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MEAT**

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of Channel 4 and Countdown

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FLORENCE PUGH

The actress on pushing herself to global success



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BEFORE



AFTER



AFTER



AFTER



BEFORE



AFTER





NOVEMBER 2022

Editor's notes...



Nik Allen, Editor

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

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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At the time of print all content in **VISION** was relevant and up to date according to COVID-19 government guidelines All pages are recyclable

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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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HOME & DIY

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

Photo credit: studioashby.com





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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LIVE NEFF COOKING DEMONSTRATION DAY

To help any clients planning a kitchen renovation in 2023, Regal Kitchens will be hosting a LIVE NEFF cooking demonstration day between 10am and 4pm on Saturday 10th December. All customers whether existing, new or potential are all welcome to come along and sample freshly prepared food and enjoy complimentary drinks, along with expert advice from our friendly staff on the latest NEFF products and kitchen innovations. Everyone attending will be given a chance to enter our free prize draw to win kitchen equipment worth hundreds of pounds plus everyone leaves with a goody bag with contents worth around £20



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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.



Photo credit: Poplolly Co/Pinterest, Dunsin.com



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HOME & DIY

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MY LIFE

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.

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LOCAL NEWS

from your neighbourhood



Medical director raises funds for hospice

A medical director from Chelmsford has completed a challenging 80km trek through the desert to raise money for the charity he has worked with for more than 22 years.

Dr Qamar Abbas (pictured above) completed the five-day trek across the Jordan Rift Valley to the ancient city of Petra, Jordan, last month, walking an average of 16.2km a day in 30-degree heat and ascending an average of 75 floors per day.

The trek took place from October 3 to October 7. In total so far, Qamar has raised more than £7,000 for St Clare Hospice – enough to fund a 10-day stay for a patient – smashing his original target of £3,500.

Qamar has worked at the hospice's Inpatient Unit since it first opened in 2000.

Commenting on the trek, Qamar said: "It was one

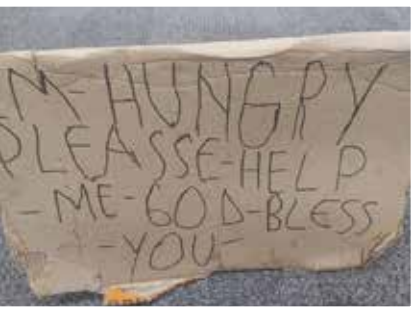
of the hardest things I have ever done in my life – hot, tiring, with lots of ascents, and sand and dust to deal with. It was five days of strenuous walking, with emotional ups and downs, but I met some amazing people who were very supportive, and saw some of the most breathtaking scenes this Earth offers.

"The walking was very challenging, ascending and descending on steep rocky paths, which made me very breathless, and there was often a risk of slipping. There was no shade so you had to walk in the full sun, and every day it got to around 32 degrees. We slept in the desert in tents each night, and it was frightening to hear hyenas and wild dogs fighting right beside us."

Qamar's fundraising page is still open for donations. Please visit www.justgiving.com/fundraising/Syed-Qamar-Abbas



Warning over gang of 'fake' homeless people



Police are warning residents and visitors in Chelmsford to be wary after reports that a gang of people claiming to be homeless have been begging in the city centre.

Officers say they have seen the people coming into city centre via the train or being dropped off, with one person found to have more than £500 on him.

A spokesperson for the city centre team said: "Those involved have also been claiming to have foot and back problems. These problems have disappeared as they have walked off into the train station. Please don't be fooled.

"This group is an organised gang coming into the city centre to exploit innocent members of the public.

"We have issued a number of community protection warnings, which is the first step towards prosecution.

"We want everyone to enjoy the city centre. We also want those genuinely in need of support to receive it.

"If you are considering giving money, please consider donating to the local charities that work tirelessly to support the local homeless."

Man arrested after three injured in fight at pub

A man has been arrested in connection with an incident in Chelmsford in which two people sustained serious injuries.

Essex Police were called to reports of a fight at The Black Horse pub in Moulsham Street at around 8.40pm on Saturday, October 15.

