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POPPIN' PAPRIKA
Hot colour trend for 2023

Celebrating 40 years
of Channel 4 and Countdown

FLORENCE PUGH

The actress on pushing herself to global success

BUILDING FUTURES TOGETHER

PROPERTY EXTENSIONS

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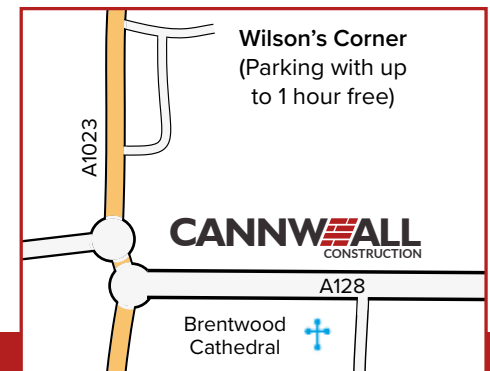
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Editor's notes...

NOVEMBER 2022



Nik Allen, Editor

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

The text message, the DM, the 140-character tweet, the trend to abbreviate phrases into acronyms (LOL!), the 15-second TikTok videos, the Snapchat content that deletes itself after 24 hours.

Why are we in such a rush? Why is the obsession in this era for punchy, fast, to-the-point content, where it feels like every digital interaction must be conducted at triple speed?

We don't act like this in person - we don't greet people by shaking hands like a piston engine; we don't go to the pub only to neck a pint and leave; we don't break speed limits just to get to the supermarket for the weekly shop.

My point is, are we losing the ability to give that most precious commodity, time, to the people and things we love? Are we being conditioned to reinvent everything at high speed?

This week, why not make an effort to give extra time to the people around you? Why not give yourself time too - just lay in bed pondering your thoughts, or go the long way home from work for a change?

Our lives don't have to be conducted as a blur. Let's slow down and savour the wonderful things we have.

Nik Allen

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is the NARRATIVE

CELEBRATING 40 YEARS OF COUNTDOWN AND CHANNEL 4, AND LOOKING AHEAD TO A NEW ERA

Is there a single adult in the UK unaware of the TV quiz show *Countdown*? The vowels, the consonants, the numbers game, Dictionary Corner, the 30-second clock that never ticks past halfway, the Countdown Conundrum and, of course, that iconic music playing in the background while contestants hurriedly attempt to make words or solve a number puzzle.

Countdown is a national institution, and its popularity is such that it celebrates its 40th birthday this month. Where *Countdown*'s birthday is concerned, so too does Channel 4 itself revel in the celebrations, given that the show was on the original schedule that launched way back on November 2, 1982.

Countdown was in many ways one of the showpiece pieces of programming – a quiz that featured the effortlessly amiable Richard Whiteley OBE DL, and doyenne of the digits Carol Vorderman MBE.

Since then, Rachel Riley has succeeded Vorderman, and after Whiteley's death in 2005, permanent hosts have included Des Lynam OBE, Jeff Stelling, Des O'Connor CBE, Nick Hewer and Anne Robinson, in the accumulation of more than 7,000 shows.

One of Channel 4's true success stories, and certainly its longest lasting, *Countdown* has enchanted its weekday audience for four decades, even extending into spin-off fodder with *8 out of 10 Cats Does Countdown*, which is hosted by Jimmy Carr and has run since 2012.

Naturally, Channel 4 has extended its reach much further in the four decades since its launch. While the very nature of *Countdown* means it's not evolved too far from a weekday web of wordplay, the schedule elsewhere has incorporated many other successes, from its edgy *Channel 4 News* to innovative programming across breakfast TV (*The Big Breakfast*), soaps (*Hollyoaks*, *Brookside*), comedy (*Peep Show*, *The Inbetweeners*, *Brass Eye*, *Smack the Pony*, *Desmond's*), drama (*Skins*, *Queer as Folk*, *It's a Sin*, *Black Mirror*, *Top Boy*, *This is England*), and of course reality TV monsters such as *Gogglebox*, *First Dates*, *Made in Chelsea*, *Come Dine with Me*, *24 Hours in A&E*, *Married at First Sight*, *The Great British Bake Off*, *Grand Designs* and *Big Brother*.

And of course, while *Countdown* may lay claim to being the longest-running quiz show on Channel 4, can it top the cultural or iconic impact of *The Crystal Maze* and *Taskmaster*?

Sport has also been prevalent on Channel 4's menu – from the early days leading the surge in the popularity of cycling with Tour de France coverage, to NFL Sunday nights and, more recently, F1 coverage.

Channel 4 has always prided itself on innovation in its programming and its delivery – a fact no better exemplified than in the Film4 and All 4 spin-offs. And for the 40th birthday celebrations, a raft of specials has been planned, many of which rebel against the wealth of ultra-safe programming that other broadcasters have bowed to.

In an era where people want to be as challenged through terrestrial TV as they are online, Channel 4 continues to lead the way. Racing headfirst towards its half-century, the directive from above is to keep forcing the narrative.

THE WONDERFUL WORLD OF *Jellyfish*

You're never too humble to have your own international day of celebration – and November 3 is World Jellyfish Day. While these creatures have no brain, heart, bones or eyes, they're still fascinating. They have been around for more than 600 million years and existed before dinosaurs, trees and fungi. And they live in all of the Earth's five oceans.

Jellyfish have an umbrella-shaped body with trailing tentacles, which are armed with stinging cells used to stun their prey before gulping them down. They're helpful for self-defence, too.

Jellyfish mostly eat shrimps, crabs and small sea plants. And in their turn, they're an essential source of food for other ocean creatures like sea turtles, tuna and sharks. In some cultures, jellyfish are also a food source for humans, particularly in South East Asia. Only the main body is eaten, which is said to have a delicate, slightly salty taste. Sometimes they're thinly sliced and eaten raw, or dipped in batter and fried.

As well as using their mouth to eat and get rid of waste products, jellyfish also use their mouths to squirt out a jet of water to move themselves forwards.

There are thought to be 300,000 different types of jellyfish. Some are as small as 5mm in diameter, and some are as big as 2m. They come in an impressive array of colours – some are clear, but some are pink, yellow, blue or purple. Some are even bioluminescent, which means they produce their own light.

Most jellyfish stings aren't serious. But stings from some species – most of them living around Australia, the Philippines, the Indian Ocean and the central Pacific – can be severe or even deadly. Incidentally, the Portuguese man-of-war, a creature often mistaken for a jellyfish, is actually a colony of polyps. However, watch out for them – their stings can be excruciating.

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BEGINNER'S GUIDE TO bonsai trees

Growing and caring for a bonsai tree is an amazing stress reliever and a fun pastime, but you need to know what you are doing if you want your little tree to flourish.

WHAT IS A BONSAI TREE?

For the uninitiated, a bonsai tree is a miniature tree that is planted within a pot. In fact, the term bonsai literally means 'planted in container' in Japanese. An integral part of this East Asian country's culture, bonsai is now an art form that is enjoyed worldwide.

