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VISION Epping Theydon | Edition 35

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OCTOBER 2022

# Editor's notes...



Brett Shohet, Editor

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

I'm sure there's only one thing on everyone's minds at the moment, and that's the sad passing of Her Majesty Queen Elizabeth II. While people all over the world loved the Queen, when I lived in America, citizens there were always especially eager to hear about the Royal Family. The British monarchy has always added a sense of glamour to our country; they are a beacon of heritage and history, and it is part of the Queen's legacy that it will continue even when she is no longer with us.

For my entire life, the Queen has been there as a reassuring presence in the background. It's a lesson to us all not to take those things we think of as constants for granted, to look around us and appreciate the fact that even familiar things are special.

This extends to our local businesses. Walking past the same shopfronts every time you go to your local high street, it's easy not to see what's right in front of you, but these businesses and the people running them are an important part of what makes our local areas special. It's up to all of us to make the effort to support our high streets by keeping our pound local.

And, as always, if any local businesses need a hand, get in touch with us and we can help get the phone ringing.

*Brett Shohet*

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CONTRIBUTORS | Tabatha Fabray, Jacob Collick

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HM QUEEN ELIZABETH II

# Farewell

While the death of Her Majesty Queen Elizabeth II (London Bridge is down) was unexpected, it was of course true that a plan of action for this sad event had been in place for decades. As such, a strict code of practice and protocol kicked into place as soon as Her Majesty left us – this was called Operation Unicorn as she passed away in Scotland.

**September 8:** Prime Minister Liz Truss was informed of the Queen's passing at Balmoral Estate at 4.30pm, and the news was announced publicly at 6.30pm. All official flags were set to half-mast. Her Majesty's coffin was laid to rest in the drawing room at Balmoral Castle.

**September 10:** King Charles III was formally proclaimed as the new Monarch and 21-gun salutes were fired around the country.

**September 11:** Her Majesty's coffin was draped in the Royal Standard of Scotland and a wreath of flowers from the Balmoral Estate was placed on top. The coffin was then driven from Balmoral Castle to the Palace of Holyroodhouse in Edinburgh, the monarch's official residence in Scotland.

**September 12:** A procession took Her Majesty's coffin from Holyroodhouse down the Royal Mile to St Giles' Cathedral. Members of the Royal Family attended a service followed by the chance for the public to pay their respects as the coffin Lay in State for 24 hours. Her Majesty's children held a vigil at 7.20pm.

**September 13:** The Queen's coffin, accompanied by Princess Anne, was flown from Edinburgh at 6pm, arriving at RAF Northolt at 6.55pm. During this journey, the Royal Standard of Scotland was changed to the Royal Standard. Her Majesty was then driven to Buckingham Palace in a customised state hearse which she helped design. It was beautifully lit with a glass roof, so the public had a clear view of Her Majesty's coffin. The Royal Family paid their respects in private.

**September 14:** The Imperial State Crown was placed on the coffin before it was taken on the Gun Carriage of The King's Troop Royal Horse Artillery from Buckingham Palace to Westminster Hall via Queen's Gardens, The Mall, Horse Guards and Horse Guards Arch, Whitehall, Parliament Street, Parliament Square and New Palace Yard to Lie in State for four days.

**September 16:** Her Majesty's four children held a vigil at Westminster Hall at 7.30pm.

**September 17:** Her Majesty's eight grandchildren held a vigil at Westminster Hall at 6pm.

**September 19:** The Lying-in-State ended at 6.30am. This day was confirmed as a bank holiday in the form of a Day of National Mourning by King Charles III.

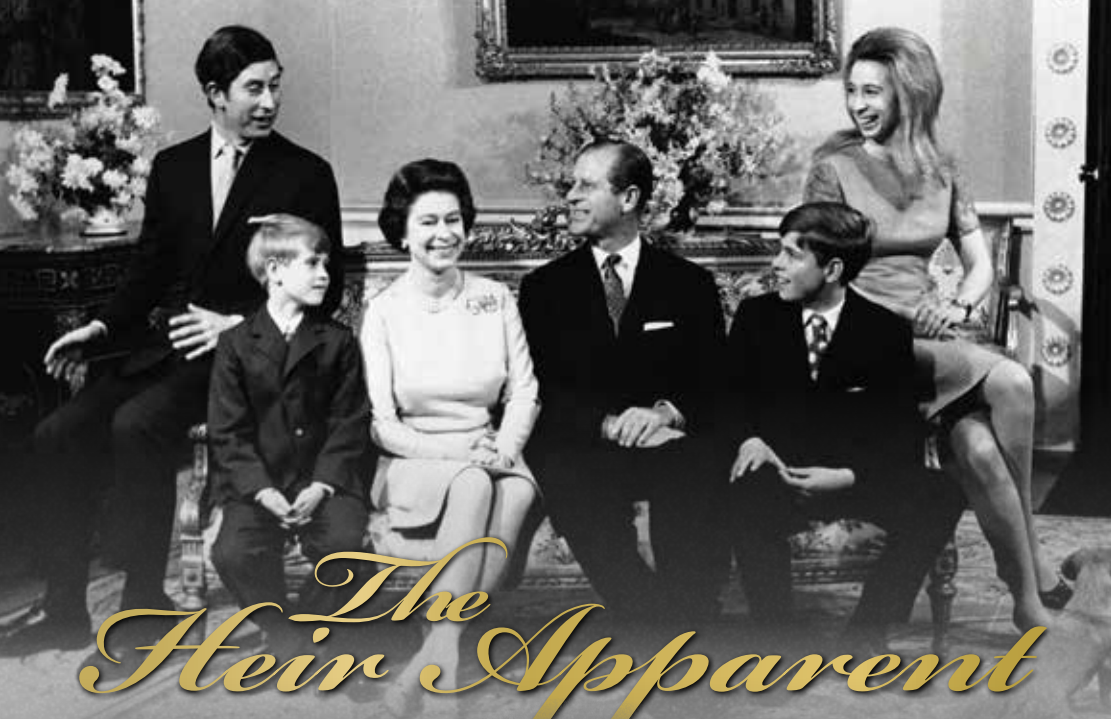
**10.44am:** Her Majesty's coffin was placed on a 123-year-old, 5,600-pound Royal Navy State Funeral Gun Carriage, followed by the King and members of the Royal Family, which travelled from Westminster Hall to Westminster Abbey for the State Funeral. The Gun Carriage was drawn by 142 Royal Navy service personnel.

**11am:** The State funeral began, and ended with a two-minute silence. A procession then took place where Her Majesty's coffin was taken to Wellington Arch and transferred to the state hearse, which was then driven to Windsor.

**4pm:** The committal service took place where the Imperial State Crown, the Orb and the Sceptre were removed from Her Majesty's coffin and placed on the altar. King Charles III placed the Queen's Company Camp Colour of the Grenadier Guards, and The Lord Chamberlain 'broke' his Wand of Office and also placed it on the coffin. The Queen's coffin then descended into the Royal Vault, and the congregation sang 'God Save the King'.

**7.30pm:** The King and members of the Royal Family attended a private burial service. Her Majesty's final resting place is in the King George VI Memorial Chapel, where her mother and father are buried, along with her sisters' ashes. The coffin of her late husband, Prince Philip, has been moved from the Royal Vault to the Memorial Chapel to join her.





# The Heir Apparent

**BRILLIANT AND BEAUTIFUL, HER MAJESTY QUEEN ELIZABETH II MAY HAVE BECOME A MONARCH SOONER THAN EXPECTED, BUT IT WAS THE ROLE SHE WAS BORN TO PLAY**

When Princess Elizabeth Alexandra Mary Windsor was born on April 21, 1926, she was third in line to the British throne.

Her Uncle Edward, Prince of Wales, was the eldest son of King George V, but with no children of his own it was expected that on his death the crown would be passed either to his younger brother Albert, Duke of York, or, should he no longer be with us, Albert's eldest daughter, Elizabeth.

In other words, Elizabeth was always expected to become Queen at some point in her life, but in 1936, after the death of King George V, the process was accelerated when her uncle's love for American divorcee Wallis Simpson proved stronger than his love for the crown.

With her father now the reluctant King, the young princess fully embraced her new role as heir apparent. She joined the Auxiliary Territorial Service during the war – where she learnt to fix engines and drive military vehicles – and on her first overseas visit to South Africa in 1947, gave a speech dedicating herself to the Commonwealth. It turned out to be a promise Her Majesty kept to the very end.

In these early years before she became Queen, Elizabeth was also busy cultivating her private life. On November 20, 1947, she wed her sweetheart, Lt Philip Mountbatten (also her third cousin), in a lavish ceremony at Westminster Abbey. The following year, Prince Charles was born, followed

by Anne in 1950, with the young family settling into a quiet life in Malta where Philip was stationed as a naval commander. But the plans to put her husband's career first until her inevitable accession to the throne were thwarted by the King's faltering health and his untimely death in 1952.

