



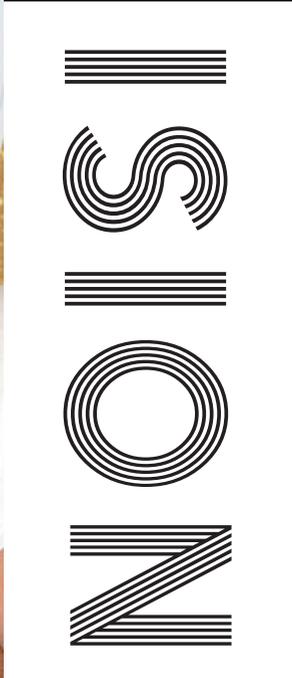
**UK  
BLACK  
HISTORY  
MONTH**

**GOING GOLD**

The interior colour  
making a comeback

**VICTORIA BECKHAM**

*A look into 10 years of her fashion empire*



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# SIMON COWELL

The music mogul writing his name in history

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October 2018

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# Editor's notes...



Brett Shohet, Editor

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

We have all been working so hard at the offices and are overwhelmed with how the magazines are being received.

We get requests every day for stories and features to include in the publications. We are sorry we can't include them all, but that could soon change. Watch this space. Once again, thank you all for your support.

It's so nice EVERY month to walk the streets in the area. Not only to support the distribution teams but also to visit local businesses who display the publication or partner with us. If you see me around the town, come over and say hi. Let me see if we can help you. I love to hear stories and feedback on the publication. After all, it's put together for you the readers and businesses in the local community.

In local news, Hornchurch Police Station has new owners, a school in the town has changed its name and we catch up with the latest from Hornchurch FC.

We welcome any of your stories for our local news pages. So if you have a story to share please send it to [hornchurch@visionmag.co.uk](mailto:hornchurch@visionmag.co.uk)

**VISION** is your magazine for your town. I hope you all enjoy the October 2018 edition of **VISION**Hornchurch.

*Brett*



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GONE BUT  
...not broke

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“You’re better off dead” is a phrase never more appropriate than for a number of recording artists who have been richer since strolling through the Pearly Gates.

At the end of August, *NME* reported that Michael Jackson was earning more in death than he was when alive.

In the financial year ending 2017, the Michael Jackson estate took in over £60million through a variety of income streams, with merchandising and royalties making up the biggest proportion.

The fact an artist can prosper in death is, of course, not unusual. Firstly, when a notable name dies, in most cases so do a lot of the liabilities that have accompanied them – in Jackson’s case it was debts of up to £400million and several lingering lawsuits regarding his music. The removal of these frees up more time for monetisation of the brand.

And of course, never is an artist more revered than in death, with waves of sympathy and sentimentality often translating into big bucks for those lucky enough to be a part of the deceased’s estate. Take Jacko as an example - since the singer’s death in June 2009, 27 albums and videos have been released in his name; add in singles and the total exceeds 60.

And in 2016, he accumulated revenues of almost £1billion, much of which was from the sale of his half of the Sony/ATV catalogue. That total ranks as the most ever in a year for any entertainer, dead or alive.

The Jackson estate isn’t alone in profiting from a singer’s sad and untimely demise. Elvis Presley earned £30million in 2017 alone, Bob Marley over £20million – both comfortably more, in one year, than in a whole lifetime of performing; while Tom Petty brought in a similar amount.

In the coming years, we can expect Prince, David Bowie, George Michael, Whitney Houston and Aretha Franklin to begin to climb to similar levels, as those in charge of their estates monetise what, even in death, are iconic and much-loved artists.

Celebrities outside of the music industry are also raking it in. You would be forgiven for picturing Elizabeth Taylor bottling masses of her iconic White Diamonds fragrance – the range brings in over £8million a year, yet she passed away in 2011. And even Albert Einstein is earning years after his passing – his beneficiaries allowed his name to be used in 2017 by Israeli tech company Fourier Systems in exchange for a £9million bounty.

Yet in this cynical world, not all of those left behind are willing for their loved one’s brand to be monetised. The estate of legendary country singer Johnny Cash were not willing to be ‘bought’ when haemorrhoid ointment producers Preparation H applied to use his *Ring of Fire* song in an advertising campaign. His family boomed back: “We would never allow the song to be demeaned like that. It is about the transformative power of love - that is what it will always mean to us.”



# BLACK

*celebration*

**B**lack History Month returns in October, and its value in modern Britain appears greater than ever in a period of real cultural conflict.

They say social conflict goes in waves, and whether the fallout from Grenfell, Brexit, Corbyn's anti-Semitism row or the MeToo furore that emanated across the other side of the Atlantic, we are enduring some of the tougher, more challenging times at present.

And yet, despite all of Britain's problems, our embracing of multiculturalism is worthy of true global acclaim. It is perhaps a very British thing to look in on ourselves and criticise, yet all around the UK in every single moment, we are forging new paths and embracing community initiatives.

That makes October's Black History Month all the more important, not just because it acts as a vibrant, colourful, artistic and, yes, at times, sombre reflection on the cultures who have enriched this nation, but also because in its very essence it invites people of every race and skin colour to share in and celebrate the achievements of black culture – from the first footings on these shores with the Windrush generation, to everything since and so much more before.

The idea was first put forward in the UK by Ghanaian activist Akyaaba Addai-Sebo, who had served as a special projects coordinator for the GLC (Greater London Council) in 1987. His efforts to mark specifically the historical trials and achievements of black people was a new thing in this country, but its popularity quickly spread well beyond the capital.

Wind forward 31 years and while we, North America and, strangely, the Netherlands, celebrate Black History Month each year, globally, the take-up remains slow.

What better way then to let others sample a month of talks, initiatives, concerts, workshops and, of course, some quiet reflection, by showing them how the world's most diverse and multicultural society can express its gratitude and respect for our black heroes of days gone by.

# BLACK HISTORY MONTH

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The Spice IS RIGHT

**L**ove her or loathe her, Victoria Beckham's climb from pouting pop wannabe to revered name in the fashion world has been nothing short of remarkable.

Once upon a time, when Britpop and Britney ruled the airwaves, when sport logo sweatshirts were an acceptable form of daywear, and when everyone thought Tony Blair was the bee's knees, there was a slender pouty pop princess who went by the name of Posh Spice. Revered and admired throughout the land for her ability to warble her way through some of the chart's finest offerings, the solemn singer had a life many dream of, but few attain.

However, despite her wealth and football star hubby David Beckham, Posh Spice was not fulfilled, for in her heart she wanted not to traverse the globe playing to enormous arenas of millions of shrieking fans alongside her fellow Spice Girls, but to be a fashion designer, a dream she dared not to speak of for fear of being laughed out of the Top of the Pops studio.

Fast forward 20 years and not only is the artist formerly known as Posh an established designer, but her eponymous fashion brand is both commercially successful and creatively celebrated among the fashion elite, as it marks its 10th anniversary with a London Fashion Week debut.

“Much like her persona, those ready-to-wear collections have a serious and grown-up feel with the odd thrill.”

Normally, she unveils her collections at New York Fashion Week but chose to do something different to mark the special occasion.

Naturally, her critics have been silenced, though we ought to wonder why the notion of VB becoming a fashion sensation was so ridiculous to start with. After all, it was she in the Spice Girl heyday who was arguably the trendsetter within the gang – Union Jack minis aside – with her pixie crop hair, asymmetric dresses and lashings of leather. Then, when she began dating Becks, she became the epitome of the glamorous WAG helping her other half become a style icon along the way.

So, if you think Victoria Beckham looks a tad smug as she gazes out from the latest cover of *Vogue* surrounded by her four equally gorgeous children (the illustrious 'September issue' no less), bear in mind that while fame and money can buy many things, they cannot garner respect in an industry as cutthroat as fashion. Like all burgeoning designers, she has had to put in the hard graft, and has done so with grace and admirable flair, doggedly building her empire season by season.

Today the label is valued at a whopping £100million, with over 100 staff worldwide, and two luxury boutiques (one in Hong Kong and one in London's Mayfair). Much like her persona, those ready-to-wear collections have a serious and grown-up feel with the odd thrill. Immaculately tailored wool coats, elegant silk shirts, polo necks and structured dresses in unforgiving cuts are firm staples in her arsenal, none of which come cheap (dresses start around the £1,000 mark, while a coat is double that); while budget fashionistas can indulge with the nominally less eye-watering Victoria, Victoria Beckham line.

And so it is that the glum popette became the toast of the fashion world against all expectations. And though there will always be those who mock her musicality and insist the Beckhams' 19-year marriage is in jeopardy, when it comes to fashion, Victoria is the undisputed queen of her kingdom.



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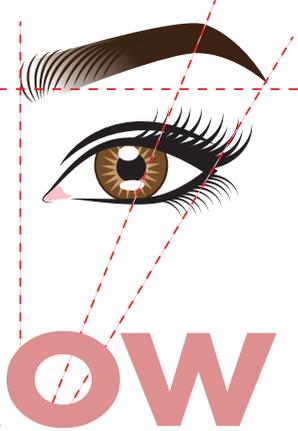
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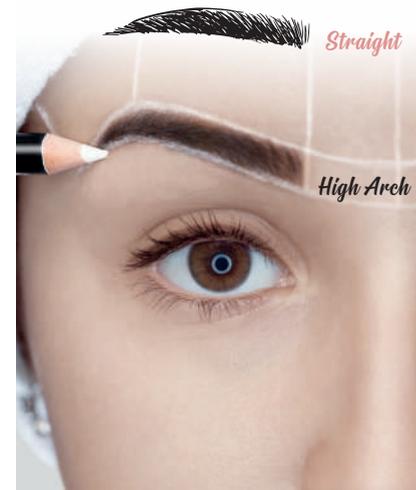


BEAUTY

# High BROW



FINDING THE RIGHT BROW SHAPING METHOD FOR YOUR EYEBROWS



Eyebrows are like a rug in a room: they pull the entire look together. Eyebrows when groomed well can make you look like a movie star, but when groomed badly they transform your face into a gruesome mask.