HOW TO CARE FOR A BONSAI TREE

Placement: Keep your bonsai away from direct heat and drafts. They favour areas with plenty of sunlight and need humidity in order to keep their soil moist.

Watering: One of the most contentious issues when it comes to bonsai ownership, overwatering can cause root rot, while underwatering can lead to all the leaves dropping off in as little as half a day. As a general rule, water every two to three days in the morning, ensuring the soil is always damp to touch but not wet.

Fertilising: Bonsai trees need nitrogen, phosphorous and potassium in order to survive and grow. As the seasons change, your tree will have different fertilising needs. In spring, more nitrogen is needed to boost growth. In summer, equal volumes of each is best and in autumn/winter, a fertiliser with a higher phosphorus content will prepare it for the colder months.

Pruning: Pruning is essential in keeping your bonsai healthy. You need to make sure that you pay attention to all elements of the tree, including the shoots, leaves, buds and twigs.

Repotting: When you need to repot your bonsai tree will be dependent on the species you picked. However, typically, bonsais need to be repotted every two to three years to prevent the roots from becoming pot-bound.





HOW TO DRAUGHT PROOF YOUR PROPERTY

Did you know that by simply draught proofing your windows you can save around £45 a year? And a further £65 a year if you draught proof an unused chimney.

Draught-free homes are comfortable at lower temperatures, so you can turn down your thermostat and slash the cost of your energy bills.

HOW TO DRAUGHT PROOF WINDOWS:

For windows that open, draught-proofing strips can be placed around the window frame to fill the gap between the window and the frame. Self-adhesive foam strips are the cheapest option but will not last as long as metal or plastic ones.

HOW TO DRAUGHT PROOF EXTERNAL DOORS:

Purchase a purpose-made cover that drops a metal disk over the keyhole, use a letterbox flap or brush, place a hinged flap draught excluder at the bottom of the door, and fit foam, brush or wiper strips on gaps around the edges of the doors.

HOW TO DRAUGHT PROOF A CHIMNEY:

If you have an unused fireplace, then you are likely to be losing a lot of heat through your chimney. You can draught proof a chimney by either fitting a cap over the chimney pot or by buying a chimney draught excluder.

HOW TO DRAUGHT PROOF FLOORING:

Block any cracks in your flooring by squirting filler directly into them. Use either flexible fillers or decorator's caulk for best results. These can be used to fill gaps in floorboards and skirting boards.

HOW TO DRAUGHT PROOF A LOFT:

Hot air rises and can get lost in your loft or attic, so you need to make sure you block off any draughts around the hatch. You can use the same strip insulation as you would on a door to prevent draughts.

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EXPLORING THE TALENTS OF THE STUDIO ASHBY COLLECTIVE

While interior design is very much a personal thing, the collective that is Studio Ashby likes to approach the sumptuous styling of homes in a way that draws in expertise and influence from across the team.

Studio Ashby is the brainchild of creative director Sophie Ashby. A designer of real talent, her formative years were spent studying in both the UK and the US, resulting in a coming together of classical ideas that permeates through a look unswayed by passing dictates of fashion. Instead, the outcome is about contemporary world art, ageless yet modernist furniture, natural and clear palettes and a variety of materials and textures.

While colour tones are uncomplicated, the overall look is one of richness and intense detail, looking at cohesive space and the fingerprint of collaboration and integrity.

"There is no set look that we always replicate,"

says Sophie, "though many of us will view whites and greys as a classic start point, whereby delightful detail can be added."

Sophie talks not just about shade, but shape too, with smooth curves of furniture interrupting sharp lines. In addition, velvet on wood, ruffled cushions on carved chairs, and fluffy rugs on a chic wooden floor belie the idea that textures need to nestle into each other in order to work.

The studio also has an extensive shop, selling objects that perfectly match an eye for unique elements that really make a room.

A number of high-profile clients have trusted in Studio Ashby's design eye, leading Sophie to conclude: "I believe there is a poetry in the tension of combining art, antiques, craft, colour, pattern and texture; the careful layering brings character and feeling to a home."

To find out more, visit studioashby.com



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There's hardly a home in the country that doesn't have a set of fairy lights – or several. And these days, they're not just for decorating Christmas trees. We love using them all year round to add a warm glow to our rooms and gardens. And there's always a pretty new shape to tempt us – flowers, hearts, stars, and even multicoloured skulls, should the fancy take you. But where did it all begin?

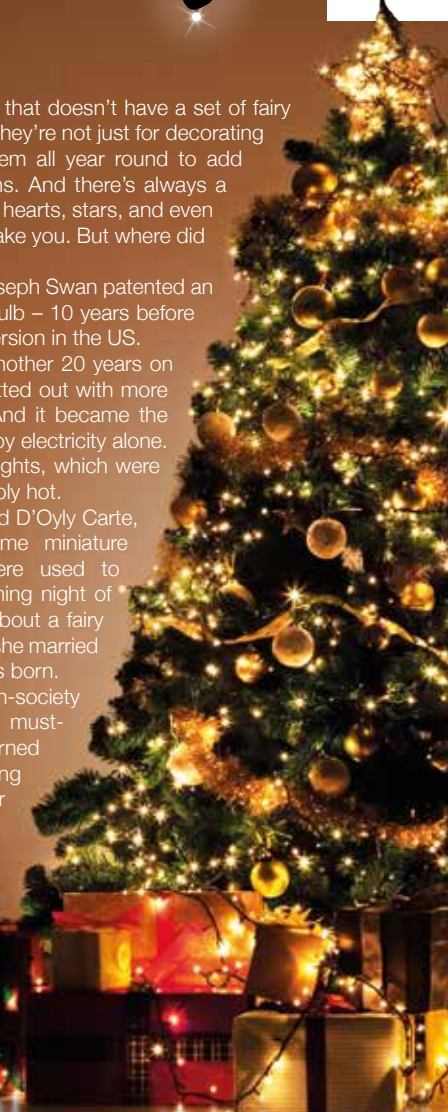
In 1869, Sunderland-born inventor Joseph Swan patented an early version of the incandescent light bulb – 10 years before Thomas Edison patented his improved version in the US.

In 1881, when Queen Victoria still had another 20 years on the throne, London's Savoy Theatre was fitted out with more than a thousand of Swan's lightbulbs. And it became the first public building in the world to be lit by electricity alone. Before this, theatres were lit with gas lights, which were dangerous and made theatres unbearably hot.

In 1882, Savoy Theatre owner, Richard D'Oyly Carte, commissioned Swan to produce some miniature versions of his lightbulbs. These were used to decorate the fairies' dresses on the opening night of Gilbert and Sullivan's opera, *Iolanthe* – all about a fairy who was banished from fairyland because she married a mortal. And so the name fairy lights was born.

The opera was a big hit, and high-society ladies soon adopted fairy lights as a must-have clothing accessory. They adorned their dresses with strings of lights, hiding the battery packs in the folds of their voluminous skirts.

By 1883, a colleague of Swan's US rival, Thomas Edison, put a set of fairy lights on a Christmas tree. It was a publicity stunt. But there started a global Christmas tradition that became so popular that we now use fairy lights almost everywhere.





