

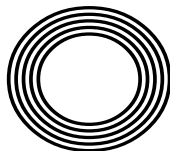
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LIVE LONG & PROSPER  
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# IDRIS ELBA OBE

The actor's rise to the big screen as he turns 50



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SEPTEMBER 2022

# Editor's notes...



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION**EppingTheydon. Following on from the Lionesses' magnificent victory in the Euros final, I think it's been great to see how many girls and women in our local area have been inspired to take up the sport. As the new football season begins, now is the perfect time to consider joining your local club - after all, you never know how far it might take you!

So far, this summer has been full of events that were previously cancelled owing to COVID-19 - from weddings to Festivals, Fairs to community get-togethers. And this is all the more special because it has reminded us how important it is to cherish time with family and friends.

The beautiful weather we've been having has certainly helped. I was born in the summer of 1976, famously one of the hottest on record. I think in years to come, the summer of 2022, when temperatures reached 40 degrees, will be looked back on with a similar kind of awe.

I'd like to take this chance to thank our distributors for delivering our magazines come rain, shine or snow. They are an integral part in keeping **VISION** running, and they deserve to be recognised.

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*Brett Shohet*

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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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# STAR QUALITY

One of the most enduring television programmes in broadcast history has certainly lived up to its famous quote – “Live long and prosper”.

And if the legacy of the iconic sci-fi series wasn't reason enough to don the Starfleet uniform, the so-called Star Trek Day – September 8 to you and me – surely is.

Legendary actor Leonard Nimoy committed almost 50 years of his life to playing the Vulcan character Spock, dating right the way back to the first *Star Trek* pilot episode in 1964. And until his death in 2015, the actor presided over a franchise that never lost its edge or appeal.

In fact, it's because the series is as admired today as it was on its original run back in 1966 that director J.J. Abrams has been tempted back for a third reimagination, expected to air sometime in 2023.

Before then, Trekkies have a special date in the calendar upon which they can hang their USS Enterprise hat. That's thanks to the growing popularity of September 8 on the sci-fi calendar, a date affectionately known as Star Trek Day.

The date mirrors when Trekkies got their first glimpse of the crew in 1966 – the result of Gene Roddenberry's vision of a drama inspired by *Forbidden Planet*, *Horatio Hornblower*, and *Gulliver's Travels*.

To say that *Star Trek* has blown apart pop culture over the course of its existence is something of an understatement – with revenue approaching £10 billion, it's certainly one of the highest-grossing media productions on record.

The 2009 *Star Trek* reboot movie by Abrams saw a new alternate timeline so as to continue with the original characters, albeit portrayed by a new cast. Indeed, the franchise has so far managed to swerve some of the prequel/sequel criticism levelled at its distant sci-fi relation, *Star Wars*.

Perhaps the reason for that is because *Star Trek* has always succeeded in showing a strong regard for humanity because it's the universe – our own shared universe – they're all fighting for. Maybe that's why it has stood the test of time for seven decades. It's certainly what fans the world over will embrace on September 8, with thousands of meet-ups celebrating characters, friendships, memories and just a bit of old-fashioned sci-fi sorcery.

Strangely, it's possible Roddenberry, the show's creator, had the Second World War to thank for his vision of space warfare; he was a brave bomber pilot for the US Army Air Force, during the conflict, and was awarded the Air Medal and the Distinguished Flying Cross, before becoming a police officer in Los Angeles.

He got his big television break soon afterwards, and so too did the likes of James T. Kirk, Dr Leonard McCoy, Montgomery Scott and others.



# STAR TREK





Photo credit: Anthony Harvey/Shutterstock

# OLD SPICE?

IT'S 26 YEARS SINCE THE RELEASE OF THE SPICE GIRLS' DEBUT SINGLE, *WANNABE*, BUT MEL C IS STILL GOING STRONG

**M**elanie Chisholm has stuck close to her roots – following the phenomenal success of her stint as Sporty Spice with the Spice Girls, her solo career has sparked eight albums and produced three number-one singles, and will sees embarking on a UK-wide book tour.

For those of us old enough to remember it, the summer of 1996 was a golden one. Britpop had given the country a unique swagger, the Euros were here, the sun was out and beer was cheap. And riding on the coat-tails was a new thing called 'girl power', pushed by a spectacular PR machine and fronted by the Spice Girls.

The legacy of the band that followed, both musically and in inspiring a generation of girls to stand tall and be heard, is well known; though perhaps the greatest accolade you can give to Simon Fuller's creation was that each member went on to achieve great things – and Mel C is no exception.

Visually, she's a world away from the tracksuit-clad kung-fu kicking star who pirouetted around stages and *Top of the Pops* studios – these days

the singer, at 48, is stylish and motherly; yet can still mix romantic anthems with dancefloor anthems.

"For me, music has always been about evolving with the things around you," she says. "You need to follow trends, while still keeping your own sense of originality and creativity over the music you make."

Away from the bright lights, Mel C has encountered her own fair share of challenges. She's battled depression, eating disorders, and admits that up until the birth of her only child, Scarlett, in 2009, she never fully had a sense of responsibility to herself.

2022 is an exciting year for the singer, as not only has she got a number of upcoming performances, but she is also publishing her first-ever autobiography, which promises to tell all about her time with the Spice Girls as well as the years that followed. It will take readers behind the scenes of her showbiz lifestyle, as well as revealing the darker side of fame, and finally gives Mel C the chance to tell her story in her own words.

*Who I Am: My Story* is available to purchase from September 15.



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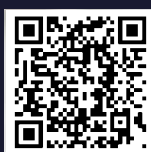
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# eyeliner

BEAUTY

EYELINER IS A MUST-HAVE MAKE-UP ITEM FOR MOST, BUT SHOP-BOUGHT VARIETIES CAN CAUSE A WHOLE HOST OF ISSUES, INCLUDING IRRITATED SKIN

## HOW TO MAKE EYELINER USING ACTIVATED CHARCOAL

- > Break a few capsules of activated charcoal into a small dish.
- > Dip your eyeliner brush directly into the charcoal and apply.
- > You do not need to add any other ingredients as the charcoal will naturally mix with the oil on your skin and stay in place once applied.

## HOW TO MAKE EYELINER USING ALMONDS

- > Use a pair of tweezers to hold an almond while you burn it with a lighter. Make sure you wear heatproof gloves to protect your hands.
- > Continue to burn the almond until half of it has turned to soot.
- > Scrape the soot into a dish using a butter knife.
- > Try to avoid scraping any large chunks of unburned almond into the dish.
- > Dip your eyeliner brush into the soot and apply it in your preferred style.
- > If you prefer a more gel-like consistency, you can add a few drops of jojoba, almond or coconut oil.

## HOW TO MAKE DIFFERENT COLOURED EYELINER

**1. Cocoa to make brown eyeliner:** Mix unsweetened cocoa powder with a few drops of water or jojoba oil and apply.

**2. Spirulina to make green eyeliner:** Pour spirulina powder into a dish and apply directly or mix with water or oil for a gel effect.

## 3. Beetroot to make red eyeliner:

Add beetroot powder to either activated charcoal or cocoa powder to create a reddish hue.

## 4. Mica powder to make a rainbow of colours:

Mica powder can be bought online and comes in every colour of the rainbow. Use this powder the same way you'd use activated charcoal.

## EYELINER HACKS YOU SHOULD KNOW

- > Draw small dots on the top of your lash line with a pencil and then join with liquid liner
- > Use a magnifying mirror
- > Always start with the eye you find the most difficult.