She may have been a young Queen, aged just 25, but she was devoted from the start and wasted no time in winning over the hearts and minds of everyone she encountered. Her coronation at Westminster Abbey was the first to be televised, and on her gruelling first tour of the Commonwealth, alongside Prince Philip, Her Majesty's warm spirit and ceaseless enthusiasm made even the most reluctant among her audiences fall helplessly in love with her. She also became the first reigning monarch to visit Australia on her maiden tour as Queen.

Despite her tender age, Queen Elizabeth II was natural in her role as Head of State. No task was too formidable as she effortlessly won over her fiercest critics, including Prime Minister at the time, Winston Churchill, who declared her to be "only a child". However, the pair soon became fast friends, and remained so until Churchill's death in 1965.

Now, 70 years after those early days of her reign, the legacy of HM Queen Elizabeth II seems even more extraordinary. So devoted, so beloved and so effortlessly full of grace and kindness; Her Majesty was truly one of a kind.

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BEAUTY

# High volume hairstyles

## SIX HAIRSTYLES TO BRING MORE VOLUME TO YOUR HAIR

**D**o you suffer with fine, limp or thin hair? Then these volume-boosting hairstyles are just what you need to add a little oomph to your locks.

### Asymmetrical bob

If you are looking for a shorter style that promises to add volume, then the asymmetrical bob is the hairstyle for you. Adding both volume to your hair and definition to your face, this ultra-sleek style suits women of all ages.

### Messy lob

For those with shoulder-length fine hair, a messy lob is a great choice. Ask your hairdresser to add choppy layers to your locks and you will instantly see more movement and volume.

### Tousled loose waves

Long hair can be prone to looking flat, so why not add some tousled waves to give the appearance of more volume? Simply wash your hair with a volumising shampoo, put in braids and leave overnight. Let your hair down in the morning for gorgeous waves.

### Textured pixie

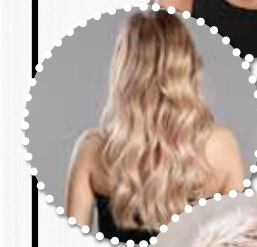
For those who dare to go super-short, the textured pixie is the ideal cut for people with thin hair. This versatile style works with any texture of hair, from curly to straight. To style this look, use a water-based pomade or a matte wax.

### Heavy fringe

A full fringe can make your entire head of hair appear thicker and more voluminous. Adding both density and fullness to your locks, this hairstyle works best with no parting. Opt for either a blunt or textured style but be sure to keep it heavy.

### Vintage pompadour

The pompadour is making a huge comeback this year and is another short style that is perfect for adding volume and height. Pair short, edgy sides with a curly texture on top for a modern look that demands to be noticed.





# HOW TO MATCH TRAINERS WITH *jeans*

**Y**ou may think that you can't put a foot wrong when it comes to pairing jeans and trainers, but sadly this is not the case. If you want to rock your favourite denims and your much-loved trainers, you need to make sure you are getting your combos right.

**HIGH-TOPS:** From Adidas to Nike, Converse to Reebok, all your favourite trainer brands have their own high-top offerings. A timeless trend that provides both comfort and an edge of cool, pair with wide-leg ecru jeans and a simple tee for a laid-back look. Alternatively, wear with a cropped flare jean for casual daytime chic or with a sleek pair of skinny jeans for a more glam vibe.

**WHITE PLIMSOLLS:** Classic and understated in their design, everyone should have a pair of white plimsolls in their wardrobe. Wear with your much-loved skinny jeans, slightly rolled up if you wish, or with wide-leg white jeans for an instant nautical vibe. Avoid pairing with bootcut varieties.

**DAD TRAINERS:** One of the most versatile styles of trainers and enjoying a resurgence at the moment in the fashion world, dad trainers work well with mom jeans, straight-leg jeans and wide-leg jeans alike. Opt for stonewashed jeans for the very epitome of daddy cool.

**CHUNKY TRAINERS:** Unlike dad trainers, which are more vintage in their design, chunky trainers tend to reflect current trends in footwear. Ideal for rocking with super baggy boyfriend jeans, ripped jeans and straight-leg varieties, throw on a graphic tee and an oversized cardie and you are good to go. Chunky trainers should never be seen with skinny jeans as this can result in the dreaded clown feet look.



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HEALTH & FITNESS

**OCTOBER IS BREAST CANCER AWARENESS MONTH, AND WITH 55,000 WOMEN DIAGNOSED WITH THE DISEASE EACH YEAR, IT'S NEVER BEEN MORE IMPORTANT TO BE BREAST AWARE**

### *What is normal?*

Every woman's breasts are different, in terms of size, shape and consistency. It is also not uncommon for one breast to be larger than the other. It is a good idea to get used to how your breasts feel at different times of the month so that you can notice any changes.

### *How to be breast aware:*

The NHS Breast Screening Programme has produced a five-point plan for how to be breast aware:

1. Know what's normal
2. Look at your breasts and feel them
3. Know what changes to look for
4. Report any changes to your GP immediately
5. Attend routine screening if you are aged between 50 and 71.

### *How to check your breasts:*

Look at your breasts and feel each one and your armpit, including up to your collarbone. Many women

find this easiest to do in the shower or bath. You can also look at your breasts in the mirror, both with your arms by your side and with them raised.

### *Breast changes to look out for:*

- > A change in size, outline or shape
- > A change in the look or feel of the skin, such as puckering, a rash or redness
- > A new lump, swelling, thickening or bumpy area on the breast or armpit
- > A discharge from the nipples
- > Change in the position of the nipples
- > A rash or crusty or scaly skin around the nipple
- > Any discomfort or pain in the breast.

### *When is the best time to check your breasts?*

You should check your breasts once a month on the same day, ideally a few days after your period. This is because many women notice changes to their breasts during their menstrual cycle and they may become swollen, tender and even lumpy.





# Hula! Hula! Hula!



**D**id you have a hula hoop as a child? Fun, wasn't it? Offering a whole host of health benefits, the joy of hula hooping doesn't have to end when you reach a certain age.

## WHAT ARE THE BENEFITS OF HULA HOOPING?

**Burn calories:** Hula hooping can burn anywhere between three and seven calories per minute, depending on your body weight and the type of hoop you use. This equates to up to 210 calories per half-hour session, which is on a par with kickboxing.

**Build core strength:** Hula hooping requires strong movement of the hips to keep the hoop from falling, which means that you have to work your core muscles hard.

**Maintain good posture:** If you spend most of the day sitting at a desk, then hula hooping offers a great way to improve your posture. When keeping the hoop moving, your body form is stabilised and engaged throughout, which can help your form with other exercises.

**Boost cardiovascular system:** It is recommended that you get 150 minutes of moderate exercise a week, and hula hooping can help you to reach this goal. A fun form of cardio, it can also help to boost your heart and lung health and lower your cholesterol.

## HOW TO HULA HOOP

1. Start by swinging the hoop clockwise for as long as you can.
2. To keep the hoop around your waist, move your hips forwards and backwards as opposed to in a circular movement.
3. Then change direction to a counter-clockwise movement.
4. Repeat a few times and try to increase the duration of each set as you get stronger.
5. To further isolate your abs, concentrate on keeping your lower body steady.
6. Try a weighted hoop for enhanced fat burning.

## OTHER WAYS TO USE A HULA HOOP

- Skipping through the hoop is fun for kids to try
- Circle a hoop around each arm
- Do crunches with the hoop between your legs
- Do squats or lunges with the hoop held over your head.

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# AN apple A day

In the UK, you could eat a different variety of apple every day for more than six years. Well, that's the theory, at least – because more than 2,500 types of apples are grown here.

Apple Day, which falls on October 21 every year, celebrates the eponymous fruit and all the ways we use them to create desserts, drinks and even savoury foods. But more than that, the day helps people appreciate where food comes from and live better with nature.

There are hundreds of Apple Day activities taking place throughout the country. To find out what's happening in your neck of the woods, type 'Apple Day events near me' into a search engine.

## BEST EVER APPLE CRUMBLE: Serves 4-6

### INGREDIENTS:

**For the filling:** 575g cooking apples, peeled, cored and sliced | 2 tbsp caster sugar

**For the crumble:** 175g plain flour | 110g caster sugar | 110g cold butter | Pinch of salt

### HOW TO MAKE:

Heat the oven to 190°C/170°C fan/gas 5 | Toss the apple slices in 2 tbsp sugar and press into a 23cm round baking dish | Mix the flour with the sugar and salt | Grate the butter into the mixture and rub it in till the mixture looks like fine breadcrumbs | Spread the mixture over the apples and press it down slightly | Bake for 35-40 minutes till golden.