POPPIN' Paprika

2023'S HOTTEST COLOUR TREND FOR YOUR HOME

There may be a couple of months left in 2022, but that doesn't mean we can't look ahead to next year's interior trends. One of the hottest trends already making waves is paprika, the spicy colour that's about to give your décor a cheeky kick.

WHAT IS PAPRIKA?

Paprika is a shade in the burnt orange family. Think terracotta with a hint of pink. It lets you experience the warmth of reds and oranges, without going overboard with a bold and bright colour.

THE ULTIMATE MOOD-BOOSTER

Paprika is the perfect shade to add a touch of warmth to your home. Used as the main colour, it adds interest to the plainest of rooms, while as an accent colour, it goes perfectly with shades of navy, grey, yellow and others. It also looks great as a contrasting shade to a monochrome space.

USING PAPRIKA IN YOUR HOME

Some of our top tips for using paprika in your home include:

- > Go for a paprika colour pop on a wall, either as a block colour or by adding it as a shape or pattern to a neutral wall.
- > Use paprika-hued accessories to brighten up your space. Curtains and cushions in this delightful shade will help you embrace the trend easily and affordably.
- > Refresh some of your older furniture by coating them in paprika – an easy way to give your pieces a new lease of life and make a cool contrast against the rest of your décor.

As the colour to look out for in 2023, you can get ahead of the trend by embracing paprika in your home now.



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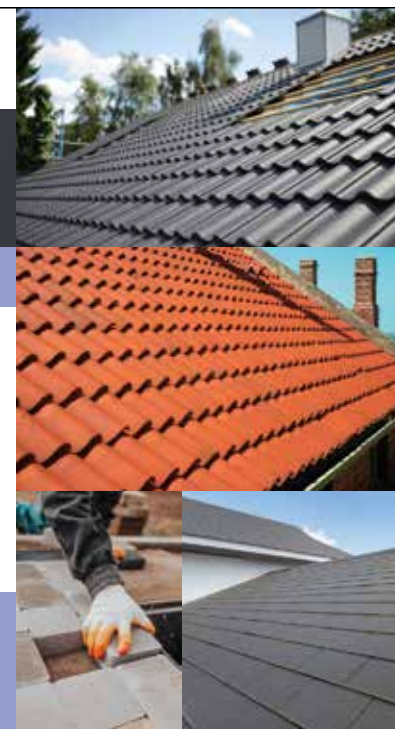
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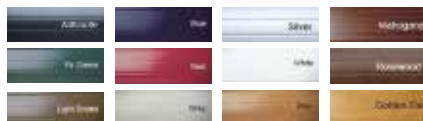
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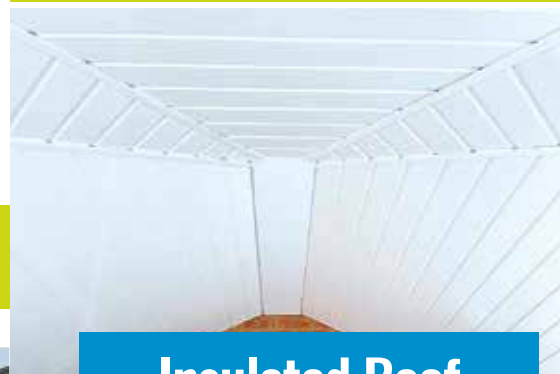
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LOCAL NEWS

from your neighbourhood



Army cadets win award celebrating potential

Two Brentwood School Combined Cadet Force (CCF) Army Cadets were awarded the prestigious Army Officer Scholarship last month, securing them places at the Royal Military Academy, Sandhurst.

Scott Adeyinka (pictured second from left) and Lewis Karnett (pictured second from right) were described as having “exceptional leadership potential” and have secured a place each to train as army officers, as well as to be supported through their education.

The scholarship is a £3,000 award in the recipient’s final school year, plus a confirmed army bursary of around £6,000 if they study a recognised degree at a UK university.

Miss Megan Swettenham, Officer Commanding Army (pictured right), said: “Lewis and Scott have

both been valued members of the Army section of the CCF and are now senior non-commissioned officers leading the younger cadets.

“Congratulations to both Lewis and Scott on their fantastic achievement. The CCF and the wider Brentwood community are very proud of their achievement.”

Lewis said: “I couldn’t have achieved this without the support of the entire CCF team who have helped me prepare.

“Without the CCF, I would not have had the opportunity to find my passion for the army and pursue a future career. I’ve really enjoyed the position of regional sergeant major and I look forward to helping develop the army section this year.”

BRENTWOOD PROPERTY NEWS



Peter Garland-Collins

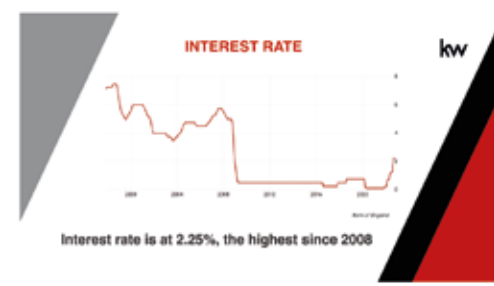
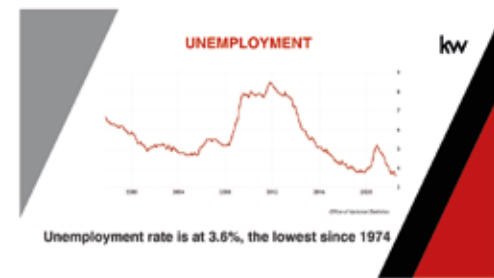
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Hello, I am Peter Garland-Collins a local real estate agent and I am delighted to bring you my monthly property column.

Recently I was invited to join one of the panels at the Keller Williams Mega Agent Camp in London. We were fortunate enough to spend some time with Rob Elder, from the Bank of England, who explained what is happening in the UK Economy and what it means for home movers. We spoke about understanding the current economic climate through unemployment, inflation and interest rates as they are key performance indicators to the housing market.

As a real estate agent serving my local community it is important for me to give all my clients a well rounded view of not only what is going on in the housing market but also in the UK Economy. I believe an estate agent is entrusted to look after what is likely to be your most valuable asset and if they do not have an understanding of what is going on, how are going to attract the right buyer, achieve the best price for your home, or give you the right advice to help you make a life changing decision. These are definite questions to ask any estate agent trying to win your business!

If you have plans to move in the next 12 months and would like to discuss a strategy to make that happen, please feel free to get in touch.



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Council gives green light to keep 'Stonehenge'

Brentwood Borough Council has approved an application for a 'Stonehenge' style sculpture to remain in place so it can be entered for the Turner Prize art competition.

The sculpture, named Unhinged, was created as a warning about climate change and features an outer ring of 30 vertical blocks bridged by 30 lintels.

It surrounds a central hourglass pattern on the floor with SOS written in Morse code surrounding it.

The sculpture is orientated so the winter solstice midday sun illuminates a central monolith displaying an image of Her Majesty Queen Elizabeth II.

