

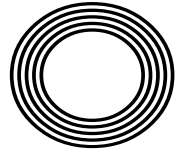
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IDRIS ELBA OBE

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



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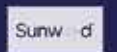
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Editor's notes...

SEPTEMBER 2022



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** Frinton-on-Sea.

I hope you have had a fantastic summer and have been able to spend quality time with friends and family.

My name is Nik Allen and I am the new editor of **VISION** Frinton-on-Sea magazine. I already run another eight **VISION** titles in Essex so I'm certainly not new to this, but you won't have heard from me before.

I am very excited and proud to be overseeing the **VISION** Frinton-on-Sea title and would love to engage with readers and with the local community in Frinton.

I like to get myself out and about whenever I can to meet with the businesses in the area and readers at local events.

Please feel free to get in touch if you are interested in the ways **VISION** can help raise awareness of your business or perhaps a local event you are organising.

My contact details are below and I look forward to hearing from you soon. I hope you enjoy this month's edition of **VISION** Frinton-on-Sea.

Until next month, take care of yourselves and each other.

Nik Allen

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



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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



OLD SPICE?

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

Melanie 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 see 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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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.





SUBSTANCE TO THE style

Through 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



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pretty pumpkin

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: countyhillcottages.com

Sanctuary Home Decor: thefeatherandfire.com



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LOCAL NEWS

from your neighbourhood



Photo credit: Greater Anglia

Heritage railway station gets £250k makeover

The Railway Heritage Trust and Greater Anglia have joined forces to give Frinton-on-Sea Railway Station a makeover.

The roof of the railway station, which first opened in 1867, has been sympathetically repaired and restored.

The supporting structures have been repainted in heritage colours and old guttering and downpipes have been replaced.

The makeover was made possible by a grant of £200,000 from Greater Anglia and a donation of

£50,000 from the Railway Heritage Trust.

Simone Bailey, asset management director for Greater Anglia, expressed her gratitude to the Railway Heritage Trust for its support.

She said the money would help “conserve the station’s unique features for generations to enjoy”.

Tim Hedley-Jones, executive director of the Railway Heritage Trust, thanked the Frinton and Walton Heritage Trust for providing historic photographs to help with the restoration.

Tornado spotted along promenade and beach

Frinton residents were shocked when they spotted what looked like a small tornado along the town promenade and beach last month.

One resident stated: “It came into the beach in Frinton and took off across the sea, taking a child’s surfboard with it. I don’t think it harmed anyone.”

Another reported: “It was like a hurricane wind, blew a few shop signs over, and the trees were really bending. Then it just suddenly stopped.”

Small tornados, often referred to as dust devils, can cause damage, though in this instance the town appears to have come through unscathed.

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'Keep town vibrant and special,' pleads mayor



Photo credit: Essex Police

The Mayor of Frinton and Walton recently joined police officers and the local MP on the last day of a police tour of the county.

Antisocial behaviour and rogue traders on the seafront were the major concerns expressed by residents, business people and visitors when Frinton and Walton Mayor councillor Terry Allen (pictured above third from left) joined police officers and Giles Watling, MP for Clacton (pictured above centre), on Friday, August 12.

Mayor Allen and Mr Watling MP were accompanied by Community Policing Team Inspector Martin Richards (pictured above left) and District Commander Rob Bell (pictured above second from left) as they walked along Connaught Avenue and discussed local issues.

Mayor Allen said that Frinton has always been "special" and that the town attracts thousands of visitors to the beach every year because of its "mystique" and that he wants to "keep it as it is".

He said: "We want to keep the town centre vibrant all year and support our shops and businesses."

Mayor Allen said that the police were sympathetic to residents' concerns and urged people to report antisocial behaviour and rogue traders online or by calling the non-emergency number 101.

Cost of taxi fares to rise after cab drivers' application

Taxi fares in Frinton and the wider Tendring area have increased following a request by cab drivers.

The increase in fares was backed by members of Tendring District Council's (TDC) Licensing and Registration Committee on July 21, subject to a public consultation.

Following the closure of the consultation, during which no objections were raised, the fare increase came into effect on August 11.

Under the new fare scheme, at standard rate one mile will rise by 13.8 per cent, by 65p, to £5.35; two miles will rise by 15 per cent, by £1, to £7.60; and

three miles will go up by 15.9 per cent, by £1.35, to £9.85. Each subsequent 235 yards will cost 30p instead of 20p, while a waiting time of 60 seconds remains at 30p.

Councillor Colin Winfield, chairman of TDC's Licensing and Registration Committee, said: "The request made by taxi drivers, given the current economic landscape, felt to the committee entirely reasonable – especially for an industry that was hit hard during the pandemic."