## HOT SPICED APPLE CIDER: Serves 8

### INGREDIENTS:

6 apples | 2 oranges | 2 cinnamon sticks | 10 cloves | A nutmeg | 2 star anise | 50g brown sugar | 2.5 litres cold water

### HOW TO MAKE:

Wash and chop the fruit into 2cm pieces (don't remove seeds or skin) and put in a large saucepan | Add the whole spices, sugar and water | Bring to the boil, cover, then simmer gently for 45 minutes | Remove the whole spices | Mash the mixture with a potato masher | Strain the cider through a fine sieve | Serve warm.



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## FOOD & DRINK



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## A dish fit for our Queen's coronation

There are a multitude of food dishes that carry with them a certain historical significance that's evident in the name – from beef wellington to eggs benedict. Some point to the person we expect; others are a little more misleading (the Caesar salad is named after an American restaurateur, not the Roman emperor).

In the case of the subtly curried coronation chicken, it's satisfying that the dish was indeed invented in order to mark the Queen's coronation in 1953, even if its origins actually point to a similar chicken recipe conceived for George V's Silver Jubilee in 1935.

The recipe was published as the nation prepared for street parties, although in those post-war years, some ingredients may have been deemed extravagant as it was previously more complex, and

only recently has it evolved into something more sultana-heavy.

The recipe took more than four weeks to create, and was perfected by Angela Wood, now 88, a student at Winkfield Place College, which was preparing the menu for a banquet at nearby Westminster School for more than 350 dignitaries after the coronation.

She said in an interview: "The brief was 'something that had a bit of flavour, but not too much', to appeal to the banquet guests. For a month or more, I was cooking a chicken a day and we had to alter the balance of the spices in the sauce to get it right."

The dish has now gone down in national folklore, used in sandwiches, salads and jacket potatoes.

### Coronation chicken recipe

**INGREDIENTS:** 6 tbsp mayonnaise | 2-3 tsp mild curry powder, to taste | ½ tsp ground cinnamon | 500g shredded cooked chicken | Black pepper | Optionals which can be added are 2 tbsp mango chutney and 1-3 tbsp sultanas, or to taste

**STEP ONE:** Mix the mayo, curry powder and cinnamon (add the chutney and sultanas if using) together and season with black pepper.

**STEP TWO:** Add the shredded chicken and stir to coat in the sauce. Stir in 2 tbsp water to loosen if needed, then season and serve as desired.





# Whipping up a STORM

## THE NAME GAME BEHIND OUR TURBULENT WEATHER SYSTEMS

The naming of storms in the United Kingdom is a relatively new phenomenon, with the first, Abigail, being credited on November 10, 2015.

New names have recently been announced for 2022/23. As usual, a cross section is being chosen to reflect the country's diversity, although many of the names never actually get used – the Met Office resets in autumn, meaning the chances of a late-alphabet letter being used are slim.

In addition, Q, U, X, Y and Z are not assigned in the international storm-naming conventions. However, those that are used are assigned by the Dutch weather forecasting service KNMI, the Irish forecaster Met Éireann and the UK Met Office.

The reason for naming storms is so that the public are aware of the possibility of severe weather conditions. The individual process of naming also prevents confusion over other inclement weather systems in different parts of the country or even on the continent.

However, personifying a storm, in a psychological sense, makes it a more real incident to prepare for.

The system clearly works – 98 per cent of people inside a red warning area were aware of the intense Storm Eunice, which hit Europe in February 2022, with 91 per cent of that figure making sure to protect their business, property or themselves.

As for 2023, Met Éireann has picked out the names Cillian, Fleur, Ide and Nelly as its selections; with KNMI choosing Antoni, Hendrika, Johanna and Loes (named after famous scientists in the Netherlands).

Met Office names put forward were Betty, Daisy, Elliott, Glen, Khalid, Mark, Owain, Priya, Ruadhan, Sam, Tobias, Val and Wouter. Of those, Daisy, Glen, Khalid and Owain were suggestions by the public, submitted via email. Betty won out during a public vote on Twitter.

The 2022/23 storm names alphabetically are Antoni, Betty, Cillian, Daisy, Elliot, Fleur, Glen, Hendrika, Ide, Johanna, Khalid, Loes, Mark, Nelly, Owain, Priya, Ruadhan, Sam, Tobias, Val and Wouter.

# SPORT TECH: CHANGING PERCEPTIONS OF SPORT

As a sport-watching nation, we have become much more accepting of the role of technology. The early days of video assistant referees (VAR) were awkward and unsatisfying, and many football fans felt a sense that they were losing the raw wholesomeness of the sport amidst a blur of replays, lines on screens and toenail-width decisions.

While the calm that's followed has proved that, conducted in the right way, the technology does work, it has altered our investment in key moments.

## WE HOLD BACK ON SUCCESSES

When a goal is scored, a wicket is taken or a forearm smash tickles the baseline, sports fans have acquired a unique hesitation. We fear a decision review, and only when action restarts can we fully relax.

## IT AIN'T OVER TILL IT'S OVER

Sports tech reviewing has added extra hope and drama into the equation; even bad news comes with the hope of a reprieve.

## WE OBSESS OVER TECH

In days gone by, the precision of sport was a fingertip save or a catch in the slips. Nowadays, we over-scrutinise computer graphics and millions of pixels on a screen with all the same elegance of a Usain Bolt dip over the finish line.

## SPORTING CONTESTS LAST LONGER

Delays brought about by review decisions have extended the duration of sport. Ultimately, this gives fans more 'live game' time, but also extends the length of televised sport, with greater post-match analysis and therefore more opportunities for advertisers to pepper us with their messages.

## OUR KNOWLEDGE INCREASES

One big advantage of VAR, Decision Review System, Hawkeye and all manner of other innovations is that they enhance our understanding of the legalities and rules of sport, which can be no bad thing.





# Purrfect PETS

LOOKING BACK AT THE HISTORY OF DOMESTICATED CATS TO CELEBRATE NATIONAL CAT DAY



Around one in four UK households owns at least one cat. If you're one of them, you'll no doubt want to mark National Cat Day on Saturday, October 29.

The day's mostly about celebrating all things feline. But it also helps raise awareness about all those cats that need a new home. But where did cats come from?

The most popular theory is that domestic cats are the distant offspring of Middle Eastern wildcats. Some 12,000 years ago, farmers started working the land in an area known as the Fertile Crescent. This is a boomerang-shaped area that runs from north-east Egypt, along the Mediterranean coast and down to the Persian Gulf.

The soil was good here and the crops grew well. But when it came to storing grain, the farmers were plagued with mice. So it was only natural for farmers to invite in the local wildcats. The animals were thrilled with all the tasty morsels on offer. And

the farmers were delighted with their easy pest control system.

Gradually, as people came to prefer those cats with milder temperaments, the animals adapted to their new environment. And they eventually evolved into the hundred or so cat breeds we're familiar with today.

Cats probably didn't arrive in Britain until the Romans invaded, bringing their mice-gobbling moggies with them. But when the Romans were driven out of the country a few hundred years later, their cats' descendants remained behind.

Somehow, during the Middle Ages in Europe, cats became linked to witchcraft, and hundreds of thousands of cats were killed. Some scholars believe that this led to an explosion in the rat population which helped spread the plague.

Thankfully, by the 17th century, the reputation of cats improved. And they're now the most popular pet in the world.



## GUY OLIVER'S OBJECTS OF DESIRE

WHY MATERIAL POSSESSIONS ARE SO IMPORTANT TO DESIGNER GUY OLIVER

In his twenties, designer Guy Oliver spent a large amount of time in Soviet Russia with the British Navy. His perception of the country was enforced as one of suspicion and mistrust, but when the whole state opened up at the end of the Cold War, the now Kensington-based designer discovered a style and beauty in the possessions and memorabilia he picked up.

It was that initial investment in objects and items that had real provenance in a specific era, and with personality attached, that has led Oliver into building a landscape that focuses completely on the items we use to make our houses feel like homes.

Across a background tone of whites, beiges and occasional blues, Oliver incorporates cherished possessions, statement antiques and "familiar things" into his living space.

"I believe we can only really be comfortable when we're living and existing around things that give us place and purpose," he says. "We fill our homes with

items that represent places we have loved, people we have admired, time we have spent."

On this point, Oliver zooms in on what truly makes a living space feel perfect and the importance of how the things that fill our homes make us feel. In the designer's case, that's everything from a portrait of an 18th-century Levantine merchant, a Japanese temple model purchased from Harajuku market in Tokyo, or even a set of sketch caricatures dating back 100 years that sit perfectly within the windowpanes of a door.

He adds: "My parents taught me to appreciate antiques and fine craftsmanship – the importance of the provenance of an object and if it can be authenticated.