FASHION

# FRINGE FASHION

*is back in town!*

Fringe is back with a vengeance this autumn and has already been spotted on stars such as Charlize Theron and Olivia Palermo. From tasseled denim jackets to fringed mini-dresses, there are so many stylish ways you can embrace this trend in 2022.

## WHAT IS FRINGE FASHION?

Fringe first came into fashion in the 1920s as part of the flapper look, with dresses that were typically cut from luxurious materials and ornamented with fringed trim. Over the decades, fringe has gone in and out of fashion, but is now back bigger and bolder than ever before. It can be found in many different styles on garments made out of a variety of fabrics, from leather and suede to denim and silk.

## HOW TO ROCK FRINGE THIS AUTUMN

### 1. Fringed midi leather skirt

Why rock only one autumn 2022 fashion trend when you could embrace two? Leather is a great material for fringing and, when showcased on a midi skirt, guarantees you will look super stylish.

### 2. Fringed denim jacket

The denim jacket is the perfect wardrobe staple to take you from summer to autumn, and adding a little (or a lot) of fringe detailing can inject a touch of fun to any outfit. Look for an oversized and boxy shoulder with plenty of fringe for maximum effect.

### 3. Fringed wrap dress

Ideal for taking you from shopping to a hot date, a fringed wrap dress promises to make you look sophisticated and stylish. Pair with some strappy shoes and minimal accessories for an effortlessly glam vibe.

### 4. Fringed accessories

If fringed clothing is a little bit too far outside your fashion comfort zone, then why not try adding a few fringed accessories? For your first foray, fringed earrings are a great choice, or why not pick up a tasseled handbag?










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## EXERCISES FOR ALL AGES AND ABILITIES

### 20s

Focus on incorporating cardio, weight training, balance work and stretching. Aim for 30-60 minutes of cardio two or three days a week, such as running, swimming or cycling, and one or two weight training sessions to challenge all muscle groups.

### 30s

It can take longer to recover from workouts in your 30s, so you should add 30 minutes of resistance training at least twice a week to your normal workout routine, incorporating exercises such as squats, push-ups and planks. This is especially important for women as it can help to offset issues such as osteoporosis and arthritis.

### 40s

With age, your bone density decreases, as does your strength and muscle mass. Counteract this by combining strength training exercises such as lifting weights or using resistance bands with moderate-

intensity cardio three times a week.

### 50s

Resistance training is vital in your 50s, especially for your hips and shoulders. Schedule 30 minutes of walking five days a week and two sessions of resistance training.

### 60s

During your 60s, fitness is more important than ever before, helping you to keep your independence for longer. Opt for low-impact exercises such as swimming, rowing or stationary core moves.

### Wheelchair users

Regular aerobic exercise and muscle-strengthening exercises are crucial for wheelchair users. Aim to get at least 150 minutes of the former per week and set aside two sessions for building strength. Arm raises, side twists and sitting bicycle crunches are all good choices, as are wheelchair sports such as basketball, badminton and netball.





# It's all about Balance

**B**alance Awareness Week takes place from September 18-24 and aims to broaden the understanding of inner ear disorders and how they can affect someone's daily life.

Most people take balance for granted, yet without it, you can suffer a whole host of health problems.

## Why is balance important?

Balance is needed to perform everyday activities, including walking, going up and down the stairs, and even just standing upright. It is particularly important in older adults, as good balance can help to prevent falls. Some of the main benefits of improving your balance include:

- > Preventing injuries
- > Improving posture
- > Strengthening muscles
- > Improving coordination
- > Improving cognitive function

## How to improve your balance

There are several exercises you can do at home to improve your balance, and you don't need a single piece of equipment to do them.

### Single leg lift

Stand upright with your feet close together. Keep your head straight, take a deep breath and slowly lift your right leg off the floor. As you gain confidence, bring your leg higher so that your knee is as close to your chest as you can comfortably manage. Repeat with your left leg.



### Single leg lift side version

Stand upright with your feet close together. Keep your head straight and your eyes forward, then slowly lift your right leg to the side. Make sure you keep your body upright as you do this. Do not lean to the side. Repeat with your left leg.



### Balance walk

Find a straight line or place a piece of tape on the floor. Extend both arms to your side, keep your feet straight and place your right heel at the tip of your left toes. Next, place your left heel at the tip of your right toes. Continue placing one foot in front of the other without straying from the line.



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# SLOE & STEADY *wins the race*

There's something magical about turning a humble hedgerow berry into something to tease the tastebuds, like sloe gin. And better still, it's really simple to make.

Sloes grow on blackthorn bushes, which are found all over the UK. The bushes blossom in early spring with clouds of pretty white flowers, and the deep purple berries start forming in August.

For sloe gin, people often recommend that you don't pick them until after the first frost. Apparently, this makes the berries sweeter and softer. The only problem is that birds love sloes, too, and they might get there before you do.

So the Woodland Trust recommends that you pick sloes from late September. After washing and drying them, just pop them in the freezer. This creates an artificial frost – and the berries will keep in the freezer for several months.

When you're out picking sloes, it's a good idea to wear gloves and a long-sleeved top as their branches are prickly and covered with thorns. And remember, sloes don't taste good raw. And while eating them in this state won't harm adults, never give them to children.

## *How to make sloe gin*

### **Ingredients:**

500g sloes (rinsed and dried) | 250g caster sugar | 1 litre gin

### **Method:**

- Prick the sloes with a cocktail stick and tip into a 2-litre glass jar.
- Add the sugar and gin, seal the jar and shake well.
- Once a day for a week, give the jar a good shake.
- Store the jar in a cool, dark place and leave for 2-3 months.
- Line a plastic sieve with a square of muslin, strain the liquid into a bowl and decant it into clean, dry bottles.
- Your sloe gin is now ready to drink.
- Drink it neat or top it up with prosecco for a sparkling aperitif.



FOOD & DRINK



# The Blackberry Day

They look good, they taste good, and they do you good too. What more could you ask of a fruit you can gather for free?

Blackberries have been eaten in Britain since Neolithic times. And there are plenty of places to pick them throughout most of September. You'll find them in straggly clumps, in woods, hedges, heaths, roadside verges, and perhaps in your own garden.

Blackberries are a great source of vitamin C, potassium, manganese and antioxidants. Research indicates they may help prevent heart disease, certain cancers and inflammatory conditions such as arthritis.

You'll need to pick the berries when they're ripe – when their colour changes from red to purplish black. Once you're home, wash them in cold water. Add a little salt and leave them to soak for 5-10 minutes. This will get rid of any bugs, which should float to the surface.

Remember, fresh blackberries don't last long. So make sure to use them within a day or two or freeze them for later.

There are loads of delicious blackberry recipes – both sweet and savoury. This one's a twist on an old favourite.

## Blackberry fruit crumble squares

### INGREDIENTS:

250g sugar | 375g plain flour | 1 tsp baking powder | 200g butter (soft) | 1 egg | 450g blackberries (washed) | 1 tbsp cornflour

### HOW TO MAKE:

- > Preheat the oven to 190°C/170°C fan/gas mark 5 and grease a 20x30cm tin.
- > Stir together 200g sugar, flour and baking powder. Using a fork, blend in the butter and egg. The dough will be crumbly.
- > Pat half the dough mixture into the tin.
- > Mix together the fruit, the remaining 50g sugar and cornflour. Mix gently (it doesn't matter if the mixture is a bit squishy).
- > Spread the blackberry mixture evenly over the dough.
- > Crumble the remaining dough mixture on top.
- > Bake for 35-40 minutes, till the top is golden.
- > Cool, then cut into squares. Enjoy!