The £250,000 structure was built on a public right of way and will be allowed to stay for 18 months, after

which it will need to be dismantled.

Planning officers suggested it was an inappropriate development, though planning members said it should temporarily be allowed to remain.

Planning member councillor Keith Barber mentioned that though it wasn't very green owing to being made of concrete, he thought it was stunning.

He said: "I really do think that I would like to know the outcome for the Turner Prize before we make a decision on whether it can be permanent.

"On paper, if it hadn't been built I probably would have said no. But I have seen it and I am quite impressed by it."

Man sentenced to 14 years following murder

A Brentwood man has been sentenced to life in prison with a minimum of 14 years after pleading guilty to murder.

As reported in **VISION** BrentwoodOngar October 2022 edition, Jevgenijs Lapkovskis (pictured right) was accused of killing Lee Murrell, 29, at an address at Warley Hill on April 5 this year.

Lapkovskis had called family in the Republic of Ireland to explain he had violently assaulted Lee using a bottle and didn't know what to do, and a member of his family reported the incident.

He pleaded guilty after initially claiming self-defence, and was sentenced to life in prison with a minimum of 14 years on October 7.

In a statement, Lee's family said: "Today we finally have justice for Lee.

"After six gruelling months of waiting to see if we would have to endure an emotional and exhausting trial and waiting to find out why Lee's life was taken needlessly and tragically, we didn't get all the answers we wanted and perhaps we never will."



Photo credit: Essex Police



Club calls for aid with refurbishments



A rugby club in Brentwood is undertaking a major refurbishment of its clubhouse for the first time in 60 years.

Brentwood Rugby Club has approved refurbishments of its clubhouse at King George's Playing Fields.

The club has worked with local businesses and individuals to raise the funding for the project, which was originally predicted to cost £90,000 to £100,000.

With work underway, it has become apparent that more money may be necessary to fulfil the club's dreams for the development.

A spokesperson for the club said that it is in need of "fire systems, security, heating, flooring et cetera to meet our expectations" and that an additional £20,000 needs to be raised.

The club is now calling on members and supporters to contribute and has set up a GoFundMe page.

A spokesperson said: "Your support is crucial to helping us achieve this. We hope that you can help us in our endeavours. Your money will be going to a space that helps support the local community youth and their families and can be used by yourselves to create this environment."

To support the clubhouse renovations, please visit bit.ly/3g83UaL.

Arts society releases updated programme

The Arts Society Brentwood District (TASB) has updated its programme of upcoming sessions, which include the topics of Christmas and Mughal Indian architecture.

The first of these, the 12 Days of Christmas, will take place on November 16 and will discuss the origins of the celebration of Christmas, as well as traditions and legends connected to Christmas music.

Dr John Stevens, a research associate at SOAS University of London, will discuss the iconic and

beautiful architecture of Mughal India on January 18, 2023.

Recent topics TASB has discussed in its sessions include the Huguenot silk weavers of Spitalfields, Beethoven at 250, and the East Saxon kingdom.

Society meetings are usually held at Ingatestone Community Hall, 7 High Street, Ingatestone, CM4 9ED, on the third Wednesday of the month, apart from August and December.

Lectures start at 8pm and end just after 9pm, with tea and coffee served throughout and free parking available. A visitor's fee of £8 per meeting is redeemable against annual subscriptions, which include three copies of the Arts Society's national magazine.

More information is available on 01277 356634, online at www.tasbd.org.uk or just by turning up on the night.

Sanctuary to host magical Christmas experience

A Brentwood animal sanctuary is hosting a special Christmas event, starting this month, and is inviting the public to come along.

Hopefield Animal Sanctuary is "excited" to launch a breakfast and brunch with Santa for the festive season.

The ticket includes general admission to the sanctuary, mince pie and hot drink on arrival, breakfast or brunch, Christmas activities, winter trail, meet and greet with Santa with a gift, keepsake polaroid photo and a goodie bag.

The event will take place on Sawyers Hall Lane every weekend from November 19 to December 24. Breakfast is being served from 10am to 12pm and brunch will be served from 1pm to 3pm.

A spokesperson for the event said: "It's perfect for the whole family. Come along and make some wholesome memories together."

The animal sanctuary sits on 53 acres of countryside and currently cares for more than 500 sick, unwanted and mistreated animals.

For more information and to book your tickets, visit www.bookwhen.com/hopefield



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News from THE ROTARY CLUB Brentwood

Yet again, the Rotary Club of Brentwood will be very active in the community this Christmas, with Santa on his sleigh and all his elves making many appearances across the festive period.

Working closely with the town council and our friends and volunteers from other clubs in the area, we will be out and about across many events, commencing in November, with the Lighting Up Brentwood event. We will also be travelling around the streets for eight evenings taking Santa into the community – an event that has become an institution across the decades.

For the Brentwood team, Christmas begins in August with our initial team meetings, contact with the council, contact re the provision of a decalped van to pull the sleigh, volunteer contacts and many

other initial tasks – including how much mulled wine we will need this year.

There are also visits to local children's charities so that Santa can bring a smile to the faces of the children who may not be able to make the trip to see Santa themselves.

We always need more volunteers and there is a callout to anybody who has the time to help and to say that the rewards are the satisfaction of seeing the reality of Santa in the children's eyes – just amazing.

Contact the secretary of the club if you want to be involved by sending an email to secretary@brentwoodrotary.org.uk

Find out more at www.rotary-ribi.org/clubs/homepage.php?ClubID=1393



Photo credit: Brentwood Borough Council

Festive events announced

Around 15,000 people are expected to attend the first in-person celebrations for Lighting Up Brentwood later this month.

Brentwood High Street will be fully closed between 12pm and 6pm on Saturday, November 26, to allow for stalls selling food, drinks, gifts and crafts, along with a Christmas parade, a large stage for entertainment, and walkabout acts.

As well as the Lighting Up festival, the Shenfield Christmas Fayre will take place on the High Street on Sunday, December 4, allowing independent traders to celebrate the Christmas season with arts, crafts, food and gifts stalls, along with entertainment and walkabout acts.

Councillor Will Russell, chair for community and environment at Brentwood Borough Council, said: "I know residents including myself and my children are delighted that Lighting Up Brentwood and Shenfield's Christmas Fayre are taking place as they always did pre-COVID-19."

Sponsors who will feature include Mullis & Peake Law, Brentwood Razzamataz, Rainer Hughes, Fairview Homes, Everyone Active, Ford, Be Fibre, Stagecoach Theatre School and Brentwood Care Centre.

For further enquiries or to get involved, you can email events@brentwood.go.uk or visit www.brentwood.gov.uk/-/events-in-brentwood#christmas-2022 if you are interested in applying to be a stallholder.



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Photo credit: Jim Cosgrove

New RAF memorial unveiled honouring group

A memorial to commemorate the part played by Chipping Ongar (Willingale) Airfield during the Second World War has been unveiled.

Willingale Airfield was built in 1942 by the US Army 831st Engineer Battalion, and on June 25, 1943, the 387th Bombardment Group arrived from Kentucky and was assigned there.

