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HM Queen

ELIZABETH II

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Editor's notes...

OCTOBER 2022



Emma Caulfield, Editor

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

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. Like millions of people around the world, I was glued to my TV screen during her funeral on September 19. The pomp and pageantry on display - as well as the heartfelt displays of emotion - were incredible to see. It was a remarkable send-off for a truly remarkable woman.

It's also been wonderful to see the way the community has banded together to celebrate the Queen's life and mourn her death. The

momentous occasion has been marked across Essex, including in Halstead, where the flag was flown at half-mast and floral tributes were left at Halstead Public Gardens.

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

Our new King Charles III has a heavy burden on his shoulders. Let's hope he can continue his mother's legacy for unwavering devotion, strong sense of duty, and incredible leadership.

Emma Caulfield

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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.

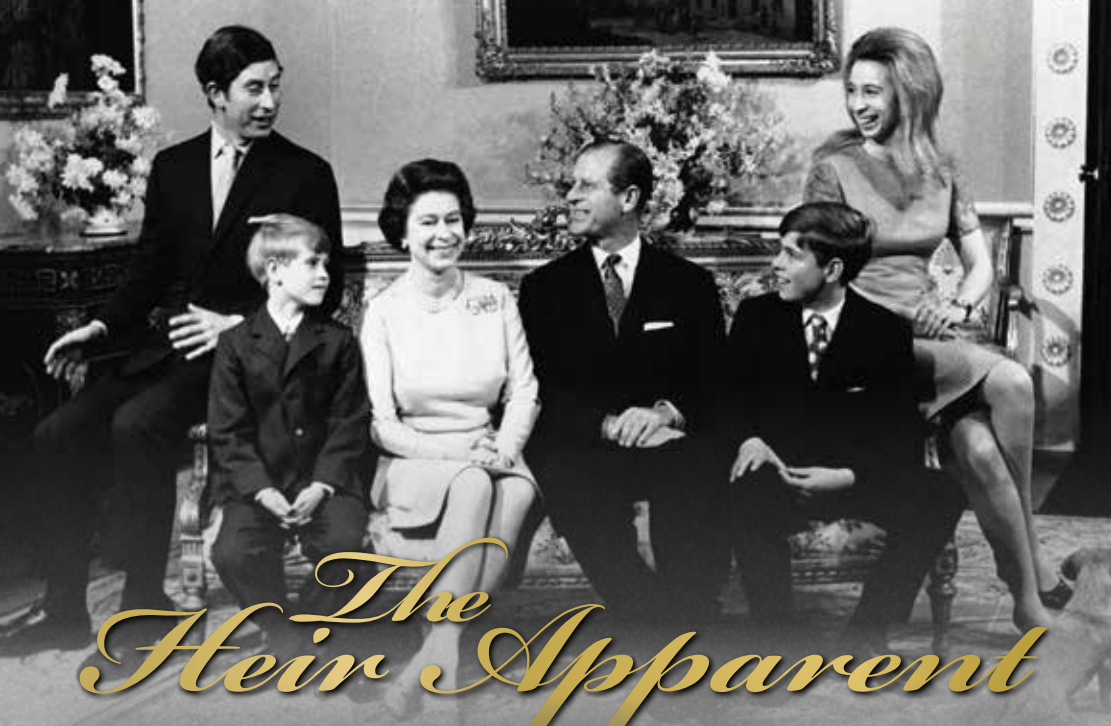
September 19: The Lying-in-State ended at 6.30am. This day was confirmed as a bank holiday in the form of a Day of National Mourning by King Charles III.

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, 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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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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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:

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.

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.

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.

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.



mood-boosting

HOUSE PLANTS

Do 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: monogonistyle via Pinterest



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HOME & DIY

Spruce up YOUR HOME

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.








Photo credit: www.wikiflow.com



LOCAL NEWS

from your neighbourhood



Photo credit: Anthony Nolan Charity The London Marathon

Bone marrow donor and recipient take part in run

A Halstead man and the woman he donated bone marrow to ran the Great North Run together last month.

Elliott Brock (pictured right), a 43-year-old physiotherapist in Halstead and Braintree, ran the half-marathon with Vicky Lawrence (pictured left) in September and raised more than £700 for charity.