For many years the trend was thin brows - a look which harked back to the silver screen days of the early twenties when cinema sirens like Clara Bow shaved their brows then drew them back on again in a severe pencil line. Buying your first pair of tweezers as a teenage girl was a rite of passage as you plucked and preened your way to eye-watering glory. But now, thanks in part to Cara Delevingne, big brows are back in fashion.

The change has brought about a revelation in beauty - an entire industry, almost, created off the furry back of the brow. Dedicated salons are popping up in department stores across the country as women seek out the perfect look, while every major cosmetic brand now has a range devoted to the facial follicles, from powders to gels and tints.

In short, brows have become a major industry, and with good reason. After all, they make you look incredible, enhancing your natural beauty. Got a round face? Go for a high, sharp line, whereas heart-shaped faces prefer a straighter look. Open up close-set eyes by elongating your brow with a pencil, whereas widerset eyes suit a softer, more feathery brow.

When it comes to plucking, there's just a few things to bear in mind... firstly, you want to grow them as much as possible so you start with a fuller shape. Now hold a pencil vertically at the middle of each nostril to find the start of your brow, then pivot to the outside of your iris for the arch, then pivot once more to the edge of your eye for the end. Now with your template in place you can start plucking strays. Always pluck from underneath, and remember, less is more; remove a few hairs at a time and then step back to see the overall effect.

So don't spend your life feeling like a wallflower - invest in a dramatic look for raised eyebrows wherever you go.

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HEALTH & FITNESS

# WHEY vs Plant

## HOW WELL DO YOU KNOW YOUR PROTEINS?

Increasing one's protein intake has become the Holy Grail in recent years for anyone serious about working out and increasing muscle tone.

But eating an extra steak or two simply isn't going to cut it nowadays. Enter the world of protein powders.

**WHEY PROTEIN** is a combination of proteins which have been isolated from whey. Whey is the liquid part of milk that is separated when cheese is made.

By supplementing your diet with whey, you can add 25-50 grams of extra protein intake daily.

### Pros:

- It is cheap to buy
- It is highly accessible
- It is very effective at assisting muscle recovery and growth
- It is a complete protein

### Cons:

- It is highly processed
- It contains artificial sweeteners to mask the unfavourable taste
- It can result in wind, bloating and diarrhoea due to the high lactose content

**Plant-Based Proteins** include lentils, hemp and chia seeds, soy, brown rice and nuts. As well as being good sources of protein, these foods are high in fibre and low in cholesterol and sodium. Plant-based proteins are also available which claim to provide the same results as whey protein.

### Pros:

- They are easier to digest
- They are healthier as they contain no artificial sweeteners
- They have a neutral or pleasant taste
- Many sources contain other much-needed vitamin and minerals such as essential fatty acids
- They are hypoallergenic

### Cons:

- It will cost you more to obtain the same amount of protein as whey
- Individually plant-based proteins are not complete proteins as they are deficient in some amino acids

In our opinion, this is a case of trial and error; see how your body responds to each and which gives you the results that you want.



# CHA CHA CHA

*Your way to a dancer's physique*

With *Strictly Come*

*Dancing* fast becoming a firm favourite for our Saturday night viewing, it can be hard not to feel a tad envious of all the lithe, toned dancers spinning around in a haze of sequins and silk.

But fear not, you too can start to sculpt a dancer's body by trying out some of their moves at home or at a dance class.

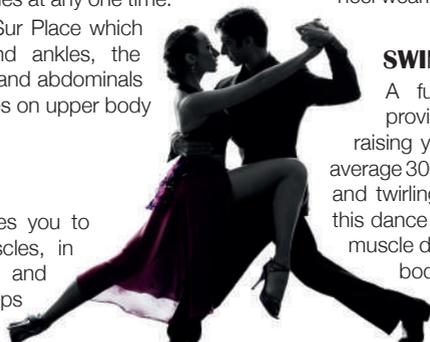
### THE PASO DOBLE

A passionate dance that is not for the faint hearted, the paso doble centres around posture and a succession of different movements involving many parts of the body. With this dance, you are engaging 80-90 per cent of your muscles at any one time.

With moves such as the Sur Place which works the calves, feet and ankles, the Zigzag which uses the hips and abdominals and the Albatross which relies on upper body strength.

### WALTZ

This ballroom dance requires you to use your upper back muscles, in particular your upper arms and shoulders including your triceps and deltoid muscles.



Remember hearing the judges talk endlessly about the importance of a "good frame"? To achieve this, dancers must have a strong back, open chest and arms elevated to shoulder height.

### THE TANGO

This fast paced dance offers a full aerobic workout. The tango specifically works your core muscles and is ideal for those wanting to strengthen their abdominals. The constant stream of twists and turns will tone your ankles; essential for regular high heel wearing.

### SWING

A full-on injection of cardio is provided with swing dancing; raising your heartbeat and burning on average 300 calories per hour. The dipping and twirling moves that are required for this dance can help increase your overall muscle density, especially in your upper body. Other muscles used include your hamstrings, quads, calves and inner thighs.

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# Ayers STOP!

It's known the world over as a symbol of Australia, but what is the history behind the incredible natural landmark also known as Ayers Rock?

Jutting up 348m above the barren landscape of Australia's Northern Territory – with an even larger portion of its mighty sandstone hulk concealed beneath the rocky ground – the vastness of the natural structure known to the Aborigines as Uluru has become as synonymous in our impressions of life 'down under' as kangaroos, the Sydney Opera House and cricket.

Now classified as a World Heritage site, the rock is situated 335km south-west of Alice Springs – or 440km by road, about five hours – and is served by the small resort town of Yulara. This is where tourists stay, and most people spend the night either in hotel accommodation or camping; there are no actual camping or other facilities within the Uluru-Kata Tjuta National Park.

Recent years have seen the Australian government give back control to the Aboriginal peoples for whom the rock represents a spiritual place. Though most Westerners know of Ayers Rock – so called in the 1970s after then South Australia chief secretary Henry Ayers – Aboriginal tribes were living in the area over 10,000 years ago, and now the Pitjantjatjara people own the land around the giant stone monolith.

Visitors can climb the terracotta face of the rock to reach the summit, although this practice was often criticised for both the disrespect it showed towards the Aborigines' reverence of the structure and the damage it was doing to the stone itself. The Uluru-Kata Tjuta National Park board of management has announced that tourists will be banned from climbing Uluru from October 2019... so you have a year left. Tourists can still explore the 10km of roads and trails that surround Uluru's base, and are encouraged to visit during sunrise or sunset to really capture a glimpse of this unique stone at its breathtaking best.



TRAVEL

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- [xe.com](http://xe.com) (basic version free for iOS and Android)

### Cool Cousin

Forget those days of your guidebook only showing up the obvious tourist spots, Cool Cousin connects you to locals who share the same interests as you. Once hooked up you'll receive a map of your 'cousins' favourite city spots and personalised advice as to where to go and what to do.

- [coolcousin.com](http://coolcousin.com) (basic version free for iOS)

### Binaural

If you suffer from anxiety or get easily flustered when travelling, an app which uses binaural beats (repetitive sound waves) to "entrain the brain to different states" can be very helpful. Binaural can also alleviate jet lag and will help to reset your sleep clock, making that five-hour stopover slightly less horrendous.

- [giorgiocalderolla.com](http://giorgiocalderolla.com) (basic version free for iOS)

### Google Trips

This handy little travelling buddy gathers all the information for your adventure – from Google and your mail inbox – also recommending suggesting places to go, as well as drawing up itineraries.

- [getgoogle.com/trips](http://getgoogle.com/trips) (free for iOS and Android)

Finally, many hotels are now offering Handy, or equivalent. These are dedicated smartphones issued to guests on arrival. Not only do they take care of all your in-hotel basics such as room lighting, aircon, meals, facility info and more, they also act as perfect mobile devices when venturing out around the local area. Visit [handy.travel](http://handy.travel)

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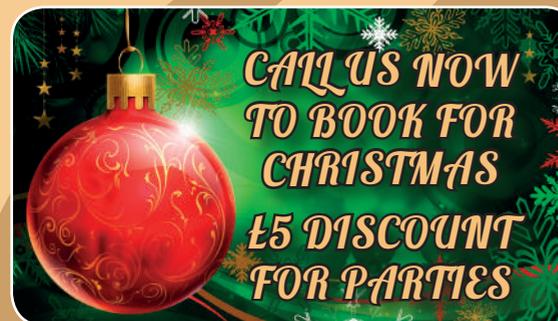
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# OPERA



FOOD & DRINK

# SOMETHING SMELLS

# FISHY

If you're a lover of seafood wrapped in rice Japanese-style, be warned: by 2050, there's a good chance that climate change will have ruined this delicate culinary delight for good.

With its seaweed covering, sticky rice interior and sliver of raw fish, sushi has exploded from out of Japan to become a worldwide food craze. But for all those people who love to dine on dragon rolls and uramaki during a work lunch, there's trouble ahead with climate change set to impact on the sea's fish population.

As the world's seas get warmer, and the water becomes more acidic, life in the ocean is going to get a lot tougher for the vast majority of creatures we like to wrap in rice and wolf down with wasabi. Add to that the perils of overfishing and habitat destruction, and the future of sushi looks bleak.