"We can't take anything with us when we go, so let's surround ourselves with life memories while we're here. The seemingly commonplace can have enormous value in our own minds."



Photo credit: Guy Oliver







# BREADY... SET... *go!*

## THE CLEVER BREAD BIN HACK TO CREATE A STYLISH BEDSIDE TABLE

It's the trend that's been a viral hit on TikTok, and now it could be making its way to a bedroom near you... It's the DIY wooden bread bin into bedside table hack. That's right, with just two wooden bread bins and some wood glue, you could soon have a new wooden bedside table that's not only stylish, but looks incredibly expensive too. And the good news is, it's super easy to put together.

### YOU WILL NEED

- > 2 x wooden bread bins
- > Strong wood glue
- > Table legs – optional
- > Paint/wood stain – optional

### HOW TO MAKE

1. Take one of your bread bins and apply some wood glue to the base.
2. Place the second bread bin on top of the glued section and align them together.
3. Use a damp cloth to wipe away excess glue before it starts to dry.
4. Paint or stain your bread bin (optional) or leave as it is for a natural wood look.
5. Apply legs to the corners of your new table for height (optional) or leave it as it is. Legs are available cheaply from DIY stores or online.
6. For an extra upgrade, change the handles. You can also find these at DIY stores or online.
7. Et voilà, your new table is ready to be placed by your bedside and topped with a lamp or other decorative items.

As far as home and DIY hacks go, this has to be one of our favourites, saving a lot of money compared to a real bedside table. Give it a try and enjoy your revamped bedroom interior.

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# Spruce up

HOME & DIY



If you're after some wallet-friendly home decoration this autumn, get out to your local park or woodland and gather some pine cones.



All conifers produce cones to protect their seeds. But the best ones for autumn decorations are standard pine cones – the ones with thick, woody scales.



Collect your pine cones on a dry day, while they're still fresh. If the scales are closed, don't worry. They'll open in a couple of days.



When you get home, give the cones a quick soak in warm water with a splash of washing-up liquid. Leave them to dry naturally or pop them in an oven at 180°C/160°C fan/gas 4 for half an hour.



Cones look great piled into a bowl, or add some mini fairy lights for a festive look. For scented cones, leave them in a sealed polythene bag for a few days with 10-20 drops each of cinnamon and orange essential oil. You can also make a simple wreath.

**YOU WILL NEED**

- > Pine cones
- > A glue gun and glue sticks
- > A packet of brown pony beads
- > 1m of thick wire – 12 gauge/2mm diameter aluminium wire is ideal (a wire coat hanger will do but is harder to work with)
- > Jute string or ribbon for hanging
- > Wire cutters
- > Decorations (optional)
- > All extra materials you need can be found at craft stores or online.

**INSTRUCTIONS**

- > Trim off any stalks at the base of the cones.
- > Glue the side of a pony bead to the base of each cone to form an eyelet.
- > Thread the wire through the eyelets till you can form a circle the size you want. You may need to jiggle the cones to make sure they're tightly packed and stay in place. To secure, twist the wire ends together.
- > Tie on your string or ribbon to form a hanging loop.
- > If you like, add a few decorations.

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V29





# FADE TO *grey*

In a modern era where we're so attached to the political, sporting and social trends of the moment, the ongoing debate over whether grey is pulling its weight as an interior design colour rages on.

Sure enough, at the start of each year many noble names in home renovation declare grey's day is done, while just as many applaud it for its innovative ability to ignite the imagination.

Yet once again this Marmite tone looks likely to win us over. Here's why:

**NEUTRALITY:** Grey is neither white nor black, and for that reason it holds a split personality when being matched with other shades and tones. It can lift up a darker tone, or darken a lighter one, and this versatility gives it endless potential.

**A PASTEL PAL:** Most of us love pastel shades, though in abundance they can often come across as child-like or boring. By layering pastels with grey, however, they are given a rebellious edge.

**WOOD WORKS:** The ubiquity of Scandi style and use of wood textures and tones is something many of us stand by, and greys certainly lift the light browns and blues of wintry warmth to provide rooms with a traditional yet modern aesthetic.

**A TOUCH OF CLASS:** Grey has long been a colour associated with style and substance. Mixing tones of grey will also provide a space with a set of artificial textures that lead the mind into greater spatial awareness and visual satisfaction.

**MAKING A STATEMENT:** Grey also acts as a stunning backdrop to a statement piece. It's not as blasé as white, so will shape a piece of furniture, an antique or a painting in a way that guides the eye rather than forcing it to fix on something.



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# POINT BLANK

## WHY REPOINTING YOUR BRICKWORK COULD SAVE YOU THOUSANDS

Is there a more misunderstood home renovation term than 'repointing'? Cue the *Fawlty Towers* clip where John Cleese exclaims: "Repoint my chimney? It looks pretty straight to me."

While Cleese had (for want of a better phrase) a point, in reality all brick masonry will require repointing over time. The literal building blocks of our homes endure all manner of abuse, in all weathers, and a brick's insulation qualities mean it is constantly heating up and cooling down during the day, something that also weakens it over time.

The repointing of a wall essentially refers to the repair of breaks, splits and holes in the brick or cement matter. It is through these gaps that water ingresses can form, and once a leak has found its way through into the home, the fault will only accelerate, compromising not just the external wall, but also plaster, wood and decorative elements inside the house.

The actual process of repointing is relatively straightforward for an experienced bricklayer, and it centres on repacking mortar sitting between individual bricks or stone blocks.

Many home DIYers have taken on the task of repointing, achieving adequate results. The risk is that poor craftsmanship will not only look bad, but may also fail to solve the problem of a leaky ingress.

A good repointing job should preserve the integrity of a wall for many decades, adding a small amount of value to a property while protecting its contents from the elements.

A bricklayer will also have the knowledge and expertise to point out other developing issues, as well as being able to safely work at heights, hence it's recommended that the work is outsourced to a professional.



# mood-boosting HOUSE PLANTS

**D**o you suffer with low mood in the winter months? Then a few well-placed plants could be just what you need to lift your spirits and put a smile back on your face.

**PEACE LILY:** As the name suggests, the peace lily brings an aura of calm and tranquillity to your home. It is also highly effective at improving air quality, which can make you feel better both physically and mentally. Place in a warm room but away from direct sunlight.

**LAVENDER:** Lavender is known for its soothing properties and is the perfect plant for relieving stress. Place in your bedroom or in a home office and see all your worries wash away. Lavender loves the light and requires regular watering.

**SNAKE PLANT:** Not only does this plant look great, but it can also help to boost your mood owing to its ability to pump oxygen into your home. Easy to care for, the snake plant is ideal for people who suffer with allergies as it can help to lessen the impact of airborne allergens like dust and dander. Place on a sunny windowsill.

**ENGLISH IVY:** If you struggle to fall asleep at night, then this is the house plant for you. English ivy contains properties that can help to prevent restlessness and help you drift off to sleep more easily. It also absorbs mould in the air. Place in a sunny spot in your home and make sure its soil remains slightly dry.

**ALOE VERA:** Aloe vera has multiple health benefits, including the ability to treat acne, soothe inflammation and hydrate dry skin. On a spiritual level, this plant is known to ward off negative energy and cleanse space. Position in bright but indirect sunlight for best results.



Photo credit: monogon style via Pinterest



# A Lady TO THE LAST

## REFLECTING ON HER MAJESTY QUEEN ELIZABETH II IN HER LATER YEARS AS A SERVANT TO THE PEOPLE

“This is our country's saddest day. In the hearts of every one of us, there is an ache at the passing of our Queen, a deep and personal sense of loss – far more intense, perhaps, than we expected,” began former Prime Minister Boris Johnson in his moving tribute to Her Majesty Queen Elizabeth II. And while he may not have quite lived up to his expectations as Prime Minister – Her Majesty made sure to ‘see him off’ two days before her passing – his ability to transpose feelings into words remains second to none.

For many of us in Great Britain, life without our Queen is something we have never known, and it is only in her passing that we truly appreciate how extraordinary her feat of 70 years on the throne was. Even her twilight years were spent cementing her legacy through continued work and devotion, and over seven decades she travelled to 117 countries and hosted countless high-profile guests and heads of state, including Robert Mugabe, Nelson Mandela and Donald Trump.

Upholding to the very last one of the cornerstones of the British Constitution – that the monarch ought to always stay out of politics – Her Majesty saw 15 Prime Ministers come and go. No matter how turbulent the political seas became, she always stood steady and calm; a constant port in the storm for the British people to depend on.

As is to be expected, Her Majesty saw her fair share of good and bad times. The year 1992 was particularly dire, with revelations of lusty phone calls between Camilla and Charles, the separation of Andrew and Fergie, and the blaze that almost destroyed Windsor Castle. Her ability to play out such tragedies in the public space was forced upon her, in many ways, yet she took the hits and moved forward.