When he was 29, Elliott donated his bone marrow to the Anthony Nolan charity. Vicky, who was 14 at the time, had an autoimmune disorder and was given

Elliott's donated bone marrow after the pair were found to be a match.

Now 22, Vicky is studying medicine at Newcastle, where the pair took on the Great North Run on September 11.

In their time running together and raising awareness, which has seen them also take on the London Marathon, the pair have raised more than £20,000 for Anthony Nolan, which manages and recruits donors for bone marrow and blood transplant registers.

Mayor pays tribute to Her Majesty the Queen

The chairman and Mayor of Halstead Town Council has shared her insight and reflections following the death of Her Majesty Queen Elizabeth II.

In an open letter to King Charles III, Mayor Pell said: "Only now does our nation, and the wider world, begin to realise the work and achievements of the Queen over her 70-year reign.

"At a time when women were not often able to take

on responsibility, she was an example to all."

Like millions of people across the world, Mayor Pell was glued to the TV during the funeral, saying: "It was so emotional – the pageantry as well as what it represented, and how important she was to our country."

Mayor Pell also thanked the people of Halstead for the tributes left in the public gardens.

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LOCAL NEWS HALSTEAD



Have your say on new skate park updates

Halstead residents are being asked to give their opinions on Braintree District Council's (BDC) proposed update of the town's skate park.

Funding has been secured for improvements to the space at Ramsey Road Recreation Ground, as well as two other locations in Braintree and Witham.

Now, residents are being invited to provide feedback on what improvements should be made. This follows a consultation held earlier this year, which has resulted in two options being put forward for the park.

Councillor Wendy Schmitt, BDC's cabinet member for climate change and the environment, said: "We are always striving to improve and develop outdoor

recreation opportunities for residents, so we are pleased we have been able to secure funding to do just that."

Councillor Gabrielle Spray, BDC's cabinet member for planning and infrastructure, said: "We want to create the most suitable facilities possible for the community that are modern, fun and safe to use.

"Please do use this opportunity to tell us what type of facilities you would benefit from in your local area."

The consultation ends on Monday, November 14. Residents can view details of the proposed designs and provide their feedback at www.braintree.gov.uk/skateparkconsultations

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Record-breaking charity day for funeral firm

A funeral directors in Halstead raised nearly £50,000 for charity with its annual golf day.

The Daniel Robinson and Sons (DRaS) fundraiser, which took place at the Colne Valley Golf Club in Earls Colne on September 13, generated a record-breaking £47,836 for charity.

The funds will be distributed to pay for physiotherapy and equipment to help children with cerebral palsy.

A spokesperson for DRaS said: "The day was, once again, a great success, raising another record-breaking amount. This achievement is only possible with the huge level of support that we receive from local businesses and individuals who sponsor the event, play on the day, support our charity auction through donations and purchases, and supply items for the tombola. We are incredibly grateful."





LOCAL NEWS

from your neighbourhood



Photo credit: Walk&Talk4Men

Group works to fight mental health stigma

A Braintree-based mental health organisation has arranged regular walking events to help men feel less isolated.

Walk&Talk4Men, founded in 2019 by James Mace, aims to create a safe and inclusive space for men to connect, get fresh air and encourage positive change about discussing men's mental health.

The group's next Braintree walk takes place at 11am on Sunday, October 23, starting from Braintree Railway Station and heading along Fitch Way.

Alex MacGregor, a walk leader and social media manager for the group, said: "Being part of the group

is an outlet for me that helps me stay well physically and mentally.

"We're a real brotherhood, even outside the walks."

Walk attendee Lee Cartwright said: "I suffered a major stroke aged 41, and lost everything. What helped me was talking to a bunch of great leaders who have empathy and a positive outlook on life.

"He [James] is a true legend for men's mental health, and the monthly walks in Witham are a fantastic help to my recovery and staying mindful in my own life."

To get involved, visit www.walkandtalk4men.com or follow @walkandtalk4men on social media.

Man jailed for five years over child sex offences

A Braintree man has been jailed for five years and four months, and ordered to serve a further three years and eight months on extended licence, for child sex offences.

John McArthur, 33, formerly of Shalford Road, appeared at Chelmsford Crown Court on September 6 after previously admitting to 10 counts of attempting to engage in sexual communication with a child, one count of making indecent photographs of children,

two counts of attempting to cause or incite a child to engage in sexual activity, and five counts of attempting to cause a child to look at an image of sexual activity.