Take coral bleaching, for example. Although the majority of us have an inkling of the mass demolition of the world's reefs, it's a pretty abstract idea to anyone who doesn't spend their time diving in their bountiful fish havens. And while the sushi industry has little need for the brightly-coloured critters that cling to reefs in computer screensavers and travel agent ads, the fish sushi chefs are after – bluefin tuna or mackerel, for example – are at the top of the food chain and therefore rely on reefs as their food source.

Great Britain is currently battling the French to finalise a deal to stop the scallop wars in the English Channel. A ban was put on French fishermen from catching scallops between May 15 and October 1 to conserve stocks, but the British aren't subject to the ban. New tensions are also rising as Cornish fishermen have accused the French of deliberately sabotaging their crab pots. Both food wars will cost fishermen hundreds of thousands of pounds.

Already in Japan, fish that was readily available some years ago, such as the yellow croaker, is now a delicacy – and with one recent bluefin tuna being sold at market for around £60,000 it seems that what was once abundant is fast becoming a very expensive culinary choice.

The alternative? For chefs to start using surimi – a processed form of fish that you find in supermarkets labelled as artificial crab or similar. Some have even looked to incorporating more vegan options into their food, or experimenting with insect-based sushi. And that, compared to a nice piece of nigiri or a tasty morsel of traditional temaki, is for many people a disheartening prospect indeed.



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KIDS

# EASY DIY Character Costumes

It is nearly that time of year again when your angelic little darlings want to dress up, consume vast amounts of sugar and run riot in the streets.

Chances are you do not want to spend a fortune on a generic shop bought costume that no doubt at least one of your child's friends will be wearing, resulting in tantrums and tears.

So why not make a unique and budget-friendly costume yourself?



## FOR TODDLERS: A Mischievous Minion

### You will need:

A yellow T-shirt | Blue denim dungarees | Black gloves | Glasses covered in tin foil  
A yellow hard hat | Black pipe cleaners (for minion hair) | Yellow face paint

## FOR KIDS: An "Incredible" costume

### You will need:

A red long-sleeved top | Red leggings | Black gloves | Black boxers or shorts | An old orange T-shirt | Black face paint (for the superhero glasses)

### For the Incredibles logo:

Felt in orange, yellow, black and white | Heat-N-Bond or another heated adhesive | An Incredibles logo template (available online)

Cut the orange T-shirt into a long strip for a belt | Use the template and different coloured felt to make the logo | Glue logo to the red top



## FOR PRE-TEENS: Evie from The Descendants

### You will need:

A blue T-shirt | A black zipped jacket | A black skirt | A blue wig or non-permanent blue hair dye | A plastic tiara | Black gloves | Black tights and boots | A large red button and one green sequin | Blue ribbon | Gold card | Acrylic paint in red, blue, white and gold

Glue the red button and green sequin onto the tiara as an apple | Cut the gold card into a crown shape and glue to the front of the jacket | Twist the ribbon into bows and glue to the gloves | Use the paint to decorate the skirt in a graffiti style similar to Evie



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AND IT WAS ALL

# yellow



HOME & DIY

## ALL THAT GLITTERS ISN'T GOLD... ADD IN A BIT OF YELLOW TOO

For a long time, gold's reputation as an interior décor colour was anything but opulent - a generation of faux variants had left the world's most precious metal flagging rather. Yet its return, along with a resurgence of yellow, has opened up some fantastic new interior ideas.

But why are these particular colours making a comeback? Well, psychologists believe recent tough economic times meant we favour shades with positive psychological qualities. Yellow screams happiness, optimism and confidence for the future; gold is the colour of ambition, and more prosperous times ahead. What's not to like?

### COMBINE WITH DARK TONES

Gold, in particular, radiates against very dark tones, and the contrast between the shimmer of gold and sheer darkness offers a classy touch. Yellow, similarly, can really fire against an offset colour - in this case, we'd recommend grey.

### IT'S ALL IN THE ACCENT

Rather than layering colours over an existing space, a recent trend has been to offer various hints of colours that add warmth and light, with gold and yellow right at the front of the queue. So forget statement walls and instead replace pictures with gold frames; paint a desk chair, add a throw on a sofa, redo cushions and perhaps even replace a curtain pole with golden tones. Very quickly you'll be adding some class to a previously drab room.

### MAKE A STATEMENT

Of course, nothing screams confidence like a statement wall or piece, and yellow is truly the colour of 2018 for this. A radiant wall, a sofa, even a contemporary picture that's big and bold on this summer shade, can draw the eye to a room and light it up instantly. Remember to offset with lampshades, seat covers or perhaps something as simple as a pot to reinforce your intentions.





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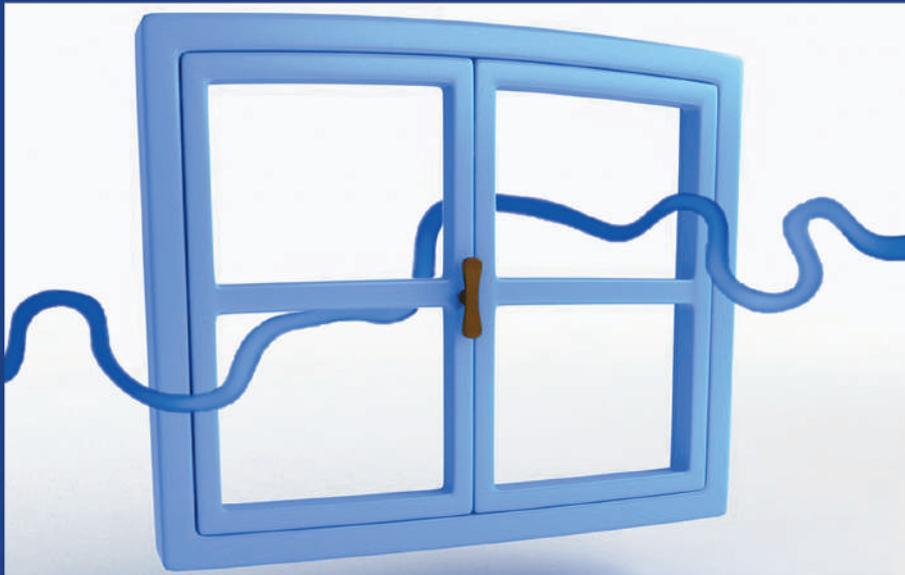
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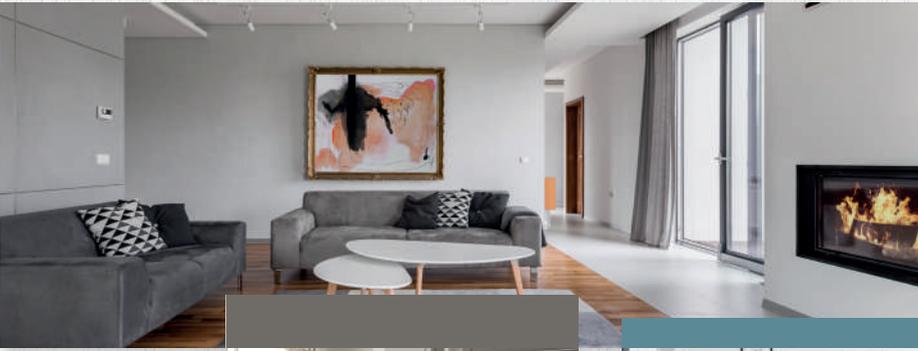
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# ART HAUS

If you're keen to enrich your home with some artistic excellence, start by following these simple rules:

### 1. ART IN FOCUS

Have a focal point in mind, so before you splash out on that Degas or Monet, know which wall it will hang on.

If you're using art to entertain, your statement pieces will usually be in high-traffic areas. Similarly, if you're looking for art as inspiration – perhaps for late night work or quiet Sunday contemplation, your chosen spot may be somewhere more private. Whatever the case, consider the area you have to play with – what size is it, how much sunlight does it have, what's already around it?

### 2. LESS IS USUALLY MORE

Just as the artist knows when to put the brush down, so too do you need to know when you have enough art in one space. Drown a small space with clutter and your cherished living quarters may well end up resembling something more akin to an art gallery, or worse, an antiques shop.

### 3. SIZE MATTERS

A statement piece of small art can have high impact on a big wall; whereas a large piece of pottery, for instance, can be allowed to dominate a limited space. There are no hard and fast rules, but consider the dimensions of whatever it is you're adding to a room before buying it.

### 4. MATCH, DON'T MIX

Be careful not to clash styles – contemporary with Art Nouveau, anyone? Post-minimalism with Baroque? Explore your creative fantasies, but letting different styles collide in the same space is a recipe for design disaster.

### 5. DON'T BUY WHAT YOU DON'T WANT

Only bring into your home art you are passionate about. If you have any lingering doubts, leave it behind, otherwise each time you look at it, you may encounter mixed emotions.

*Stephen James*

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A parade of four shops – all front glass professionally cleaned for a year on a monthly basis as a goodwill gesture to the new tenants.

Waste left in a back garden in Elm Park – five skip loads, arranged a group of friends to help, saved client £1,200.

Helped a family during a recent burst pipe – paid for two nights in a hotel.

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# Would you buy a MICRO-HOME?

**M**icro-homes, defined as properties under 37 square metres, are becoming increasingly popular in the UK since the government introduced the new act in 2013 under the Permitted Development Rights.

So, are these homes the long-awaited solution to the UK's housing crisis?

### CHEAPER TO BUY

A smaller house means a smaller mortgage; so less debt, less tax to be paid and even a cheaper home insurance policy.

Alternatively, you could rent a micro-home at much less expense than a larger property.

