them for a tasty snack. They are great for encouraging hair growth, as they contain iron and L-lysine which both help to prevent excessive hair shedding.



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CHECK mate!

If you are looking for a fashion trend that checks all the boxes, then look no further. The traditional checked pattern was seen across multiple AW20 collections including Saint Laurent, Miu Miu, Versace and Michael Kors.

Not sure how to make this print work for you? Don't worry, everyone and anyone can rock this form of plaid.

CHECKED SHIRTS

A checked shirt should be a key staple in everyone's wardrobe, never going out of style and providing a quick and simple way to look effortlessly stylish. Ideal for layering when the evenings turn colder; try adding an open-buttoned checked shirt over a plain tee for a chic and comfortable look.

CHECKED COATS

With the ability to suit both men and women, an oversized checked coat is a must-have this winter. Wear over layered knitwear, a tailored suit or even a party dress; this style of outerwear is incredibly versatile. For those who love to stand out from the crowd, choose a bold and colourful check such as red, yellow or green. Alternatively, monochrome check will always look classy.

CHECKED ACCESSORIES

If you are a little worried about trying out this trend, you may want to try starting with one checkerboard item such as a pair of black-and-white checked heels or a checked scarf. But make sure you don't sync the checks of your accessories with the checks of your clothes - this is never a good look!

CHECKED TROUSERS

You don't often see women wearing checked trousers, but when you do they nearly always look fabulous. So, why not give this daring look a go yourself? Pair with a hoody for a sporty touch, with a chunky sweater for a casual daytime look or with a silk shirt and leather jacket for instant edginess.

Photo credit: asos.com



FASHION





THREE HAUNTING HALLOWEEN COCKTAILS

Put the boo in booze with these creepy cocktails that will make your hair stand on end. Literally. From a spooky smoking potion to a colour-changing creation, these Halloween drinks provide both a trick and a treat.

TEQUILA TERROR

You will need:
2 oz 100% agave silver tequila • 1 oz lemon juice • 8 blackberries • 5 sage leaves • 1 tsp maple syrup • 1 dash orange bitters • Dry ice

How to make:
Bash the blackberries and sage in a cocktail shaker until broken down and fragrant • Pour in the tequila, lemon juice, bitters and maple syrup • Give it a good shake • Pour over a cube of dry ice

Safety tip: Do not drink the cocktail until the dry ice has completely dissolved



Photo credit: wickedspace.com

BLACK MAGIC

You will need:
2.5 oz black vodka • ¼ oz lime juice (freshly squeezed) • ¼ oz simple syrup • Ice • Pearl white edible dust (can be found online or at craft shops in baking aisle)

How to make:
Add syrup, lime juice and vodka to a cocktail shaker • Fill with ice to the liquid line • Vigorously shake for 30 seconds • Add a dash of pearl dust to the bottom of a martini glass • Pour and serve



Photo credit: elietalk.com

PURPLE RAIN

You will need:
Blue butterfly pea flowers • 3 oz cranberry juice • 1/3 cup gin • 1.5 oz elderflower liqueur (rose or violet also work well) • Juice of half a lemon • Ice

How to make:
Make a pot of blue pea flower tea and allow to steep • Leave to cool and freeze into ice cubes • When frozen, crush in a blender • Add the cranberry juice, gin, liqueur and lemon juice into a cocktail shaker half filled with ice • Shake vigorously • Fill two glasses with ice and divide liquid between them • Top with blue crushed ice and watch as it turns purple



Photo credit: supergoldenbakes.com

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Spice UP YOUR life

A QUICK-FIRE GUIDE TO KNOWING YOUR HERBS AND SPICES

Spices and herbs are about so much more than heat. They provide colour, texture, flavour, aroma and more hidden pizzazz than you would expect.

The trick, when it comes to adding them to your food, is to choose those that complement your dish.

BITTER

Think of coffee, chocolate and beer, and you'll know we have a love/hate relationship with bitterness. From bay leaf to clove, horseradish to marjoram, peppercorns to turmeric, a bitter flavour is great for hearty foods such as roasts and stews, where spices creep in without overpowering the dish.

SALTY

Salty herbs and spices actually provide a sensible and health-focused alternative to sodium chloride. Consider paprika, cumin, onion powder and oregano as the perfect seasoners, and revel in spicy goodness without the negative side effects.

SOUR

The ability for sour spices to make our mouths water works perfectly when we match them with sweet

foods. Limited in quantity – the key sour spices are amchur, sumac and tamarind – they are powerful and purposeful with desserts and sauces especially.