The memorial was unveiled last month with an Honor Guard provided by US Air Force servicemen and women based at Mildenhall and Lakenheath in Suffolk.

The creation of a permanent memorial for the former airfield was first proposed in 2019, but was delayed by the COVID-19 pandemic.

Willingale Parish Council worked with the Airfields of Britain Conservation Trust, a non-profit organisation that works to preserve British airfields and educate people about their history, on the memorial.

David Stokes, Willingale Parish Council chairman, said: "The installation provides a fitting, permanent memorial to all who served at the airbase during the Second World War."

Hospice begins yearly tree recycling campaign

The Christmas tree recycling scheme from St Clare's Hospice is set to run again this year, allowing residents of Ongar and further afield to dispose of their trees in an eco-friendly way that also helps charity.

From January 7 to 9 in the new year, volunteers from St Clare's will be collecting trees from front gates and driveways, with a suggested donation of £12.

This money will go towards helping the hospice

provide its vital support to local people experiencing bereavement and dealing with life-limiting illnesses.

All tree collections need to be booked in advance, with registration for the scheme opening on November 15 and closing at 10am on January 3.

To find out more and to register, please visit www.stclarehospice.org.uk/recycle-christmas-tree or call 01279 773750.



BURGHART for BRENTWOOD



Alex Burghart MP for Brentwood and Ongar



The last month has been busy as schools and Parliament return for a new term.

I was very pleased to be invited to the opening of the new extension at Mountnassing Primary School, which is doubling in size as it reaches its 150th anniversary of educating the children of the village and beyond.

I was also able to join the 10-year anniversary celebrations at Becket Keys School, which has grown and thrived in the decade since it was set up.

The Brentwood Centre played host to the Limbless Association, a charity based in Billericay, for a morning of wheelchair rugby and cricket. The charity provides one-to-one support for amputees

before, during and after their limb loss, and it was great to meet its CEO, Deborah Bent, and so many people linked to the charity.

The Brentwood Centre was also the venue for the Brentwood Business Awards. My congratulations to all those who won, including SNAP for Best Local Charity, Hallmark Care Homes for Best Community Engagement, and Kaye Thurgood of Sincerely Yours in Shenfield for Best Business Person of the Year.

The Brentwood Business Awards reflect the strength of local entrepreneurialism and business acumen in the borough, and I have no doubt they will continue to thrive.

New boundaries proposed

Residents are being asked to have their say on proposed changes to council ward boundaries, including Ongar.

The proposals made by the Local Government Boundary Commission (LGBC) suggest that there should be 54 councillors in the Epping Forest district – four fewer than there are currently – representing 18 wards.

Proposed changes would see the parishes of Sheering, Matching, Moreton, Bobbingworth and The Lavers, Abbess Beauchamp and Berners Roding, Fyfield, Willingale, and part of High Ongar parish joined together in Rural East ward, while North Weald Bassett parish would be united in a single ward.

Professor Colin Mellors, chair of LGBC, said: "We have drawn up proposals for new wards in Epping Forest. We want to make sure these new arrangements reflect communities. We also want them to be easy to understand and convenient."

The consultation closes on December 12.

To view the proposals and provide feedback, visit consultation.lgbce.org.uk/node/34398 or write to Review Officer (Epping Forest), LGBCE, PO Box 133, Blyth, NE24 9FE.



Photo credit: Local Government Boundary Commission



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Pugh

AGAINST THE MACHINE

HOW FLORENCE PUGH HAS INVENTED HERSELF AS AN ALTERNATIVE HERO FOR THE HOLLYWOOD MACHINE

Florence Pugh may have hit the big time, but she is in no mind to play along with any of the niceties that may be expected from a Hollywood sweetheart. Take, for example, her audible frustrations at the furore surrounding her recent big project, *Don't Worry Darling*, which saw the leading lady in some parts referred to, in a rather derogatory way, as Harry Styles' "onscreen lover".

Or what about the fuss made during her recent fashion foray at the Valentino couture show in Rome, to which she wore a stunning pink gown through which her nipples could be visibly seen.

After receiving negative feedback online for both, the beauty boldly challenged the critics on Instagram, booming: "Why are you so scared of breasts?"

The response was perfect, proving beyond doubt that Pugh is as ferocious and bold as the strident characters she has become known for playing. From the plotting and seductive Lady Macbeth in the eponymous indie masterpiece, to the assertive female wrestler Saraya Knight in *Fighting with My Family* and, most recently, super assassin Yelena Belova in Marvel's *Black Widow*.

And for the ballsy 26-year-old, the battle rages on...

"I have always tried to force myself to pursue not just new avenues, but uncomfortable ones," she says. "Fear plays a big part of that, of course, and fear for an actor is something that can really ground a career.

"I have always had the view that to really succeed you need to push yourself further and harder than the last time, and that's the way I go about what I do, to the extent that the more I fear something the more I have to do it. That's just who I am."

‘ I love the diversity that film and TV brings and owe it to myself to really work out who I am and what I am capable of ’

In terms of pushing herself, 2022 has proved more forward-thinking than any year previously. The aforementioned *Don't Worry Darling*, a dystopian look at social values, personality and community, and our ability to accept and challenge the norm, has been well received. Yet almost to prove she is an actress unafraid to mix it up, she has since been announced as reprising Yelena in 2024 Marvel release *Thunderbolts*, and before that is contracted to appear in *Dune: Part Two* next year, alongside Timothée Chalamet, Stellan Skarsgård and Zendaya.

There's also Netflix movie *The Wonder*, which airs in November. The drama/mystery, set in Midlands Britain in 1862, tells the story of a girl who stops eating but miraculously remains alive and well. An all-British cast, the production aims to look behind the mask, and is based on the 'fasting girls' phenomenon from the Victorian era, as documented by author Emma Donoghue.

"I love the diversity that film and TV brings and owe it to myself to really work out who I am and what I am capable of. The truth is I don't want to be defined by anyone other than myself." That logic is certainly reflected in the actress's burgeoning Instagram presence, with a large following brought about in no small part by a number of endearing cookery videos filmed during lockdown.

"To have that connection was so valuable," she says. "It's such a relief we are through those days, though I learned so much about myself and community through food; it's a passion that has stuck with me."

Between her creative cookery videos and her accolades on screen, the young actor is definitely cooking up a storm across the globe.

A team who care about cleaning

Niamh & Neil Wakeling are a dream team for domestic bliss. Not only are they a married couple, with one lovely son, they have joined forces to launch Enviro Clean South Essex covering Essex and the surrounding area.

Niamh already has extensive experience running her own Premium Domestic Cleaning service – Bright & Beautiful Grays, which has been operating for eight years. Neil has worked for Thurrock Council and has always aspired towards owning his own company. When he discovered Enviro Clean, it became the obvious choice.