### SMALLER UTILITY BILLS

A smaller space means smaller rooms to heat, a smaller surface area to light and less space for electrical items to be plugged in. You could even consider having solar panels installed or collect rain water for garden use to save further.

### LESS CONSUMERISM

If you have less square footage, you are more likely to think carefully about any

purchases you make that will need to be stored in your home. Instead, you can find ways to reuse and recycle existing possessions.

### ENCOURAGES CREATIVITY

In order to prevent your micro-home becoming cluttered, you will need to think creatively about how to utilise your space. Take some inspiration from *George Clarke's Amazing Spaces*.

### LESS TIME SPENT RENOVATING

A smaller home takes less time to decorate, furnish and needs less upkeep. Also think of how many hours you will save cleaning. That's more time you can spend with your family doing things you enjoy.

### REMEMBER YOU NEED A PLOT

If you are planning to build or purchase a micro-home, you will need a plot of land. You can register your interest with a land agent, look to an auction or search the web (Plotsearch and Rightmove are good places to start).

Alternatively, you could place your micro-home on a family or friend's land; but you will need planning permission.



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# HOW TO MAKE Autumn-scented CANDLES

The arrival of autumn creates the need to feel warm, cosy and comforted in preparation for the harsh winter that lies ahead. What better way to achieve this than with an array of homemade, fall-scented candles?

## WHAT YOU WILL NEED

- ▲ A selection of glass jars (mason jars work well)
- ▲ Wick
- ▲ 1 x cup of beeswax
- ▲ 1 x cup of coconut oil
- ▲ 1 tablespoon of your preferred spices

This amount makes roughly one pint of candle mixture.

## HOW TO MAKE

1. Place an individual wick in each jar
2. Tape the wick to the bottom of the jar
3. Take the top of the wick and wrap around a pencil and place back in the centre of the jar
4. Melt the beeswax, coconut oil and your chosen spices together in a separate jar above a pan of boiling water (the same process as when you melt chocolate)
5. Remember you want to melt the ingredients, not boil them together

6. Stir with a spoon as the mixture melts
7. Once melted, pour a small amount into each glass jar and wait to set (this will help the wick stick to the bottom)
8. Pour in more mixture until the jar is sufficiently full
9. Wait for the wax to harden
10. Light your scented candles and enjoy the aroma of autumn throughout your home

Spice combinations we love include pumpkin pie spice (cinnamon, ginger, allspice and cloves) and apple pie spice (cinnamon, nutmeg and allspice).

Alternatively, you could add vanilla, chocolate or coffee essence depending on the mood you want to create your personal preferences.





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# The star of SIMON COWELL

As the new series of *X Factor* kicks off, with Mr Marmite taking centre stage again, let's be frank, Simon Cowell regularly gets a bad rap. The black/grey/white clothes combos, the overexposed chest, the dodgy hairstyle... and that's just how he looks. Add in the fact *X Factor* and *Britain's Got Talent* are mercilessly ripped apart for being exploitative, fake, unimaginative and cliched, and it makes you wonder why the record label mogul bothers... it's certainly not because he needs the money.

Yet look at it the other way around. What sort of world would we be living in without Simon Cowell? Forget all the music careers he's launched, the tens of millions of records sold, the multiple sell-out tours for everyone from One Direction to Olly Murs, Westlife to Little Mix, not to mention the positive impact he's had on countless others as a result of exposure on his primetime shows – just consider this... there's no one else in the entertainment world we love to hate more.

It's been another modestly good year for Cowell, who celebrates his 58th birthday in October. Batting off the Ant & Dec furore with typical ease, he has lauded over one of the most successful series of *BGT*, won by disability comedian Lost Voice Guy. The show's final pulled in 11.2million viewers, the most watched in three years and a return to form for a format that had been struggling.

Cowell also made it onto the Hollywood Walk of Fame

in tribute to his contribution to the US entertainment business. Over the years, our exports across the Atlantic have struggled, yet in Cowell, James Corden and a few recent others, we have never been stronger Stateside. He joined fellow Brits Steve Jones (of Sex Pistols) and Sir Richard Branson in being honoured at the June ceremony, and chirped: "If anyone says fame is a bad thing, I don't know what you're talking about. It's the best thing in the world."

Yet there was also a lot of humility on show from the industry's most famous A&R man, who praised his late parents and offered hope that his son Eric, four, might follow in his footsteps.

"I have a feeling my mum and dad are looking down on me, and now I can look over to my son Eric and say: 'Maybe one day you'll get one of these as well.'"

But Cowell can't rest on the successes of 2018 - he's a new series of *X Factor* to kick into shape. Freshly back on our screens, Simon is ably assisted on the judging panel by Louis Tomlinson, Ayda Field, Robbie Williams and, for the live shows, Sharon Osbourne.

"Again it's the greatest showcase of the talent that we have out there," he says. "It never ceases to amaze me just how brilliant these people are, not just in their voices and their ability to entertain, but in how brave they must be to go stand up in front of a live audience and sing their hearts out.

"Without these artists I would be nowhere, and the fact we can still, after all these years, transform the dreams of a lucky few into reality, is a marvellous thing."



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# LOCAL NEWS

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LOCAL NEWS



Photo credit: Flawless Facebook

## Dance group to perform on tour with Britain's Got Talent stars

A dance group from Hornchurch have fought off competition from hundreds of competitors to win the chance to tour with *Britain's Got Talent* stars Flawless (pictured).

HD Dance Team, made up of dancers aged 11 to 16 years old from the Hornchurch area, will perform in front of thousands as they support dance group Flawless.

HD Dance Team practise in and around Hornchurch and were established in 2013 and have been competing ever since.

Talking about their success HD Dance team said: "We are so thrilled that we have won the competition. "We never thought that we would have the opportunity to dance on the same stage as Flawless.

"We are excited and looking forward to dancing on a big stage in front of so many people."

Flawless shot to fame in 2009 after appearing on the third series of ITV's *Britain's Got Talent*, the same year that Diversity won the show.

To join the dance school or to find out any more information about its dance groups visit [fvdance.co.uk](http://fvdance.co.uk)



# Police station saved after being acquired by council

Local police presence has been guaranteed after the council has made an agreement to acquire Hornchurch Police Station.

After refusing to accept London Mayor's Office for Police and Crime's (MOPAC) decision to close police access points in the south of the borough, Havering Council brought High Court action challenging their decision to close the police station, as well as many others across London.

The agreement means the council will be able to acquire a freehold of the police station and grant a lease to the Metropolitan Police.

Residents will be able to access the police in the same way as they could prior to the closure of the police access point in the south of the borough.

Councillor Damian White, leader of Havering Council, said: "We are delighted to have reached an agreement with MOPAC, following the mayor's appalling decision to strip Havering of a key police base in the south of the borough.

"Residents have told us that they want to see more police officers on the streets in their neighbourhoods, and by stepping in and refusing to accept MOPAC's short-sightedness, the council has secured the future of the police station in Hornchurch.

"The outcome of the mayor's savage cuts to local policing would have meant residents in this part of Havering having to travel to Romford for their nearest police station.

"This is a great victory for the council."

# Have your say on education in Hornchurch

People in Hornchurch are being asked to have their say after Havering Council launched a public consultation to ensure the demand for early years and school places is met in the future.

The council is urging people living in the borough to complete a survey on its strategy which will help plan from early years provision right through to post-16 education. The survey will focus on early years, primary, secondary, post-16, special school and alternative places.

The information gained will help to plan and shape education services over the next five years and beyond.

Councillor Robert Benham, cabinet member for children and education, said: "Planning for the education of future generations is crucial in order to ensure that the right provisions are in place. We want

to hear the views of our residents, parents, teaching professionals and other partners, so that we know what they need and their concerns. Every viewpoint is valuable to help us plan carefully for the future."

The consultation documents will be made available online, in libraries, schools, playgroups, voluntary groups, colleges and offices.

The consultation closes on Monday, November 5. The results will later be made public on the council's website.

Parents and carers wishing to take part in the survey can access the online questionnaire at [www.surveymonkey.co.uk/r/parentsview](http://www.surveymonkey.co.uk/r/parentsview)

Education providers, local residents and other stakeholders who wish to take part in the survey should visit [www.surveymonkey.co.uk/r/EduStakeholders](http://www.surveymonkey.co.uk/r/EduStakeholders)

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Photo credit: Timothy Anderson



LOCAL NEWS

# Theatre launches QNew Transformation fundraising

To celebrate their 65th anniversary, the Queen's Theatre Hornchurch has unveiled fundraising plans to innovate and renovate the iconic building for artists, participants and audiences as part of its QNew project.

The refreshing facelift will help the venue make better theatre, work with more young people and community groups, offer a more comfortable experience for audiences, be more accessible to deaf and disabled people and keep the theatre an environmentally friendly community hub.

The venue has introduced a 65p QNew

Transformation fee per ticket, which came into effect on September 21.

The previous £1 transaction fee has been abolished as a result.

The funds raised will contribute supporting several projects throughout 2019 including equipping a dedicated rehearsal theatre, building a new look ground floor bar to complement the café and replacing outdated equipment.

Further information about QNew and the QNew Transformation fee is available on the Queen's Theatre website at [queens-theatre.co.uk](http://queens-theatre.co.uk)

## School optimistic as it looks to a new era

A school in Hornchurch is optimistic about its future as it says a change of name will "rejuvenate the staff, students and parents".

The Albany on Broadstone Road had been rebranded as Hornchurch High School.

The school had been called The Albany since the mid-1980s and recently joined a Multi Academy Trust as well as appointing a new headteacher.

To officially announce the change of name the school held a launch day on September 10.

Staff and students welcomed local councillors to take part in the day, along with several students from the Harrow Lodge Primary School which is the most local feeder school.