When officers arrived, they found two men with serious injuries – one had an injury to the back of his head and another to his eye. They were both taken to hospital for treatment.

A third man sustained less-serious injuries.

Following enquiries, police believe the men had attempted to intervene in an ongoing fight involving around seven people.

Officers subsequently arrested a 38-year-old man

from Chelmsford on suspicion of grievous bodily harm with intent. He is currently in custody.

The police are continuing to appeal for information. If you have any information, CCTV, dashcam or other footage in relation to this incident, then please get in contact with police at www.essex.police.uk or via the non-emergency number 101.

Please quote incident 1249 of October 15.

Councillors pay tribute to 'talented' late mayor

Tributes have been paid to the Mayor of Chelmsford councillor John Galley (pictured below), who sadly passed away last month.

Mayor Galley, who had served as a parish councillor for more than 30 years, passed away after a period of illness.

He previously served as deputy leader of Chelmsford City Council and cabinet member for finance for 16 years. He became Mayor of Chelmsford in May, recently leading the city through a period of mourning for Her Majesty The Queen and the proclamation for the new King.

Several Chelmsford councillors have paid tribute to Mayor Galley following his passing.

Councillor Roy Whitehead, leader of the opposition on Chelmsford City Council, praised the importance of Mayor Galley's financial expertise for the council.

He said: "John's talent and financial expertise were crucial at a time of great expansion for Chelmsford. As cabinet member for finance, he kept our growing city in good financial health, and Chelmsford's successful bid for city status in 2012 is a legacy of which he was rightly proud. It was his great wish to serve as Mayor of Chelmsford and I'm so pleased that he was able to do this over the last few months."

During his mayoral year, Mayor Galley had been fundraising for charities Farleigh Hospice and Parkinson's UK. To make a donation in his memory, please visit www.justgiving.com/crowdfunding/mayorofchelmsford



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Pizzeria named the best in the country



Photo credit: Taste of Italy Facebook

A Chelmsford pizzeria has been named as the best independent pizza restaurant in the country.

Taste of Italy, on Fairfield Road, has won the prestigious Independent Pizza Restaurant Award.

The accolade is part of the PAPA Industry Awards – which aim to recognise the top pizza restaurants across a variety of categories – and the winners were announced on November 10.

A spokesperson for the restaurant said: “What an evening! We are thrilled to let you know that we won. We are officially number one! Our big thanks to all our staff who work with us and to all our customers who keep supporting our small business.”

Taste of Italy also recently announced that from now until December 21, they are donating £1 per adult customer to Little Havens, a hospice caring for children and young people from Essex.

Pantomime cancelled owing to theatre improvements

Chelmsford City Council (CCC) has announced the cancellation of this year’s pantomime.

Jack and the Beanstalk was due to take place at Chelmsford Theatre from December 2 to January 8.

The news was announced last month, with CCC citing “transformation works” to the theatre as the reason for the cancellation. It has apologised for any upset this may have caused.

A spokesperson for CCC said: “Over the last few months, we’ve been carrying out vital improvement works which will transform our tired-looking theatre and give it a much better chance of being commercially viable in the future.

“We had planned for all this to be finished in time for our annual pantomime, but it’s difficult to renovate old buildings at the best of times, and as many of us are finding, this year is proving even more challenging than most.

“Like so many other construction projects right

across the country, we’ve had to contend with the worst delays to supplies and materials we’ve ever experienced on a project of this kind. Add to this all the surprises that have been thrown up by renovation works to two different period buildings, and we sadly find ourselves in a position where we can’t guarantee we’ll be able to open in time for panto.

“We think it’s unlikely that things will change in time for panto, and we want to let you know about this now, so that you have time to find seats for another production.”

Museum awarded for ‘exceptional storytelling’

Chelmsford Museum has been presented with an award for its engaging storytelling.

The museum was awarded Best Told Story in VisitEngland’s Visitor Attraction Accolades.

This is the second year in a row that the museum has been recognised by VisitEngland, after the Hive Café at the museum won a Quality Food & Drink Visitor Attraction Accolade in 2021.