While she later admitted to being desperately sad at the demise of so many great things around her that she believed were so strong, the humanity displayed during that period – and more recently with the scandal involving Prince Andrew and the Harry/Meghan storm – has served to align the Royal Family with our own families.

Rather than their being regarded as a group of people immune to the disturbances and disappointments that come to us all, the Queen has readily admitted the Windsors’ fallibility.

And while the passing of Prince Philip, just 17 months before her own, may have struck another blow to a lady we believed would always be with us, at least her own departure means the two can be reunited again, wherever that place is.

Certainly, it's fair to say the truest echoes that remain from Queen Elizabeth's life are the laughs, the pleasure, the playfulness, and the reinvention of how we view our monarchy.

*A job well done, Ma'am.*





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# LOCAL NEWS

from your neighbourhood

LOCAL NEWS EPPING

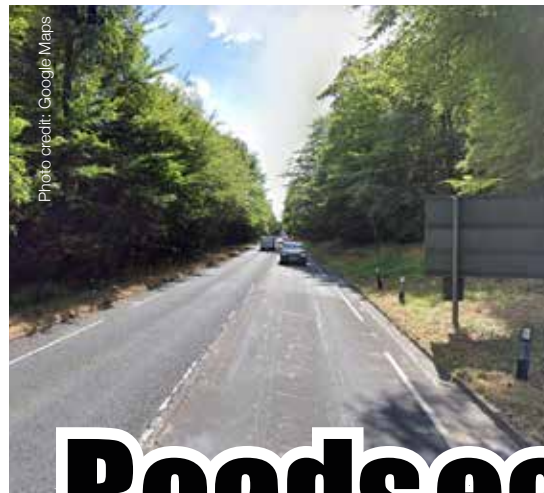


Photo credit: Google Maps



## Roads earmarked for accelerated safety work

Two roads in the district – the A104 Epping New Road and A113 through Stanford Rivers – have been earmarked for safety improvement works by the government.

Both roads are listed in last month's Mini-Budget Growth Plan as Safer Road Scheme infrastructure projects which will be "accelerated as fast as possible", with the aim of starting construction by the end of 2023.

No information has been given about the exact details of the proposed work.

The report refers to the A113 'Brentwood', which suggests it alludes to the London Road-Romford Road stretch through Stanford Rivers from Ongar to Passingford Bridge within the Brentwood and Ongar constituency.

The A104 'Epping' is thought to refer to the stretch which includes Epping New Road between Woodford and Epping, which falls within the Epping Forest constituency.

The report states: "These projects may benefit from acceleration through planning reform, regulatory

reform, improved processes or other options to speed up their development and construction, including through development consent processes."

It adds: "Presence on this list does not guarantee, where applicable, funding, planning consent or approval for other regulatory or permitting processes and the list is non-exhaustive of all projects which may benefit from acceleration."

"Where local authorities or agencies are the delivery leads, it is the government's intent to support where possible in acceleration."

Dame Eleanor Laing, MP for Epping Forest, said: "I'm delighted these roads are being highlighted for important road safety improvement work."

"Both have been the scenes of numerous serious and several fatal collisions over the years and any steps that can be taken to make them safer should be applauded."

To find out more about the government's Growth Plan and the Safer Road Scheme, visit [www.gov.uk/government/publications/the-growth-plan-2022-documents/the-growth-plan-2022-html](http://www.gov.uk/government/publications/the-growth-plan-2022-documents/the-growth-plan-2022-html)





# Appeal after teenager hospitalised



Police are appealing for witnesses after a boy in his late teens suffered a serious injury to his leg.

The incident happened at around 2pm on Saturday, September 24, in Epping, near an alleyway around Coronation Hill and Lincolns Field, with officers receiving reports of a disturbance.

Although the teenager's injuries were serious, they are not believed to be life-threatening.

A spokesperson for Essex Police said: "A boy, in his late teens, suffered a serious injury to his leg and is currently in hospital receiving treatment.

"Officers received reports that there was a disturbance near to an alleyway in the area around Coronation Hill and Lincolns Field.

"A number of young men were seen in the area and we would like to speak to anyone who saw anything.

"If you have any information about the incident, or footage of it which has not yet been passed to us, please contact us at [www.essex.police.uk/digital101](http://www.essex.police.uk/digital101) or by calling 101 as soon as possible.

"Please quote incident 42/243922/22."

# Council holds memorial service for the Queen

Epping Forest District Council held a special service of commemoration for Her Majesty the Queen at St John the Baptist Church in Epping on Wednesday, September 14.

The service was conducted by Reverend Canon Lee Batson, with prayers led by students from Epping St John's Church of England Secondary School. Extracts from Her Majesty's first and last Christmas messages were also read out.

Deputy Lieutenant of Essex Hugh Pegrum read an extract from Her Majesty's very first Christmas broadcast in 1952.

Quoting the Queen, he said: "Let us set out to build a truer knowledge of ourselves and our fellowmen, to work for tolerance and understanding among the

nations, and to use the tremendous forces of science and learning for the betterment of man's lot upon this earth."

Councillor Mary Sartin, chairman of Epping Forest District Council, read an extract from Her Majesty's final Christmas message broadcast in 2021.

Also quoting the Queen, she said: "February, just six weeks from now, will see the start of my Platinum Jubilee year, which I hope will be an opportunity for people everywhere to enjoy a sense of togetherness, a chance to give thanks for the enormous changes of the last 70 years."

# Residents angered after temporary pavement fix

Residents have complained after a pavement damaged by lorries was temporarily fixed with gravel and left in a dangerous and near-unusable condition.

Large lorries drove over the footpath, on Warren Field and near Charles Street in Epping, when accessing a nearby building site.

The damaged pavement was replaced with hoggins, a groundcover composed of a mixture of clay, gravel and sand or granite dust.

Locals in the area have complained that the surface could be dangerous to those who struggle to walk, with the uneven ground posing a safety risk and limiting people's mobility.

A spokesperson for Essex Highways said: "A 'make safe' was carried out on this footpath at the beginning of September.

"This is a temporary repair we carry out to maintain an area while a permanent fix is programmed.

"We have now raised a job to carry out footway patching and are currently awaiting on STAT plans, which allow us to be aware of what utilities are in an area before we excavate."

According to the Essex Highways issue tracking site, there are seven reported footway defects on Warren Field, with several more across Charles Street.



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# LOCAL NEWS

*from your neighbourhood*



Photo credit: Google Maps

## Man and woman threatened during robbery

A man and a woman were threatened during a robbery in Theydon Bois in which a number of items were stolen.

Three men entered a property in Loughton Lane at around 5am on September 20, and threatened the man and woman with weapons before leaving with items including a number of Rolex watches, phones, car and door keys, jewellery, and designer accessories.

One victim said they had a knife put to their throat. Neither victim was seriously injured and both are receiving support from Essex Police officers.

The three suspects are men aged in their mid-20s and were dressed in black tracksuits and hooded tops. Police believe they left the scene in the direction of Loughton.

Detective Inspector Tony Atkin, who is leading the investigation, said: "Incidents such as this will naturally cause concern within the community, but I would say that our enquiries to date suggest this was an isolated incident and there is no wider risk to the community."

"While in its infancy, this is a fast-paced investigation, and we are following a number of lines of enquiry in order to identify suspects and make arrests."

"I would encourage anyone who was in the area at the time and may have seen, or have dashcam footage of, cars driving in Loughton Lane between 4.45am and 5.30am on Tuesday, September 20, to get in touch."

Anyone with information about the incident can submit a report at [www.essex.police.uk](http://www.essex.police.uk) or call 101, quoting reference number 42/240441/22.



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Photo credit: Ride London

# Grant to inspire residents to be more active

The London Marathon Charitable Trust (LMCT) has provided a £1million grant to inspire people in Theydon to get active.

The RideLondon cycling event, which took place in May 2022 and saw cyclists pass through Theydon, has led to a new funding partnership between Active Essex and LMCT.

The grant looks to expand the Find Your Active small grants programme, scale up the free bike scheme Essex Pedal Power, and increase active travel opportunities in local schools and communities.

Catherine Anderson, executive director at LMCT, said: "It's great to have Essex as a new core funding

area for us, thanks to the partnership between RideLondon and Essex County Council, and to have the opportunity to inspire activity in communities."

Despite the complaints received due to the road closures in place during the event, as mentioned in last month's edition of **VISION**EppingTheydon, this new initiative has been welcomed.

Councillor Lee Scott, cabinet member for highways maintenance and sustainable transport, added: "It's great to see how RideLondon coming to Essex is now having a tremendous benefit on Essex residents. It is my hope that this funding will have an impact on activity levels across the county."