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# LONDON CALLING

OPEN HOUSE FESTIVAL LONDON – SEPTEMBER 8 TO 21



Are you itching to nose around London buildings usually closed to the public? If so, the Open House London Festival is a must. It's a two-week celebration of the city's architecture, homes and outside spaces that runs from September 8-21. And it's back this year, after a two-year break, to celebrate its 30th birthday.

There's something going on in every borough. This includes not just open buildings but also special events, guided tours, walks and family activities. The great news is that all visits and events are free – but book early to avoid disappointment. You'll need tickets for most visits and some get snapped up very quickly.

The organisers stress that the festival is not just about grand buildings; it's about celebrating every aspect of London's urban landscape in all its shapes and sizes. As well as award-winning modern offices and historical buildings, you could have the chance to step inside a

suburban semi, a studio flat or even a houseboat.

In past years, around 800 buildings have flung their doors open for the event. They include 10 Downing Street, the Foreign & Commonwealth Office, the Gherkin and several private clubs. There have also been windmills, train stations, tunnels and even cabbies' shelters. So there really is something to suit all tastes.

Each year, around 250,000 visitors attend an Open House event in London, making it the biggest festival of its kind in the world. The festival is organised by a charity called Open House, and the aim is to encourage people to learn more about their environment and each other, to help make their city a better place for everyone who lives or works there.

As we go to press, the full list of 2022 events isn't yet available, so please check the festival website at [openhouselondon.org.uk/2022](https://openhouselondon.org.uk/2022) for the latest information.

Photo credit: open-city.org.uk



## IN A HEARTBEAT

WHY DOCTORS ARE ADVISING CAUTION WHERE HEARTBEAT-TRACKING DEVICES ARE CONCERNED

Technology has put us more in touch with our bodies than ever before. It all began with the advent of the internet, whereby we could quickly and effectively research ailments by typing symptoms into Google.

Of course, seeing as we've all wrongly self-diagnosed a worst-case scenario, it might be said that the technology lets us down, and that concept is at the core of why a growing number of doctors are expressing fear at the breadth of heart rate monitors that now follow our every move.

From the simple Fitbit to the Apple Watch, right through to medical-grade vests measuring every throb and pulse, the data we accumulate can often be used in real-time to warn us of a possible problem, because when someone's heart skips a beat, tech companies want to let that person know about it.

Yet cardiologists say the information these devices produce isn't always useful. After all, notifications from the devices aren't definitive diagnoses, and in our pursuit of health we are now more likely to respond in a manner that leans on the healthcare system, when what we are receiving is often a false alarm.

"The technology has outpaced us," says Rod Passman, a cardiologist at Northwestern University who's assisting with a study examining the Apple Watch's ability to screen for heart rhythm conditions. "Industry came out with these things because they could. Now we're playing catch-up and trying to figure out what to do with this information."

So while some products will call for help if the wearer has been in a car crash or had a bad fall, others are fully making patients the protagonists in maintaining their health, and that's dangerous.

Rod adds: "The fact is that these devices are lifestyle, not healthcare, devices, and the hundreds of millions of users need to enjoy their exercise without the anxiety of the unknown."



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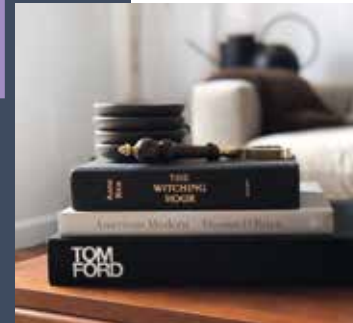
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# COFFEE TABLE BOOKS:

A stylish love affair

There aren't many decorative pieces that have the bonus of being informative and entertaining, but that's exactly what you get with the coffee table book. So how did coffee table books become so popular?



## THE RISE OF THE 'NON-BOOK'

References to books being used as decorative pieces date back centuries, but it was Michel de Montaigne who made one of the earliest references to the practice. In his essay *Upon Some Verses of Virgil*, he wrote: "I am vexed that my essays only serve the ladies for a common movable, a book to lay in the parlor window."

Books became a popular gift in the 18th century. Large volumes like encyclopedias and almanacs were popular to have on display owing to their lavish bindings and engravings.



In the 1920s, attitudes to books started changing. It was common for people to display books they had never read, intended to create an impression of their interests or education to visitors. Books with seemingly unattractive covers were often rebound to look more fitting in the owner's home.

## CENTRAL HEATING AND THE 60S

The term 'coffee table book' had been in use for a long time, but it didn't really take off until the 1960s.

With the arrival of central heating, there was less need to sit near a fireplace, creating space for the coffee table and a less formal sitting environment.

Books were published containing images and art, providing the perfect item to adorn the coffee table and perhaps leaf through to learn something new.



## AN INSIGHT INTO YOUR STYLE

Today, coffee table books cover all kinds of genres and styles. Some are used for purely decorative purposes, others give a glimpse into someone's interests and tastes. Not only do they make for stylish décor, but they also provide a topic of conversation, making them a popular feature in most homes.



## COFFEE TABLE BOOK SUGGESTIONS

For animal lovers – *The Photo Ark: One Man's Quest to Document the World's Animals* | For the interiors-obsessed – *Architectural Digest at 100: A Century of Style* | For the fashionista – *Tom Ford* | For the film buff – *Accidentally Wes Anderson*



HOME & DIY





# LIMESCALE *elimination!*

## NATURAL REMEDIES FOR LIMESCALE THAT YOU CAN FIND IN YOUR KITCHEN CUPBOARD

Over the past year, one in three Brits claims that hard water in their home has worsened, with limescale becoming an increasingly common problem in many UK households.

If you are looking to eliminate limescale without the use of harsh chemicals, the below home remedies are just what you need.

### VINEGAR

Have you noticed a build-up of limescale on your taps and showerheads? If so then you need to act fast as this can cause dullness, chipping and peeling. One of the most effective methods for removing this is to fill a plastic bag with white vinegar and then attach it to the affected area. Leave for 15 minutes to soak, or overnight for stubborn limescale build-up.

### BAKING SODA

Limescale on the glass of your shower can be tricky to shift, especially if it has been allowed to build up. To remedy this, create a cleaning spray using 1 tsp baking powder, 1 tbsp white vinegar and ½ cup warm water. Spray onto the glass, leave for 3-4 minutes and then wipe with a clean cloth. You do not need to rinse the glass.

### LEMON JUICE

Lemon juice is one the most versatile natural cleaning remedies available, having the ability to dissolve dirt, remove grease, deodorise and tackle limescale. Simply pour pure lemon juice into a spray bottle, spritz on the affected area, leave for 30 minutes and then clean off with water and a soft cloth.

### CITRIC ACID

If you do not like the strong smell of vinegar, then citric acid is a good choice for descaling your kettle. Simply boil a half-full kettle, turn it off and unplug it. Next, add 2 tbsp of citric acid and leave for 20 minutes. Pour out the water and rinse twice before using.

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**HOME & DIY**

Who says pumpkins are only for Halloween? And they're not just for eating, either. Find out how to make a pumpkin spice candle at home.

**MAKE A PUMPKIN SPICE CANDLE**  
**YOU WILL NEED:**

- > A wide-necked 370g jar with lid (a Mason jar or old jam jar is perfect)
- > 370g soy wax pellets
- > A candle wick (15cm)
- > A candle wick holder
- > Glue dot (heat resistant)
- > 1 tsp (5ml) pumpkin spice essential oil
- > Pumpkin spice (ground) plus a few whole spices, such as cinnamon, star anise, cardamom, clove or allspice, for decoration (optional)

**HOW TO MAKE:**

- > Thread the wick through the holder and apply the wick tab to the inside bottom of the jar.
- > Warm the jar in the oven at 30°C.
- > Gently melt the wax in a microwave or double boiler.
- > Cool for a few minutes then stir in the essential oil, mixing thoroughly.
- > Fill the jar to 1cm below the rim and make sure the wick is still in the centre.
- > When the wax gets cloudy, sprinkle a pinch of pumpkin spice on the top and scatter the whole spices.
- > Cool at room temperature then trim the wick.