Chelmsford Museum has been located at Oaklands House since 1930, though it was founded back in 1835. Improvements in recent years have considerably enhanced the museum, including an extension built in 2010 and the renovation of the museum’s galleries in 2019, as part of a project partly funded by the National Heritage Lottery Fund.

Councillor Marie Goldman, deputy leader and cabinet member for Connected Chelmsford, said: “Chelmsford Museum has proven once again to be a must-see attraction. VisitEngland’s prestigious award provides national recognition of the museum’s exceptional storytelling. This accolade would not have been possible without the commitment of the staff and volunteers who have helped to shape the museum. I congratulate them all on this well-deserved award.”

VisitEngland’s director Andrew Stokes said: “It’s so exciting to see our brilliant attractions providing outstanding experiences for visitors and to recognise and showcase the variety and quality across the country.”



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VICKY FORD MP



Member of Parliament for Chelmsford



LOCAL NEWS



October was a hugely exciting month for Chelmsford infrastructure as the new bridge was carefully transferred into place across the A12 and the railway line. I am told this is the largest piece of curved British steel infrastructure anywhere in the country. The new bridge will be the access to the new railway station at Beaulieu Park and the Northeast Bypass. It is a key part of Chelmsford's future infrastructure.

The plans for Beaulieu Park Station are moving forward too. GB Railfreight had put in an objection, but this has been now withdrawn, so the project is progressing with all permissions in place.

Plans for the new Beaulieu railway station design also



include a passing loop so that fast trains can overtake stopping services. This will improve the reliability of train services across the Great Eastern Main Line and more services will be able to operate.

I would like to thank all those who attended my recent Apprenticeship, Skills and Jobs Fair at Anglia Ruskin University. It was absolutely buzzing, with very many different companies and organisations showing the huge range of opportunities that are available for training, apprenticeships and careers. This is the third time I have organised this event and I am already looking forward to next year. If you want to know more, please email vicky.ford.mp@parliament.uk

Group celebrates anniversary

A non-profit group which organises therapy dog visits to individuals in Essex, including in Chelmsford, is celebrating its first anniversary.

To mark the occasion, Essex Therapy Dogs is holding a quiz night with a fish and chip supper for its members and their family and friends, alongside a dog walk which is open to all at Hylands Park on November 27.

The organisation has grown to more than 130 members and has visited 35 care homes, four mental health facilities and Southend Airport, as well as hospitals, day centres and universities across Essex.

Tina Jullings (pictured right), the chair and founder of Essex Therapy Dogs, was thrilled with the growth of the organisation, and that the dogs could bring so much joy and comfort to those in need.

She said: "I've been passionate about animals, especially dogs who can bring happiness and comfort to those people who need it, since getting my first dog, a Yorkie mixed breed rescue called Bushy.

"As a volunteer, dog assessor and a trustee for dog therapy charities for nearly a decade, I have much experience when it comes to understanding what it takes to be a committed volunteer and what makes a good therapy dog."

To find out more, visit essextherapydogs.co.uk



Photo credit: Tina Jullings



HISTORY

Cooper's case



EXAMINING THE NEW NETFLIX DRAMA AND AVIATION'S GREAT UNSOLVED MYSTERY

While in 2022 we bemoan the lengths we need to go to when navigating a path through airport security, what is certain is that we have never been safer while airborne.

Certainly, the audacity of hijackers, hostage takers and those demanding cash ransoms seems of a past era. The vast majority were unsuccessful, of course, though whether the infamous DB Cooper case of 1971 can be classed in the same terms remains up for debate.

That's because the hijacking of a flight from Portland to Seattle and on to Reno, Nevada, remains the only unsolved case of air piracy in commercial aviation history.

The passenger, who purchased a ticket using cash under the name of Dan Cooper, announced to cabin crew that he had a bomb shortly after the Boeing 727 flight took off from Portland International Airport at 2.50pm.

His demands were simple – he wanted around \$1.3million in cash, required four parachutes, and requested a second flight to take off once passengers had alighted at Seattle. His threat to blow up the plane appeared real – he showed the bomb to flight crew attendant Florence Schaffner.