Headteacher Val Masson said: "We hope the name change will remind the wider community that we're here.

"We also think that the name change will rejuvenate the staff, students and parents as it's given us a reason to rethink all of our policies and priorities all at once – this has really promoted team building as we share the branding experience.

"We hope to continue to go from strength to strength as a school. We want academic success and high social standards for all our students. We believe in developing the whole child – we're not an exam factory but we certainly understand the importance of excellent GCSE results."



LOCAL NEWS



# Christmas comes early

Christmas has come early as the Queen's Theatre Hornchurch has revealed details about its new immersive festive show, *Sparky the Elf and the Secret Toyshop*.

This December, families can enjoy an elftastic adventure with one of Santa's pointy eared and rosy-cheeked helpers at a top secret location at Romford's The Mercury Mall Shopping Centre.

The special venue will be transformed into Santa's enchanted workshop, and run from December 15 to 30. Whilst Santa is busy making his list and checking it twice, his most trusted head elf Sparky Tinselbottom is frantically working away repairing abandoned toys. Families with children aged seven to 11 can join in as one of Sparky's friends and discover fantastic adventures of unloved toys from around the world. But don't distract Sparky for too long, as Father Christmas

needs everything to be ready for loading his sleigh and the clock is ticking...

Families must arrive 15 minutes before the advertised start time by the Grotto on the ground floor of The Mercury Mall Shopping Centre, where they will be met and led to Sparky's secret toyshop, which will be a short walk away.

Written and directed by the Queen's Theatre's artistic director Douglas Rintoul, this unique experience is from the team behind last year's sell-out festive treat *'Twas the Night Before Christmas* which was performed at the National Trust's Rainham Hall.

*Sparky the Elf and the Secret Toyshop* runs from December 15-30. Tickets are £7.50 for all weekday performances and £10 at weekends. To book, call the Queen's Theatre's box office on 01708 443333 or go online at [queens-theatre.co.uk](http://queens-theatre.co.uk)

# New financial officer appointed



The health trust which runs the Queen's Hospital near Hornchurch has appointed a new financial officer.

Nick Swift, who joined the Barking, Havering and Redbridge University Hospitals NHS Trust at the beginning of September, brings more than 20 years of board experience in a variety of international finance roles, most recently as chief financial officer for British Airways until 2016.

Since leaving, he has pursued a keen interest in health and the NHS – having studied a masters in health and medical science and also having joined East and North Herts NHS Trust as a non-executive director.

Nick has joined the trust on an initial 10-month contract.

He said: "I'm really pleased to be joining the team at the trust. Like many people, I'm very proud of this country's National Health Service, and it's great to now be a part of it. There will undoubtedly be challenges, but I'm looking forward to tackling them."

# T.E.J

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# JULIA LOPEZ MP

Hornchurch and Upminster



LOCAL NEWS



## MP pleased police station saved

September began with some good news on local policing after a year-long campaign by Hornchurch & Upminster Conservative Association led to a breakthrough on Hornchurch Police Station.

The station was earmarked for closure by the Mayor of London in July 2017, and the local Conservative team collected hundreds of signatures against the move after residents expressed fears about the clustering of police resources in Romford. Havering Council will now purchase the station and lease it back to the Met to guarantee a police presence in the area.

It is fantastic news that the council has responded to our residents' petition and will be keeping Hornchurch Police Station in police use. This was a campaign led by our chairman Bob Perry and with Bob now elected to council and chairing the crime and disorder committee, we have a strong voice within the town hall on police issues.

Earlier this month I met Metropolitan Police Commissioner Cressida Dick to talk about the Hornchurch purchase and we discussed how councils and police might work together even more closely in future to share resources and build safer communities. I know residents are fed up with the 101 reporting number, and the commissioner offered assurances

that investment in new systems is already leading to big improvements. She also believes new technology is beginning to free up officer time for patrols.

I have also visited Queen's Hospital again this month to talk to their Bereavement Team about the important work they do during families' most difficult times. I have continued my work with a Hornchurch resident to highlight the issue of sepsis in the hope that we can improve diagnosis and treatment on the NHS, and I have met independent retailers on Hornchurch High Street to see how we might enliven the town centre and ensure that our shops and services thrive.

Since my last column, I am also delighted to report that it looks like the heritage centre for RAF Hornchurch will be going ahead on the former St George's Hospital site. I am now working with the Hornchurch Aerodrome Historical Society to see how we can create a fully-functioning heritage, education and cultural asset that properly memorialises this important site for the community and acknowledges its role in our national story.

As ever, if you have a problem you think my team and I can help you with, please drop us a line. Or if you would like to come and have a look around Parliament, we can book you in for a complimentary tour.

[www.julialopez.co.uk](http://www.julialopez.co.uk)



## Pick of the bunch helps town bloom



Awards have been presented to all of those who brought colour and cultivation to the borough as part of this year's Havering in Bloom competition. Several residents from Hornchurch were the recipients of awards.

Winners were rewarded at a special lunch with the Mayor of Havering at the town hall.

The local winners were:

- > Best Community Garden: William Tansley Smith House, Hornchurch
- > Best Hanging Basket: Leonard Wakinson, Hornchurch
- > Best Front Garden: Parminder Singh, Hornchurch
- > Best Commercial Site: Langtons Courtyard, Hornchurch
- > Tallest Sunflower: Jamie Barker, Hornchurch

Mayor of Havering, Cllr Dilip Patel, said: "What a wonderful achievement by all and I would like to congratulate the winners but also everyone who took part."

"The dedication and work that has been shown by these residents, businesses and schools is a fantastic reflection of how much they enjoy their communities and want to help to make it look nice."

"We're extremely proud of our borough and the efforts of everyone who took part in this competition as well as the work that goes on in our parks and open spaces on a daily basis, has meant Havering has been in full bloom throughout the summer months."

## Relief after missing girl found safe and well

A missing 12-year-old girl from Hornchurch has been found after several days.

Kaycey Smith had been missing from her foster home in Hornchurch, but police were informed that

she was found on September 10, three days after her disappearance.

Concern had been growing rapidly as the youngster, according to the Metropolitan Police Service, has the mental capacity of a much younger child.

She went missing without any means to travel, no money or a phone.

A spokeswoman from the Met Police thanked the media and the public for their assistance in finding Kaycey.

## Residents urged to Save a Life, Surrender Your Knife

Councillor Viddy Persaud, cabinet member for public protection and safety, Havering Council, joined Havering BCU Commander Superintendent John Ross last month at Romford Police Station to urge people in Hornchurch and across Havering to Save a Life, Surrender Your Knife.

A special bin has been placed at the front office of the station, in Main Road, Romford, where knives can be surrendered and binned anonymously by members of the public.

Cllr Persaud said: "The consequences of carrying a knife are devastating – lives are lost and the effects on everybody will last forever."

"That is why Havering Council is supporting the Metropolitan Police's Save a Life, Surrender your Knife campaign."

"We want Havering to be a safe borough and we can all play our part in making that happen."

"Every time a knife is brought to Romford Police Station, it can be binned quickly and anonymously and the reality is, for each knife brought in, more lives are saved."



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## Police appeal for potential victims to come forward



Police responsible for jailing a man who raped a teenager in Thurrock over 30 years ago have urged anyone who thinks they may have been a victim of the same man to come forward.

Christopher Clark, 68, was jailed at Basildon Crown Court for 13 years with a five-year extended licence after pleading guilty to raping the woman in 1985.

Serial rapist Clark, who was already serving life for another serious sexual offence when he was sentenced, lived in the county and officers believe he may have carried out other offences.

Essex Police have now released an image of Clark as he looked in 1996 to help victims come forward.

In 1986 he was arrested and charged with 13 offences including rape and burglary with intent to rape.

During incidents in Hornchurch and Upminster he raped the women in their own home. Clark was convicted in relation to five of these offences, with the court ordering eight to lie on file, and he was jailed for 10 years.

Clark was released from prison in 1996 and it is thought he may have regularly travelled to Essex and other areas in the South East prior to once again being locked up in 1997 in connection with another sexual offence in Bath.

Senior Investigating Officer DCI Stephen Jennings of the Kent and Essex Serious Crime Directorate said: "If you recognise Clark from the images shown and have been a victim of a sexual offence perpetrated by him but have not yet come forward to police, please do."

You can contact Essex Police on 101 and ask to be put through to extensions: 42003297, or 42002874 or 42074423. Alternatively email SCDMajorCrimeColdCaseTeam@essex.pnn.police.uk

## Hairdressers nominated for five awards

A hairdressing salon in Hornchurch could be picking up five awards at a prestigious ceremony next month.

Gfc Hairdressing, on Butts Green Road, has been nominated for five categories at the Essex Salon Awards 2018. The winners are due to be announced at a ceremony at Orsett Hall Hotel.

Gfc has been nominated in the Marketing Trailblazer, Best Salon for Bridal Hair, Most Sustainable Salon and Best Salon Team categories while Paul Faltrick has been nominated for the Creative Image award.

The Essex Salon Awards celebrate and acknowledge the success of some of the most creative, dynamic and innovative hair salons, hairdressers and barbers in the county.

## Volunteers help disadvantaged children

A group of volunteers from a Hornchurch charity travelled to Ethiopia earlier this month to help disadvantaged children at a school and children's home in the country.

John and Pam Tillett, Rob and Ruth Galvin, Norman and Janet Stokes, Sue Brush and David Spurdle are in the town of Bekoji where they will be helping to develop a multi-sports court and building beds to get children off mud floors at night.

The trip is self-funded but the group are hoping to raise £8,000 to help with the project.

Stand by Me, based in Hornchurch, provides education, food, clothes and medical care for children around the world living in extreme poverty.