Add a homemade label or check out Etsy for something really stylish. Remember to remove the whole spices before lighting your candle.



There are loads of other ways to decorate your home with pumpkins this autumn. Why not try one of the below ideas?

- > Arrange a group of pumpkins and decorate them by painting, drawing or spraying them in metallic colours – and add a few chunky faux candles. Remember, odd numbers of items work best.
- > Hollow out a pumpkin, fill with water and add seasonal flowers – or pop in a pot filled with small succulents.
- > Fill a hollowed-out pumpkin with a glass jar. Twist a small bendy branch with berries around the top and add a candle (a faux candle is safest).

Photo credit: countryhillcottage.com,

Sanctuary Home Decor thefairylessandfree.com



# A Tale UNMASKED

## THE HISTORY OF TAPE – AN ESSENTIAL ITEM IN EVERY HOUSEHOLD

**A**dhesive tape. Where would we be without it? It's hard to imagine not having it as part of our daily lives. From wrapping gifts to decorating and undertaking craft projects, tape is a must-have in every home.

But have you ever given much thought to how tape was invented? Let us give you a short history lesson on the history of tape – more specifically, Scotch Tape.

### RICHARD GURLEY DREW: THE BRAINS BEHIND SCOTCH TAPE

Scotch Tape is the invention of American Richard Gurley Drew (1899-1980). Drew was a student at the University of Minnesota who dropped out and went to work for 3M as a lab technician. While we might associate 3M with Post-its and office supplies, back in the 1920s it was a leading sandpaper manufacturer. The history of Scotch Tape, however, actually begins with masking tape.

On realising car manufacturers were having difficulty marking car parts without stripping the paint, Drew invented a tape made of cabinetmaker's glue and treated crêpe paper. It was a hit with carmakers and in 1925 was sold under the name Scotch Masking Tape.

In the 1930s, Drew developed the transparent tape that became known as Scotch cellophane tape. And the rest, as they say, is history, with Drew's invention paving the way for many more products to be developed over the years.

### TAPE TODAY: A HOUSEHOLD STAPLE

Tape and masking tape are essential items for most decorating and craft projects. Masking tape is a decorator's staple, creating smooth lines in paintwork as well as helping to create patterns and shapes. Clear tape, meanwhile, is handy for crafting, DIY and repairing broken items.

Where would we be without these household essentials? It's safe to say that Drew thoroughly deserves his place in the National Inventors Hall of Fame.



*Richard Gurley Drew*

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# GET creative WITH WALLPAPER

## ALTERNATIVE WAYS TO DECORATE WITH WALLPAPER

**W**allpaper is one of the easiest ways to decorate your home. It adds colour and style, helping to bring your spaces to life.

But why should wallpaper stop at the wall? There are lots of home projects you can do with wallpaper to bring a unique twist to your interiors.

Bring some colour to your next DIY project with these creative wallpaper ideas.

### ADD PATTERN TO A CHEST OF DRAWERS

Wallpaper is an easy way to brighten up the plainest chest of drawers. It's an easy hack that is perfect for upcycling a dated piece of furniture. Why not invest in new decorative knobs or handles to complete the transformation?

### BRING COLOUR TO YOUR WALL PANNELLING

Wall panelling has been a huge trend in recent years, but if you want to do something different with yours, wallpaper could be just the trick. Cut wallpaper to size and place it inside the panels to create a striking feature wall.

### FRESHEN UP KITCHEN CABINETS

Wallpaper can transform your basic kitchen cabinets and give them a new lease of life. Add a simple pattern to create some interest that could make a nice contrast against the items on display.

### FRAME IT

Art can be expensive, so why not turn your wallpaper into a work of art instead? Framing pieces of wallpaper can help you create feature walls and add decorative touches to coffee tables, sideboards and more. You can do this affordable DIY using wallpaper samples from stores, making it a quick and affordable way to update your decor.

Getting creative with your wallpaper is a great way to embrace the trend, without committing to covering your walls. Try using different colours and textures to create an impression in your home.



# SUBSTANCE TO THE style

**T**hrough a heritage that includes a maternal family descending from a nomadic Rajasthani clan that migrated across Arabia and Persia over centuries, a passion for global art and the experiences of travel have permeated Bethan Gray's appreciation for a design look that crosses from India to the Middle East, North Africa to South America.

How this translates itself back to the somewhat more structured surrounds of lounges, bedrooms and workspaces in the UK is the challenge that was taken on when Bethan Gray Design was established in 2008. The agency, based in London, is run by Bethan and CEO husband Massimo, and follows a decade she spent as Habitat's design director – a role that connected her with craftspeople all around the world.

Now, using a combination of client stories and experiences, plus the expertise of master craftspeople – with styling partnerships that are based on mutual trust and respect – she has created contemporary design and home accessories. The result has been four ELLE Decoration British Design Awards for her statement pieces. From contemporary deco-like chests of drawers that echo Arabic shimmers and desert landscapes to elegant cabinets, bold coffee tables and velvet sofas, the translation of stories and heritage into stunning furniture is complete.

While the price tags in stores such as Harrods and Liberty's may push some away, Bethan focuses on styling that can be replicated by anyone.

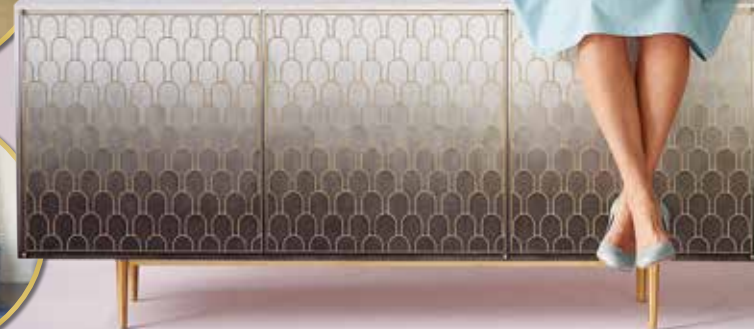
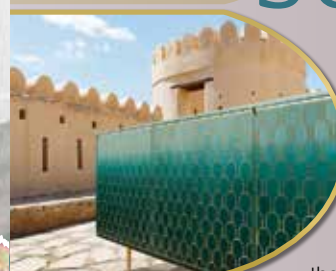
"My modus operandi is elegant lines, both in the edging of furniture and the detail within it. Set against browns, greens, creams and statement shades, it's possible to create a palette that transports the mind to far-off places and a desire to travel.

"For me, it's about the practicality of a room or a piece of furniture, combined with the journey that piece can take you on, and that combination feels very special."

Bethan Gray



Photo credit: Bethangray.com





IDRIS ELBA

# OFF SCRIPT?

WHEN YOU'RE A DJ SUPERSTAR, A FASHION DESIGNER, MOVIE DIRECTOR, HOLLYWOOD A-LISTER, AND ALL-ROUND LOVEABLE MOGUL, ATTENTION TO DETAIL IS EVERYTHING – JUST ASK IDRIS ELBA OBE

“I’m probably a perfectionist,” admits Idris Elba OBE, who turns 50 this month. “With what I do, I need to be, whether it comes from film, music, whatever. You’re putting a piece of art out there, and you need to be confident with it because once it’s out there, it’s out.”

For a perfectionist, however, Elba is chilled and agreeable in conversation. He offers cool, considered responses with ease.