## Council opens nominations for annual awards

Epping Forest District Council (EFDC) has opened nominations for Citizen of the Year 2023, which recognises outstanding local people.

Nominations are also open for the Young Citizen of the Year Award for 11 to 18 year olds who have made important contributions to young people and the local community.

The 2022 winner of the Citizen of the Year award was Peter King (pictured right), a volunteer at local vaccination centres, while Erika Skingsley won Young Citizen of the Year for fundraising for numerous charities and causes.

In a statement, a spokesperson for EFDC said: "These awards have been showcasing people in the community who go above and beyond, making positive changes in the Epping Forest district, for many years.

"If you know an individual or group of people who fit the bill and deserve to be recognised, fill in a nomination form by Friday, November 25."

Find the nomination form at [www.eppingforestdc.gov.uk/time-to-nominate-your-citizen-of-the-year-2023](http://www.eppingforestdc.gov.uk/time-to-nominate-your-citizen-of-the-year-2023)



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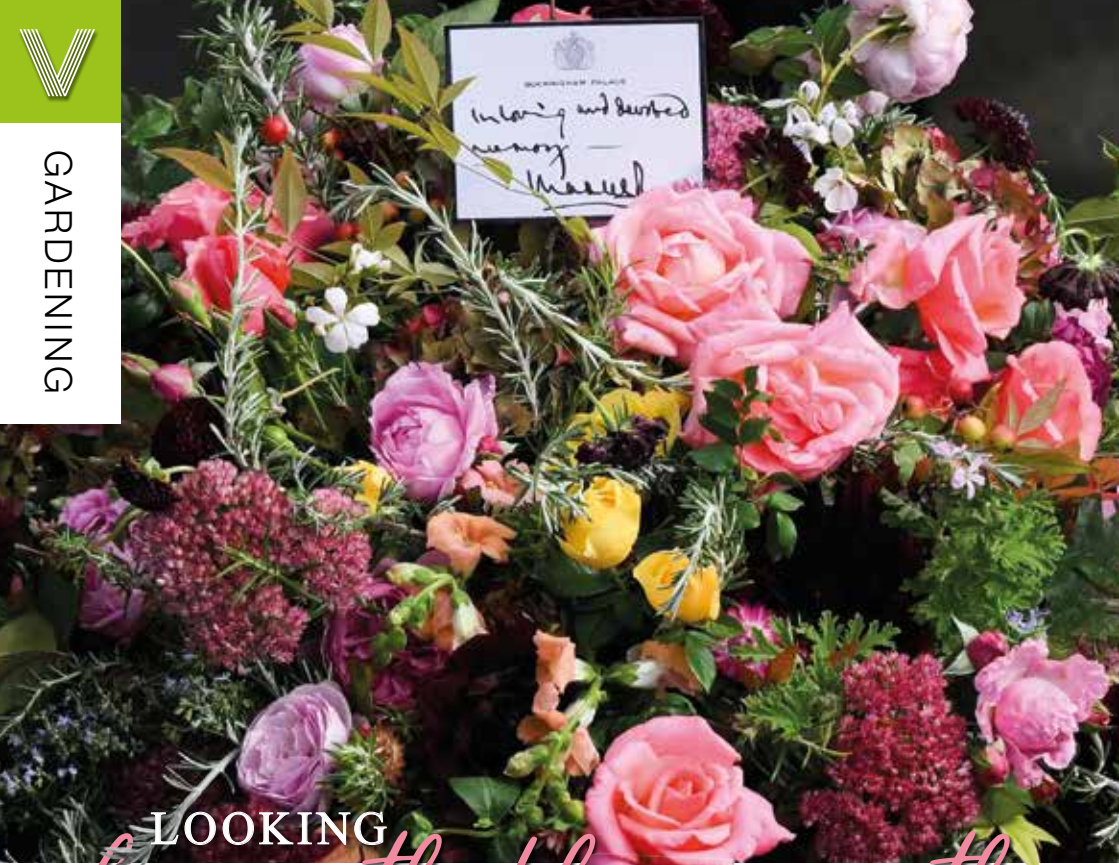
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# LOOKING *beneath the wreath*

Flowers are perennially at the heart of the way we offer our tributes to the departed, and few presentations have been as beautiful, perfect or significant as the floral wreath that adorned the Queen's coffin as she made her final journey on September 19.

The choice of flowers on the wreath is not done by luck – it represents a carefully selected process that uses beautiful sprays of colour to celebrate and commemorate so many of the things that enlightened, amazed and enchanted Queen Elizabeth II during her life.

First, the provenance of the flowers is important – they were picked from the gardens of Buckingham Palace, Clarence House and Highgrove House. It was touching to see the use of the myrtle flower, grown from a sprig of the Queen's wedding bouquet when she married her late husband, Prince Philip, in November 1947.

Also present was English oak, a foliage that represents the strength of love, plus pelargoniums, garden roses, autumnal hydrangea, sedum, dahlias

and scabious. All flowers were sustainable, on King Charles' request.

This was a different wreath from the one that accompanied Her Majesty Queen Elizabeth II on her journey south from Scotland. Using flowers picked from her Balmoral Estate, the wreath featured sweet peas – one of her favourites – dahlias, phlox, white heather and pine fir.

While the wreath flowers have garnered much attention, the large quantity left at Green Park and by the gates at Buckingham Palace represented a huge challenge for the authorities.

There is a set process for the disposal of these flowers, which began seven days after the funeral. Gradually, those flowers wilting first would be removed and taken to Hyde Park nursery for composting. This compost will be used on the flowerbeds at Kensington Gardens.

Cards and labels are put into boxes – some will make it into museums; most will remain stored away forever and are unlikely to see daylight again for decades.

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**To cut or NOT TO CUT?**

**GARDENING**

There are several jobs that need doing in the garden ahead of the colder months, and one of them is trimming back your perennials. However, it is important that you know which ones to cut back and which ones to leave alone.

**Cut back**

**Irises** – Irises are vulnerable to infestations of iris borers, which tunnel into the base of the rhizome and lay eggs. To avoid this, trim the fan of their sword-shaped leaves at an angle so that they slope upward into a peak no higher than eight inches.

**Chrysanthemums** – These autumn-flowering plants should be cut back after they have bloomed or if they have been hit by a hard frost. Trim the plant down to between six and eight inches from the soil.

**Lilies** – Once their greenery has disappeared and they turn yellow or red, lilies should be cut back for the winter. All it takes is one quick snip of the stalk near the soil line.

**Peonies** – Peonies are vulnerable to mildew so should be cut back when the first frost hits. Grab the leaves and then cut back the stems to just a few inches above the soil.

**Hollyhocks** – Growing up to six feet high, hollyhocks can get gangly in autumn. Cut back their sturdy stems to about six inches from the soil to avoid diseases such as leaf rust.

**Let be**

**Hibiscus** – As a late-emerging plant, hibiscus does not need trimming back as otherwise it can take too long to show growth in the spring.

**Coneflowers** – Not only do coneflowers look pretty when covered in frost or snow, but they also offer important sustenance for winter birds.

**Russian sage** – Russian sage can survive the colder weather and can also add texture and shelter to your winter garden, so leave this ornamental grass alone.





GIVE US A

Twirl!

Or what about a Crunchie, Flake or Curly Wurly? The average Brit puts away a staggering 11kg of chocolate a year – that's three bars a week. And the bar that topped a poll of this year's favourites was Cadbury's Dairy Milk, the firm's best-selling bar since 1914.

So how did it all begin?

George Cadbury, who died 100 years ago this month, was just 21 when he and his brother took over their father's Birmingham-based cocoa business. The family were Quakers and believed hot cocoa drinks were a great alternative to alcohol. But George's father was ill and business was going from bad to worse.

However, the brothers quickly turned things around.

In 1878, they moved to the countryside outside Birmingham and built the Bournville factory.

George wasn't just a good businessman; he strongly believed that all working people had the right to a decent home and a good education, whatever job they did. So on land near the factory and at his own expense, George built Bournville village, which had shops, churches, 300 homes, a Quaker meeting hall, and plenty of open space.

It was at the new factory that George developed the original Dairy Milk bar in 1905. It had the distinctive purple wrapper, even back then. And, of course, it was Bournville village that gave its name to Cadbury's dark chocolate bar, first sold in 1908.

The Cadbury company is now owned by Mondelez International and its chocolate is manufactured in more than 180 countries. But Bournville is still at the centre of its operations and produces almost all its Dairy Milk bars.



# DEAD gorgeous

Remember *Coco*, the award-winning Disney Pixar film? It featured cute skeletons and was inspired by Mexico's Day of the Dead, a festival that is all about honouring the lives of dead relatives and reminding yourself that death is just part of life.

In the lead-up to the day, skull and skeleton decorations can be seen almost everywhere, and streets are festooned with colourful bunting. Marigolds are popular too – their sweet smell is believed to entice the dead back to life.