"This small increase in fares will allow Tendring taxi services to remain viable, meaning people will be more likely to use them to visit the area – supporting our tourism industry."

Shop opened by teen is thriving 10 years on

A shop in Frinton which was opened by a 17 year old is celebrating its tenth anniversary.

Amber Abrahams (pictured below) launched her store, Spinning Strawberry, when she was a teenager, and since then has built up a loyal customer base.

Amber said: "When I was 17, I was trying to work out what I wanted to do at university because I didn't want it to be a waste.

"My parents own a jewellery shop in Frinton and I'm really interested in supplying eco-friendly products."

Spinning Strawberry started off selling a selection of gifts and now focuses on eco-friendly toys, clothing and accessories for children, which are mainly wooden, recycled and fairtrade.

Amber said: "I was selling products for children and because nearby shops did not sell the same things. I made most of my sales from children's toys and accessories.

"We were already expanding our children and babywear section until I realised we needed to make a full move to a children's shop."

Amber is now married with two children and is looking forward to the shop's future.

For more information, search 'Spinning Strawberry' on Facebook.



GILES WATLING

MP for Clacton



LOCAL NEWS

Summer recess is an opportunity for Members of Parliament to really get stuck into their patch. For me, it gives me even more time to be out and about in the place I've called home for decades.

I had the most amazing visit to Sunrise Holiday Homes and had the pleasure of meeting enthusiastic directors Georgia and Lucas and their employee Brian and seeing how well he is doing in his role. Brian loves his job, and his cheerful personality and excellent work ethic make him an asset to the Sunrise team. Inclusive employment is about matching people with learning disabilities and autism with real job opportunities that allow them to make the most of their skills. I encourage all businesses in the area to become inclusive employers.

I recently met with the local District Commander

and Community Policing Inspector from Essex Police in Frinton. I am always keen to talk to the police about what we can do to address your concerns and keep our community safe. I shall be joining other Essex MPs to chat with the Police, Fire and Crime Commissioner Roger Hirst on how the cost-of-living crisis is affecting our police and fire service.

The cost-of-living crisis and inflation issue really needs affirmative action from the new Prime Minister in September. I have cast my support behind Liz Truss MP whose economic policies I trust to steer us in the right direction. I have previously raised my concerns over rising costs and, in the House of Commons, shared some of my ideas with the government, but we must ensure that the benefit is passed on to consumers. The new Prime Minister must take action immediately.



Four spaces given Green Flags

A garden in Frinton has retained its award as part of a prestigious scheme.

The district has held on to all four of its Green Flag Awards, including the award for Crescent Gardens in Frinton.

The other open spaces awarded are Clacton Seafront Gardens, Weeley Crematorium and Gardens, and Cliff Park in Dovercourt.

Councillor Michael Talbot, Tendring District Council's cabinet member for environment (pictured third from left), praised the hard work that goes into maintaining the parks and gardens.

Cllr Talbot said: "These Green Flag Awards are really deserved and reflect the dedication of the whole team who look after these sites – not just our horticultural staff, but our garden volunteers and community groups who are fully involved too.

"These teams are out in all weathers, year round, and I am delighted for them that we have kept our Green Flag status."

Awarded by Keep Britain Tidy, the Green Flag scheme assesses not only the visual aspects of a site, but also community involvement, access and management.

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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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Due to the success of MG sales and material shortages, we are experiencing supply delays on all model lines and new orders are typically taking 9 months. However, we do have un-sold stock arriving in September, so if you're in the market for a new car, our prices and the MG FDA Finance Offer are for orders taken by 30th September regardless of actual supply date.

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MOTORING



TOUR DE FORCE



Photo credit: Magio Car Pics/Shutterstock

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.



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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HEALTH & FITNESS

FITNESS FOR ALL

TO CELEBRATE NATIONAL FITNESS DAY, WHICH TAKES PLACE ON SEPTEMBER 21 THIS YEAR, WE HAVE ROUNDED UP A SELECTION OF WORKOUTS, WITH OPTIONS TO SUIT ALL AGES AND ABILITIES

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.





HISTORY

WHAT A PHIZZ-WHIZZING TALE



If you know your lickswishy from your snozzberry, chances are you're a fan of author Roald Dahl. September 13 – the author's birthday – marks Roald Dahl Day, and schools around the world will be celebrating the occasion with a host of fun activities.

Dahl was born in Wales in 1916 to Norwegian parents. He was just four years old when his father died. His mother decided against moving the family back to Norway, as she knew her husband wanted their children to have a British education, which he regarded as the best in the world.

Dahl's schooldays inspired many of his children's books. For instance, at his boarding school, children were asked to taste test Cadbury's chocolate bars, which inspired *Charlie and the Chocolate Factory*. But there were more sinister influences too, such as scary adults. In his books at least, the children always got their revenge.