You can donate by going to [www.standby.me/appeals/stand-by-me](http://www.standby.me/appeals/stand-by-me)





# Essex runners urged to get tough on cancer



Photo Credit: Cancer Research UK

Runners in Hornchurch seeking a new challenge are being urged to sign up for Tough 10.

Cancer Research UK is daring people to brave the elements and sign up now for its 10k trail run, which takes place in Hadleigh Park on October 27.

The Essex Tough 10 gives participants the chance to pitch themselves against the elements, while taking on the challenge of muddy trails, steep hills and uneven terrain – to raise money for Cancer Research UK's life-saving research.

The charity's Tough 10 series offers runners the opportunity to set a new kind of personal best, with a choice of three different levels of difficulty to choose from at events across the UK.

Megan Bailey, Cancer Research UK event manager, said: "We know Essex has got what it takes to tackle Tough 10 and we're delighted to be hosting the event again in the county.

"If the steep inclines don't take participants' breath away, the stunning views and scenery will, along with the knowledge that every stride they take will help bring us closer to beating cancer sooner."

Organisers hope around 700 people will enter Tough 10 in Essex and raise around £30,000 to help Cancer Research UK continue investment in research to help find new ways to prevent, diagnose and treat over 200 types of cancer.

To enter Tough 10 visit [cruk.org/tough10](http://cruk.org/tough10)

# Horror as violent robbers steal £8,000

A brave family from Hornchurch confronted robbers in their home who made violent threats and stole £8,000 in cash.

CCTV footage captured images of the criminals as they entered the Nash family home on Grenfell Avenue, Hornchurch, in the early hours of Tuesday, September 11.

The family were woken in the early hours as they heard noises coming from the ground floor.

Father Paul and his son investigated the disturbance and were shocked to see thieves had used a slab of concrete to break into the property.

The thieves were in the process of taking £8,000 cash from an office, money which had been withdrawn to pay for building work, when they were confronted; only for them to threaten to the pair with a spade.

The robbery follows a fire at the Nash household in 2016 which forced them to move for 18 months while work was carried out.

They moved back into the house only six months ago, and the cash was in the outhouse - used as an office - because the final stage of building work was being carried out.

Gill Nash wants to warn others. She said: "We never keep money in there, and we definitely won't be anymore. We won't get the money back but we want to find out who these men are.

"I mean we're all young in this house but if it had been an elderly couple that they targeted they wouldn't have been able to do anything.

"They need to be caught and they need to be punished."

A spokeswoman from the Met Police said: "Entry was gained to an outbuilding by two suspects who smashed glass doors and a stole a quantity of cash.

"They were confronted by an occupant and made off through the rear of the garden.

"Officers with dogs attended but despite a search were unable to find the suspects."



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# AFC HORNCHURCH

LOCAL NEWS



## Urchins strengthen their squad as forward signs on

Hornchurch manager Jimmy McFarlane moved to strengthen his squad last month with the signing of forward Nana Boakye-Yiadom.

The forward joins from Concord Rangers with who he made seven appearance in the current 2018-2019 season.

Starting out with the Hornchurch academy, Boakye-Yiadom signed a professional contract with Barnsley in 2014.

After he was released from the Yorkshire club, he joined Leatherhead but also made a number of appearances for Waltham Forest with whom he was dual registered.

The young and talented forward then moved to Dulwich Hamlet and was loaned back to Leatherhead where he played under Sammy Moore who then signed him for Concord Rangers who are based in nearby Canvey Island.

Meanwhile on the pitch, Hornchurch have built on their fine start to the season

September 8 saw an FA Cup 1st Qualifying Round against Harrow Borough. Harrow fought hard but ultimately a 49th minute

goal from Brad Warner proved the difference and Hornchurch progressed into the second qualifying round, pocketing a £6,000 prize in the process.

Hornchurch then suffered a midweek friendly 3-1 defeat at home to Chelmsford City before travelling to Dorking for a Saturday fixture in the league. Hornchurch had a comfortable 3-0 lead at half time, despite initially struggling to adapt to Dorking Wanderers' 3G surface, before the home team rallied impressively to bring it back to 3-3 with nine minutes remaining. It was Hornchurch holding on for the final whistle in the dying embers of the match.

The team got back to winning ways in their Velocity Trophy fixture at Basildon on Tuesday, September 18, with a hard-fought 1-0 win thanks to another Warner goal in the 24th minute.

The impressive result means that Hornchurch move on to the 2nd Round of the Velocity Trophy, where they have been drawn against Coggeshall Town. The match will take place on Tuesday, October 9 at 7.45pm.

AFC Hornchurch sit in eighth place in the league at the time of writing, with one win and six draws.



[www.afchornchurch.com](http://www.afchornchurch.com)



# Cyclists take to the road for Spoke Series



Cyclists from Hornchurch joined thousands from all over the South East in this year's Spoke Series cycling sportive held last month.

Spoke Series is a fun ride intended for individuals, families and people interested in cycling to keep fit.

Participants had a choice of three different routes starting and ending at Old Brentwoods' Club in Brentwood, covering distances of 28, 58 or 102 miles.

Participants included Rory Mann (pictured) from Hornchurch. Not only did Mark Starling from Hutton complete the 102-mile Yellow Route with his friend Malcolm Bishton from Shenfield but they also made friends on the way.

Mark said: "It was hard. It was windy but good fun.

The route was good. A lot of country, not too many main roads. I highly recommend it."

All participants completing their Spoke Series' route were presented with a goody bag and a medal.

Organiser and founder of Spoke Series James Lord said: "This year we've got about 100 new riders, so Spoke Series is constantly growing year on year. Obviously, word of mouth picks up and it continues to grow.

"I'm a cyclist myself and I know what cyclists like. People like the fact that the roads are so quiet. They're great cycling routes. They're varied. They're challenging. A lot of people haven't ridden them before and they're very scenic."

## Drivers warned about ghost broking

Drivers in Hornchurch are being warned about a fraud called ghost broking where car insurance packages are being sold by fraudsters.

Last month, Action Fraud and City of London Police launched a campaign under the hashtag #SteerClearOfFraud.

Now police across the capital want to raise awareness about the tactics used and how you can avoid becoming a victim.

The scam involves people, particularly aged between 17 and 24, being offered deals that are not genuine.

Suspects carry out the fraud by either giving you forged insurance documents, falsify your details to bring prices down or even taking out a genuine policy and cancelling soon after to claim a refund and your money.

Detective Chief Inspector Lee Morton, head of Kent and Essex's Serious Economic Crime Unit, said:

"There are more severe consequences to the scam than just losing your hard earned money.

"By not having a valid car insurance, you could get points on your driving licence, your car seized and even destroyed, and you may receive a fixed penalty notice or be liable for claim costs following an accident.

"Scammers will target victims through social media, they may place adverts in newspapers or could cold call you. In some instances, the suspects have been recommended by friends and family who are unaware they have fallen for the scam."

If you have fallen victim of this scam, please call Essex Police on 101, report it online by visiting [www.essex.police/do-it-online](http://www.essex.police/do-it-online) or report information anonymously on 0800 555 111.

If you have concerns about a scam, please report this to Action Fraud by visiting [www.actionfraud.police.uk](http://www.actionfraud.police.uk)



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GARDENING

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The British weather can be unpredictable; who'd have thought that we would have such a hot summer, so goodness knows what winter has in store for us.

Wood's worst enemy is water. With mould and mildew not far behind. Save yourself a lot of bother come next spring and give your exterior wood some much-needed TLC ahead of the long wintry months.

### PREPARATION IS KEY

Ensure that you wash all exterior wood prior to treating. Soap and water is perfectly adequate for cleaning your wood, just be sure to rinse thoroughly and let all surfaces completely dry before applying any wood treatment. Do not use anything too abrasive for cleaning as this can damage the wood.



### CHECK FOR MILDEW

Mildew can be identified by little black specks on the surface of wood. If you are unsure whether or not your wood has mildew, apply a dab of bleach to one of the black spots. If it lightens in colour, then it is definitely mildew.

### CHOOSE A PRODUCT THAT IS WATERPROOF

It is essential that you choose a wood treatment that is waterproof as this helps prevent fungus and mould from developing. Good quality wood treatments will also allow your wood to breathe whilst providing strong protection against the elements.



### CLEAR THE AREA OF DEBRIS

Although you may not want to carry out garden maintenance once the cold weather sets in, it is important to regularly clear any exterior wood areas of any build-up of leaves. If left, piles of leaves can result in mould and damp. Be sure to check in between gaps in wood such as on the decking.



**NB:** Wood treatments can break down in harsh weather, so check sporadically, sand down and reapply if needed.

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# Power of Colour IN BUSINESS BRANDING



The importance of colour should not be underestimated when creating your brand identity. Colour can evoke emotion, persuade and deter potential customers. Each colour generates a different subliminal association in our minds.

**RED:** This fiery colour can be used to stimulate and excite. It creates feelings of passion, anger and determination. Red is popular for brands relating to cars, technology and food. Brands that use red: Coca-Cola and Audi.

**ORANGE:** A mixture of red and yellow, this multitasking colour evokes feelings of boldness and wellbeing. Orange is used by technology firms and finance companies. Brands that use orange: GlaxoSmithKline and easyJet.

**YELLOW:** This feel-good colour which we largely associate with the sun brings about feelings of happiness and hope. Bright yellow is ideal for attracting attention. Yellow is most popular with restaurants, clothing and car brands. Brands that use yellow: Renault, Ikea and McDonald's.

**GREEN:** This fresh spring colour conveys serenity, health and optimism. Green is ideal for brands selling food, household goods, technology and finance. Brands that use green: Starbucks, Oxfam and Subway.