Fearing the worst, the authorities acquiesced to Cooper's demands, with most passengers unaware of the severity of the situation until they had landed.

On the second flight, which departed Seattle at 7.40pm with the plane refuelled, remaining crew were told to head to the cockpit. When they landed, having experienced a notable change of air pressure in the cabin (caused by the opening of a door), Cooper – and the ransom money – was gone.

What makes this story so enchanting is that the hijacker was never found. Many suggest he perished en route to the ground, given inhospitable terrain and cold conditions. Small amounts of money were found, and none of the marked notes were ever spent.

The FBI kept the case open until 2006, when lack of resources led to the investigation being closed.



Photo credit: biography.com

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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.



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WORDplay

EVERYDAY WORDS THAT CAME FROM OVERSEAS

The English language – and indeed, the British race – is a smorgasbord of different nationalities, empires and revolutions. We are an island nation, and all the better for influences that stretch across the planet. This is no better highlighted than in the words we use.

While we have obviously adapted a direct word for many things we know and love – a croissant for breakfast, a favourite item of lingerie or pair of pyjamas, a rendezvous with friends – there is a whole raft of other words that, while British sounding, have origins that are anything but.

Here are eight words you may not know have been stolen and adapted into our wonderful language.

Fest – German

A word taken to mean a celebratory excess, this comes from German and means a party, celebration or, of course, festival.

PATIO – Spanish

In Spain, a patio is a courtyard or playground.

GLITCH – Yiddish

A Jewish word that means 'from a slippery place', and from 'glitsch', which is to slide or glide.

Entrepreneur – French

One of those where, upon saying it, you will probably utter, "Of course it's French", but with the popularity of business in modern culture, we have adopted it as our own.

Macho – Spanish

Derived from the word for mule. Interestingly, macho in Spanish can be a virile, strong man... or an idiot, so be careful.

Schmooze – Yiddish

Originally from the Hebrew, 'shmue', which means 'rumour', it has been built into a word for networking and currying favour for gain, usually financial.

RUCKSACK – German

'Rucken' in German means 'back', so a sack for the back, literally.

MOPED – Swedish

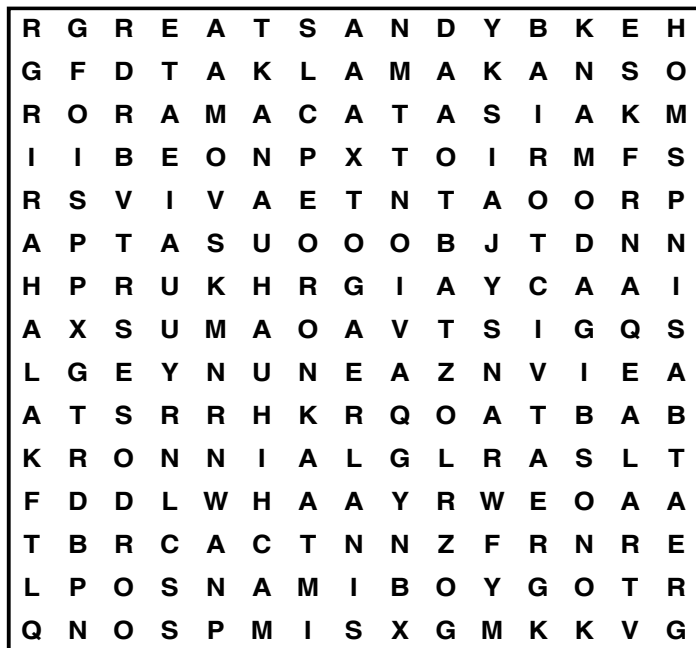
Motor and pedaller combine for 'moped', but it's the Swedes who can take the credit for this one.