The man radiates so much energy and intensity that you can’t escape it, and that permeates through an increasingly diverse slew of roles, embodying the likes of DCI John Luther, Heimdall in the Marvel Cinematic Universe, *The Wire*’s Stringer Bell and Charlie Jaffey in *Molly’s Game*.

And yet those iconic characters only represent half of what the Londoner is all about.

His style, swagger, gruff exterior and devastating charm mean he is a man who can flit between so many different worlds; and yet he pulls off the look with respect and humility.

“I think a lot of that comes from the fact I had to struggle to get to this point,” he says. “For many years, I was a nobody who couldn’t catch a break and just blended into the crowd.

“There were very few directors who wanted to take a chance on me, and as time went on, so too did I begin thinking that I should just focus on my music, or my art, or perhaps just get a real job.”

The relief is that Elba didn’t. In 2022, he has George Miller’s epic fantasy adventure *Three Thousand Years of Longing* opposite Tilda Swinton, and *Thor: Love and Thunder*, plus the film version of *Luther*, which will screen on Netflix.

“*Luther* returning as a film is a really big new thing, and I think for it to work it needed to be different.

“You are elongating what you have to play with, yet at the same time shortening the whole story into two hours, so the very fabric is altered.

“I think for that reason you can regard it as original and very exciting.”

Asked whether he actually affords himself the ability to stop and take stock, the father-of-two notes: “I don’t have much time to rest, and I don’t really like long sleeps. They don’t put me in a place of urgency and that’s where I want to be, certainly in terms of work and productivity and happiness. That’s not to say I don’t try to get as many hours of good sleep as I can – I’m just not very good at it,” he laughs.

“It’s a real balancing act and it’s safe to say I’m not there yet.”

Elba’s laid-back approach is a factor that will win him a bounty of script offers moving forward. He is someone who, in these troubled times of panic, indecision and hysteria, emits an effortless sense of cool. “I think it’s easy to confuse being laid-back with being laissez-faire about things,” he says. “I think you can be calm and charged at the same time.

“Your actions don’t always reflect your emotions – hey, I’m an actor, after all.”

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# LOCAL NEWS

*from your neighbourhood*

LOCAL NEWS EPPING



## Students achieve impressive A Level results

Students at Epping St John's School are celebrating after achieving top marks in their A Level results.

Ranking in the top 25 per cent of schools for A Level grades in the country, this year has seen the school achieve its best-ever results.

This comes just four months after Ofsted inspectors gave the school a 'Good' rating for the first time since it opened in 2013.

Deputy headteacher Flora Christofi said: "We are absolutely delighted with these results.

"Our students have shown determination and resilience during such unprecedented times and really

deserve these grades.

"Both our staff and students have worked tirelessly, and this reflects the excellent teaching and support our students receive at Epping St John's Sixth Form.

"Our data shows that we are now in the top 25 per cent of sixth forms in the country – a significant improvement on 2019 data – and we are immensely proud of an exceptional set of results, which are Epping St John's best ever.

"Ofsted were quoted as saying we have 'an impressive and growing Sixth Form' and our results this year only confirm that."





# Council in talks with waste company



Epping Forest District Council (EFDC) has been in talks with waste company Biffa after residents in Epping complained about inconsistencies in bin collections.

These complaints came after bin collections were allegedly missed in 139 different roads. Households in Epping, Buckhurst Hill, Chigwell, High Laver, Lambourne, Loughton, Nazeing, North

Weald Bassett, Roydon, Stanford Rivers and Waltham Abbey have been affected.

Residents have voiced their frustrations and are appealing for EFDC and waste management service Biffa to take action.

Nigel Avey, cabinet portfolio holder for contracts at EFDC, said: "EFDC and Biffa are continuing to find ways of improving your waste service. As home deliveries soared during the COVID-19 pandemic, refuse crews were among the unsung heroes taking huge quantities of extra waste from people's homes. They worked hard to keep our streets clean.

"Few things in life are as frustrating as a missed collection. We are working to improve communication – helping you to report missed collections on our website and communicate directly with Biffa when something goes wrong.

"There may be other ways we can help. Biffa has suggested the replacement of recycling sacks and boxes with another wheelie bin. Most people are fans of wheelie bins but not everyone. Some people struggle with storage. But wheelie bins are faster and safer to collect. They make less mess and could represent long-term cost savings for council tax payers compared with sacks."

Biffa has been contacted for comment.

# Community hub introduces services to help with banking

A community hub in Epping is teaming up with Barclays to offer residents help with banking.

The Epping Community Hub (ECH) at the Civic

Offices is a one-stop shop offering residents access to a wide range of services.

Some of the pre-existing ECH services include Changing Pathways, which provides help for survivors of domestic abuse, and Dementia Connect, a personalised support service for anyone affected by dementia.

Barclays has now joined the ECH, following the closure of its local branch, and will be providing assistance with banking enquiries and any banking digital support.

There will be no cash or cheques processed at the hub, but staff can help with account servicing, digital demonstrations and upskilling, and can open some types of accounts and services.

This service will be available every Wednesday to Friday, from 9.30am to 4.30pm.

# Football club pay tribute to former player

Tributes have been paid to former Epping Town FC player, Sergio Hummerstone (pictured second from left), who passed away recently aged 68.

Sergio played for the club, which was formerly known as Coopersale FC, during the 1970s and 80s. He started his career as a winger before transitioning into a fullback.

Former chairman of Epping Town FC, Martin Tucker, said: "Sergio was loved by many as he was a carefree, friendly guy.

"He was strong in the tackle, skillful going forward and a very good header of the ball, having the ability to hang in the air."

Beyond playing for Epping, Sergio was a big Leyton Orient supporter alongside being a strong darts and snooker player. His footballing career was marred by back injuries which forced him to retire from the game.

Sergio's funeral took place at Parndon Wood Cemetery & Crematorium in Harlow on Wednesday, August 10.



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# LOCAL NEWS

from your neighbourhood



## Retiring pharmacist bids farewell after 33 years

A pharmacist who has served the Theydon Bois community for more than 30 years has announced his retirement.

The popular owner and principal pharmacist at Theydon Bois Pharmacy in Forest Drive, Sailesh Dawda (pictured second from left), has decided to take his well-earned retirement after 33 years.

The business was purchased by Sailesh and his wife Raksha, also a pharmacist, in 1988.

Since then, the shop has been refitted twice, and it is now almost three times the size of the original shop. Unfortunately, Raksha has suffered health problems

in the last few years, and after a difficult 18 months dealing with the COVID-19 pandemic, Sailesh decided to retire.

Sailesh said: "It has been a real pleasure to live and work here and I've enjoyed getting to know and serving our customers over the years. Raksha and our family have been really happy in the village and have made some lifelong friends. We really appreciate the support and loyalty we have had from all in the village."

Sailesh said that the pharmacy staff will be remaining and he encourages people to welcome the new owners to the community.

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HORMANN





# Man arrested following motorway collision



Police are appealing for witnesses following a collision on the M11 near Theydon Bois.

Officers were called to Junction 6 of the M11, close to the M25 junction, shortly before 7am on August 15 following reports of a collision involving two heavy goods vehicles.

Luckily, the drivers sustained only minor injuries.

Following a roadside drugs wipe, a 40-year-old man from Romford was arrested on suspicion of drug driving. He has since been released on bail.

Officers are appealing to anyone who may have witnessed the collision or have any dashcam footage to contact them at [www.essex.police.uk](http://www.essex.police.uk) or by calling the non-emergency number 101.

Please quote incident 205 of August 15 when providing any information.