SWEET

From caraway to fennel, nutmeg to sesame seeds, our love of sweet spices is something that means firm meats such as pork and poultry can be softened, while sour flavours in cheese can really be brought out with a dash of sugar-like life.

And one for luck – **UMAMI**, the cool younger brother of the spice world, boasting a savoury, meaty, seaweed flavour that bucks all the negative connotations of MSG despite using the same molecule, an amino acid called glutamate.

Of course, true aficionados will point out that limiting the range to just four or five varieties is doing spices a disservice. They will note a number of cooling, floral, earthy, pungent, nutty and woody variations, but as a starting point for understanding these most excellent essences, you've got more than enough umming, ahing, wincing and reaching for water to be getting on with.

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FOOD & DRINK



Return TO YOUR ROOTS *part 1*

With the weather turning colder, now is the time to shift away from salads and, instead, embrace more robust and hearty vegetables. Whether you are harvesting the veg yourself or you have opted for shop-bought, the below guide will help you make the most of your roots this autumn.

TURNIPS

A member of the brassica plant family, turnips are high in fibre, making them great for gut health. They also contain antioxidant and anti-cancer properties.

HOW TO STORE: Always cut off the greens of turnips before storing in the fridge.

Lifespan: two to three weeks.

HOW TO COOK: With their delicate, sweet flavour, turnips make a great mash. Alternatively, use as a substitute for potatoes in dauphinoise.



CARROTS

These much-loved staples are cheap, versatile and contain carotenoids that are known for their ability to boost your immune system and protect your skin from sunburn.

HOW TO STORE: Cut their tops off and store them in a cool place such as the lowest shelf in your fridge. Wrap in a damp towel for prolonged crispiness. Lifespan: four weeks.

HOW TO COOK: Avoid boiling carrots; instead, look to roasting them with honey, grating them raw into a salad or stir-frying them.



PARSNIPS

Parsnips are incredibly high in fibre and are also a great source of folate that is needed for a healthy brain and nervous system.

HOW TO STORE: Store in the same way as carrots but avoid placing near apples or pears, as this gives them a bitter taste. Lifespan: three to four weeks.

HOW TO COOK: You can roast parsnips in the same way you would potatoes. They also work well in a gratin, to bulk out stews or grated into hash browns.



Look out for *part 2* in next month's edition where we will explore the beautiful beetroot, amazing artichoke and the super versatile sweet potato.



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YOUR HOME under the hammer

The pros and cons of auction properties

Daytime reality TV shows have given us a unique insight into the workings of the auction room, but where buying a home is concerned, the stakes are considerably higher than when bidding on a Nissan Micra, or perhaps an antique teapot.

The plus side is that buying a home at auction can save you tens of thousands of pounds. You can also find yourself unearthing some unusual properties that high-street estate agents wouldn't look to market, and as far as renovation projects go, auctions tend to attract every brand of dilapidated property going.

It's also a fast process – when the bidding ends the process kicks off... There's no hanging around for estate agents, and within weeks the property can be yours.

And yet, when buying under the hammer, the

phrase 'buyer beware' certainly rings true. Firstly, the time in between the catalogue being published and the auction itself – typically about three weeks – is all you have to arrange a survey on the property and get a solicitor to check over the legal pack. If you don't take these steps, you're buying blind and that could be costly.

Auctions also require finance to be in place – if you're the highest bidder, you are contractually bound to go through with the process, and on day one that will mean a deposit of 10 per cent.

The other downside is it's easy to get swept along with the cut and thrust of the auction room. Setting a spend limit is sensible, but sticking to it is vital, and can be easier said than done when you sense you are only one bid away from clinching something that will become a home or an investment.

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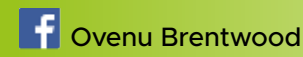
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ONE FOUR ALL

Is the four-day week a commercial and social experiment that's here to stay?

While none of us needs reminding of the devastation COVID-19 has brought to society, an unexpected upside has been the way we've all been encouraged to reset, recalibrate and readjust.

Businesses and individuals have stripped back processes and preconceptions, but if you think this all begins and ends with Zoom, think again.

While many corporations will insist staff return to a central place of work rather than work from home and lose the valuable mechanics of 'the team', it could be that retaining the sort of four-day week many businesses have trialled has a bit more longevity.

Advantages for the employer:

- > Research shows staff embed processes better on longer shifts (perhaps 10 hours) over four days than they would do across five. This so-called 'super-efficient' mode can be up to 40 per cent more productive.
- > Work needing to be completed in a shorter time frame brings about urgency and removes an

employee's tendency to be distracted (such as checking social media or news sites).