A police investigation discovered that McArthur had sexualised conversations in a chatroom with two girls he believed were aged 12.

McArthur has also been added to the Sex Offenders Register for life and made subject to a Sexual Harm Prevention Order indefinitely.



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Free event to help Ukrainian refugees learn English



Photo credit: Braintree District Council

New dates have been announced for a Ukrainian community event in Braintree that includes English conversational language lessons run by Ukrainian-speaking volunteers.

The latest figures show that there are 268 guests living in the Braintree district as part of the Homes for Ukraine scheme, and these events aim to help guests understand everyday English.

The events will be held at Braintree Community Centre from 10am to 1pm on October 21, November 18 and December 9, with the language session starting at 10am followed by a meet-up at 11am.

The event is free to attend and no booking is required. Refreshments will be available.

Councillor Frankie Ricci, cabinet member for communities at Braintree District Council, said: "We have always stood in solidarity with the people of Ukraine, and we want to continue to do what we can to help.

"Our community events have helped displaced Ukrainian families to meet one another in a welcoming and supportive setting.

"I am incredibly proud of the work the council and partners are doing to support our Ukrainian guests and we will continue to work alongside our partners to ensure they have our support for as long as they are in our district."

Man charged with attempted murder following incident

A man has been charged with attempted murder following an incident in Braintree.

Police were called following an incident outside The Lounge Bar in Market Place at around 11.30pm on Friday, September 9, which left a man in his 20s

hospitalised with life-threatening injuries.

Geoffrey Ryan, 53, of Brick Kiln Way, appeared at Colchester Magistrates' Court on Monday, September 12, to face the charge of attempted murder as well as charges of racially aggravated public order and possession of an offensive weapon.

No pleas were entered and Ryan is due to appear at Chelmsford Crown Court for a plea and trial preparation hearing on October 10, as **VISION**HalsteadBraintree went to print.

Council chairman pays tribute to the Queen

Chairman of Braintree District Council, Councillor Andrew Hensman, (pictured below, bottom), paid tribute to Her Majesty the Queen following her death last month.

He said: "Her Majesty was known for her sense of duty and her devotion to a life of service to this country.

"Since February 6, 1952, when she became Queen, Her Majesty's life has been dedicated to serving this nation.

"In her 21st birthday speech, she expressed: 'I declare before you all that my whole life, whether it be long or short, shall be devoted to your service and the service of our great imperial family to which we all belong.' Her promise was kept and resulted in an incredible 70 years as our much-loved and respected monarch.

"Her Majesty's support for the hundreds of charities of which she was patron and her hardworking dedication has been a source of inspiration to so many."



Photo credit: Braintree District Council



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.



PETS

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.



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FOOD & DRINK

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.





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.

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.



TRAVEL

YOUR GUIDE TO visiting Antarctica

Looking for your next travel destination? Why not make it Antarctica? Here's what you need to know about visiting the world's southernmost continent.

WHY VISIT?

Antarctica is one of the world's last untouched destinations. With its beautiful wilderness, it's a place unlike any other, a real trip of a lifetime.

Away from the tourist traps, busy cities and constant connectivity, it's the perfect getaway from reality.

WHEN TO VISIT

The best time to visit Antarctica is from November to March – the Antarctic summer. You'll get to enjoy 24-hour sunshine, giving you the best chance of seeing the continent's incredible wildlife.

WHAT YOU WILL SEE

Besides the stunning landscapes, Antarctica is home to some of the world's most fascinating

creatures. See penguins, albatrosses, whales and more in their natural habitat – a truly spectacular experience.

WHAT TO PACK

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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BUSINESS & PROPERTY

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

Buying 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.



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.