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PUZZLES & TRIVIA

PUZZLES

Answers: see end of The Vision Listings

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- ▶ AQUAMARINE
- ▶ DIAMOND
- ▶ FELDSPAR
- ▶ JADE
- ▶ JASPER
- ▶ LAPIS LAZULI
- ▶ MALACHITE
- ▶ MOONSTONE
- ▶ OBSIDIAN
- ▶ OLIVINE
- ▶ OPAL
- ▶ QUARTZ
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- ▶ TOPAZ
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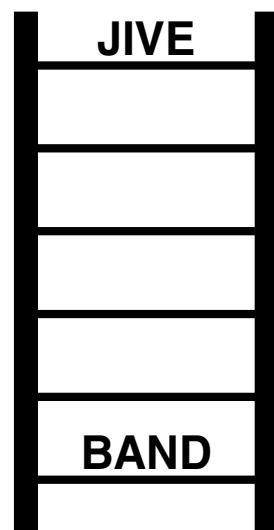


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- ▶ Queen Victoria was the first sovereign to live in Buckingham Palace.
- ▶ The garden at Buckingham Palace is the largest private garden in London.
- ▶ William the Conqueror chose the site where Windsor Castle was built.
- ▶ In 1992, a fire destroyed many rooms at Windsor Castle. The restoration took five years to complete.
- ▶ Frogmore House became a royal residence in 1792 when it was bought by Queen Charlotte, George III's wife.
- ▶ The Queen's Gallery at the Palace of Holyroodhouse was opened by Queen Elizabeth II in 2002 as part of her Golden Jubilee celebrations.

Facts courtesy of Royal Collection Trust

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Brighten your life with books

A much-loved Brentwood bookshop celebrated its 10th anniversary last month and has recently won a prestigious award.

Owner of Chicken & Frog Bookshop Natasha Radford won Best Sole Trader at the Brentwood Chamber of Commerce Business Awards 2022. The award was introduced for the first time this year and recognises brilliant sole traders in the local area with more than two years in business.

Since opening in 2012, the bookshop has tripled in size, with a new adults' section having opened in summer 2021. Offering a variety of events including book fairs and author and illustrator workshops, the bookshop has become a key part of the local community and is inviting residents to its upcoming Mrs Claus' Grotto free of charge.

The shop offers a diverse range of books for all ages, as well as a book subscription service for private customers and schools, book clubs,



holiday activities, and sensory sessions for people with special educational needs and disabilities.

There is also a tuition centre with fully qualified, experienced teachers for pupils in Years 2 to 11, and a handwriting club.

To find out more about the bookshop, visit them at 30 Crown Street, Brentwood, or visit their website at chickenandfrog.com.



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2022 Winner Best Sole Trader
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High-Flying Family Fun!



The Towngate Theatre is back this festive season with their high-flying panto for 2022-23, The Panto Adventures of Peter Pan.

This swashbuckling spectacular promises to be even more breath-taking and magical than ever before – a Pan-tastic Adventure for all the family to enjoy!

Basildon favourite, Simon Fielding, returns this year as their Co-Producer and Director, and the baddie everyone loves-to-hate – Sophie Ladds – will be back on stage, playing the legendary role of the dastardly Captain Hook. Essex-based Sophie is a much-loved performer in the Towngate's pantomimes, winning rave reviews from both audiences and critics alike, and earning two Best Villain nominations at the Great British Pantomime Awards for her multi-talented performances.

After winning the hearts of the audiences as Dame Dolly Dumppling in Beauty and the Beast, Ian Hallard will be popping on his fabulous frocks once again to play the role of Mrs Smee this year. Joining Sophie and Ian will be Harvey Zaffino

as cheeky Peter Pan, Hannah Taylor as lovable Wendy, Antonia Luisa-Clarke as mischievous Tinkerbell and Michael Loftus as silly Wibbles.

The Towngate's award-winning, critically-acclaimed pantomimes are the jewel in the crown of Essex – they're renowned for their stunning scenery, colourful costumes, dazzling dancers and a fantastic live band at every performance. Each show is a non-stop, musical extravaganza that is not to be missed!

Once again, the Towngate's Box Office records have been broken with The Panto Adventures of Peter Pan currently outselling all previous pantomimes at this time in their respective years. It is strongly

recommended that audiences book without delay, as this is on-track to be their biggest selling panto yet.



The Panto Adventures of Peter Pan runs from Wednesday 23 November 2022 – Monday 2 January 2023 with Family Packages and Group Rates of 10+ available.

Book tickets online at www.towngatetheatre.co.uk or call the Box Office on 01268 205 300.

The Towngate Theatre and Simon Fielding Ltd present

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as Captain Hook

IAN HALLARD

as Mrs Smee

MICHAEL LOFTUS
as Wibbles

HARVEY ZAFFINO

as Peter Pan

HANNAH TAYLOR
as Wendy

ANTONIA LUISA-CLARKE
as Tinkerbell

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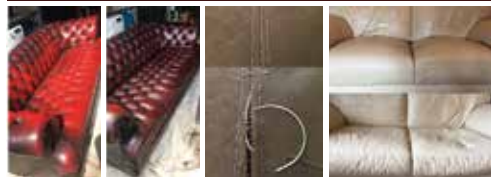
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FOOD & DRINK

GUIDE to GAME

Have you always wondered about game but been too timid to try? If yes, then the below guide is just what you need. Popular at Christmas, discover all the best game meats for the festive season and their perfect pairings below.

WHAT ARE THE DIFFERENT TYPES OF GAME MEATS?

- 1. WINGED GAME:** This includes quail, duck and pheasant.
- 2. GROUND GAME:** This includes hare and rabbit.
- 3. BIG GAME:** This includes bison, venison, elk and wild boar.

WHY EAT GAME MEATS?

Game meats are primarily raised on pasture, which means that they are better for the planet as they require fewer natural resources to raise. They also provide lean, high-quality, nutrient-rich protein that adds some much-needed diversity into our diets.

WHERE TO BUY GAME MEATS

You can buy game at your local butchers, online or in most major supermarkets, including Asda, Tesco and Waitrose.

GAME MEATS TO TRY THIS CHRISTMAS

PHEASANT: Pheasant is a great alternative to chicken and turkey, providing lots of flavour and a lean source of protein. It is also great for making stuffing if you fancy a change from sausage meat.

FLAVOUR PAIRINGS: Fruits such as apples, oranges and prunes, as well as aromatics like sage and thyme.

QUAIL: One of the smallest game birds; quail meat looks very similar to chicken but boasts a much more intense flavour. Typically, one whole quail is the perfect size for a starter or appetizer.

FLAVOUR PAIRINGS: Winter citrus fruits, grapes, cranberries and pomegranates, as well as spices such as cumin and coriander, and honey.

VENISON: If you want a change from beef, then venison is a great choice. Venison, which refers to meat from a deer, has a very strong gamy flavour and is extremely versatile. It is also very lean and rich in iron.

FLAVOUR PAIRINGS: Blueberries, cherries, cranberries and dates, as well as sage, juniper berries and black pepper.

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Disney Cruise Line

Set sail for a dream Disney holiday at sea with Disney Cruise Line. Get onboard and enjoy a magical sailing with spectacular entertainment, imaginative dining with magically themed restaurants and character experiences with Mickey & Friends.