- > The modern nature of the four-day week is great for the image of a business, and staff can still field calls and enquiries on the fifth day.
- > A 'three-day weekend' removes Friday afternoons from the work schedule, notoriously the most inefficient segment of the working week anyway.
- > Overheads are reduced.

Advantages for the employee:

- > 'Four on, three off' means extended breaks.
- > The perception is staff will make the most of their additional day by taking up new pursuits and hobbies, meaning better mental health and greater efficiencies when back in the workplace.
- > A reduction in the cost of travelling to and from work.

The success of a concept widely embraced on mainland Europe is dependent on the business sector and employee buy-in, but the idea of a three-day weekend is a prospect many will relish... even those in charge.



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KNOW YOUR NUMBERS THIS TAX YEAR

It's well worth being aware of the tax allowances and exemptions available in 2020-21 to be able to maximise them for your own individual financial planning. In the second of our two-part article we look at some of the figures that are worth knowing regarding savings and inheritance tax:

SAVINGS LANDSCAPE

The annual amount you can save into a JISA (Junior Individual Savings Account) or Child Trust Fund has increased substantially, from £4,368 to £9,000. The ISA (Individual Savings Account) allowance, including the Lifetime ISA allowance if used, remains unchanged at £20,000. ISAs represent a tax-efficient way of saving or investing and the JISA is a great way of building up funds for your child.

INHERITANCE TAX (IHT)

The current IHT nil-rate threshold is £325,000 for individuals and £650,000 for a married couple or civil partners. Beyond these thresholds, IHT is

usually payable at a rate of 40 per cent. The main residence nil-rate band, which applies if you want to pass your main residence to a direct descendant, has increased to £175,000 for individuals and £350,000 for a married couple or civil partners.

PLANNING PAYS

Whilst tax efficiency can play a vital part in successful saving and investing, it's important not to make it the sole driver of your savings or investment decisions, or to steer you away from achieving your core goals.

At HCR we can advise you on the sensible steps to reduce the amount of tax you pay, safeguarding your wealth for the future. 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 financial situation, please contact Karyn Vogel on 01277 654153.



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MOBILE MADNESS

Some 35 years on from the first mobile phone call being made in the UK, we look at the limitations of the first available models.

It was a man named Michael Harrison, the son of former Vodafone chairman Sir Ernest Harrison, who made the UK's first ever mobile phone call. It happened on January 1, 1985, and it's fair to say that, in the 35 years since, we have come quite some distance in telecommunication technology. Phones these days are powerful computers, with a bewildering array of functions, laser-sharp connectivity and a clarity that can enable you to FaceTime someone on another continent. Suffice to say, in 1985 things were a little more basic:

TALK TIME

The first mobile phones had a talk time of 30 minutes. At that point the battery would die and it would need to be recharged... for 10 hours. And no, it didn't work while charging.

WEIGHT

The latest iPhone weighs in at 188g; compare that to the Vodafone VT1, the first mobile phone, which totalled 4.7kg... that's the equivalent of 25 iPhone 11 Pros.

COST

The first mobile phone cost £1,650 – that's more like £6,000 today when factoring in inflation. And even up to the Millennium, call costs were hugely prohibitive in the UK, with fees of more than 50p per minute for mobile-to-mobile calls. And as for dialling numbers abroad... well, probably better to send a letter.

FEATURES

The first mobile phone was just that – a phone. It offered no additional features. Indeed, not until Nokia's rapid advancement into the market in the late 1990s did phones start incorporating text messaging and games (and yes, by games, we mean snake, and not a lot else).