PUZZLES & TRIVIA

- ▶ AGATE
- ▶ AMETHYST
- ▶ AQUAMARINE
- ▶ DIAMOND
- ▶ FELDSPAR
- ▶ JADE
- ▶ JASPER
- ▶ LAPIS LAZULI
- ▶ MALACHITE
- ▶ MOONSTONE
- ▶ OBSIDIAN
- ▶ OLIVINE
- ▶ OPAL
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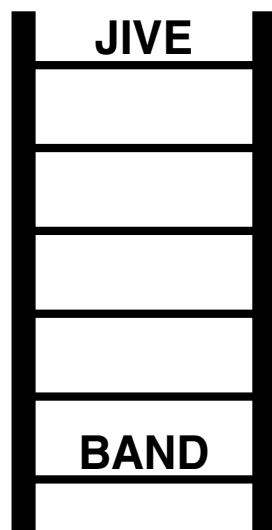


DID YOU KNOW?

- ▶ 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

WORD LADDER



THE AIM: Change the word at the top of the ladder one letter at a time to make the word at the bottom.

HOW TO: Change one letter on each step to make a new word. By the time you reach the end, you should have created the new word.

DO NOT rearrange the order of the letters.

TIP: There is usually more than one way to solve this puzzle.

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BUSINESS & PROPERTY

Thinking about buying a property abroad but unsure of where to begin?

To invest in property overseas, you need to be clued up on how the buying process differs from the UK – from mortgages and estate agents to stamp duty and bank fees.

How to find the perfect property abroad

There are several places you can look when it comes to house-hunting abroad:

- Online property portals such as Rightmove and Zoopla
- Local estate agents in the region where you want to buy
- Exhibitions such as A Place in the Sun Live
- Developers

How to get a mortgage for a property abroad

It is very difficult to get a mortgage with a UK company, for a property overseas, so you will most likely have to approach an overseas lender. Ideally, you should use a specialist broker as they will be able to give you tailored information, including a list of estate agents and lawyers to use in your chosen country.

It is worth noting that foreign banks and brokers are not covered by the Financial Conduct Authority (FCA) or the Financial Ombudsman.

Costs associated with buying abroad

- Mortgage fees such as a mortgage broker fee, arrangement fee and administrative fees
- Chartered surveyor fees
- International bank transfer fees
- Furniture, shipping and insurance costs
- Legal fees to make a will, which may be obligatory in some countries
- Translation fees
- Connection fees for water, electricity, etc
- Stamp duty or annual property tax
- Income tax or income tax for non-residents

Getting independent advice

As mentioned above, buying an overseas property is not regulated by the FCA, so it is vital that you seek independent advice from a lawyer who is not connected to anyone else involved in the buying process such as the seller, estate agent or developer. Look for an English-speaking lawyer who is fluent in the local language.

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Will', could land the children with an IHT liability

A beneficiary or their spouse should not be a witness to a Will, or they will disinherit themselves

Although divorce does not invalidate a Will, marriage will indeed invalidate a Will, unless a marriage clause has been embedded

If you have no surviving parents, siblings, grandparents, uncles or aunts, then under the Intestacy Rules, the whole estate goes to the Crown or the Duchy of Lancaster or the Duke of Cornwall

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Always appoint charities as your final beneficiaries, to avoid your estate being claimed by the Government

By the use of a Property Protection Trust, you can ensure that if you pre-decease and your spouse re-marries and has more children, your own children benefit from your share of your home, and not the new spouse. BUT if Probate is not completed, the Trust Deed will not be set up and notified at the Land Registry

If children have special care needs, an appropriate Discretionary Trust could avoid loss of State benefits on them inheriting your estate

A Grant of Probate confirms to Executors that they have the authority to act and carry out the wishes of the deceased

Provide in your Will for continuity of your business on your death

If you own property abroad, you should arrange a Will for your assets in that country, to avoid costly fees and much Probate delay

If a Named Beneficiary, Executor, Trustee or Legal Guardian changes their name, e.g., on marriage or by Deed Poll, it is not necessary to amend the Will: documentary evidence, eg Decree Absolute, is sufficient

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Jerk Turkey for Christmas

Some people stick to what they know. Others are adventurous, and will try new things, often to their delight. 2022 has been a 'special' year, so why don't you spice/mix things up this Christmas with an alternative Jerk turkey?