The day is celebrated on November 2. So get busy now with these Day of the Dead crafts and you'll also be ready in time for Halloween.

## SKULL STONES

**You will need:** A smooth, flat, oval stone (8cm-10cm long) | White acrylic paint | A paintbrush | A set of acrylic marker pens (including black) | PVA glue | Glitter | stick-on gems

**How to make:** Paint a simple white skull shape on the stone and leave to dry | With the black marker, outline the shape and draw on the features | Decorate with the coloured markers, and stick on the glitter and gems.

## TISSUE PAPER MARIGOLDS

**For two flowers you will need:** A sheet of orange tissue paper (approx. 51cm x 66cm) | 2 x 30cm green chenille stems (pipe cleaners) | Scissors

**How to make:** Cut the tissue paper sheet into quarters | Then cut each quarter into half so you have eight small sheets | Stack four sheets together | Fold in concertina pleats, starting at the short end | Cut each end into a point | Twist the end of a chenille stem round the middle of the paper | Fan out and gently separate the layers.

## BUNTING

**You will need:** 12-15 round paper doilies (approx. 16cm diameter) | Acrylic paints in red, pink, purple and orange | A paintbrush | Jute string | PVA glue

**How to make:** Paint each doily with diluted paint | Dry thoroughly | Fold the doilies in half | Run the string inside the half-circles and glue the sides together.





Crafty

## HOW BREWDOG FOUNDER JAMES WATT KICKSTARTED THE CRAFT BEER REVOLUTION

The BBC recently broadcast an exposé on BrewDog founder James Watt, which attempted to highlight a darker side to the craft beer visionary's persona, including working practices at the brewery's Aberdeenshire HQ.

While it dressed up the drama of wrongdoing, the response from the beer-buying public was decidedly lukewarm. The reason? People love IPA more than they love scandal and salacious gossip.

In fairness, BrewDog has always been built on an image that begins and ends in the can or bottle. 'Equity for punks' is a phrase that the brand has long carried around with it – a linking of a drinks revolution with social cohesion and sustainability, fuelled by the momentum of the hipster movement.

It all began in 2007 when twenty-somethings James Watt and Martin Dickie found themselves in Fraserburgh, the foggy, windy, cold Scottish outpost. While frustrated at the lack of real choice in a drinks market populated by imported lagers, they remained sentimental about the role of traditional

alcoholic staples that had fuelled generations of factory workers, miners and engineers.

Sure enough, by feeding new life into old flavours, progressing from their bedrooms and kitchens to their first brewery, they fused creativity with credibility. Punk IPA was born.

"I think a lot of people felt there was a disconnect at the time between a certain demographic and the drinks they were consuming," says Watt. "Lager and fizzy beer had gone the way of the young lads, with football and nightclubs piggybacking and then driving the trend. Ciders and fruit-based drinks had a very summer existence, while spirits, shorts and wines were mostly for women. The market needed something different."

BrewDog's ability to provide that, initially through signature brew Punk IPA, then a raft of variations, expanding into a pub empire that now totals more than 80 locations worldwide, has taken Watt's personal fortune to more than £250million – a self-made punk now living life in the fast lane.

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# ON THE MOVE

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## HERE'S A CHECKLIST OF QUESTIONS YOU NEED TO ASK WHEN VIEWING A HOUSE

**B**uying a house is one of the biggest purchases you'll ever make. And, as with any big purchase, you'll want to do a lot of research before you make an offer.

As you view different properties, be prepared to be nosy. A house may seem perfect on the outside, but asking the right questions will help you decide if it's the right house for you. Keep this checklist of questions in mind when going to viewings.

### ✓ HOW LONG HAS IT BEEN ON THE MARKET?

If a house has been on the market for a while, there could be a reason why buyers haven't snapped it up. It could also be a sign that the house is overpriced, putting you in a good position to come in with a lower offer.

### ✓ WHY ARE THE SELLERS SELLING?

There are a lot of reasons why someone might sell their house. If someone has only lived in the property for a short while, it could be a red flag that something isn't right with the home or the area.

On the other hand, someone who's been in the house for many years might be more interested in selling to a family or someone who will enjoy the house, rather than someone who's looking for an investment or development opportunity.

### ✓ IS THE PROPERTY FREEHOLD OR A LEASEHOLD?

Buying a freehold property means buying the property and the land it is built on. When you buy a leasehold property, you own the property but

not the land – which is retained by the freeholder. Understanding which one applies to the property could impact your decision to buy.

### ✓ IS THERE A CHAIN?

Being stuck in a chain could mean you have to wait a long time before you can move into your house. Find out what the buyer's situation is to help you decide whether to go for the property or to keep searching.

### ✓ WHAT IS THE AREA LIKE?

It's important to research the area you're buying in. Feel free to ask about the neighbourhood, shops, pubs, schools and so on.

### ✓ WHAT DO THE UTILITIES COST?

With living costs on the rise, it's wise to ask about the property's running costs. Find out what the utilities and council tax are and don't forget to ask for the property's Energy Performance Certificate.

### ✓ WHAT'S INCLUDED IN THE SALE?

Some sellers include items like furniture and white goods as part of the sale. Ask what is included – there may be room for some negotiation to keep some of the property's existing items and save yourself some money.

When you're checking out a property, feel free to ask as many questions as you want to help you feel confident in your decision. You'll be glad you thought of everything when you sign on the dotted line.



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**WHAT YOU WILL SEE**  
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Brace yourself for some cold temperatures on your adventure. Take plenty of thermals and layer up your clothing to help you stay warm. Remember to take your camera. You won't want to miss out on those amazing photo opportunities.

**WHAT TO DO**  
A trip to Antarctica will give you the chance to discover the history of famous explorers, including Robert Falcon Scott and Sir Edmund Hillary. While these explorers might have had to survive in difficult conditions, you could enjoy your Antarctic adventure on board a luxury cruise, with all of their modern comforts.

Could a visit to Antarctica be on the cards for you in 2022 or 2023?

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FORMED

### CELEBRATING 50 YEARS OF THE FIAT 126, WHICH WAS INTRODUCED AT THE TURIN AUTO SHOW IN 1972

Fiat has never rushed things. Perhaps it's the Italian confidence and sense of candour that means when the car manufacturer commits to something, it sticks to it.

How else can you explain the fact that the Fiat 126, which is 50 years old this year, was the first new model Italian manufacturer Fiat launched onto the market in almost two decades.

With that in mind, the 126 had quite a reputation to live up to, given that it followed the iconic Fiat 500.

Sure enough, it came with its own personality – for a car hitting the market in 1972, it was a rear-engine city runaround. It was cute, small – just a smidgeon over three metres long – boxy and bold, and almost exactly the same dimensions as the Mini.

What became notable about the Fiat 126 was that the Italians never really took it to heart, yet over in Poland its success was prolific – so

much so that within 18 months of launch, most manufacturing was shifted to the Bielsko-Biala factory, and the car was renamed the Polski Fiat.

In fairness, in Italy more than 1.4 million were produced, though no models ever made it beyond a basic 700cc engine. A total of 4.6 million were produced, most in the Eastern Bloc.

While the 126 wasn't perhaps the natural successor to the 500 that Fiat had imagined, what made the car iconic was the belief it gave other manufacturers in the pursuit of the classic urban runaround.

In an era when cars were getting bigger, bulkier and more expensive, Fiat was steadfast in its belief that not everyone desired the cost or cumbersomeness of a large vehicle. While the 126 wouldn't win kudos points in the same way that the 500 might, it did at least unite a new generation with comfort and convenience – motoring morals we all still stand behind today.

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BRITAIN'S GREATEST SPORTING MOMENTS:

# DROP-KICK JONNY

**E**ach month, we look at one of the most significant events in British sporting history. This month, it's England's dramatic Rugby World Cup win against Australia in 2003.

The fact that England came into the 2003 World Cup as tournament favourites didn't for one second lead to any sensible suggestion that the Three Lions might actually take the Webb Ellis Cup back to Blighty with them.

Never had a Northern Hemisphere team won the ultimate prize in rugby, and with the formidable force of co-hosts New Zealand and Australia ready to greet them – the latter as defending champions – only the staunchest England fan imagined Clive Woodward OBE's side could emerge victorious.

Yet in captain Martin Johnson CBE, fly-half Jonny Wilkinson CBE, speedster Jason Robinson OBE (fresh from switching codes having grown up playing rugby league) and a batch of other stars coming into their prime, such as Matt Dawson MBE, Mike Tindall MBE, Ben Cohen MBE, Will Greenwood MBE and Steve Thompson MBE, the feeling that we might be witnessing something special heightened as England sauntered through the group stages.

They accumulated more than 250 points in their opening four matches, seeing off Georgia, South Africa, Samoa and Uruguay with little fuss.