# Council shortlisted for housing awards

Epping Forest District Council's (EFDC) housing and community teams have been shortlisted in three categories at the Essex Housing Awards.

These awards recognise high-quality developments, services and individuals from the public, private and voluntary sector, while promoting best practice across the county.

Deborah Fenton, director of housing and property at EFDC, is shortlisted in the Housing Professional category, which recognises an individual who has made a significant contribution to a housing scheme, strategy or service.

The Limes Farm Partnership is shortlisted in the Partnerships category, recognising organisations that have been proactive in working together to deliver a service or scheme.

Lastly, the homelessness team is shortlisted in the Vulnerable Client category, which recognises services and people that have been delivering excellent

services to vulnerable people. This year, there are 12 categories focusing on developments of all sizes, partnership projects, action to tackle climate change, supporting recovery from the COVID-19 pandemic, and much more.

Councillor Holly Whitbread, EFDC's cabinet member for housing services, said: "I am absolutely thrilled that we have been shortlisted in the categories we entered in these Essex-wide awards.

"The work that our housing and community teams have done over the past year has been innovative and impactful and deserving of this level of recognition.

"It goes without saying that Deborah's contribution to housing at EFDC over the past three years has transformed services for the real and tangible benefit of all our tenants and leaseholders."

# Councillor speaks out against 'scaremongering' comments

A Theydon Bois councillor has spoken out about criticism of Essex County Council's intention to give the go-ahead for the RideLondon Essex mass participation cycle ride to be held in Essex again next year – without knowing the intended route.

The council said it has "signalled its intention" to host the event, which attracted more than 20,000 cyclists last May, with a decision on the route to be taken in the autumn.

The decision to approve the event has been met with mixed reactions, with complaints that this year's event meant that several roads were closed.

District and town councillor Cherry McCredie announced on Facebook that she was concerned that the event had adversely affected residents attending hospital appointments and other emergencies.

Epping and Theydon Bois county councillor Holly Whitbread described cllr McCredie's comments as "completely inaccurate and scaremongering".

She argued: "No one had issues accessing medical appointments or carers visiting patients. I checked this with the adult social care team and emergency vehicles were allowed through."



Photo credit: RideLondon

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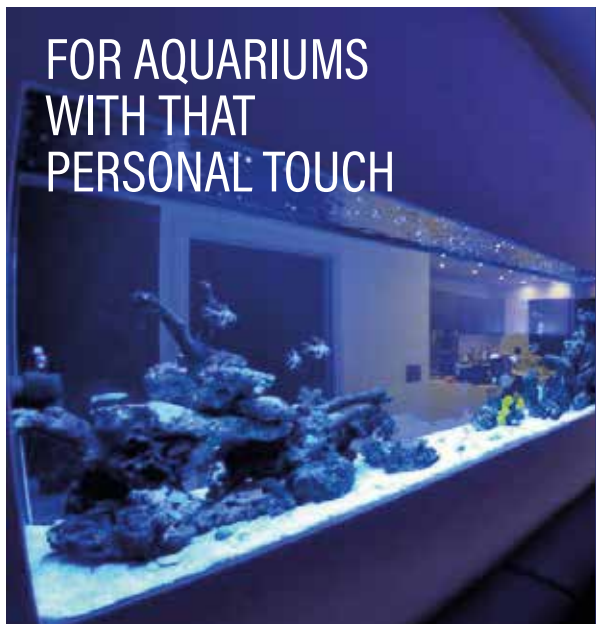
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# Beautiful BULBS

September is the perfect month for planting spring bulbs, and these can be placed directly into borders or in pots for patios and smaller gardens. Discover our top picks for a blooming beautiful spring garden below.

**Snowdrops:** Snowdrops are the first bulbs to flower, usually in February, and are often hailed as the first sign of spring. With the ability to flower whatever the weather, even in snow, these delicate flowers thrive in moist, well-drained soil and in partial shade. Grow in borders or pots.

**Irises:** Iris reticulata is ideal for small pots, window boxes and raised beds. Bringing some much-needed colour to your garden as early as February, irises like the sun and free-draining spots.

**Crocuses:** Crocuses provide a carpet of colour in the garden from late winter onwards and are very easy to grow. They are well suited to both borders

and pots; place them in a sunny spot for best results.

**Tulips:** Tulips come in almost every colour, from pastels to rich shades. They are perfect for adding vibrancy to spring borders in April and May but can also be grown in pots. Tulips favour full or afternoon sun and the soil must be well drained.

**Hyacinths:** Highly fragrant and available in a wide range of colours, hyacinths look amazing in borders in the front garden or in pots for a splash of colour. Hyacinths thrive in most soils as long as they are not too wet. Plant in full sun or partial shade.

**Daffodils:** Daffodils are synonymous with spring and there are many different varieties for you to choose from. Ranging in height from 10cm to 45cm, daffodils can be yellow, white, cream or lemon-coloured. They grow very well in pots but also make a great addition to borders.



GARDENING



# Happy hibernating

Most animals go into hibernation in autumn as it is the most efficient way to survive the cold winter months. Find out how to recognise hibernating wildlife in your garden and how to help them survive until spring.

## Signs of hibernating wildlife

### Leaf pile

A pile of leaves in a corner of the garden, in the compost bin or behind the shed can mean you have a hibernating hedgehog or two. Hedgehogs can also hibernate in bonfire piles, so be sure to check before you light.

### Movement in a pond

If you have a pond in your garden and you notice movement or shadows at the bottom, this could mean that frogs are hibernating there. These are typically male frogs as they favour hibernating in water rather than in mud or under leaves.

### Mounds of soil

Small mounds of soil can indicate that mining bees are nesting in your lawn or in your borders. If this is the case, it is likely that their offspring will be hibernating there until spring.

### Long grass

Although long grass is not a sign of hibernation, it is highly likely that wildlife will be seeking shelter there. In particular, caterpillars and moths hibernate in long grass, as well as beetles and other grubs.

### Leaves on a wall

If you notice leaves on a wall in your garden, these may not actually be leaves but clusters of butterflies who often hibernate in groups.

## How to protect hibernating wildlife

- ★ Create leaf and log piles
- ★ Have plants that offer winter nectar, such as mahonia and hellebores
- ★ Move any bug houses to a sheltered spot
- ★ Put up a nest box for birds
- ★ Avoid late tidying of any potential hibernation spots
- ★ Leave out a supply of nuts to support squirrels as they collect food.



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KIDS

## Wave goodbye to

**A**re you struggling to find snacks for your kids that aren't loaded with sugar? Check out these sugar-free snacks that are easy to prepare, cost-effective to make and help to support healthy teeth and gums.

### Roasted chickpeas

Although chickpeas are most commonly associated with humous, they can also be roasted to create a healthy sugar-free snack. Simply place on a baking tray, drizzle with olive oil and then add whatever spices your children like.

### Vegetable pikelets

Perfect for little ones who are averse to eating vegetables when they can see them, vegetable pikelets are a great savoury after-school snack. Make a batter by mixing 2 cups wholemeal flour, 3 tsp baking powder, 2 eggs and 1.5 cups of milk. Add 2 cups of your chosen vegetables and 1 cup cheese. Mix and then fry like little pancakes.

### Peanut butter dip

Although some peanut butters contain sugar, you can get natural ones that are sugar-free at most supermarkets. To make a delicious kid-friendly dip, whip together equal parts cream cheese and peanut butter until light and creamy. Serve with apples or celery.

### Boiled eggs

Super-simple, filling and nutritious, boiled eggs are a great snack for kids who come home from school starving. You can hard boil eggs in advance, peel and store in the fridge. Serve just as they are, sprinkle with spices or make some devilled eggs.