**BLUE:** With strong connotations to the sea, the colour blue makes people feel safe and secure. Brands can use this colour to instil confidence and portray reliability. Blue is effective with the airline industry, energy companies and agriculture. Brands that use blue: Facebook, British Gas and United Airlines.

**PURPLE:** This royal colour is associated with wealth and luxury. Darker shades convey mystery whereas a lighter purple can be used for romance. Purple is often used by finance and confectionary companies. Brands that use purple: Hallmark and Cadbury.

**WHITE:** White symbolises purity as well as cleanliness and transparency. White is perfect for clothing ranges, health improvement companies or brands that want to attract children. Brands that use white: Chanel, Gap and VISION.



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# PUZZLES & TRIVIA

PUZZLES

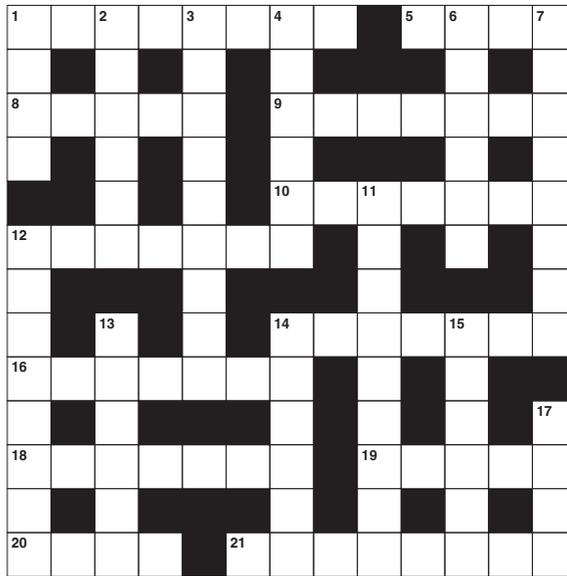
Answers can be found on the Contents Page 4

### ACROSS

- 1. Domains (8)
- 5. Inspired by reverence (4)
- 8. Kick out (5)
- 9. Figurative language (7)
- 10. Tallest species of penguin (7)
- 12. Moved round an axis (7)
- 14. Activity of travelling for pleasure (7)
- 16. Slow bowler in cricket (7)
- 18. Egg white (7)
- 19. Express gratitude (5)
- 20. Rose (anag) (4)
- 21. Laughed (8)

### DOWN

- 1. Run away (4)
- 2. Person with detailed knowledge (6)
- 3. Breed of dog (9)
- 4. Posted (6)
- 6. Sailing barge (6)
- 7. Reverie (8)
- 11. Operated by air under pressure (9)
- 12. Eg residents of Moscow (8)
- 13. Warm up (6)
- 14. Deep ditch (6)



- 15. Country in the Middle East (6)
- 17. Slide (4)

### DID YOU KNOW

- ▶ An ostrich's eye is bigger than its brain
- ▶ A bear has a total of 42 teeth
- ▶ Rabbits like liquorice, although it isn't advised that they eat it as they have trouble processing sugar
- ▶ Birds need gravity to swallow, so they would not be able to be taken into outer space
- ▶ A cat has 32 muscles in each ear, compared to humans who have just six
- ▶ All adult insects have three body parts: the head, the thorax and the abdomen
- ▶ Koalas sleep for up to 20 hours a day
- ▶ Dalmatians are born all-white

### SUDOKU

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

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# HISTORY OF THE BREATHALYSER

It's the gadget most of us have dreaded at some point, yet as we pass the half-century mark of the Road Traffic Act – which introduced the first legally enforceable maximum blood alcohol level for drivers in the UK – we must credit the simple breathalyser as being one of the road's greatest lifesavers.

When inventor Robert Frank Borkenstein finally gained a registered trademark for his breathalyser invention in 1954, little did he know the gadget would still be going strong all these years later.

Previous incarnations of a piece of kit that, simply, measures blood alcohol levels, had been about for a few decades, with Chicago chemist William Duncan McNally discovering in 1927 that the breath moving through chemicals in water would cause it to change colour.

Slightly more rustic detection devices were still being used around the period, including here in the UK where we were asking motorists to blow into football bladders, while in the States the attractively

named drunkometer was snaring drivers from the early 1930s.

There remains a slight margin of error where breathalysers are concerned – the only way to get a proper gauge whether someone is over limit is via a blood test – yet it's still not the kind of technology you can fool. And with good reason - after all, over a quarter of all fatal road crashes in the UK have alcohol at their source.

The myths of sucking on a coin, chewing gum or drinking mouthwash to produce a decreased reading have all been debunked, and the only way you can guarantee not getting yourself a driving ban, or worse, is to keep off the booze... or catch the bus.

And if you're in any way uncertain – for instance, on the morning after a couple of drinks the night before – there are an array of cheap, effective, homemade kits that will help ensure you keep on the right side of the law... and the road.



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# COOKED *to perfection*

ENGLAND LEGEND ALASTAIR COOK RETIRES FROM INTERNATIONAL CRICKET

The polish may have worn thin after a string of under-par performances, but upon retirement from Test cricket, Alastair Cook's place as one of the modern batting greats in the world game is without question.

Having made his Test debut against India in March 2006, it was perhaps fitting that 33-year-old Cook should conclude matters against the same nation some 12 years later, in between scoring 12,472 runs, including 33 centuries and 57 half-centuries, as well as accumulating an incredible 158 consecutive Test appearances, and 161 in total.

"You know when the time is right to go," said Cook, after an emotional farewell at The Oval, during which his second innings of 147 runs saw him become the fifth highest Test run scorer of all time. "I will take away from cricket some incredible memories and this is a sport that has really defined me as a person, but it's now time to do something different."

Cook, who even has a much less discussed but equally impressive bowling average of seven – admittedly he's only ever bowled three overs and dismissed one batsman – will take time away from the sport this winter to be with wife Alice and daughters Elsie and Isabelle. Yet his decision to retire from England duty doesn't mean he'll never pick up a bat again – he's contracted to Essex Cricket Club and will be keen to spearhead his county's Division One title charge next season.

And on those quiet afternoons in the field, he can look back fondly on a raft of memories – from hitting 294 against India at Edgbaston in 2011 to captaining England to away Ashes success in Australia, to how he might plot a route out of retirement and back into the fold...

"No, that won't happen," he laughs. "My time is done and now I can watch others stand at a crease for seven hours with Exocet missiles being aimed at their heads."

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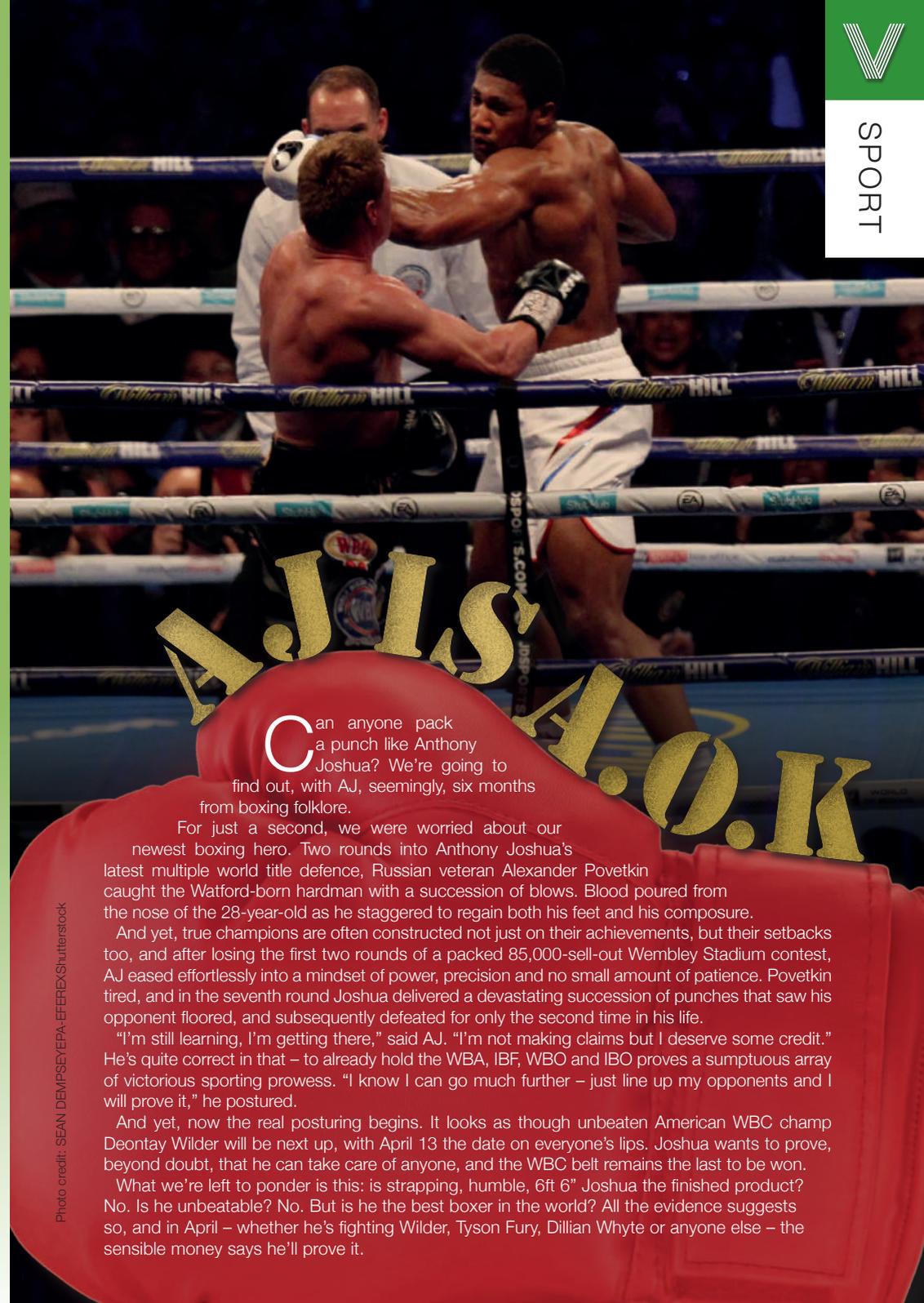
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SPORT



# AJLS A.O.K.

Can anyone pack a punch like Anthony Joshua? We're going to find out, with AJ, seemingly, six months from boxing folklore.