Whether you're looking to book that ultimate family getaway, a romantic break or last-minute weekend away, we have got it all, with some brilliant options just for you.

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BRING ME *Sunshine*

Where's the best place to head if you want a last-minute getaway to escape the winter chills – and soak up some vitamin D? Here's our round-up of beautiful beach destinations, and there are some great deals if you hunt around.

CANARY ISLANDS: Flight time: 4½ hours from London | Average daily maximum temperature (Nov-Jan): 22°C

As well as the well-known spots like Gran Canaria, Tenerife, Fuerteventura and Lanzarote, check out the less-visited smaller islands – La Palma, El Hierro, and La Gomera, which are great if you love hiking and walking.

CYPRUS: Flight time: 5 hours from London | Average daily maximum temperature (Nov-Jan): 20°C

It might be too chilly to swim in the Med – but there should still be plenty of

sunshine. And it's an excellent location for anyone keen on wine and ancient history.

MOROCCO: Flight time: 4 hours from London, depending on the exact destination | Average daily maximum temperature (Nov-Jan): 21°C
Agadir on the South Atlantic coast is perfect for beach lovers, and many hotels offer 'affordable luxury'. And the colourful markets (souks) are great for bargain hunters.

EGYPT: Flight time: 5½ hours from London, depending on the exact destination | Average daily maximum temperature (Nov-Jan): 25°C
Egypt in November is a bit cooler and less crowded. Sharm-el-Sheikh is excellent for snorkelling, and desert trips and camel rides are available nearby.

DUBAI: Flight time: 7 hours from London | Average daily maximum temperature (Nov-Jan): 27°C
Dubai's luxury resorts could be just the thing if you're after impeccable service, lots of activities and the chance of some retail therapy. And in winter, it's not too humid.

CAPE VERDE: Flight time: 6 hours from London | Average daily maximum temperature (Nov-Jan): 25°C

Consisting of 10 islands off the coast of West Africa, the best ones for beaches are Sal and Boa Vista. Cape Verde is more affordable than Dubai and great if you want something truly different.

Bon voyage!



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HAIRSTYLES FOR MEN

WITH

thin hair



BEAUTY

Is your hair looking a little thin? If yes, you are far from alone. By the age of 35, approximately 66 per cent of men will have experienced some degree of hair loss.

It's happened to the likes of Channing Tatum, Ashton Kutcher, Ben Affleck and even David Beckham. Fortunately, you can fight back.

MESSY TEXTURED CUT

If your thin hair is also prone to frizz, then this is the perfect hairstyle for you. Ask your barber to add texture to your hair with a messy and irregular cut that features subtle spikes. This is also a great haircut for men who want a low-maintenance style that only takes minutes to master.

MEDIUM SCISSOR CROP

For those who feel self-conscious of their receding hairline, this is a great choice. Make sure that your barber leaves enough hair on the top and the sides to create the illusion of volume and get practising how to style this youthful and trendy cut.

HIPSTER HAIR

Hipster hair offers a good solution for men who are only experiencing minor thinning. Opt for a close cut around the sides and the back and keep as much hair up top as possible. Add a few days of facial hair growth for even more fullness.

ADD LENGTH

Although many men believe that you should keep your hair short if it starts to thin, longer styles can in fact make your locks appear thicker and fuller. Grow out your hair as much as you can and then add in a square bottom cut midway down the neck.

SLICKED-BACK FADE CUT

Slicked-back hair is the obvious choice for men with a receding hairline as this style adds height and distracts from the lack of thickness. Add a fade cut along the back and the sides and your full-head-of-hair look is complete.



Are you getting ENOUGH IRON?

Iron deficiency affects a whopping two billion people worldwide and is the cause of more than 57,000 hospital admissions each year.

Responsible for many important processes in the body, let's take a closer look at iron and how you can ensure you are getting enough of it.

WHY IS IRON IMPORTANT?

Iron plays a crucial role in making red blood cells, which carry oxygen around the body. A lack of iron can lead to iron deficiency, known as anaemia, which can cause fatigue, heart palpitations, pale skin and breathlessness. Iron also helps to promote a healthy pregnancy, to increase energy levels and to enhance athletic performance.

HOW MUCH IRON DO YOU NEED?

According to the NHS, the amount of iron you need per day is as follows:

- > For men over 18, 8.7mg
- > For women aged 19 to 50, 14.8mg
- > For women over 50, 8.7mg

Women who experience heavy periods are at

a higher risk of anaemia and may be required to take iron supplements.

WHAT FOODS ARE HIGH IN IRON?

There are two types of iron: heme and non-heme. The former is found in animal foods that contain haemoglobin and the latter primarily comes from plant sources and fortified foods.

These include: Organ meats such as liver and kidneys | Soybeans | Clams and mussels | Spinach | Fortified cereals | Dried fruits like raisins and apricots | Legumes such as beans, lentils and chickpeas | Pumpkin seeds | Turkey | Tofu

WHAT FOODS CAN HELP YOU TO ABSORB MORE IRON?

Iron has a low bioavailability, which means that the small intestine does not readily absorb large amounts of it. This increases the risk of deficiency.

Fortunately, there are some foods that enhance your body's ability to absorb this key mineral. These include foods rich in vitamin C such as citrus fruits and bell peppers, foods with vitamin A and beta-carotene like carrots and sweet potatoes, and meat, fish and poultry.



Nuffield Health

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- ◆ Hernia repair
- ◆ Kidney stones
- ◆ Prostate screening
- ◆ Prostate surgery
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- ◆ Urinary incontinence
- ◆ Vasectomy
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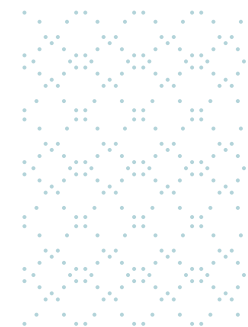
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The DEAS MAN

RORY SUTHERLAND, AUTHOR OF *ALCHEMY: THE SURPRISING POWER OF IDEAS THAT DON'T MAKE SENSE*, AND A NEW REVOLUTION IN CREATIVE THINKING

To come up with anything original in the marketing space seems more difficult now than ever before. While the digital revolution has given us an expansive set of new tools by which brands can amplify, elongate and decorate the way they communicate with consumers, interconnectivity makes the process easier than ever to copy.

Yet when Rory Sutherland, an experienced marketer of impressive standing, began applying ideas from psychology graduates as a means of unearthing unseen opportunities, he put away his plain old copywriting days and found a whole new route by which our actions and decisions could be exploited.

In simple terms, Sutherland believes many companies look in the wrong places for solutions. So in the context of an underperforming train service, rather than fix the unfixable (faster, longer, more frequent stock), why not work to better manage what you have, such as accurate display boards, Wi-Fi on the platform and a coffee shop with seating and tables?

Sutherland also looks at subverting expectations. He says: "There's a Chinese restaurant that was successful for being the rudest in London. Normally, rudeness in a restaurant is a bad thing. If, on the other hand, you turn the rudeness from being a downside into a source of entertainment, the very same thing which would be appalling in another setting actually becomes enjoyable."