### Guacamole

Avocado is full of healthy fats and makes a great snack for babies, toddlers and older children alike. To make a delicious guacamole, smash up or blend a ripe avocado and then squeeze in some lime juice. Stir in a little Greek yogurt until you get the desired consistency. Serve with veggie sticks or pitta.







## Take a look inside the world's most EXCLUSIVE ADDRESS

Where do you think the world's most exclusive address is? Beverly Hills? Mayfair? It turns out the answer isn't on dry land.

That's right, the world's most exclusive property is actually on the water – the superyacht Somnio. Due to launch in 2024, Somnio has 39 on-board apartments, which are fully tailored to the owner's wishes.

What makes these apartments so special? Let's take a closer look.

### THE LARGEST YACHT IN THE WORLD

Somnio is set to become the largest superyacht in the world, measuring 33,500 gross register tonnage and almost 222 metres long. Replacing cabins with luxury apartments, it will bring a whole new meaning to the phrase 'travel in style'.

A collaboration between three design firms, Tillberg Design of Sweden, Winch Design and Lüttenberger Design, the superyacht is being built by Norwegian shipbuilders VARD.

### REINVENTING THE LUXURY LINER

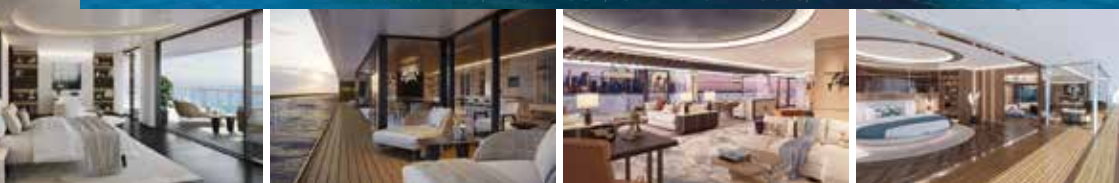
Each apartment will feature a bespoke design, with owners able to choose everything from the number of bedrooms to additional features such as gyms and private kitchens. Each apartment will also have its own outdoor area, the perfect space for seeing some of the most incredible sights the world has to offer.

On board, guests will be able to enjoy a spacious deck area, spas, two restaurants, a cinema, 10,000-bottle wine cellar and much more.

Co-founder and captain Erik Bredhe, who oversaw the €500million project, says: "Beauty may be found as much on the inside of Somnio as on the outside. As the only residential superyacht in the world, we are delighted to work with designers that complement our exacting standards. Our owners will experience only the best, as befits a yacht of this nature."

With prices starting at €15million, Somnio's actual route is a closely guarded secret, making the superyacht not only exclusive, but elusive too.

Photo credit: VARD, WINCH DESIGN, LUTTENBERGER DESIGNS, TILLBERG DESIGN OF SWEDEN



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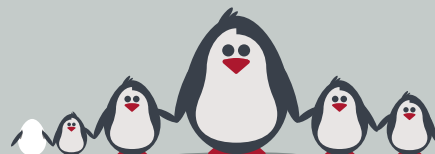


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# HOW TO HACK-PROOF YOUR PASSWORD



BUSINESS & PROPERTY

There is a hacker attack every 39 seconds, with 300,000 new malware created every day.

One of the easiest ways to protect your data is by using strong passwords.

## 1. USE EIGHT CHARACTERS MINIMUM

Each character you add to your password makes it harder to crack. Your passwords should contain a

minimum of eight characters and up to 20 if you can remember them.

## 2. AVOID WORDS IN THE DICTIONARY

Using words that are correctly spelt from the dictionary is not a good idea as these are much easier to hack. This is particularly true if you use a word that is related to either your personal life or your business.

## 3. DO NOT USE FAMILY NAMES

This may seem obvious, but you will be surprised at how many people use the names of their children, spouse or pets in their passwords. This information

is easy to guess and can be readily found on your social media profiles.

## 4. INCLUDE SPECIAL CHARACTERS

A good trick is to replace certain letters in your passwords with special characters. For example, rather than using the password 'Edward1', you could use '3dw4rd!'. By replacing letters with characters that look similar, you are also less likely to forget your password.

## 5. USE PASSPHRASES, NOT PASSWORDS

A phrase such as the title of a book or a line in a film is much more difficult to crack than just a word. Plus, once you start replacing some of the letters with special characters, you are even closer to creating an unhackable password.

## 6. TRY A PASSWORD GENERATOR

There are many free apps that you can download which will generate passwords for you. These passwords are designed to be completely random, which does make them harder to remember, but means they are nearly impossible to hack.








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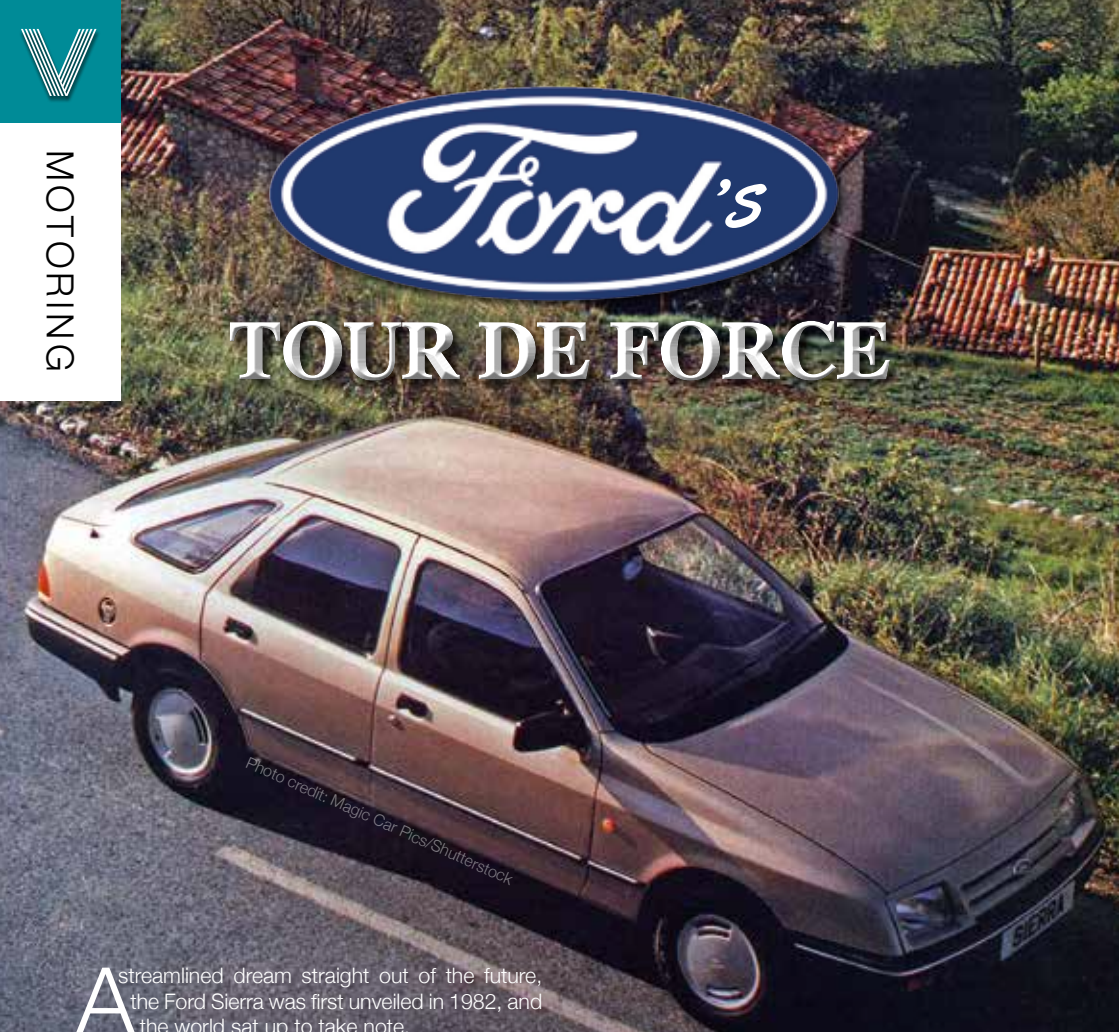
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## TOUR DE FORCE

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A streamlined dream straight out of the future, the Ford Sierra was first unveiled in 1982, and the world sat up to take note.