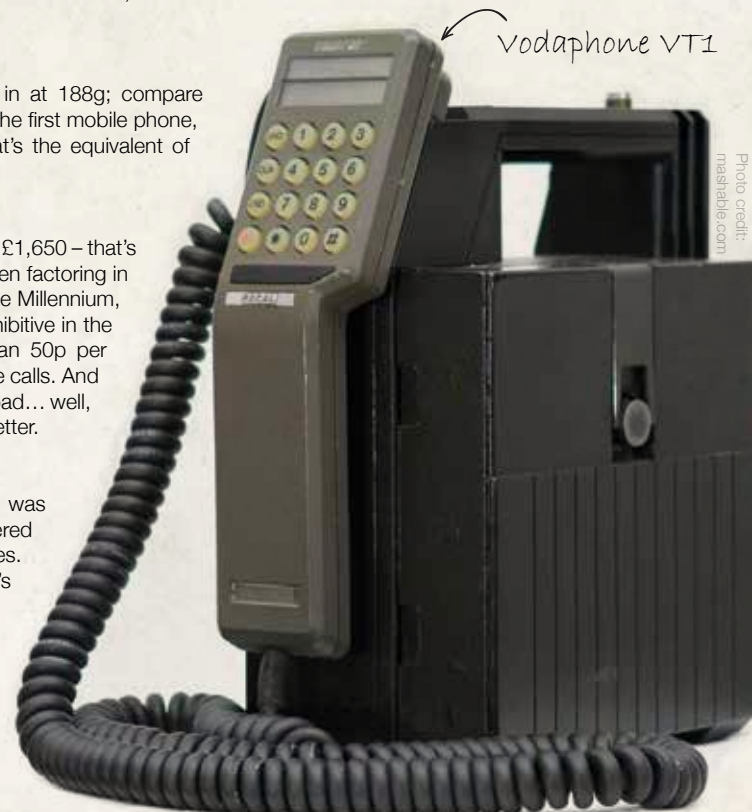


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MOTORING

From naff to NEAT



**CARS WE MOCKED IN
THE 1980s THAT NOW
HAVE ICONIC STATUS**

When the shapely, streamlined, smooth curves of car manufacturing in the 1990s came about, the cars we'd been driving over the previous decade suddenly seemed lazy, lumbering, clumsy things that were headed to one place only – the breaker's yard.

Yet those motors that survived the cull are now being brought back to their former glory, with many of us asking if we were perhaps a bit hasty in dismissing these bold, booming examples of classic engineering. These vehicles' price tags – all more than £10,000 – certainly suggest we may have put the handbrake on a little too readily.

TOYOTA COROLLA

Famously uncool in every car showroom the length and breadth of the country when Kylie and Jason were number one, this motor now screams 1980s chic, with its pointing bonnet, nodding headlamps and completely useless sidestep that only served to graze knees upon entry and exit.

FORD CAPRI 2.8

A classic Ford, with a frontage that had Essex written all over it. And if you think the bonnet was big on one of these premium vehicles from a classic era, check out how the Capri tapers into an exhaustive abyss at the rear. A beauty.

ROVER SD1 VITESSE

The Rover was a brand your dad loved as he toured around the south-east flogging double-glazing. A bold, ballsy, impossibly solid motor that said 'family' and 'midlife crisis' in the same breath, the Rover was always sleek and has aged incredibly well, and offers a little peek into the UK's fine motoring magnificence of the era.

RENAULT 5 GT TURBO

For a car that appealed to young drivers while still retaining a small amount of Gallic flair from those famously French roots, the Renault 5 had the lot. A nippy thing that looked ready-pimped on the forecourt and had the engine power to match.



Toyota Corolla

Photo credit: betto rodrigues/ Shutterstock.com



Ford Capri 2.8

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Rover SD1 Vitesse

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Renault 5 GT Turbo

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KING OF THE KOP

JÜRGEN KLOPP: THE WORLD'S BEST MANAGER?

Liverpool's narrow opening-day Premier League victory over newly promoted Leeds United provided an interesting array of feedback from pundits suggesting the Reds' profligacy in defence would see them struggle to repeat last season's saunter to a first league championship in three decades.

Perhaps those naysayers have forgotten the fact that Liverpool possess Jürgen Klopp, possibly the world's best manager when it comes to drawing every last ounce out of his squad.

The way he does this is through charisma and unity, and that's obvious to anyone who has witnessed the German in press conference mode – he is charming, charismatic, funny, reflective... yet fiercely competitive at all times.

Klopp's playing career saw him a decent footballer with Mainz who, by his own admission, exceeded the limitations of his talent. That type of personal elevation is what he now expects of his players, and all those at the club. It is a philosophy of unity that begins right at the top and ends with programme sellers and stewards.

The ethos of self-improvement has decorated his own life – he worked multiple jobs through university and his early playing career; then returned to higher education aged 28 while a professional footballer, to gain a diploma in Sports Science.

The simple psychology he emits has transformed 'eight of out 10' footballers such as Salah, Milner, Robertson and Wijnaldum into truly global stars, and the confidence he has in both himself and his troops means the 53-year-old has resisted the urge to splash the cash this summer.

While the doubters will circle, hopeful of a slip from the world's best side, anyone who truly believes Liverpool will sink back again into the also-ran abyss should probably take another look at the talismanic German at the helm, and think again.



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