In his book, Sutherland introduces a new way of thinking that goes way beyond brands and companies, and instead can be applied to individuals across all walks of life.

"To suggest there are no new original ideas is, of course, wrong," he says. "I would rather point to the fact there are a lot of existing ideas that still haven't been tried in certain areas, and this is really the future. You've just got to go out there, be brave, and seize the opportunity."



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The past couple of years have undoubtedly been a challenge for us all but, by pulling together, we have managed to get through an extraordinarily difficult period. Now, as we emerge into the post-COVID economy, we face a different set of challenges which, in their own way, appear no less daunting. One thing, though, does stay the same – we're still here, by your side, and determined to continue steering you safely through any financially choppy waters that lie ahead.

ECONOMIC UNCERTAINTIES

Although the economy did stage a tentative recovery last year and in the early part of 2022, it's fair to say the outlook has become increasingly challenging in recent months. Surging inflation has curtailed our spending power and, with energy bills set to rise further over the autumn and winter months, the cost-of-living squeeze looks set to continue for now. Higher than expected inflation has also triggered a rise in interest rates, while fallout from the war in Ukraine adds to a cocktail of economic uncertainties.

PLANNING IS PARAMOUNT

No one is immune from these difficulties; while some will struggle more than others, we will all be impacted to some degree. In many ways, though, times like these

serve to emphasise why people seek professional financial advice in the first place. Economic downturns are normal but having a sound, structured plan helps to ensure our financial goals and aspirations are not derailed when one does occur.

FINANCIAL WELLBEING

Arguably, protecting your financial wellbeing has never been so important and the best way to do so is by sticking to your financial plan. It's therefore essential to try to maintain any ongoing commitments such as pension contributions, protection premiums and regular savings policies if you possibly can.

WE'RE HERE TO HELP

It's also vitally important to keep talking, so do get in touch if you need our help. We're here for both you and your family; ensuring your financial wellbeing is, and always will be, our primary area of concern.

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Feeling peckish?

Winter can be a tough time for wild birds. They need lots of high-calorie food so they can maintain their energy reserves. But just as the temperature dips, natural foods, such as berries and insects, become scarce.

To help out, why not make some nourishing fat balls to attract blue tits, great tits, long-tailed tits, sparrows, starlings, blackbirds and black caps?

All you need is some kitchen ingredients and a few extras.

INGREDIENTS:

- > 200g lard or suet
 - > 400g dry ingredients – choose from unsalted peanuts, porridge oats, breadcrumbs, cake crumbs (not biscuits as they're too salty or anything with chocolate, which is toxic), grated cheese, tiny chunks of apple, sunflower seeds and birdseed mix
- You don't need all of the above – just a selection. You can also add raisins and sultanas, but don't do this if you have a dog because they're highly toxic.

YOU'LL ALSO NEED:

- > A saucepan and a bowl
- > If you want to hang your fat balls up, you'll also need some thin string, a sewing needle you can thread the string through, and a skewer or a cage

GET STARTED:

1. Mix the dry ingredients together in the bowl.
2. Melt the lard or suet in the saucepan.
3. Pour the melted lard or suet into the dry ingredients and mix thoroughly.
4. Using your hands, shape the mixture into balls, each the size of a golf ball.
5. Put your fat balls in the fridge for a few hours to firm up.

6. Alternatively, if you want to hang the balls, leave them in the fridge for an hour to firm up. Then make a channel through the centre of each ball with the skewer. Refrigerate for another few hours. Tie a double knot at the end of each piece of string and thread the string through the fat balls, or place in a cage.



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values have been held dear for a number of years. Since starting the business some years ago Cloudy2Clear have remained true to their core values of supporting the local community by providing a service that saves the public money.

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The 1.1 million electric and hybrid cars already on Britain's roads suggest that we are listening, and if you ever needed any further reminding that battery-powered motoring is the way forward, a simple glance at petrol and diesel prices will fuel your perspective.

When at home, we have mostly solved the problem of charging our cars. The government has passed legislation stating that new work or residential construction projects must have built-in charging points; that said, charging point access in existing high-rise developments remains an issue.

Yet it is a sheer paucity of accessible points when out and about that's beginning to set off sparks amidst the EV revolution.

And as if the current struggles weren't bad enough, the year 2030 presents additional worries, with the proposed banning of diesel engine motors. This will lead to an estimated 18 million electric and hybrid vehicles on the road by that date, further intensifying the race to charge.

At the current growth rate, only 25 per cent of the required public charging stations will be in place.

The sluggish creation of charging points isn't all the fault of government representatives promising big. In part, it's owing to a global shortage of essential EV charger components, as well as precious metals, such as lithium.

The UK and Germany are current leaders in looking to set up a worldwide-recognised EV charging infrastructure, but the clock is ticking, and putting the brake pedal on the EV revolution would be detrimental not only to the effort put in so far, but to the environment too.



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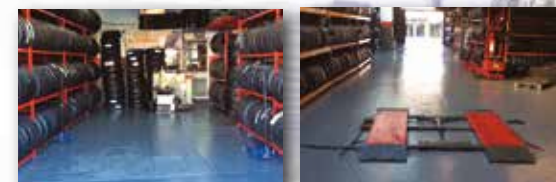
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BAD SPORT:

THE NEYMAR ROLL



**WE LOOK AT WHEN AN UNRELENTING DESIRE TO WIN MEANS SPORTSMANSHIP
AND MORAL FAIR PLAY TAKE A BACK SEAT... WITH EXPLOSIVE RESULTS!**

At the 2018 FIFA World Cup in Russia, Brazil played Serbia in their final group game and needed a victory to be certain of advancing to the knockout rounds. Goals from Paulinho and Thiago Silva secured the win, but there was also a sense of schadenfreude for their star player.

Striker Neymar came into the tournament with fitness worries and was attempting to play through games to prove those issues were behind him. However, a natural game based on skill, finesse and technical ability can sometimes provoke ire from opponents, and the histrionics he had shown in the previous game versus Costa Rica were a sign of things to come.

Indeed, it proved to be an evening fraught with tiny cracks in temperament and a huge gaping hole in the petulance department from the Samba sensation. Just four minutes before the opening goal came the biggest talking point of the night.

Not only has it gone down as an exercise in play-acting excellence, but it was also the subject of such derision and humour that countless memes and viral videos have been made, re-enacted by both children and adults.

The Serbian and Beşiktaş midfielder Adem Ljajić proceeded to stop Neymar's foray down the left-wing with a challenge that caught the Brazilian forward and brought him tumbling to the turf.

However, Neymar's reaction was not to lie hurt and call for treatment. Instead, he rolled over an astonishing 17 times, something that only served to convince the officials that he was not injured at all.

Brazil ended up exiting the tournament at the quarter-final stage, and Neymar remains universally noted and disliked for his play-acting, even though four years on, it is an element he has largely eradicated from his game. Although, the upcoming World Cup may again bring out the best/worst in him.



Photo credit: Kieran Marmans/BBC Sport/Stock



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