When Ford revealed its Sierra model at the British International Motor Show at the NEC in Birmingham near the end of September 1982, it knew the reaction would be huge.

The company was in the throes of investing more than \$1.2 billion into the design, production and manufacture of this sleek, slick piece of automotive engineering, and the industry immediately knew it had something big on its hands.

For Ford, the reaction was just what the doctor ordered. The pressure had been on to find a successor to the Cortina, a stylish car that was, nonetheless, constructed around convenience and practicality.

Industry experts guessed that the manufacturer's next move would be to push those ideals further forward, but instead Ford went into overdrive with a design that rivalled the comfort of Audi, the

sleekness of Citroën and Porsche (indeed, the inspiration for Sierra's quarter glass came from the Porsche 928), and as for dashboard technology, the manufacturer had taken the very best elements from the likes of Saab and BMW.

Sure enough, after a slow initial take-up (mostly because of a punchy purchase price and an excess of Cortinas still sat on forecourts, now with much-reduced process), drivers gradually fell in love with the Sierra.

The Sapphire and, of course, sporty Cosworth models nicely tweaked the Sierra proposition, and it wasn't until the Mondeo arrived in 1993 that sales began to fall.

Looking at the Ford Sierra now, some may label it cumbersome and clumsy by today's aerodynamic standards, but in the 1980s, it was the very height of motor chic, and its legacy lives on today.

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BRITAIN'S GREATEST SPORTING MOMENTS...  
**VICTORIA PENDLETON CBE**  
*cycling to gold*

By the time she retired in 2012, Victoria Pendleton CBE had risen to become Britain's most successful female Olympian of all time. Her list of accolades includes two Olympic gold medals, a record nine World Championships, two European Championships and a Commonwealth gold.

It's incredible to think this approachable star of cycling has now been away from competitive action for almost a decade. Going out in style, she won Keirin gold at the London Olympics in 2012.

The Keirin event is one of the more peculiar, with five-and-a-half laps behind a motorised bike – the speed of which increases from 30km/hr to 50km/hr – followed by a two-and-a-half lap sprint finish.

Pendleton progressed comfortably through both heats to make it to the final. There, Australia's Anna Meares attempted to edge in front once the pacemaker had moved aside, but Pendleton's extraordinary burst of pace put her back in first place at the bell.

Around the back straight it was China's Guo Shuang who looked the biggest threat, and despite taking a wider line on the final corner, she was closing in.

With all the drama befitting an Olympic final, Pendleton crossed the line with an advantage no more than half a wheel's width, and the gold medal was hers.

The London Games came at the start of a golden period for British cycling. Bedfordshire-born Pendleton, meanwhile, continued her legacy on two wheels with the launch of a range of ladies' bikes, matching a surge in popularity in cycling – for both sport and leisure – that continues today.



# PLOUGH'S ABOUT THAT?

UNUSUAL SPORTS: NATIONAL PLOUGHING CHAMPIONSHIPS

If you suspected you were alone in feeling as if there were few things in life as satisfying as watching a tractor or harvester carve a path across a field, leaving in its wake a pattern that would help calm the nerves of even the most intense OCD sufferer, then, with regret, the news is you are just one of many millions.

That level of contentment is played out every year in Ireland, keeping up a long tradition that began way back in 1931, when horses and ploughs were the order of the day, rather than the bustling, ultra-precise, often satellite-guided machinery that we see scoring neat lines across our country's fields nowadays.

Of course, Ireland's National Ploughing Championships, which take place in September each year, rely very much on the skill of the farmer, as they did way back when an argument between two lifelong friends – Denis Allen of Gorey, County Wexford, and JJ Bergin of Athy, County Kildare – created this curious event in 1931.

From simple beginnings – a small field of just

26 acres – the annual contest now requires more than 700 acres of land, so great is the interest from machinery operators who travel from all around to compete in the spectacle.

And the National Ploughing Championships have become much more than just an annual inter-county competition; it's an intrinsic part of rural Irish life, having expanded to include trade show stalls, a food fair, craft village, and cookery demonstrations, plus education, fashion and lifestyle elements.

In total, the championships attract 1,700 exhibitors and more than 300,000 visitors, and after lockdown interruptions, the 2022 event – which is to be held in Ratheniska, County Laois, between September 20 and 22 this year – is set to be one of the biggest ever. The winner is judged on the neatest ploughing arrangement.

As for who won that first ploughing showdown between Allen and Bergin, in true Irish fashion, the result was disputed, so it was agreed they would try again the following year.

Find out more about the event at [www.npa.ie](http://www.npa.ie)



# PUZZLES & TRIVIA

- ▶ ARABIAN
- ▶ ATACAMA
- ▶ CHIHUAHUA
- ▶ GIBSON
- ▶ GOBI
- ▶ GREAT BASIN
- ▶ GREAT SANDY
- ▶ GREAT VICTORIA
- ▶ KALAHARI
- ▶ KAVIR
- ▶ KYZYLKUM
- ▶ MOJAVE
- ▶ NAMIB
- ▶ ORDOS
- ▶ PATAGONIAN
- ▶ SAHARA
- ▶ SIMPSON
- ▶ SONORAN
- ▶ SYRIAN
- ▶ TAKLAMAKAN

R	G	R	E	A	T	S	A	N	D	Y	B	K	E	H
G	F	D	T	A	K	L	A	M	A	K	A	N	S	O
R	O	R	A	M	A	C	A	T	A	S	I	A	K	M
I	I	B	E	O	N	P	X	T	O	I	R	M	F	S
R	S	V	I	V	A	E	T	N	T	A	O	O	R	P
A	P	T	A	S	U	O	O	O	B	J	T	D	N	N
H	P	R	U	K	H	R	G	I	A	Y	C	A	A	I
A	X	S	U	M	A	O	A	V	T	S	I	G	Q	S
L	G	E	Y	N	U	N	E	A	Z	N	V	I	E	A
A	T	S	R	R	H	K	R	Q	O	A	T	B	A	B
K	R	O	N	N	I	A	L	G	L	R	A	S	L	T
F	D	D	L	W	H	A	A	Y	R	W	E	O	A	A
T	B	R	C	A	C	T	N	N	Z	F	R	N	R	E
L	P	O	S	N	A	M	I	B	O	Y	G	O	T	R
Q	N	O	S	P	M	I	S	X	G	M	K	K	V	G

## DID YOU KNOW?

- ▶ Trees contain quite a lot of water. When lightning strikes, most of the water reaches boiling point, turning it to steam and increasing pressure. This can cause the tree to explode.
- ▶ The average blue whale has a heart approximately the size of a car.
- ▶ Around 90 per cent of humans live in the Northern Hemisphere.
- ▶ Blue whales are able to hear each other from around 500 miles away.
- ▶ Platypuses can produce their own venom which is injected through barbs on the male's back legs.
- ▶ When threatened, ostriches run, although their powerful kick is capable of killing a human or even a lion.

## WORD LADDER

STAR
PICK

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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