I am assuming you already 'have a clue' about prepping the Christmas turkey, so this is just to encourage you to explore new things. If however you are a newbie to this, then get in touch and I will be happy to provide more detailed instructions

You will need all purpose seasoning and Jerk marinade – (available in the larger supermarkets and local ethnic shops)

Step 1: Cut a few slashes into the thighs and other thick parts of the meat for ease of deep seasoning.

Step 2: Lightly sprinkle all purpose seasoning evenly and gently rub it in to cover the top, under and inside of the turkey.

Step 3: Do the same thing with the Jerk marinade, ensuring there is an extra coating on the inside.

Step 4: Cover in a foil tray and place in the fridge for at least 24 hours.

Step 5: Cook in your usual way.

Wishing you a very yummy Christmas!

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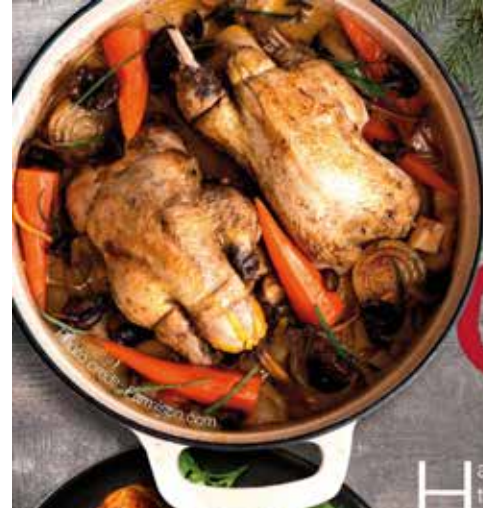
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GUIDE to GAME

FOOD & DRINK

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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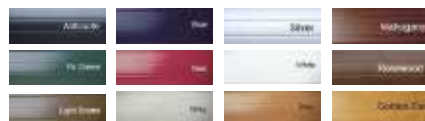
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BRING ME Sunshine

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!

Bucket list holidays for 2023

We all have those big "someday" trips, the bucket list holidays of once in a lifetime experiences and adventures we giddily plan and inevitably put off when life gets in the way. However, if the past year has taught us anything it's an appreciation for all of life's moments and an opportunity to revisit our travel bucket lists and start planning one of those "someday" trips...



Dan Salmon,
Owner



Japan

Japan is a fascinating land of contrasts, an engaging combination of futuristic cities, ancient culture, traditional performing arts, great architectural works and stunning natural landscapes. From the big-city buzz of Tokyo to the tranquil beauty of Kyoto, each region of Japan has something exceptionally special to offer.

Iceland

A country of sharp contrasts, where fire and ice happily co-exist; where dark winters are offset by the summer's midnight sun; and where an insular existence and matchless natural wonders have spurred a dynamic, unique cultural scene. More than just a destination, Iceland is a bucket-list beauty and a real adventure every step of the way.



Please feel free to get in touch and let's tick off some of those bucket list holiday entries.



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Deliciously Ginger



Gingerbread Day takes place on November 21, and what better way to celebrate than making some cute and tasty gingerbread folk? This recipe is simple enough for even young children to help with. They're bound to love decorating their own creations – not to mention eating them!

INGREDIENTS:

- > 350g plain flour (and a bit more)
- > 1 tsp baking soda
- > 1-2 tsp ground ginger
- > 100g butter (chopped into small pieces)
- > 175g light muscovado sugar
- > 80g golden syrup
- > 1 large egg (beaten)
- > For decoration: icing pens or homemade icing

made from icing sugar,
water and optional food colouring | Small
sweets like Smarties or Jelly Tots | Dried fruit |
Chocolate chips or polka dots | Sprinkles

HOW TO MAKE:

- > Heat the oven to 190°C/170°C fan/gas mark 5.
- > Put the flour, baking soda and ginger in a large bowl and combine thoroughly. Add the butter, and rub it in till the mixture resembles fine breadcrumbs.
- > Add the sugar, golden syrup and egg, and mix into a smooth dough.
- > Roll the dough out using a floured rolling pin on a floured surface until it's about 5mm thick.
- > Cut out your gingerbread folk using special cutters (or make other shapes if you prefer).
- > Place your shapes onto a lined baking tray.
- > Bake for 10 minutes, then cool on a wire rack.
- > Decorate your gingerbread folk however you like, using icing to secure any loose decorations.