After leaving school, Dahl worked in East Africa and was a spy and an ace fighter pilot during the Second World War.

In 1953, Dahl married American actress Patricia Neal and together they had five children. The couple divorced after 30 years and Dahl later married film producer Felicity Crosland.

From 1953 until his death in 1990, Dahl lived in Great Missenden, Buckinghamshire, in a house with a specially built writing hut in the garden. This was where he wrote all 20 of his famous children's books, from *James and the Giant Peach* in 1961 to *The Minpins*, published after his death.

In 2012, the interior of the hut was carefully removed and installed in its new home, the Roald Dahl Museum and Story Centre, also in Great Missenden.

He is buried at St Peter's Church, Great Missenden, along with his snooker cues, some good burgundy, chocolates, HB pencils and a power saw.

For more information, visit roalddahl.com/create-and-learn/join-in/roald-dahl-day



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Frinton & Tendring Property News



Your REAL Estate Agent For Life!

Hello, my name is Nathen Johns, and I am delighted to bring to you this monthly, local property column, focusing on CO13 and surrounding areas.

Like the weather, the property market has started to cool. For the first time this year the property market has seen a fall in average prices (down by 1.3% or £4,795). This can be for several reasons. Firstly, summer holidays have taken priority and some new sellers are pricing more competitively to secure a buyer quickly.

A similar trend has occurred in CO13 with average asking prices falling from £402,475 to £394,389 (£8,086) from the 20th July to the 20th August 2022.

Will the CO13 Market Continue to Cool?

If we look at the past 5 years, average sold prices peaked in August 2019, and dipped by roughly

CO13 5-Year Price Growth



£16,000. It appears from the data that we are reaching another peak in CO13, and a dip may be imminent. It is uncertain if it will be as much as before, as the previous dip occurred during the pandemic. However, the country is now gripped in a cost-of-living crisis, interest rates are going up every 6 weeks and wages are stagnant. The spending power of buyers is weakened, and this may reflect house prices which are now even more unaffordable for many.

Once again, I would state that if you are considering moving before Christmas, I would strongly recommend you get the ball rolling now to make the most of these historic prices and historically low interest rates - which you can lock in for 5-years.

Nathen Johns

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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 Luttenberger 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



BUSINESS & PROPERTY

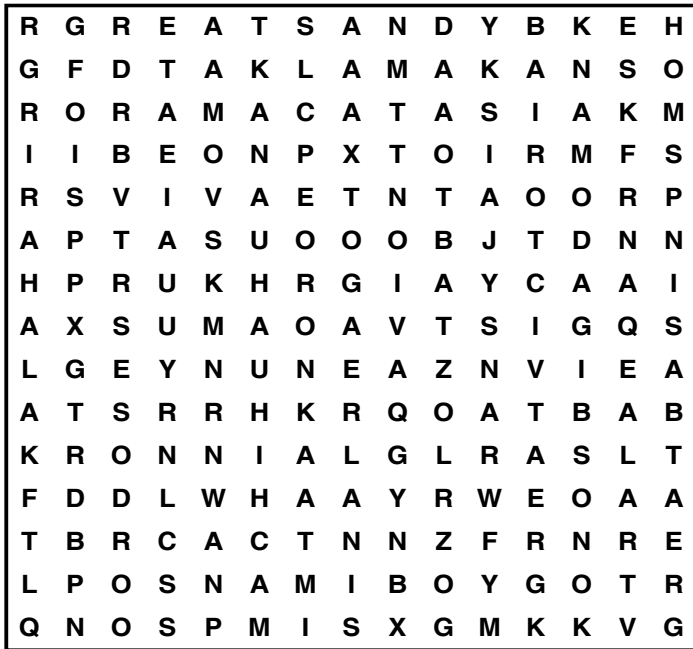


PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

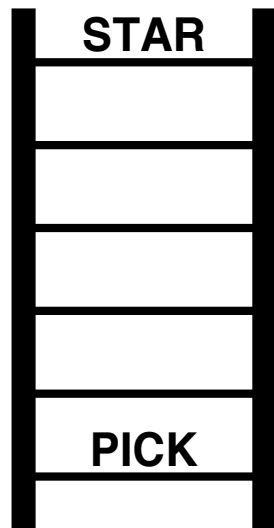
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- ▶ ORDOS
- ▶ PATAGONIAN
- ▶ SAHARA
- ▶ SIMPSON
- ▶ SONORAN
- ▶ SYRIAN
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DID YOU KNOW?

- ▶ 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



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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HOW TO MAKE YOUR OWN

eyeliner

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.



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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!



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.



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