In the quarter-final, Wales scored two tries to England's one, but the kicking of Jonny Wilkinson saw the team home 28-17.

And eight three-pointers in the semi-final against France paved the way for a showdown final with Australia. In a match screened live in the UK as rugby fans were tucking into a liquid breakfast, Lote Tuqiri scored the opening try for the hosts at Stadium Australia in Sydney, before three Wilkinson kicks and a try gave England a 14-5 lead. Gradually pegged back in the second half, Elton Flatley's last-gasp penalty brought Australia level.

In extra time, Flatley again restored parity at 17-17 with only three minutes to spare, but just as sudden death loomed, Wilkinson received Dawson's pull-back and drilled over the winning drop goal that won the trophy and changed English rugby forever.

Photo credit: David Gibson/Fotosport/Shutterstock

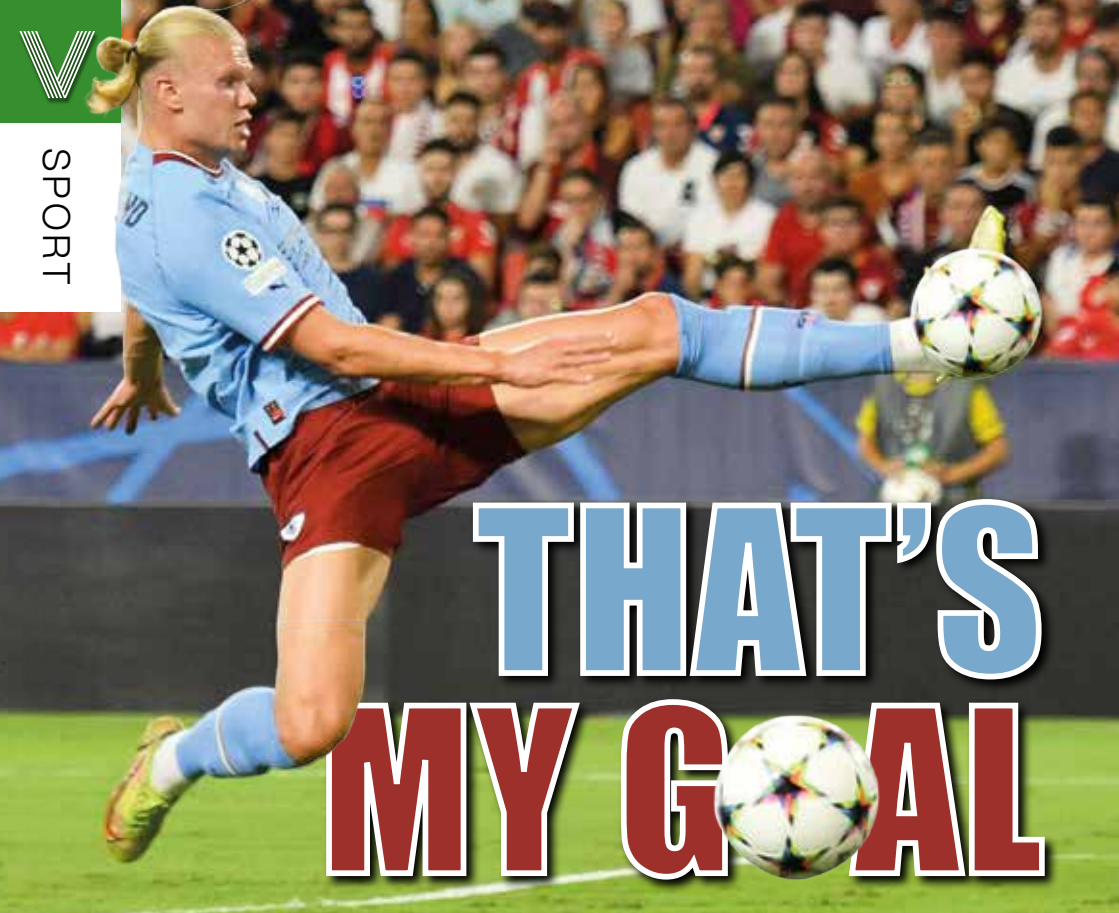


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# THAT'S MY GOAL

THERE'S A NEW GUNSLINGER IN TOWN, AND WHEN HE SHOOTS, HE RARELY MISSES

When Manchester City became aware of a release clause in the contract of one of the most highly sought-after goalscorers in world football, they just had to act. Their efficiency and persuasiveness in getting a deal over the line for the former Borussia Dortmund man has secured for them a star who has all the armoury to emulate generational greats such as Ronaldo and Messi.

The future has arrived, and he's a sharp shooter. Erling Braut Haaland was born on July 21, 2000, in Leeds, England; yet instead of representing the country of his birth, he chose Norway, the nation of his parents, both of whom were world-class athletes in their own right.

Alfie, Erling's father, is a former Premier League player, while his mother is Gry Marita Braut, a national heptathlon champion in her homeland.

It sounds impossible that Erling could set the bar higher, yet he has.

His goalscoring exploits have been well documented and, in 2019, he became the first

teenager to score in five consecutive Champions League games, for Austrian club Red Bull Salzburg. It earned him a move to German giants Dortmund.

In between, he scored nine goals in a FIFA Under-19 World Cup group match against Honduras, subsequently securing the Golden Boot.

Haaland went straight into the full Norway side and is still averaging a goal a game for The Lions.

Yet his club exploits have been just as impressive. At the beginning of October, he became the first player in Premier League history to score hat-tricks in three successive home games, and also now holds the record of being the quickest player to have scored three hat-tricks in the Premier League.

Hitting the ground running for City in the Premier League and Champions League, he appears on course to break yet more records.

What City boss Pep Guardiola ultimately recruited him for, though, was to give the club's Abu Dhabi owners what they crave – the Champions League trophy. Watch this space.

Photo credit: Julio Munoz/EPA-EFE/Shutterstock

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DOWN: 1. SUPERB, 2. WHAMMY, 3. GRAIN, 4. OPACITY, 5. DIRECTOR, 6. MERINO, 12. ENTERING, 14. ELISION, 16. TREATS, 18. OPENLY, 19. HATRED, 20. REFS





# PUZZLES & TRIVIA

PUZZLES

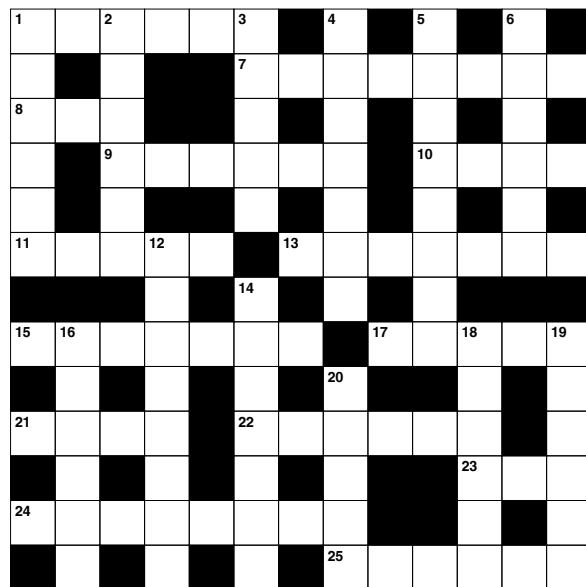
Answers: see end of The VISION Listings

## ACROSS

1. Stitching (6)
7. Restored (8)
8. Legume (3)
9. Lunatic (6)
10. Release; give out (4)
11. Purchaser (5)
13. Cowboy hat (7)
15. Majestic (7)
17. Foam (5)
21. Ruminant mammal (4)
22. Slender (6)
23. And not (3)
24. Stalemate (5-3)
25. Moved back and forth (6)

## DOWN

1. Majestic; wonderful (6)
2. Devastating blow (6)
3. Small particle (5)
4. Cloudiness (7)
5. E.g. Steven Spielberg (8)
6. Sheep known for its wool (6)
12. Going inside (8)
14. Omission of a sound when speaking (7)
16. Special rewards (6)
18. Frankly (6)
19. Intense dislike (6)
20. Submerged ridges of rock (5)



## DID YOU KNOW?

- Bananas contain high levels of tryptophan, which converts to serotonin, helping to improve our moods.
- Frank Epperson is believed to have discovered ice lollies by accidentally leaving a glass of soda water with a mixing stick in it outside during a cold night.
- Chill peppers contain capsaicin. This tricks your sensory nerves into feeling like your mouth is being burnt.
- If you put lemons and limes in water, the lemons would float and the limes would sink. Lemons have around the same density as water, whereas limes are denser than water.
- In 1974, at a supermarket in Ohio, Wrigleys chewing gum became the first-ever product to have its bar code scanned.

## SUDOKU

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

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