For just a second, we were worried about our newest boxing hero. Two rounds into Anthony Joshua's latest multiple world title defence, Russian veteran Alexander Povetkin caught the Watford-born hardman with a succession of blows. Blood poured from the nose of the 28-year-old as he staggered to regain both his feet and his composure.

And yet, true champions are often constructed not just on their achievements, but their setbacks too, and after losing the first two rounds of a packed 85,000-sell-out Wembley Stadium contest, AJ eased effortlessly into a mindset of power, precision and no small amount of patience. Povetkin tired, and in the seventh round Joshua delivered a devastating succession of punches that saw his opponent floored, and subsequently defeated for only the second time in his life.

"I'm still learning, I'm getting there," said AJ. "I'm not making claims but I deserve some credit." He's quite correct in that – to already hold the WBA, IBF, WBO and IBO proves a sumptuous array of victorious sporting prowess. "I know I can go much further – just line up my opponents and I will prove it," he postured.

And yet, now the real posturing begins. It looks as though unbeaten American WBC champ Deontay Wilder will be next up, with April 13 the date on everyone's lips. Joshua wants to prove, beyond doubt, that he can take care of anyone, and the WBC belt remains the last to be won.

What we're left to ponder is this: is strapping, humble, 6ft 6" Joshua the finished product? No. Is he unbeatable? No. But is he the best boxer in the world? All the evidence suggests so, and in April – whether he's fighting Wilder, Tyson Fury, Dillian Whyte or anyone else – the sensible money says he'll prove it.

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Offering a wide variety of treatments, Harrow Dental Practice provide NHS & Private quality dental treatment at a central location in Hornchurch. 01708 479717

## LAUNDRY & DRY CLEANING

### THE LAUNDRY MAN

From everyday washing, drying & ironing. We can pretty much launder anything & everything. Self service launderette available. 01708 447710

## MOBILE PHONES & ACCESSORIES

### HORNCHURCH MOBILE PHONES & ACCESSORIES

Support with the latest models of phones & tablets. Screen Repair. Competitive pricing, fast turnaround & satisfaction guaranteed. 01708 469103

**JOIN THE LISTINGS... for just £180** +VAT per yr

## MOTORING

### BMS CAR PARTS

For all your motoring requirements inc. Car parts, number plates, key cutting, engine oil, tools, car accessories & servicing. 01708 474187

## PAINTING & DECORATING

### TRADITIONAL DECORATIONS

We are a family run business specialising in turning your house into a home. Giving advice on current decorating trends. 07737 562406

## PLASTERING

### TOTAL PLASTERING

Local & Professional, Domestic & Commercial Plastering, From Walls - Ceilings - Artex Removal- Refurbishments - Extensions & More. 07738 483944

## PLUMBING & HEATING

### CMS PLUMBING HEATING & BATHROOMS

Corgi registered, 20+ years' experience, public liability insurance, offering free quotes. No job too small. Based in Gidea Park. Call Craig 07855 589185

### KINGS PLUMBING & HEATING

All work undertaken: All bathrooms, boiler servicing & gas safe. 07956 343275 | www.kingsplumbingandheating.co.uk

## ROOFING

### JIM BARR ROOFING

Exterior cleaning & maintenance. Gutters, Paving & UPVC; cleaned, repaired & renewed. 01708 874816 | 07833 572459

## SECURITY & ALARMS

### J&L SECURITY

Your local residential & commercial security specialists. Intruder Alarms, CCTV, Safe Fitting, Locksmith Services, Security Lighting & More. 01277 699698

## SHOE REPAIRS & LOCKSMITHS

### ARDLEIGH GREEN SHOE REPAIRS

Quality shoe repairs, key cutting, security locks, stitching & patching, watch batteries, quality straps, engraving & passport photos 01708 458021

## TILING

### DR BETTS TILING

Large selection of floor & wall tiles, fitting service, porcelain, ceramic, glass & natural stone. Specialist in underfloor heating. 01708 381349

## WHITE GOODS & APPLIANCES

### T.E.J. DOMESTIC APPLIANCES

Stockists of all major brands. Installation available, FREE local delivery. Free standing & Built In Appliances. Extensive stock. 01708 447752

## WINDOWS & GLAZING

### MAJOR GLASS & GLAZING

Specialising in all aspects of glass & glazing for both domestic & commercial. UPVC, Conservatories, Bi-Fold Doors, Double Glazing Repairs, Mirrors. 01708 525996

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WHAT'S ON

# WHAT'S ON

*in your area*

**Cabinet Member's Housing Surgery**  
Hornchurch Library, 44 North Street,  
Hornchurch, RM11 1TB  
October 8, 10.30am - 1.30pm

During 2018, cabinet member for housing, councillor Joshua Chapman, will be holding regular surgeries across the borough so that council tenants and leaseholders can call in and discuss housing issues with him.

**Last Band Standing: Havering's Battle of the Bands**  
Fairkytes Arts Centre, Billet Lane, Hornchurch  
October 12

Play in a professional live setting on the Fairkytes Live Stage. This competition for bands of all ages and different stages of development helps encourage a thriving music scene and has helped many bands and performers go on to play gigs across London and Essex or study for professional careers. Open to adult and youth groups. Email fairkyteslive@havering.gov.uk for an application form.

**'OrnchurchFest – 2018**  
Hornchurch Stadium, Bridge Avenue,  
Upminster, RM14 2LX  
October 14, noon - 8pm



Come to Hornchurch Stadium for the beer, cider and gin festival.  
Tickets are £5 and are available on the door.

**Creepy Crafts**  
Ingrebourne Hornchurch Country Park,  
Squadron's Approach, Hornchurch, RM12 6DF  
October 22, 10am - 11am

Come along and make some creepy crafts to take home ready for Hallowe'en. Suitable for ages 3+. Booking required. Donation is £6 per child. Telephone 01708 520364.

**Fit For Sport Half Term Camps @ Hornchurch Sports Centre**  
Hornchurch Sports Centre, Harrow Park Lodge, Hornchurch Road, Hornchurch, RM11 1JU

**October 22 - October 26**  
This October half term, nationwide Fit For Sport Activity Camps will put smiles on the faces of children.

From 'Spooky Sports' to 'Creepy Crafts', and from 'Ghostly Games' to 'Eerie Outdoor Adventures', you can be sure of lots of Hallowe'en-themed fun this October half term.

Visit [www.fitforsport.co.uk](http://www.fitforsport.co.uk) or call us on 0845 456 3233 to secure your place. Book two weeks in advance of an activity to take advantage of our reduced early prices.

Enjoy a further 10 per cent off if you book three days in a week, including Friday.

**Love at Hornchurch**  
Queen's Theatre, Billet Lane, Hornchurch, RM11 1QT

**October 25 - October 27**  
In the run-up to Christmas, three families are placed into cramped temporary accommodation.

A middle-aged man and his elderly mum, a young family with a baby on the way, and a newly arrived woman from Sudan. Strangers. Forced together. No space is personal.

In this new play written and directed by Alexander Zeldin, the audience are invited to bear witness to an intimate story of family love for our times.

For more, go to [www.queens-theatre.co.uk](http://www.queens-theatre.co.uk)



## MAJOR GLASS AND GLAZING

As a family company, Major Glass and Glazing specialises in all aspects of glass and glazing, both residential and commercial, and prides itself on its ability to deliver quality installations

### Our specialist glazing services include:

- Upvc, Aluminum and Timber Windows & Doors
- Conservatories, Orangeries and Roof Lanterns
- Bi-fold Doors
- Double Glazing Repairs
- Fascia & Soffits
- Architectural Glazing
- Table Tops
- Mirrors
- ...and more



We are based in Hornchurch, Essex, and are dedicated to providing a cost effective service with unrivalled customer satisfaction.

**01708 578056**  
[www.majorglass.co.uk](http://www.majorglass.co.uk)  
[info@majorglass.co.uk](mailto:info@majorglass.co.uk)





## TYLE GREEN, EMERSON PARK £995,000

Superbly located in one of the best positions on this highly regarded development fronting onto a large greenwood area with duck pond is this detached home. Spacious reception hall, lounge, study/TV room, fabulous custom fitted kitchen/dining/family room, re-fitted g/f cloakroom, 4 double bedrooms, luxury en suite shower room & family bath/WC. Road frontage approx. 67', off-road parking for 3/4 cars, D/W garage, secluded south facing rear garden 67' x 50'. EPC D.



## GREAT NELMES CHASE, EMERSON PARK £769,950

Being within a few minutes walk of local schools and shopping facilities is this extended detached family home backing onto school playing fields. Reception hall, attractive lounge 18' x 12', open plan kitchen/dining/family room 31' x 11'6", double glazed conservatory, utility room, g/f shower room, 4 bedrooms, en suite cloakroom and family bath/WC. In & out driveway, off-road parking for 2/3 cars, integral garage, rear garden around 45' in depth. EPC D.