Did you know?

- > An early form of gingerbread was enjoyed by the Ancient Greeks and Egyptians.
- > Gingerbread, as we know it today, was created in England in the 1700s.
- > Queen Elizabeth I apparently invented gingerbread people by asking her staff to bake special biscuits in the shape of visiting dignitaries.
- > Gingerbread houses originated in Germany in the 1800s and were probably inspired by the tale of *Hansel and Gretel*.

Flat battery or worse

What may be worse than going out to your car and finding that your battery is either completely dead or so flat that the engine will hardly turn over and you are already late for work or taking your children to school.

Sure it's terribly inconvenient for you, generally at the least it means that you now have to get some jump leads and using a donor car to try and start your car, or call a garage or breakdown service out to help you.

The chances are you may need a new battery and possibly an alternator, depending if there is a charging issue as well.

A few years ago that would normally have been enough, unless you had parasitic drain, but with the amount of electronics on most cars today you may not get away so lightly.

If the power of the battery drains right down, it can have a big effect on the various operating



systems on your car, and this can bring on warning lights and put fault codes into the systems.

Normally the only way forward from there is to plug in diagnostic equipment to carry out a global scan and full fault code clearance.

When replacing your battery care must be taken to ensure it is the correct one for your vehicle as this can cause other problems to manifest themselves.

Recently, when we were fitting a new battery to a car, it told us there was now an issue with the battery volts not being high enough, also the rear windows and rear door central locking wouldn't work. We changed it for a much higher capacity AGM battery and it resolved the problem.

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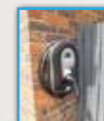
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Electric EXCESS

DOES A LACK OF CHARGING POINTS MEAN WE'RE NOT ACTUALLY EQUIPPED TO SWITCH TO ELECTRIC?

We are living in an electric wonderland where the government, environmentalists and Elon Musk himself are all striving to point out that electric vehicles (EV) are the future.

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.



BRITAIN'S GREATEST SPORTING MOMENTS...



England's 1966 WORLD CUP WIN

AHEAD OF THIS YEAR'S WORLD CUP, WHICH STARTS THIS MONTH, WE REMEMBER ENGLAND'S FINEST FOOTBALLING MOMENT

The events of July 30, 1966, have been replayed so many times that, while most of us weren't at Wembley to see Sir Geoff Hurst MBE's hat-trick win England the Jules Rimet Trophy, we might as well have been.

This summer marked the 55th anniversary of that great day, but it was tempered somewhat by the growing list of Three Lions heroes now not with us – in the last few years alone, we have lost Gordon Banks OBE, Ray Wilson MBE, Martin Peters MBE, Nobby Stiles MBE and Jack Charlton OBE DL.

The 1966 competition was the first World Cup to take place in the English-speaking world, and if ever the onus was on the hosts to perform in a tournament that featured just 16 teams, then it was felt in the opening game against Uruguay, when our troops laboured to a goalless draw.

By the second game, though, confidence was

flowing, and the 2-0 score that saw Mexico despatched was repeated in the final group match against France.

In the quarter-final, England again came up against resilient South Americans, as a late Geoff Hurst goal saw off dogged Argentina; and Sir Bobby Charlton CBE's brace in the semi-final was enough to defeat Portugal and their Golden Boot free-scoring attacking legend Eusébio. Four days later, England would be football world champions.

As we head into this year's showpiece, it's clear we now live in a world where the dividing line between success and failure is painfully thin. So with VAR and social media ready to hold Gareth Southgate OBE's men to scrutiny, it's perhaps worth taking a moment to reflect on those heroes of 1966, and in particular, the close calls they endured en route to the ultimate prize.

Photo credit: England Football Association, ANU/Shutterstock

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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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