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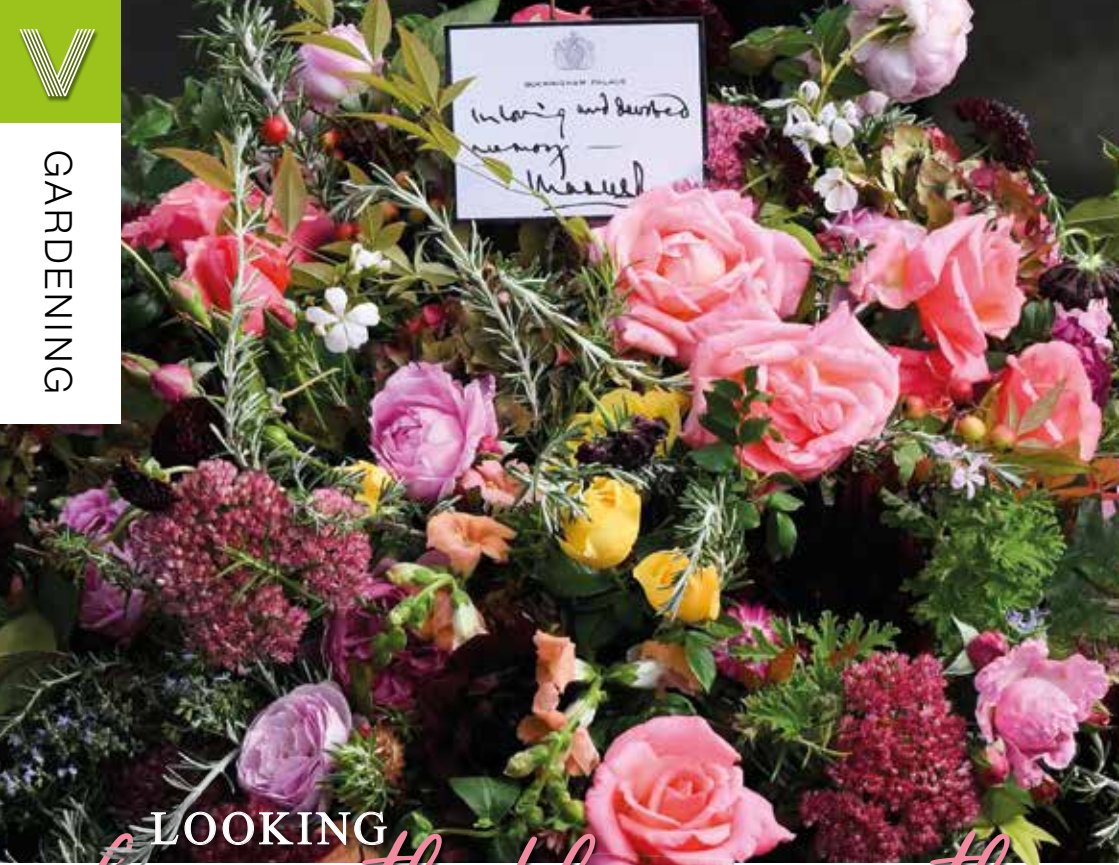
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LOOKING

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?

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.



Photo credit: Universal History Archive/UG/Shutterstock, cadbury.co.uk, christoforsy/Shutterstock.com, urbanbuzz/Shutterstock.com, DenisVAr/Shutterstock.com

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KIDS

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.

Photo credit: alishaburke.blogspot.com, ligriffith.com, kitchenandbedroom.com



BRITAIN'S GREATEST SPORTING MOMENTS:

SPORT

DROP-KICK JONNY

Each 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.



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PUZZLES & TRIVIA

PUZZLES

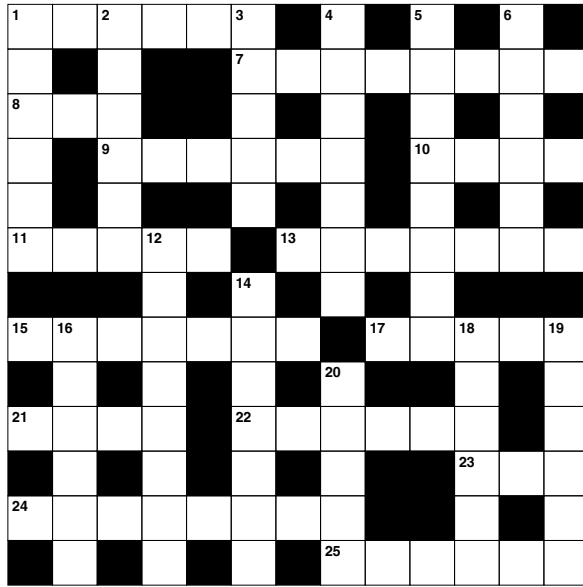
Answers: see end of The VISION Listings

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.
- ▶ Chilli 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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